

RED ROSE TEA

is good tea
and the choicest of Red Rose Teas is the
ORANGE PEKOE QUALITY

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.

Only by the strictest adherence to quarantine regulations can dangerous communicable diseases be kept at a minimum. Those abusing the common welfare are public nuisances and should be prosecuted as such.

The vast majority of people are willing and anxious to assist the Health Department in observing quarantine laws, but there seems to be a few persons scattered throughout every district who have no health conscience—that is, they do not seem to realize the importance of any preventive or curative measures to prevent or curtail the spread of communicable diseases.

Just recently I met a peculiar, but alas, all too common type of individual whose daughter had contracted scarlet fever. He was not at all willing to keep her isolated after the actual fever had passed away, his reason being that "She had got the disease from somebody else and somebody else again could get it from her." A most deplorable attitude, you will say, and yet, knowing that such people are about, is short lived if the ignorance concerns results obtained sometimes even when

the health authorities do their best to educate the public as to the dangers of communicable diseases, and try to get public support and cooperation in carrying out measures that are necessary for the public welfare.

A few days ago in a Michigan town two cases of scarlet fever were reported by a citizen. When the state medical inspector arrived on the scene he actually found six cases. This state of affairs showed a gross laxity on the part of somebody, and as a result an epidemic of scarlet fever is now threatening that district. The despatch states that the blame for the situation in this Michigan town can be traced to subject carelessness on the part of the local health officer. But for the efforts of a former health officer, the schools would probably have to close their doors. Quarantine has been very poorly observed in the municipality, and on one of the persons disregarding it, a fine of \$15 has already been imposed. It seems inconceivable that such vital things as health regulations should be disregarded in this day and age. If ignorance is bliss, then bliss is short lived if the ignorance concerns itself with health matters.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Pictures on Memory's Wall.
It was a thrilling story that McGreggor had to tell.
"I had abandoned all hope," he said. As I sank 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 McGreggor was preparing to resume, McTavish interrupted him sharply and happily.

"And did you happen to notice," he asked, "a picture of me landing you a fever in the autumn of 1910?"

Untimely Self-Congratulation.
"I may be a little deaf," said Grand-son Habbitt, "but I'm glad to say my eyesight is as good as ever. Jimmy, pass me them potatoes." And he pointed to a dish full of crisp, brown doughnuts.

ASPIRIN

Beware of Imitations!



Unless you see the name "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:

Colds	Headache
Toothache	Lumbago
Neuritis	Rheumatism
Neuralgia	Flu, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. 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 Pharmaceutical Products of Salford, England. 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."



His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, 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, 70 Fifth Avenue, New York city, will be given a prompt reply.

Britain's Oldest Trees.

Although the Yeldham Oak and the Cowthorpe Oak are both about a thousand years old, the oak cannot boast of holding the premier position for lasting qualities among British trees. This distinction belongs to the yew.

It is said, for instance, that a yew at Battle, in Sussex, must have been a very old tree when William the Conqueror landed. It is close on 30 feet in girth.

The yews at Norbury Park are said to be 2,000 years old, so that they were well grown when Julius Caesar landed in 55 B.C.

Gilbert White, who wrote the "History of Selborne," believed that the famous yew in Selborne churchyard was at least as old as the church itself, which goes back to Saxon times, and there are many yews along the Pilgrims' Way between Winchester and Canterbury which, could they but speak, could describe the scenes which are the subjects of Chaucer's poems.

King "Tut" Bought the Best.
The professor and his wife, says Punch, were talking over the remarkable discoveries in King Tutankhamur's tomb.

"Isn't it wonderful, my dear?" said the professor. "They've actually found in the tomb couches and chairs thirty centuries old and in good condition."

"Well," replied his wife, "I've always said that it pays, in the long run, to buy the best."

The man who can't make up his mind probably has no mind to make up.



GREAT OCEAN LINERS FOR ST. LAWRENCE ROUTE
The steamer "Carmania," which with its sister ship, the "Caronia," is being transferred from the Halifax route to the St. Lawrence route. The ships, which are 22,000 tons, are now being converted into oil burners, and start their new service in the spring. They belong to the Cunard line, which originated with a Canadian-born pioneer in ocean transportation, Samuel Cunard of Nova Scotia, who played a big part in early development of the steamship.

A Whistling Language.

What is probably the most remarkable "language" in the world exists in the Canary Islands. The Guanches, or aboriginal inhabitants of the islands centuries before their discovery by the Spaniards, are extinct as a separate race, but their descendants of mixed blood still hold themselves distinct from the pure Spaniards, and possess at least one peculiarity which no European has ever been able to fathom.

This is the whistling language. The islands are so mountainous that whole districts are severed from their neighbors by precipitous and steep valleys, entailing perhaps a ten miles' detour to cover three or four miles. In course of time the Guanches evolved a perfect signalling code by whistles. No instrument is used, the native having some trick peculiar to himself by which his whistle will carry as far as four miles. Over such a distance two Guanches can carry on quite a long conversation by ordinary mouth whistling.

No European has ever discovered the secret of the code, but it seems to depend more upon the exact pitch than anything else. No "dot-and-dash" business of long and short whistles is used, but only inflections of two or three notes.

The native's whistle is extremely piercing, and one scientist who, anxious to delve into the secrets of an aged people, got a Guanche to whistle straight into his ear, found himself deaf for weeks afterwards.

Beard Beliefs.

There was a deep-rooted belief among the ancient peoples of the East that a man's glory was his beard. Compulsory shaving and the close-cropping of hair were signs of degradation. This is borne out by Assyrian sculptures, which always show kings with beards and long hair, and slaves with close-cropped hair and clean-shaven faces.

The Egyptians, however, had different ideas. They considered that hair was a source of dirt, and shaved both face and head. Their slaves and servants were compelled to do the same.

The early Greeks and Romans shaved off their beards because they gave the enemy a good hold in hand-to-hand fighting! It is recorded that Alexander the Great ordered his soldiers to shave for this reason.

It was the custom among Romans to shave off the beard at the age of twenty-one, and present it as an offering to the household gods. A beard was grown after that age only as a sign of mourning.

When ordering goods by mail send a Dominion Express Money Order.

Do good to thy friend to keep him—
—to thy enemy to gain him.—Benjamin Franklin.

One of the greatest mistakes of the well-informed is to imagine that others know nothing.

Ignorance is always a misfortune; sometimes it is a crime.—Lady Nott-Bower.

STOMACH MISERY, GAS, INDIGESTION

"Pape's Digestin" is the quickest, sweetest relief for indigestion, gases, flatulences, heartburn, sourness or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Digestin.

NEW STRENGTH FOR WEAK STOMACHS

Indigestion Disappears When the Blood Supply is Enriched.

The urgent need of all who suffer from indigestion, and who find the stomach unable to perform its usual function, is a tonic to enrich the blood. Pain and distress after eating is the way the stomach shows that it is too weak to perform the work of digesting the food taken. In this condition some people foolishly resort to purgatives, but these only further aggravate the trouble.

New strength is given weak stomachs by Dr. Williams' Pink Pills because these pills enrich and purify the blood supply. This is the natural process of giving strength and tone to the stomach, and it accounts for the speedy relief in stomach disorders that follows the use of Dr. Williams' Pink Pills. The appetite revives, food can be taken without discomfort and the burden and pains of indigestion are dispelled. Mr. William Johnson, a prominent business man of Lequille, N.S., bears testimony to the value of these pills in cases of this kind. He says: "I was attacked with indigestion accompanied by severe cramps in the stomach. I was prescribed for by the family doctor, but got very little benefit. Then I tried some of the advertised remedies but with no better result. Indeed my condition was growing worse. Then I read of the case of a man who praised Dr. Williams' Pink Pills whose condition was similar to my own, and I decided to try this medicine. The result, I think, was amazing, as the use of six boxes restored me to my former good health. I can therefore warmly commend the use of this medicine for stomach troubles."

You can get these Pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

When Colors Mean Cash.

We color the walls of our living rooms to please our eyes, and purchase garments of different hues to suit our complexions or our individual tastes. Few of us consider color from anything but an artistic point of view. Color, however, plays an important part in trade and commerce, and quite a slight difference in the color of many products of Nature or of art makes an immense difference to the value of the article in question.

The familiar example is the varying colors found in the same gem. Take pearls, for instance. The most valuable is the black. Then come the pink, white, and lastly yellow.

The red diamond, being very rare, is the most valuable. Next come blue and green stones, and then white. Yellow diamonds, as in the case of yellow pearls, can be bought comparatively cheaply.

Turn to furs. The skin of a red fox is as warm and soft as that of a black fox, yet it is not worth a hundredth part of the price of the latter. Blue and white fox skins of the best quality are very expensive, but the fur must be natural. Although a dyed skin may look as well, it has little value.

The market in the fur woods is ruled by color and grain. Of two pieces of mohogany, each equally sound and good, one may be worth ten times as much as the other because of the closeness of its color; and the same applies to walnut, rosewood, and even to oak and yellow pine.

The Trumpet Creepers.

My father's farmhouse, writes a contributor to Youth's Companion, has a w' in porch. One August evening all the family except my brother, who had not yet finished his chores, were gathered there. Jim, my nephew, home from high school, where he had been graduated, was telling about the difficulties and hardships encountered by the fellows who tried to work their way through college. "Dad thinks I ought to do it," he said, "for he says the farm isn't paying anything now."

Jim's father, in overalls and shirt sleeves, stooped and gray, was standing in the doorway behind his son and heard what he said. He came forward to the railing of the porch and pointed to a trumpet creeper near by that had overgrown its low support; many offshoots, after starting out vigorously to find new support, had fallen drooping into the matted mass and had no blossoms. One shoot, however, had stretched out wonderfully and had gained support on a great oak tree several feet away.

"Jim," his father said, "I want you to look at that creeper. See how that one shoot has stretched out some five or six feet and got a firm hold on that oak. Well, I've been watching that shoot for some time and have examined it closely. The wood of it was soft at first, and I couldn't see how it could hold itself up to reach straight out as it was doing; but I found that, as it reached out and grew, the wood at the base of it became hard and tough, very much harder and tougher than the wood of those shoots that you see hanging down and only adding size and lumber to the useless mass of stuff on the old frame. That one shoot which has reached the oak will be worth all the rest; it has found a support big enough and high enough and strong enough. It can climb to the top of it and see the sun rise."

For a minute or two no one moved or spoke. Then Jim got up and took his father's hand. "Thank you, father," he said—"father," not "dad" this time. "You have taught me a lesson that I won't forget. I'll reach out for the oak and will hope to see the sun rise."

Motorist, How Soon Can You Stop?

The suggestion is made that motorists should test for themselves their ability to make a quick stop in case of emergency. It is predicted that most of them will be surprised.

Running at 15 miles an hour, a car travels at 22 feet a second. At 20 miles, it is 20 feet four inches. At 25 miles it is 36 feet 7 inches. A "perfect stop" on dry pavement, from a 15-mile speed, covers 25 to 30 feet. At 20 miles, 40 to 50 feet, at 25, 60 to 75 feet. On wet pavements, this distance may be doubled.

The motorist owes it to himself to assure himself continually that his brakes are in proper condition.

Brides as Bargains.

The throwing of an old shoe after a bridal couple is regarded by most authorities as the survival of a very ancient custom connected with the transfer of property.

Among certain races women were regarded as a species of property, and in some ancient civilizations, that of the Jews especially, the removal and giving of the shoe or sandal confirmed an exchange or sale—a custom asserted to have been derived from the Egyptians.

A superstition with regard to the worn shoe was very widespread, and existed even among the barbarous races. Some have even tried to ascribe it to the time when the bridegroom carried off the bride by force and the bride's family threw things after him as he decamped.

In old Saxon marriages the bride's father handed the bridegroom the bride's shoe, and he touched her with it on the forehead in token of authority.

Not to be Caught.

A Scotsman disappeared in a crevasse in the Alps. His comrades could do nothing for him, but presently a large party with guides appeared and prepared to rescue the unfortunate man.

A guide was lowered sixty feet into the crevasse, and presently sounds of conversation floated up. In a little while the guide appeared alone.

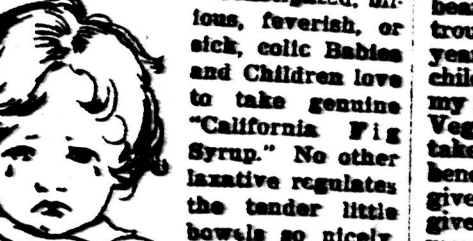
He had found the Scot sitting on some soft snow with a broken leg, coolly smoking a cigar, and no less coolly refusing to be rescued until he had bargained as to the cost of the operation. A friend of his had been badly "had" over a job of the same sort, and he was determined to stay there until he came to terms. He won.

Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, Colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely.

It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.



Medical Advertisements

READING BOOK PAPER
A book of 100 pages, 10c each. Fiction, History, Philosophy, Science, Catalogue, etc. Academy Publishing, 708 Spadina Avenue, Toronto.

Weather Forecast: Great Storm.
"How's your wife, Blanka?" asked Juba.
"Her head troubles her a great deal," admitted Blanka.
"What's the trouble? Is it neuralgia?"
"No," said Blanka. "She wants a new hat."

An ostrich yields about 2 lbs. of feathers yearly.



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 3c per page at your druggist. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Frost Bites

Are often dangerous. Rub well with Minard's. It eases pain and heals.



For the Kidneys

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate their indigestible forms. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Root, sold as Mother Seig's Cathartic Syrup, and your kidney disorder will promptly disappear. Get the genuine. 50c. and \$1.00 bottles.

BAD PATCH OF ECZEMA ON CHIN

In Rash, Itched and Burned. Cuticura Healed.

"I had a very bad patch of eczema on my chin. It broke out in a rash and was very troublesome, itching and burning a great deal. I lost my rest at night on account of the irritation, and my face was disfigured for the time."
"I tried many different remedies without success. I began using Cuticura Soap and Ointment, which brought relief right away, and after using two boxes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed." (Signed) Miss Mary Campbell, Big Pond Centre, Nova Scotia.
Use Cuticura Soap, Ointment and Talcum exclusively for every-day toilet purposes.
Prepared by W. L. Chas. & Co., Lowell, Mass. U.S.A. Sold by Druggists, Grocers, and Dealers. Cuticura Soap Ointment and Talcum are made in Canada.

MOTHER OF LARGE FAMILY

Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hemford, N. S.—"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffer for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Pinkham's Vegetable Compound, for I think it is the best medicine ever sold. You may advertise my letter."—Mrs. GEORGE L. COOPER, Hemford, N. S.

My First Child

Glen Allen, Alabama.—"I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet. A neighbor recommended the Vegetable Compound to me after I had taken doctor's medicines without benefit. It has relieved my pains and gives me strength. I recommend it and give you permission to use my testimonial letter."—Mrs. IDA RYAN, Glen Allen, Alabama.
Women who suffer should write to the Lydia E. Pinkham Medicine Co., Lowell, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women." ©