

RSES
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1,000 FARMERS
 farms in Western
 Canadian Pacific. A
 Think! There is a
 area of our hold-
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 farming need. Fair
 and fair dealing
 and fertility of
 and social condi-
 are these desirable
 thousands more will
 on our virgin lands,
 farms, and with
 determination to
 home and pay for
 "The Prairie
 "Ade" and "Leaflet
 "Progress Ahead." C. L.
 Canadian Pacific
 Windsor Station.

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HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario.

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

A prominent business man of To-
 ronto was recently found dead in his
 garage, with the engine of his auto-
 mobile still running. On investigat-
 ing the case, the conclusion arrived at
 was that the man's death was due to
 carbon monoxide poisoning. Carbon
 monoxide has become one of the com-
 monest forms of gas poisoning. In the
 cities, it is now found that the deaths
 from this gas exceed those from any
 other poison. But deaths from carbon
 monoxide can happen anywhere. This
 gas can be just as fatal in small cot-
 tages out in the country through in-
 complete combustion in the coal fur-
 nace or stove. It can produce fatal
 results in a garage, as has been seen
 when the engine is left running and
 not sufficient ventilation provided. The
 danger involved in running a gas-
 engine in a small closed space
 for any length of time should be
 recognized by all automobile owners.
 In recent tests on the exhaust of a
 small automobile engine, it was found
 that it discharged approximately
 twenty-five cubic feet of gas per min-
 ute, samples of which gave an average
 of six per cent. carbon monoxide or
 one and one-half cubic feet of deadly
 carbon monoxide gas every minute.
 Larger engines will naturally give off
 more. A ratio of fifteen parts of car-
 bon monoxide to ten thousand parts
 of air is considered a dangerous con-
 centration to be exposed to for any
 considerable time, and a small engine
 "warming up" and giving off only
 one cubic foot of carbon monoxide
 per minute would contaminate the air
 of a garage 10 feet by 10 feet by 20
 feet to the danger point in about
 three minutes.

It is not so very long ago that the
 newspapers contained an account of a
 young girl who, while taking a bath,
 was asphyxiated through having a
 small heating stove in the bathroom.
 These accidents occur so unexpectedly
 that it is well for the public to know
 the danger of hot water gas heaters
 becoming an important source of
 carbon monoxide in houses, especially
 where they are not properly connected
 to an active flue. Soot gradually col-
 lects in these devices, and may become
 incandescent, thus furnishing ideal
 conditions for the production of car-
 bon monoxide, which, unless removed
 through the flue, may result in seri-
 ous accidents.

The danger of carbon monoxide is
 that it is odorless and the victim has
 thus little warning of its presence
 until symptoms appear. The individ-
 ual feels dizzy and complains of
 headache, with a feeling of sleepiness
 and sense of fatigue. Because of the
 great loss of motor power which the
 victim may be unable to escape
 even though he is aware of the dan-
 ger. It is thus well to know some-
 thing of the dangers of carbon mono-
 oxide and where it is liable to appear,
 for to be forewarned is to be fore-
 armed. Proper ventilation is essen-
 tial wherever there is danger from
 one cubic foot of carbon monoxide

The Plan That Kills.

It may be taken for granted that we
 don't wish to die young. Also that, if
 we live to a good old age, we should
 like to have sufficient vigor left to en-
 joy ourselves in moderate measure
 and not to be merely half-alive bur-
 dens to ourselves and others.

Well, the recipe for a vigorous old
 age is to use the test contained in the
 question: "Is it worth while?"

A well-known scientist says that pre-
 mature death, or decrepit old age, is
 due to the too lavish expenditure of
 energy—the "life forces"—physical
 and mental.

We have no reserve at the time we
 want it. We've spent so freely that
 there's nothing in the Bank of Vitality.
 So his advice is that we should re-
 strain this expenditure by the test:
 "Is it worth while?"

That not only applies to strenuous
 mental and physical expenditure, but
 to much else. For instance, it is not
 worth while to be very angry. Anger
 makes a huge draft on our "life force."
 The exhaustion which follows an out-
 break of violent anger is nothing less
 than an exhaustion of "life."

It is not worth while to fog our
 brains to complete a task. An over-
 driven horse, an over-forced machine,
 is never quite the same afterwards.
 Similarly with the delicate human ma-
 chine. It is not worth while "hating,"
 or scheming revenge. The consequent
 draft on the "life force" in us is very
 large.

Even pleasures should not escape
 the test. Late hours may apparently
 hold no harm, but that "washed-out"
 feeling is a sign that we have parted
 with much of our vitality.

The toll has been taken, and because
 the ordinary replacement of used vi-
 tality takes all our time, the special
 loss is never really made up.

The best
 Tobacco
 for the
 pipe

Ogden's

CUT PLUG

OGDEN'S LIVERPOOL

The Circuit Rider and the Devil

There was rain on the mountain—
 cold, drizzling, marrow-chilling rain
 that made the Methodist circuit rider
 as he urged his old horse to greater
 speed button his shabby old coat up
 under his chin and pull his hat down
 over his eyes. The constant drip, drip,
 drip on the dead leaves of the forest
 made him think with eager anticipa-
 tion of his little home. There would
 be a bright crackling fire of hickory
 logs, a softly shaded lamp on the read-
 ing stand beside his chair, and Sally,
 plump, rosy-cheeked, cheerful Sally,
 the best wife a man ever had!

He had a surprise for Sally. Safe
 in the old wallet buttoned up snug in
 the inside breast pocket of the old
 coat were two five-dollar bills, and
 both of them were for Sally. Money
 that Sally needed had come to him so
 unexpectedly that he felt that the
 Lord had made him the custodian of it
 as a direct gift to his wife. He was
 boyishly thrusting his hand into his
 pocket just to feel the treasure when
 some one close beside the road cried,
 "Halt!"

The preacher realized that was in a
 "moonshiners' country." Peering
 through the misty gloom, he found to
 his consternation that he was close to
 old Nance's cabin, the notorious haven
 of all the evil-doers of three town-
 ships. Ten dollars was a fine sum in
 that country at that time; it is not at
 all strange that the rider wondered
 whether he were about to be robbed.

"Parson," said the stranger, "old
 Nance wants that you should come in
 and pray for her. She's took that sick,
 an' Jack was took off yesterday to fall
 on account of the still. Me an' my ol'
 woman's lookin' after her the best we
 kin. We heard tell that you was com-
 in' back home this way, an' I been
 standin' here for the last hour, watch-
 in' for ye."

Needless to say the preacher grad-
 ed the old woman's request; he read a
 chapter from the Bible that he always
 carried in his saddle bag and then ex-
 pounded it. Nor was that all. Find-
 ing that the old crone needed material
 aid also, he left one of the precious
 bills in her withered hand.

A good deed, you say, and worthy of
 the man. Yes, no doubt, but let the
 preacher tell you what followed:
 "When I mounted my horse to ride
 on the Devil got up behind me, and his
 voice whispered, 'Now what are you
 going to say to Sally? Huh, huh! That
 was an evil plan, and what are you
 going to tell Sally?'"

"In vain did I argue the case with
 his Evil Majesty; he always came
 back with, 'Yes, yes! But what are
 you going to tell Sally?'"
 "At last I just turned my horse
 round and said, 'Look here, Devil! I'm
 going to go back and give the old wo-
 man the other five, and then we'll see
 what I'll tell Sally!' And my old horse
 turned round of his own accord, and
 when I'd got rid of the money he jog-
 ged on home in peace."

His Hearing Restored.

The invisible ear drum invented by
 A. O. Leonard, which is a miniature
 megaphone, fitting inside the ear en-
 tirely 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, 70 Fifth
 avenue, New York city, will be given
 a prompt reply.

My Work.

Let me but do my work from day to
 day
 In field or forest, at desk or loom,
 In roaring market-place or tranquil
 room.
 Let me but find it in my heart to say,
 When vagrant wishes beckon me
 astray,
 This is my work, my blessing, not my
 doom;
 Of all who live I am the one by whom
 This work can best be done in my own
 way.
 To suit my spirit and to prove my
 powers;
 Then shall I cheerfully greet the
 laboring hours
 And cheerful turn when the long
 shadows fall
 At eventide to play, and love and rest,
 Because I know for me my work is
 best.

—Henry Van Dyke.

The fastest flowing river in the
 world is the Sutlej, in India, which
 rises 15,200 feet above the sea and
 falls 12,000 feet in 180 miles.

The dividends that we receive from
 an education are tax-exempt.

EASY TRICKS

No. 242

Cross Them Out

111	211
333	333
555	555
777	777
999	999
	1111

Here is a tantalizing little prob-
 lem to present to the friend who
 prides himself upon his skill in
 mental mathematics. Write the
 sum given on the left. Your friend
 is to cross out nine of the digits
 and add, the sum then being to the
 same digit four times repeated.
 Even if you tell him what the task
 is to be, he will find the task
 anything but simple. You can
 however, easily remember which
 digits are to be struck out. On
 the right the method of striking
 out is shown.

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

China's Mystery Creatures.

Strange creatures, said to have been
 found in the South of China, are caus-
 ing a great deal of scientific curiosity.
 The most amazing of these discover-
 ies deals with a race of "dog-faced"
 people. This tribe is said to live far
 in the interior. They have thick hair
 all over their bodies, live in trees, and
 are entirely savage.

There have been reports also of a
 blue tiger, a creature which is
 against all known laws of zoology.
 This beast is not striped like the or-
 dinary tiger, but has a bluish fur re-
 sembling the color of coarse dungaree.
 During one month, a scientist report-
 ing, this specimen killed and ate sixty
 people. The same explorer, Dr. Cald-
 well, also discovered a larger as big
 as a bear, and shot a scow, a very rare
 animal which is a cross between a
 goat and an antelope.

All these reports lend color to the
 theory held by many scientific men
 that in southern China there are many
 strange primitive men and animals
 to be discovered. Life in this region to-
 day is supposed to be very like that in
 prehistoric times, and many "prehis-
 toric" animals may still exist.
 The men, too, have probably remained
 almost unchanged.

For years the Chinese themselves
 have believed that dragons and flying
 serpents exist in their country. They
 have been scoffed at as having vivid
 imaginations, but may it not be a fact
 that these creatures still lurk in the
 hinterland where white men have
 rarely penetrated?

The safe way to send money by mail
 is by Dominion Express Money Order.

Money We Seldom See.

Apart from issuing the ordinary
 coinage of the realm, the British Mint
 makes various coins that are never
 handled in the United Kingdom.
 Among these are aluminum coins
 made for use in Africa, including the
 ten-penny piece circulated in Nigeria
 and the half-cent used mainly in the
 Uganda Protectorate. Both are per-
 forated, to conform to the native habit
 of carrying money on a string.

For Ceylon there is issued a quaint
 little square coin, worth five cents.
 Another oddity is the Maltese "grano,"
 which has the distinction of being our
 smallest coin. It is worth one-twelfth
 of a penny.

Minard's Liniment for Rheumatism.

The law can touch us here and there,
 now and then, but manners are of
 more importance than the laws. Man-
 ners are what vex or soothe, corrupt
 or purify, exalt or debase, barbarize
 or refine by a constant, steady, uni-
 form, insensible operation like that of
 the air we breathe.—Edmund Burke.

The human heart is like a millstone
 in a mill; when you put wheat under
 it, it turns and grinds and bruises
 the wheat to flour; if you put no
 wheat, it still grinds on, but then 'tis
 itself it grinds and wears away.—
 Martin Luther.

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Minard's Liniment for Rheumatism.

Minard's Liniment for Rheumatism.

NEW HEALTH FOR SUFFERING WOMEN

Obtained Through Enriching the
 Blood Supply.

Many women endure with silent pa-
 tience suffering that casts a shadow
 over half her life. But an aching back,
 tired limbs, stiches, attacks of faint-
 ness and splitting headaches need not
 be a part of a woman's life. Such
 trials indicate plainly that her blood
 is thin and impure; that to drive away
 these troubles her system requires the
 new, rich blood supplied by Dr. Will-
 iams' Pink Pills. These pills are
 valued by suffering women, who have
 used them, above all other medicines
 because they make the rich, red blood
 that makes women feel well and at
 their best. Proof of these statements
 is given by Mrs. Eugene Deslauriers,
 Richot, Man., who says:—"A few
 years ago my health completely failed.
 I was subject to those troubles that
 afflict so many of my sex. Added to
 these I suffered from constipation,
 loss of appetite, dizziness, a ringing in
 my head and nervous prostration. I
 consulted several doctors, but their
 medicines failed to give me relief.
 After much persuasion I began to take
 Dr. Williams' Pink Pills, but without
 much hope as I believed that no medi-
 cine would help me. To my great joy,
 however, I found these pills were just
 what I needed, and I can honestly say
 they have made me a well woman. I
 can now do with ease all my own house-
 work, and I strongly urge other weak,
 ailing women to give this medicine a
 fair trial, feeling that what it has done
 for me it will do for others."

You can get these pills from your
 druggist, or by mail at 50 cents a box
 from The Dr. Williams' Medicine Co.,
 Brockville, Ont.

The Ostrich Nest.
 Nest building is done by the male
 ostrich.

A roll of Egyptian papyrus fifteen
 feet long is being translated by an ex-
 pert. It deals with surgery and medi-
 cal treatment as practiced three thou-
 sand years ago by quack doctors.

Emulation looks out for merits, that
 she may exalt herself by a victory; she
 envies spies out blemishes, that she
 may lower another by defeat.—Colton.

A Peep Into a Little-Known Industry.

Do you know how your wallpaper is
 made?

No matter what the quality of the
 wallpaper may be, or the price asked
 for it, every design is first produced
 in water colors.

After the parts of the design to be
 printed in each color are separately
 drawn they are ready for transferring
 to the rollers. This may be done
 either by engraving the design on cop-
 per rollers or by taking wooden roll-
 ers and working out the design by
 means of small brass strips, the spike
 ends of which are driven into the
 wood.

Before the actual printing takes
 place the paper is given a background.
 This is done by passing the huge reels
 of paper through machines fitted with
 mechanical arms which brush the
 paper with a suitable coloring matter.

The reels of tinted paper now pass
 to the dry-rooms, where the regulated
 heat removes every trace of moisture.
 In the meantime the machines are
 made ready by arranging the pattern
 and rollers around a large drum. As
 the paper is fed into one end of the
 machine, each roller prints upon it one
 of the colors that go to make up the
 complete design.

The coloring matter is applied to the
 rollers by means of endless woven
 belts which, passing through the color
 troughs insure supplies of the right
 color being applied to each roller.

After the rolls of paper are printed
 they pass to the drying rooms. To
 give the wallpaper a superior finish it
 is passed through a machine with an
 engraved roller revolving against a
 soft plain one. In this way, the differ-
 ent markings or "grains" are pressed
 into the paper.

Thoroughly dried for the last time
 the paper is mechanically measured,
 rolled, and cut.

As the rolls are being wound, the
 machine marks off the paper into
 lengths. This mark, the operator
 looks for. When it appears, the ma-
 chine is stopped for a moment, the
 paper is cut, and the neatly wound
 rolls are removed ready for use.

Another Girl.

"I don't like your heart action," said
 the medical examiner. "You've had
 some trouble with Angina Pectoris."
 "You're partly right, doctor," said
 the applicant sheepishly, "only that
 ain't her name."

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Georges Lefebvre, St. Zenon,
 Que., writes: "I do not think there is
 any other medicine to equal Baby's
 Own Tablets for little ones. I have
 used them for my baby and would use
 nothing else." What Mrs. Lefebvre
 says thousands of other mothers say.
 They have found by trial that the Tablets
 always do just what is claimed for
 them. The Tablets are a mild but
 thorough laxative which regulate the
 bowels and sweeten the stomach and
 thus banish indigestion, constipation,
 colds, colic, etc. They are sold by
 medicine dealers or by mail at 25
 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Dad's Lantern.

I ride a horse to school six miles away.
 One night—last week it was—I had to
 stay
 An extra hour to practice in the "gym."
 I saddled Billy, gave rein to him
 And started home. The country roads
 were dim,
 And fog had settled down, all thick
 and gray.
 Somehow I felt so tired and chilled
 clear through.

I knew that I'd be missing supper too
 Out on the farm. It wasn't very gay
 To ride a horse to school six miles
 away
 And then go home alone. I'm here to
 say
 That chilly wind and fog just made
 me blue.

The miles slipped by at Billy's lacy
 jog.
 And then—I saw Dad's lantern through
 the fog.
 And Dad himself came down to lift
 the gate.

"We heard you in the lane. It's pretty
 late,
 But Mother seemed to think we'd bet-
 ter wait."
 He said to me. And all I said was
 "Gee!"
 You hadn't oughta waited just for me."

But say! I'll not forget if I should be
 A hundred years how glad I was to see
 Dad's lantern, blinking through the
 fog at me,
 And how it seemed too bulky to be true
 That all the folks were waiting supper
 too!

—Nina Hatchitt Ruffield in Youth's Companion.

Was It You?

An old man limped along life's way,
 His grief-bowed head was crowned
 with gray;
 Somebody cheered his dreary day.
 I wonder—Was it you?

A lonely child, devoid of guile,
 Looked up, and tears bedimmed its
 smile;
 Somebody stopped to play awhile.
 I wonder—Was it you?

There's always someone needing aid,
 Some trembling heart alone, afraid,
 Some load that could be lighter made.
 Can they depend on you?
 —Pearl Halloway.

Vegetable Ivory's Uses.

Vegetable ivory taken from the
 tagua nut is widely used in making
 buttons. The tagua or sour gum tree
 is being considered as a possible
 source of paper pulp in the south.

In many parts of China, the women
 attribute magical properties for the
 cure of certain diseases to water
 drawn after midnight of the seventh
 day of the seventh month.

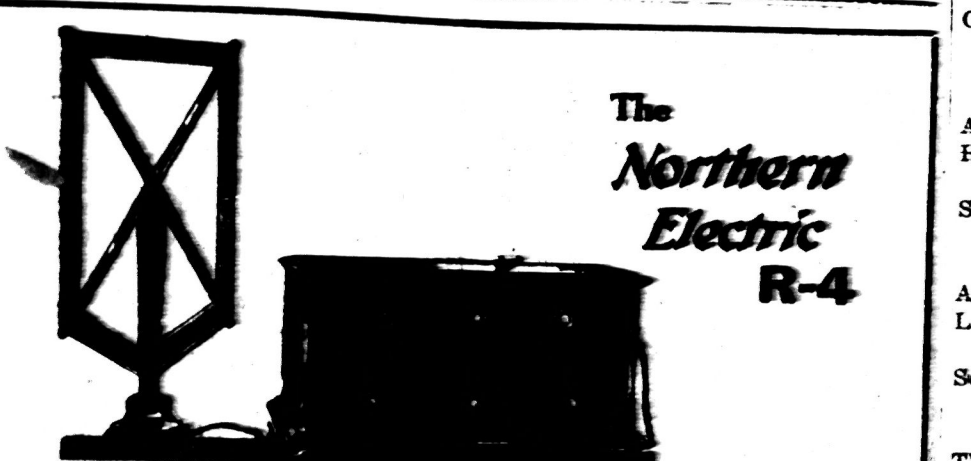
Minard's Liniment Relieves Pain.

Minard's Liniment Relieves Pain.

Minard's Liniment Relieves Pain.

Minard's Liniment Relieves Pain.

Minard's Liniment Relieves Pain.



The Northern Electric R-4

The Aristocrat of Radio.

This Super-heterodyne set is the highest development of radio science to-day—a product of the "People who made your Phone." It is the set which was installed on H.H.H. the Prince of Wales' ranch at High River.

A highly sensitive circuit, with ultra sensitive tubes, it works with an indoor loop aerial (as illustrated) or with an outdoor aerial, and brings in distant stations with wonderful tone and volume. The refinement of mechanism and appearance make it an instrument it is a distinction to possess.

Write for information describing this set to
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AGENTS TO MAKE \$5.00 TO \$25.00 a week handling snappy Xmas Quick Sellers for women and children. Don't delay. Write to-day. Buckley's, Box 287, London.

BIG CHRISTMAS CATALOG—Household Goods, Christmas Goods. Saves Dollars. Free upon request. Martin Company, Station 218, Toronto.

MALE HELP WANTED.

DOMINION WIDE ORGANIZATION wants reliable men to distribute samples in small cities and towns. Splendid pay. Canadian Distributors' Association, Sevenoaks, Victoria, B.C.

Find Cure for Malaria.

A cure for malaria has been found by Dr. Geo. H. Hooper, member of the staff of the William C. Gorgas Hospital of Tampico, Flo.

As a result malaria, the white plague of the tropics, has been conquered by the experiments of Dr. Hooper, who first conceived the idea of using merurochrome, a practically new drug.

A specialist of Johns Hopkins University, Dr. Hugh Young, is said to have been the first to use merurochrome in any capacity. The drug itself is a red aniline dye and has been employed successfully in the treatment of infectious of the kidney and in certain cases of blood poisoning. Merurochrome injections for the treatment of malaria were administered last September by Dr. Hooper for the first time, and with remarkable results.

Within forty-eight hours chronic cases of more than a year's duration showed marked improvement. Microscopic examinations of the blood returned negative results and the patients remained free from the malady, against which quinine is powerless to afford more than a temporary relief.

Salt Gift to God.
 Among the Greeks it was customary to present salt to the gods as a thank offering at the beginning of every meal.



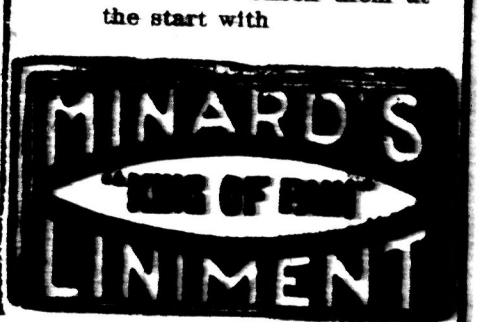
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 Keeps EYES
 Clear, Bright and Beautiful
 Write Murine Co., Chicago, for Free Booklet.

RHEUMATISM Why suffer from rheumatism, sciatica or lumbago? SPIRIT OF IRON gives permanent relief. Place to use—absorbed through the feet—see in the results. Full particulars free.

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Be Prepared

for colds. Check them at the start with



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 LINIMENT