Lesson

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RED ROSE TEA "is good tea"

and the choicest of Red Rose Teas is the ORANGE PEKOE QUALITY W-1

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.

The study of diets in their relation to disease has been up to the present a sadly neglected subject. In all progressive countries, however, there is at the present time an extraordinary interest being taken in the question of dieting, particularly as regards the causation of certain diseases, the origin of which has hitherto been somewhat obscure. Much of the food eaten to-day is not of the right kind to promote and maintain good health. It is deficient in fat-soluble vitamines, because through habit or custom, large numbers of people are not particularly fond of green vegetables, milk, cheese or eggs. When the question of green vegetables is mentioned, many people shrug their shoulders and say they could not get accustomed to hay. Little do they know how essential green vegetables are in keeping the diet properly balanced so that good health may be maintained.

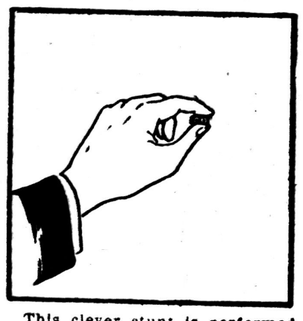
The ordinary diet consists largely of bread, butcher's meat, potatoes, jam, tea and coffee. Milk is often neglected, and yet milk should form a larger part of our diet than is at present the case.

The problem of such a commonplace thing as defective teeth would be solved by greater attention being paid to the diet of children, and the decline in infant mortality is largely due to the instruction in infant feeding which now forms such a large part of infant welfare work. The experience of many observers has proved that the number of rickety children had considerably decreased since dried milk was used in preference to patent foods.

Cod liver oil is known to be especially rich in some of the essential vitamines, and some authorities urge that cod liver oil and milk should be provided at all welfare centres.

EASY TRICKS

Gone Again



This clever stunt is performed with two very small dice, the kind sold with cheap editions of some counting games being very satisfactory. The smaller the dice the easier the trick is to do, but with practice it may be done with dice of almost any size.

The attention of the spectators is called to the fact that opposite sides of each die always totals seven. This is a fact with every properly made die. The two dice are placed on the tip of the forefinger and the spectators are asked to observe which numbers are on top. The numbers being noted, the thumb of the same hand is placed on them. The spectators are asked to tell which numbers will be undermost. As they have learned that the spots on opposite sides of die always total seven they are able to answer the question. When the hand is turned over and the forefinger lifted it is seen that two other spots are presented to view. The forefinger again covers the dice and the hand is turned over. The thumb is lifted and the spots originally seen are exposed.

The secret is very simple but the trick is perplexing. When the hand is turned over, the thumb is drawn back a trifle, causing each die to make a quarter of a revolution. With a little practice this can be done without fear of detection. The same movement, reversed, restores the dice to their original positions.

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

A curious fish which does not belong to any known species, was recently caught off Iceland. Three feet long, it is jet black in color, the whole skin being covered with white spines.

Genuine BAYER

ASPIRIN

Say "Bayer Aspirin"

INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

Safe — Accept only a Bayer package which contains proven directions

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin (trade mark registered in Canada) is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid

The Human Complex.

One who has anything to do with other human beings cannot fail to be impressed with the complications that arise whenever there are others to be consulted.

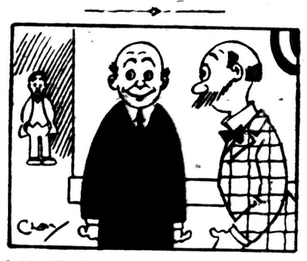
The scheme of the universe was not so devised that any of us can go it alone and have everything his own way. Napoleon and the Kaiser tried it, and lost. Again and again in business men have risen to a lofty peak and fallen far, because they were self-sufficient and would not call others into counsel.

When an only child goes from a family that has spoiled him to a school that pays little heed to him, the larger part of his educational experience is to find where he belongs. He learn his real size on a scale that is not of his own making.

So it is with the individualist in this great round world we inhabit together. He must concede. He must learn the virtue and the beauty of teamwork. He cannot have at once all that he believes he wants; he must renounce some things and modify, if not abandon, his claim to the rest.

The strongest, apparently riding to power over delicate scruples and quashing the will of others, are at times strangely conciliatory and gentle, if they mean to hold the place they win. For mankind, while it forever seeks a leader and in that leader demands a fighting spirit, will give neither its love nor its abiding confidence to the selfish.

If we are sure we are right, the attitude to take toward those who cannot see things as we see them is not a brusque dismissal of their views and feelings, but an effort to understand and to clarify misunderstanding.



And Likely Any Day to be Crowned.

"Why do you speak of him as having a checkered career?"

"Isn't he always on the move?"

Flotsam.

The men and officers of the navy are known all over the world for their smart appearance, and it was for this reason that one of the officers on board a battleship was rather disgusted at the untidy appearance of a certain midshipman.

One morning he strolled into the ward-room wearing a collar that was, to say the least of it, extremely grubby. This was too much for the officer, and he decided to tackle the young man on the matter.

"Look here," he said, "you ought not to come in here wearing a filthy collar like that round your neck."

"Filthy, sir," replied the middie; "I assure you this collar was washed ashore only yesterday."

"I don't doubt that," was the quick reply; "but from which wreck?"

Area of Hongkong.

The British colony of Hong Kong consists of a number of islands adjoining the mainland of China and a strip of the mainland itself. The whole colony comprises an area of 391 square miles.

Anyone who can catch up can keep up; anyone who can keep up can forge ahead.

Remarkable Document.

Charles Lounsbury, poor and insane, leaves a beautiful will.

Justice Walter Lloyd Smith, who presides over the third Department of Apellate Division of the U.S. Supreme Court, brought with him to dinner of the New York University Law School Alumni Association recently what he said was the most remarkable document that ever came into his possession. Others who read the document, the last will and testament of Charles Lounsbury, who died in the Cook County Asylum, at Dunning, Illinois, were disposed to agree with him. Here it is:

"I, Charles Lounsbury, being of sound mind and disposing memory, do hereby make and publish this, my last will and testament, in order, as justly as may be, to distribute my interest in the world among succeeding men. That part of my interest which is known in law and recogized in the sheep-bound volumes as my property, being inconsiderate and of no account, I make no disposal of, in this, my will. My right to live being but a life estate is not at my disposal, but these things excepted, all else in the world I now proceed to devise and bequeath:

"Item: I give to good fathers and mothers, in trust for their children, all good little words of praise and encouragement, and all quaint pet names and endearments, as the needs of their children may require.

"Item: I leave to children inclusively, but only for the term of their childhood, all and ever, the flowers of the field, and the blossoms of the woods, with the right to play among them freely, according to the customs of children, warning them at the same time against thistles and thorns. And I devise to children the banks of the brooks and the golden sands beneath the waters thereof, and the odors of the willows that dip therein, and the white clouds, that float high over the giant trees. And I leave to children the long, long days to be merry in, in a thousand ways, and the night and the moon and the train of the Milky Way to wonder at, but subjet, nevertheless, to the rights hereinafter given to lovers.

"Item: I devise to boys jointly all the useful fields and commons where ball may be played; all the pleasant waters where one may swim, all the snow-clad hills where one may coast, and all streams and ponds where one may skate, to have and to hold the same for the period of their boyhood, and all meadows with the clover blossoms and the butterflies thereof, the woods and their appurtenances, the squirrels and birds, and echoes of the strange noises, and all distant places which may be visited, together with the adventures there found. And I give to said boys eah his own place at the fireside at night, with all pictures that may be seen in the burning wood, to enjoy without let or hindrance and without encumbrance or care.

"Item: To lovers I devise their imaginary world, with whatever they may need, as the stars of the sky, the red roses by the wall, the blossom of the hawthorn, the sweet strains of music and aught else by which they may desire to figure each other the lastingness and beauty of their love.

"To young men jointly I devise and bequeath all boisterous and inspiring sports of rivalry, and I give to them the disdain of weakness and undaunted confidence in their own strength, though they are rude; and I give them the power to make lasting friendships, and of possessing companions and to them exclusively I give all merry songs and brave choruses to sing with lusty voices.

"Item: And to those who are no longer children, or youths, or lovers, I leave memory, and I bequeath to them the volumes of the poems of Burns and Shakespeare and other poets, if there be others, to the end that they may live over again the old days, freely and fully without tithe and diminution.

"Item: To our loved ones with snowy crowns I bequeath the happiness of old age, the love and gratitude of their children until they fall asleep."—The West Coast Magazine.

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated. During the summer the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Clean Minds.

He—"Of course women should vote. They deserve suffrage as much as men—more, because their minds are purer and cleaner."

She—"Of course their minds are cleaner, but how do you know that?"

He"Because they change them so much oftener."

Man is Immortal till his work is done.—James Williams.

Minard's Liniment for Rheumatism.

Seadogs all! The Prince of Wales, the Duke of Connaught and another high naval officer are watching the grand fleet pass in review.

THE DELICATE GIRL

What Mothers Should Do as Their Daughters Approach Womanhood.

If growing girls are to become well-developed, healthy women, their health must be carefully guarded. Mothers should not ignore their unsettled moods or the various troubles that tell of approaching womanhood. It is an important time of life. Where pallor, headache, backache or other signs of anaemia are evident you must provide the sufferer with the surest means of making new blood.

Remember, pale, bloodless girls need plenty of nourishment, plenty of sleep, and regular open-air exercise. But to save the bloodless sufferer she must have new blood—and nothing meets the case so well as Dr. Williams' Pink Pills. These pills increase the supply of new, red blood; they stimulate the appetite and relieve the weary back and limbs; thus they restore health and charm, and bring to anaemic girls the rosy cheeks and bright eyes of strong, happy girlhood.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Gypsy Folk.

Across the bog and up the lane
The Gypsy folk are coming,
Singing through the charcoal mist
That rests upon the hill.
A dog is yelping in the brush
And gypsp folk are humming
Tunes their fathers wove in thought
That keep them restless still.
Ah. I was born a gypsy,
But life has held me here,
Tempting me with lovely things
Of ivory and gold;
Painted wagons creak to-night
And gypsy folk are near,
Singing songs I longed to know
While I was growing old.
A bright coin to cross my palm,
A whisper soft and low,
And gypsy folk who've waited long
Calling me to go.
A love to find at sunrise,
A song to sing at noon,
And gypsy folk who wait for me—
I am coming soon!

—Don W. Farran.

Immortal.

The last thin acre of stalks that stood
Was never the end of the wheat.
Always something fled to the wood,
As if the field had feet.

In front of the sickle something rose—
Mouse, or weasel, or hare;
We struck and struck, but our worst blows
Dangled in the air.

Nothing could touch the little soul
Of the grain. It ran to cover,
And nobody knew in what warm hole
It slept till the winter was over.

And early seeds lay cold in the ground.
Then—but nobody saw—
It burrowed back with never a sound,
And awoke the thaw.

—Mark Van Doren.

Another Patent Medicine.

Young Mr. Monocle was having tea with Mrs. Jones.

"Yes, poor little Tommy seems very queer," remarked the hostess to her visitor as she handed him a plate of cakes. "I really don't know what to do for the best."

"By Jove!" drawled her self-important visitor.

"I've got some medicine for him," she continued, "but he's been taking that for three weeks, and it doesn't seem to be helping him much."

"By Jove!" drawled the visitor again.

"I'm thinking of going to another doctor," added Mrs. Jones.

"By Jove!"

"Mother, don't do that," interrupted little Tommy, who happened to be in the room. "Why not take the gentleman's advice and buy some Jove?"

When sending money by mail use Dominion Express Money Orders. Safer than sending bills.

Bees' wings beat the air at the rate of 190 strokes a second.

Waterin' th' Horses.

I took th' horses to th' brook—to water 'em you know,
Th' air was cold with just a touch o' frost;
And as we went a-joggin' down I couldn't help but think,
O' city folk an' all the things they lost.

O' course they have their lighted streets—their Great White Way an' such,
O' course they have their buildin's large an' tall;
But, my! they never know th' joy o' ridin' ter th' brook,
An' somehow I don't envy 'em at all!

Perhaps I'd like it—for a while—to hear th' songs an' laughter,
But somehow, I don't know exactly why;
I'd feel th' country callin' me: I'd long again fer silence,
An' fer God's mountains, blue against the sky.

I took th' horses to th' brook—to water 'em you know,
The day was pretty as a day can be;
An' as we went a-joggin' down I couldn't help but think,
O' city folk an' all they never see!

—Margaret E. Sangster.

Inflamed Eyes.

Inflammation of the eyes as a result of exposure to heat, an ailment from which workers in many industries often suffer, is caused by sweat. Investigators for the Bureau of Mines who have been studying the effects of high temperatures on men have found that sweat dropped into a normal eye almost immediately causes conjunctivitis. Workers who wear sweat bands on their foreheads have little trouble.

Old-Modern Fireplaces.

Fireplaces almost identical in structure with those of modern date have been found in Pompeii.

BACK ACHED TERRIBLY

Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do."—Mrs. J. R. McMahon, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women." G

Insect Bites!

Minard's takes the sting out of them. Take it to the woods with you.

MINARD'S "KING OF PAIN" LINIMENT

FOR SALE.

CHEAP, ON EASY TERMS, only $500 down or secured, balance at 7%. Improved farm, 125 acres, in Township of Ekfrid, County of Middlesex; mixed soil, sand and clay loam; brick house with frame out-buildings. About a mile west of Middlemiss. Address: M. J. Kent, Box 419, London, Ontario.

Song of the Sewing Machine.

Oh, the happiest worker of all am I,
When my wheel and my needle so merrily fly!
With a spool full of thread and a heart full of song,
I am ready and willing to work the day long.

Oh, faster and faster my glad wheel flies
When it catches the light in a young maids eyes!
The dearest and tenderest girlhood dreams
I stitch into gossamer hems and seams.

But slower my wheel and softer my song
When fairy-like fragments are guided along:
I am stitching the dreams most sacred of all
Into dear little gowns and a wee silken shawl.

—Constance I. Davies.

Minard's Liniment Relieves Pain.

Grim Picture.

It was a thrilling story that McGregor had to tell.

"I had abandoned all hope," he aid.

"As I sunk for the third time my past life seemed to rise before me in a series of grim, realistic pictures."

A murmur of sympathy rolled from the lips of listening friends; but just as McGregor was preparing to resume, McTavish interrupted him sharply and hopefully.

"And did you happen to notice," he asked, "a picture of me lending you a fiver in the autumn of 1919?"

Types Music.

A typewriter which types musical notes instead of words and figures has been invented. There are 40 keys, each with six symbols.

Try MURINE FOR YOUR EYES

Wholesome Cleansing Refreshing

Nervous People

That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Bitro-Phosphate is taken for a short time. Price $1 per pkge at your druggist. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Comfort Baby's Skin With Cuticura Baths

Don't let your baby suffer or fret because of rashes, eczemas, irritations or itching. Give him a warm bath, using Cuticura Soap freely. Then anoint affected parts with Cuticura Ointment. The daily use of Cuticura does much to prevent these distressing troubles.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Try our new Shaving Stick.

Asthma and Hay Fever—A Guaranteed Relief.

"I have arranged with all druggists here, as well as in all other towns of Canada, that every sufferer from Asthma, Hay Fever, Bronchial Asthma or difficult breathing in this city can try my treatment entirely at my risk." Dr. R. Schiffmann announces. He says: "Buy a package of my Asthmador, try it, and if it does not afford you immediate relief, or if you do not find it the best remedy you have ever used, take it back to your druggist and he will return your money, cheerfully and without any question whatever. After seeing the grateful relief it has afforded in hundreds of cases which had been considered incurable, and which had been given up in despair, I know what it will do. I am so sure that it will do the same for others that I am not afraid to guarantee it will relieve instantaneously. Druggists, anywhere handling Asthmador will return your money if you say so. You are to be the sole judge and under this positive guarantee absolutely no risk is run in buying." Persons preferring to try it before buying will be sent a free sample.

Address R. Schiffman Co., Props., 1734 N. Main, Los Angeles, Calif.