

RED ROSE

For particular people—
Pure! No chicory or any adulterant in this choice coffee

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

In making inquiries into the cause of the high rate of child mortality or deaths of young children, there must be several factors taken into account. One of these is carelessness on the part of the parent or guardian. Many deaths of children occur from such a simple reason as the mother carelessly leaving a pail of water on the floor while she answers the telephone. The child may fall in and be suffocated before the mother's return. Others give children easy access to tubs of hot water on wash day and death from scalding results. Mortality of children who take poisons by mistake, or medicine at the wrong time, is also traceable to neglectful parents. It is only a short while ago that a child in Toronto died through eating five or six tablets of A.B.S.&C., the common laxative, which has a small amount of strychnine in every tablet, but when several tablets are swallowed at once, become a dangerous poison.

Children are ever on the alert for some new toy, some strange object to get hold of. Everyone knows how young children tire of their toys and playthings and when not watched will grab anything that is novel or new to them. In the connection the "lost" possible accidents, less of these dreaded occurrences would take place

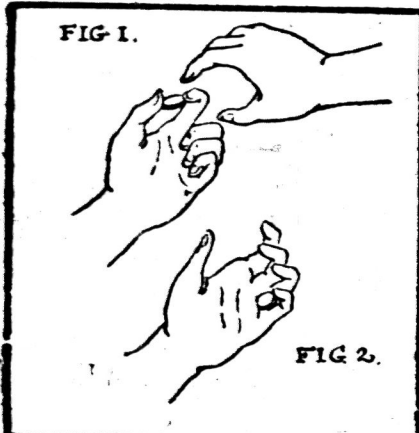
loaded" plea, is so common an occurrence as to barely warrant mention. Then there is the careless habit of parents leaving the door open and allowing little toddlers to find their way out on to the street or road. How often we read about accidents to children occurring on the streets with their thoughtless mother, busy with her duties in the house, did not even know the child had left the room, thinking it was busy with its toys or book. These instances may seem commonplace, and the reader may think that any parent at all careful would never let such an accident occur, yet the annual death rate of children, resulting from accidents due to the carelessness or thoughtlessness of parents is an alarming one.

We read the other day of a 10-months' old child becoming suffocated from stearate of zinc. Stearate of zinc makes excellent powder for toilet use and also for dusting furniture, but while no more harmful than other powders it becomes a real menace if it gets within the reach of a youngster's prying fingers.

The simplicity of the cause of accidents is what disarms many people. "Human carelessness" is a poor excuse for a child's death, but if parents would only be more on their guard for possible accidents, less of these dreaded occurrences would take place

EASY TRICKS

No. 333
How To Make A Coin Vanish



This stunt is used by many professional magicians when they wish to cause a coin to vanish. It requires a little skill but the amateur will be able to do it well after half an hour's practice. A half dollar is held between the finger tips and thumb of the left hand. The thumb of the right hand is placed under the coin and the fingers closed over it, and the coin apparently carried away. The right hand is opened, the coin has vanished. If you will try the trick, you will observe that when the fingers close over the coin, the coin can be dropped into the palm of the left hand. The right hand goes through the motion of taking the coin, every effort being made to duplicate the appearance of actually taking the coin. The left hand, in which the coin is "palmed" drops naturally to the side, the trickster having practiced holding it just as if it contained nothing.

The amateur will find some difficulty in palming the coin. In this particular trick it is better to hold the coin between the roots of the fingers and the first joint. The hand will be slightly curved and a natural position of the hand will be obtained very easily. Much of the success of the trick depends upon the manner in which it is acted. Until the moment when the coin is supposed to vanish, the trickster should act just as if the coin were really in the right hand.

(Clip this out and paste it, with other of the series, in a scrapbook.)

His Hearing Restored

The invisible ear drum invented by A. O. Leonard, which is a miniature telephone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 78 Fifth Avenue, New York city, will be given a prompt reply.

Holding fish and frogs' heads in the mouths of children suffering from whooping-cough is an old "cure" still practiced among the peasantry of Western Ireland.

Keep Minard's Liniment in the house.

Longfellow and Dom Pedro

The King Arthur of Brazil, Dom Pedro, the last emperor of Brazil, was "a goodly king." Longfellow, calling once at James T. Field's house, called on Dom Pedro's call upon him at the Brattle Street house in Cambridge.

Longfellow, says Mrs. Fields in her diary, was in fine talking mood. He spoke of the emperor's soldierly though simple bearing, and of his coming to call upon him after his dinner. "Your Majesty, I thank you for the honor you have done me," Longfellow said as the emperor rose to go. "Ah, no, Longfellow, none of your nonsense," was the reply; "let us be friends together. I hope you will write to me. I will write you first, and you must promise to answer."

They walked down the garden path together, and then Longfellow raised his hat and stepped to one side as the emperor was about to get into his carriage.

"No, no," protested Dom Pedro laughing; "there you are at it again!"

SPRING IMPURITIES DUE TO POOR BLOOD

A Tonic Medicine a Necessity at This Season.

Dr. Williams' Pink Pills are an all-year-round tonic for the blood and nerves. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these pills helps to enrich the blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams' Pink Pills clear the skin because they go to the root of the trouble in the blood. In the spring anaemia, rheumatism, indigestion, neuralgia and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people dose themselves with purgatives, but these only further weaken themselves. A purgative merely galks through the system, emptying the bowels, but does not help the blood. On the other hand, Dr. Williams' Pink Pills enrich the blood which reaches every organ in the body, bringing new strength and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

Sold by all medicine dealers or sent by mail at 50c a box by The Dr. Williams' Medicine Co., Brockville, Ont.

Joy-Killers.

Are you a "killjoy?" Your negative is indignant and emphatic. Good! But wait a minute. The activities of the ordinary killjoy we know. The fraternity are out to spoil in the mass all innocent fun and gaiety. But there are other killjoys. These are not organized; they don't seek to spoil the fun of crowds. Their line is to take the joy out of individuals, one at a time. And yet they do it without malice or deliberate intent. But the effect is exactly the same.

Some parents are killjoys. They are too particular with their children, too careful, too much concerned. A childish game in which angels might join is brought to a sudden halt. "Bobby, you mustn't do that!" "Elsie, little girls should not sit about as though they were boys. Sit down quietly at once!"

The joy is killed. Uncle Jones Tommy a quarter, and Tommy, with great joy, pictures what he will buy. But a killjoy parent insists that the money should be put in the savings box.

Little Mona, with great joy, lays the table for tea. Mother will be so surprised. But mother has a rebuke: "Never do that again, Mona! If you had broken a cup I should have been very upset!"

To-day, without knowing or meaning it, you may have acted as such a killjoy. Have you snubbed anyone? Have you turned against the enthusiasm of one of the young and joyous your older, perhaps cynical wisdom? Have you laughed in superior fashion at some eager idea?

Then you are a killjoy. Anything which darkens the sun of youth, or causes shining, eager eyes to cloud, or ends innocent happiness, kills joy, and those who do the darkening, the clouding, or the like, are killjoys.

Pay your out-of-town accounts by Dominion Express Money Orders.

Our pride is often increased by what we retrace from our other faults.

Ask for Minard's and take no other.

We easily pardon in our friends those faults which do not concern ourselves.

How Many Pounds Would You Like to Gain in a Week?

If you are thin and want to gain weight, weak and want to be strong, I will send you a sample of famous Alkaline Vitamin, Absolutely Pure. No matter what name and address, for sample, ALEX. LEITCH LABORATORIES, 224 Belden Building, Toronto, Canada.

Secrets of Sleep.

In the cabinet of life there should be a place for sleep, from which we can produce natural sleep when we need it. A far-fetched image, you say. No, indeed, you thought otherwise. "Different matters," he said, "are arranged in my head as in drawers; I open one and close another, as I wish. I have never been kept awake by an involuntary preoccupation of the mind. If I desire repose I shut up all the drawers and sleep."

This will-power to command the honeydew of slumber is not given to everyone. Fears, fantasies, worries, crowd too often upon the weary brain, frightening away Nature's sweet restorer.

The man who lives haphazard, doing things as the spirit moves, retiring to rest only when "feeling sleepy," paves the way to sleepless nights. We should always go to rest and rise at the same hours every day.

This matter of regularity is important, for the expectation of sleep is one of the most powerful means of inducing its reality. And if this expectation be combined with the withdrawal of the mind from all other claims upon its attention, slumber should become easy.

Apart from the pernicious method of "strugging" to produce sleep, many infallible (?) methods are advocated. Repeating verses of poetry, counting up to a thousand, and saying the alphabet backwards are among them.

All such expedients, however, require mental effort, and thus hinder rather than help. It is infinitely better not to allow the mind to wander at all.

There are, however, times when slumber eludes us. On such occasions an application of cold water to the top of the head will produce sleep when other means may fail.

ALL FOODS SHOULD BE SEALED.

The medical profession very generally advocate that all food products should be sold in sealed packages. All cities rigorously inspect butcher shops to prevent meat from being infected, many prohibit milk from being sold in bulk and gradually this will come with everything. "SALADA" was the first to introduce the package idea as regards tea, over thirty-two years ago, and "SALADA" is still a little purer and a little better than other teas. It has by far the largest sale.

The Land of Story Book.

At evening when the lamp is lit, Around the fire my parents sit; They sit at home and talk and sing, And do not play at anything.

Now, with my little gun, I crawl All in the dark along the wall, And follow round the forest track Away behind the sofa back.

There, in the night, where none can spy, All in my hunter's camp I lie, And play at books that I have read Till it is time to go to bed.

These are the hills, these are the woods, These are my starry solitudes; And there the river by whose brink The roaring lions come to drink.

I see the others far away As if in firelit camp they lay, And I, like to an Indian scout, Around their party prowled about.

So, when my nurse comes in for me, Home I return across the sea, And go to bed with backward looks At my dear land of story-books.

—R. L. Stevenson.

The first monument raised to dogs of war was unveiled at the canine cemetery just north of New York City.

ASPIRIN

Beware of Imitations!



Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for

Cold
Headache
Toothache
Lumbago
Neuritis
Rheumatism
Neuralgia
Pain, Pain
Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains twelve tablets. Handy boxes of twelve tablets cost few cents. Drug stores also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monosodium Salicylate.

While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Smoke OLD CHUM

The Tobacco of Quality



Sealed Package 15¢
(which keeps the tobacco in its original condition)

also in 1/2 lb. tins

Manufactured by Imperial Tobacco Company of Canada Limited

Walkers, Beware!

Walk! Walking is good exercise! Walk in the roads if you want—but walk on the left-hand side of any highway or road where automobiles travel.

When you see a car coming toward you step off the side of the road, not over to the right-hand side. Reverse the habit of centuries! This sound advice is based on the experience of hundreds of thousands of motorists who know how hard it is to see a pedestrian walking on the right-hand side of the road, at night. Thousands of serious accidents have been caused by this habit. Change it for your own safety.

Love is not love which alters when it alteration finds.

CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn. Instantly that corn stops burning, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

Price Each Free by Mail. Address Canadian Depot, 2, Ontario, P. O. Box 2614, Montreal. Sample, Soap 25c, Ointment 25c and 50c. Talcum 50c. Try our new Shaving Stick.

Rheumatism

Minard's penetrates to the root of the trouble and eases pain. The universal remedy.



Improve Your Appearance

More Phosphate if you want your complexion to clear, eyes to brighten, and skin to become soft and smooth. Thin, nerve-exhausted people grow strong on Bitro-Phosphate and druggists guarantee it. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

For the Kidneys

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine at your druggist.

Trees on Burned Land. The U. S. Forest Service has started an investigation to find where new tree growth on burned-over land comes from.

It will be remembered that the Canadian Red Cross donated a sum of \$2,500 for the relief of the Chilean earthquake sufferers.

Classified Advertisements. PURE, BEAUTIFULLY FLUFFY, carded wool; ample, enough light comforter; one dollar. Woollen Mills, Georgetown, Ont.



Young Girls Clear Away Pimples With Cuticura

Gently smear the pimples with Cuticura Ointment on the end of the finger. Wash off the Cuticura Ointment in five minutes with Cuticura Soap and hot water and continue bathing for some minutes. This treatment is best on rising and retiring.

THEY TELL THEIR NEIGHBORS

Women Tell Each Other How They Were Helped by Lydia E. Pinkham's Vegetable Compound

Woodbridge, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles. I would have headaches, backaches, pains between my shoulders and under my shoulder-blades and dragging down feelings on each side. I was sometimes unable to do my work and felt very badly. My mother-in-law told me about the Vegetable Compound and I got some right away. It has done me more good than any other medicine I ever took and I recommend it to my neighbors. You are quite welcome to use this letter as a testimonial if you think it will help some poor sufferer."—Mrs. EDGAR SIMMONS, R. R. 2, Woodbridge, Ont.

In nearly every neighborhood in every town and city in this country there are women who have been helped by Lydia E. Pinkham's Vegetable Compound in the treatment of ailments peculiar to their sex, and they take pleasure in passing the good word along to other women. Therefore, if you are troubled in this way, why not give Lydia E. Pinkham's Vegetable Compound a fair trial. This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.