

RED ROSE

TEA 'is good tea'

and extra good 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.

Every day we are shocked by the report of some man or woman dying suddenly in the prime of life. We wonder why people should thus be cut off in the very heyday of their existence, and for want of a better reason ascribe the happening to act of God. Undoubtedly true is the saying: "There is a Divinity that shapes our ends, rough-hew them how we will," but still we can go out and meet trouble at times when perhaps we could with a little care have avoided it or at least warded it off.

When sickness comes there is always a reason for it. The reason may be remote and obscure, but it is there just the same. It may be due to neglect of our health in our early childhood, thereby leaving its indelible mark on our future. It may be due to indiscretions and excesses in the days of youth and early adult life, it may be due to excesses in eating and drinking, thereby paying the way for a broken-down system when all the physical cogs should be running smoothly and without a creek.

On consideration of this most important problem—the increase of the span of life and the avoidance of physical infirmities that might be prevented, the first thing needed is EDUCATION.

Without it we cannot get anywhere. Hopeful signs are appearing that the world is beginning to recognize the value of education in solving the world's problems. "Goodwill" without knowledge is warmth without light, and how forcibly this applies to many mothers who with the best intentions will moisten a comforter in their own mouths and then put it into the baby's mouth to

Paradise.
Lord, make my heaven plain and bare,
But new and whole, with room to spare.
(No clutter in it, anywhere)

No shabby rugs across the floor,
No rubbers flung behind the door,
No Sunday papers any more.

No littered mantelpiece to dust,
No crowded closets; nothing mused,
Nor any fear of moth and rust!

With spaces clear and orderly,
Wind-swept, in sunshine—I would be
A singing spirit, strong and free.

With Heaven itself in which to roam!
(I wonder—would I feel at home?) A.D.

The Scribe.
Winter is a monkish scribe
In a white cell.
He draws black letters on a page
Marvellously well.
He draws them out exceeding fine,
Black boughs on squares of sky,
And curious thorny shapes of things
Where white snows lie.

He borders all the page about,
His brush illumines with red
The text of berries crimson bright
In place of roses dead.
The edge he glides with dawn and dusk,
And lays his white page still
Where any man who passes by
May read it, if he will. —Hilda Morris.

The time that you save, like the
money that you save, is useful only if
you know how to spend it.

After seventy years I still think
myself thrice fortunate to have been
born.—General Sir Ian Hamilton.

Wearing old clothes is all right for
the man who knows he doesn't have to.

GIRLS! HAIR GROWS THICK AND BEAUTIFUL

35 Cent "Danderine" Does Wonders for Lifeless, Neglected Hair.

A gleamy mass of luxuriant hair full of gloss, lustre and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. This, dry, scaly or falling hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is sold at all drug stores, or by mail, at 35 cents a bottle. — get ready or get it!

pacify it, thus perhaps, spreading the germs of disease. It can apply in other ways, too. A child may develop some communicable disease and its treatment be neglected so that complications set in. These complications may leave their mark on the victim even when he or she has reached adult life. How many times do we see neglect to have a simple ailment put right in the early stages. How often do we allow minor complaints to develop into serious trouble, all because we are not educated up to the point where we are able to see the possible outcome of delay and neglect. There are many people living to-day with heart murmurs and ill-health, whose condition can be directly traced to the fact that they had decaying teeth in early youth which were not attended to. From these decaying teeth went out poisons which were absorbed into the system and ultimately found their way into the blood stream, thus affecting the heart. It is not only teeth that are often neglected. Take the case of adenoids. This condition causes mouth breathing because the nasal passages are either wholly or partially blocked. Mouth-breathing in turn has a tendency to bring on affections of the throat and lungs. Asthma, bronchitis, pneumonia and consumption are all waiting sometime or other to catch a mouth-breather and lay him on a bed of sickness.

There are many, many causes of preventable ill-health and of conditions that will in time lead to ill-health and premature death. There is no reason why the span of life cannot be lengthened, and it is being lengthened as health information is more and more diffused among the masses of the people.

Jesus, Saviour, pilot me.
In the crisis of life, says an American writer, "I had long known, Jesus, Saviour, Pilot Me, by heart; in strange and trying circumstances I learned to love it."
On a beautiful Sunday morning in the summer of 1912, during the bloody Balkan War, eight of us, all Americans, sat on the upper deck of the steamer Ishmaelia on her way up the Gulf of Smyrna. We sang a number of songs and last of all "Jesus, Saviour, Pilot Me."
None of us will ever forget the fascination of the song on that quiet morning. Over the hills lay the ruins of Ephesus and the other cities to whose seven churches John wrote. Back beyond the headland stood the ocean-washed rock called Patmos, where the exiled apostle "was in the Spirit on the Lord's day." We too were in the Spirit that morning in 1912.
The song ceased, and we all sat in pensive silence. Then the steamer stopped.
"What does this mean?" we asked one another.
I hurried below to make inquiries. "We have reached the edge of the mine field," answered the chief engineer.
"Can't we go on to Smyrna?" I asked.
"Yes, when the pilot boat comes out and leads the way through the mine field."
Soon the little pilot boat came out to us. Sometimes in its winding course the little boat described the letter S. The Ishmaelia, being a long steamer, frequently had to stop, reverse and manoeuvre in order to follow the exact course of the pilot boat.
At one place we passed between two ships that had struck mines the week before and had sunk; their masts sticking up out of the water warned that would be our fate if we did not follow our pilot. Over and over we repeated a prayer to the Great Pilot to guide us right. We got through safe, but a ship that was following another pilot boat struck a mine and sank.
In troubled times since that day I have found confidence and courage from repeating:

Jesus, Saviour, pilot me
Over life's tempestuous sea;
Unknown waves before me roll,
Hiding rock and treacherous shoal;
Chart and compass come from Thee,
Jesus, Saviour, pilot me.

Nightfallen Snow.
These nights of snow are loving to the air
As the stiff mother of a grieving boy;
For so they fill the air with soft concern,
Imponderable, irresistible,
And draw the numbing hardness slowly out,
And slowly weave a gradual sweetness in;
So freely on its harsh and hungry gloom
They spend the last calm silver penny of love.

O perfect strength of soft unstrident snow!
O mouth of beauty whispering in the night!
Æolian snow, that thrills against the wind,
That drifts on hidden grace, and lights it up
With shreds of many rainbows blended white!
O wild and revolutionary snow
That tosses utter newness round the world,
And lays it on the nations in their sleep!

—Sarah N. Cleghorn.

KEEP LITTLE ONES WELL IN WINTER
Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Gas Concrete.
"Gas concrete," the invention of a Swedish architect, is made of cement, slate-lime and a secret substance that causes the water, when added, to generate a gas that "raises" the mixture as yeast "raises" dough. The concrete hardens into a pumice-like substance that is not much heavier than wood. The great porosity of gas concrete makes it an excellent insulating material. Frost and moisture do not injure it, and an eight-inch wall of it has proved to be of sufficient thickness for the Swedish climate.

Enquire Not Appreciated.
A little girl who does not understand enquire found fault with the sentence at a recent children's concert, in which she helped to sing a chorus.
"I know you didn't make one mistake," she continued, on the way home, "but you they made us sing it all over again."

All the world lives a hour, but few people keep any use for the half-hour.

Would Secure a Full Vote.
Wife—"How can the women ever get out a full vote?"
Hubby—"The suggestion that the polls be moved to department stores would do the trick, I think."

A Joke.
"You plead guilty to stealing this pig?"
"No, your Honor. I took it for a joke."
A thoughtful frown creased the judicial brow.
"How far did you carry that pig?"
"Just over to my house—a matter of two miles."
"You carried that joke entirely too far."

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

When a man becomes old enough to know better, it is usually too late for him to do better.

HEADACHES FOR WEEKS

They Soon Disappeared After Using Dr. Williams' Pink Pills.

Every woman, at times, finds the routine of household tasks. But how much more difficult are the daily tasks of the home to the woman who is nervous and rundown? She prepares meals for the family, but has no appetite for food. What she does eat distresses her, and her complexion becomes pale. In cases of debility of this kind, building up the blood is generally effective. By improving the quality of the blood and increasing its quantity, nourishment is carried to the shattered nerves. The appetite invariably improves and gradually the exhausted system is toned up and the whole outlook of life is brightened. Mrs. Geo. Grant, R. R. No. 1, Markdale, Ont., tells for the benefit of others the great benefit Dr. Williams' Pink Pills were to her in a run down condition. She says:—"If anyone can strongly recommend Dr. Williams' Pink Pills I feel I can. For over four years I had been troubled with my nerves, and for weeks at a time I would suffer terribly with headaches. My blood was very thin. I had no appetite, could hardly go about. I was afraid to stay alone in the house as I feared something would happen to me. Finally I decided to try Dr. Williams' Pink Pills and they have made me a new woman, as I am now the picture of health. I have increased in weight, the headaches come no more, and my nerves are as good as ever they were. Before I began taking Dr. Williams' Pink Pills life was a burden; now I enjoy living, and I hope some other woman will take courage from my experience, for I feel sure that what this medicine did for me it can do for others."
You can get these Pills from any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Escape.

Would I might leave the prison that is I
And be some other person for a day,
And feel the fires of mind and passion play
Beneath some other breast—behold the sky
With other vision than my own, and sigh
With other anguish, yearn with other hope,
Oh, I would soar and sing, aspire and grope
On paths where alien spirits pant and die!

Who knows what rapture, what tempestuous dream
Might then burn deep into my bone and blood!
With blue, perpetual spring my days might bud,
And all the world I knew before might seem
But as an isle that caught a sudden gleam
From foggy mainlands past the bridgeless flood!

—Stanton A. Coblenz.

One Guarantee.
The Irishman had called at the farm and had asked the farmer to give him a job.

The farmer at first refused to listen to a word he had to say; but after a time, in response to the man's pleading, he agreed to take him if he could answer a number of questions satisfactorily.
All went well until the farmer asked:
"Where do you come from?"
"Ireland," replied the man quite readily.
"Ireland!" cried the farmer. "Then that settles it. I can have no more Irish people here; they all die on my hands."
"But, please, yer honor," said the man, "I'll get you a certificate that I have never died on the hands of any of my other four masters."

Ask for Minard's and take no other.
Find New Pearl Beds in India.
Twenty miles of pearl oyster beds that will begin to yield in 1926 have been discovered in the Gulf of Mannar, at the lower tip of India. British Government officials in India predict the largest pearl fisheries of a century will develop. The new beds are directly opposite the ancient fisheries of Ceylon exploited by the Greeks and Romans.

Mother! Give Sick Baby "California Fig Syrup"
Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even 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! In all new genuine "California Fig Syrup" which contains directions.

A Quick Relief for Headache
A headache is frequently caused by badly digested food, the gases which are absorbed into the blood which in turn irritates the nerves and causes painful symptoms called migraines, neuralgias, rheumatisms, etc. It is to be avoided by eating light, digestible food, and by using "California Fig Syrup" which contains directions.

Poultry Mating for 1924.

In regard to age of breeding stock no exact rule will hold good. But from many years of breeding, the general opinion is that second year birds are the best. But if pullets have not been "laid" for eggs, and fertile eggs are not required before March, very good results are likely to be realized. It is when mated and breeding earlier, in an unnatural season, that immaturity entails some degree of weakness.

When you have secured an especially good mating it is well to continue to use same male bird for two or three seasons, or until same can be replaced by a good son of his. So now, with mating time right upon us, it is well to keep this in mind. The breeder of the heavy type Rocks, Wyandottes, R. I. Reds, etc., should now mate up their pens and have their own hatch for winter layers off early in March. This is not too early, as it is necessary to let the larger breeds have six months to mature in before they are placed in the laying houses.

The number of hens to one male bird is of importance. It is as great a mistake to have too few hens as too many hens with one male. A fair average for "utility" breed is twelve to fifteen hens to each cock or cockerel. Every year the more painstaking breeder devotes time and thought to what his next mating will be. He thoughtfully scans his best chickens, watching for their good points and deficiencies, and if the latter is very apparent he discards such birds from breeding pens, breeding only from the birds with good points—eggs, size and general conformation to the standard of his particular breed, observing one rule always, "that no fault shall be present in both male and female," for such a mating will make the fault more pronounced in the offspring.

Remember, even if you have not got a wonderful lot of good hens, that you can greatly improve your stock with a fine male bird, as it is a well known fact that the male bird is over 50 per cent of the breeding pen.—S. W. Knipe, Orchard Park, N.Y.

The most devoted husband has moments when the only company he wants is that of his own sex.—Mr. Duncan Swann.

It was an ancient belief that nine grains of wheat laid on a 4-leaved clover enabled one to see the fairies.

ASPIRIN

Beware of Imitations!

BAYER

Demand

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, Pain, Pain.

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetacidester of Salicylicacid. 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."

DON'T TRY THE DO THIS WATCH THIS TEST

Can You Hear?
Place watch to ear then draw away. You should hear tick at 56 inches. Does a ringing in your ears prevent your proper hearing?
LEONARD EAR OIL
relieves both Head Noises and Deafness, but rubs in back of ear and insert in nostrils. Price \$1.25
For Sale Everywhere.
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A headache is frequently caused by badly digested food, the gases which are absorbed into the blood which in turn irritates the nerves and causes painful symptoms called migraines, neuralgias, rheumatisms, etc. It is to be avoided by eating light, digestible food, and by using "California Fig Syrup" which contains directions.

Classified Advertisements

FOR SALE
6 POUNDS LEAF TOBACCO ONE pound in fine cured. Shipped all over Canada for \$2. Lewis High, Leamington, Ont.

An Omission.
She was four years old when her little brother, the son and heir, arrived, and great was her delight in the christening party, especially in the snowy cake with the little silver cradle on the top.

Then, two or three weeks later, she was taken to a wedding, and at the reception afterwards was close to the bride when she began to cut the wedding cake.

Her face fell, and she rushed to her mother, calling at the top of her voice: "Mummy, they've forgotten the cradle!"

The average man in any country is not gifted with extraordinary foresight.—Cardinal Bourne.

MURINE
For Your EYES
Refreshes Tired Eyes
Write Murine Co., Chicago, for Free Book

The CHILDREN'S COUGH REMEDY
MINTINE
Its Soothing Balsam gives quick relief.

CHILLS
are the forerunners of colds and grippe. Inhale Minard's and rub it on throat and chest. A sure preventative.

MINARD'S
"KING OF PAIN"
LINIMENT

WEAK, RUN DOWN AND AILING

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed

Port Mann, B. C.—"I took Lydia E. Pinkham's Vegetable Compound because I was tired and run-down. I had headaches and no appetite and was troubled for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I was living in Washington I was recommended by a stranger to take Lydia E. Pinkham's Vegetable Compound. I am stronger and feel fine since then and am able to do my household work. I am willing for you to use these facts as a testimonial."—Mrs. J. C. GREAVES, Port Mann, B. C.

Feels New Life and Strength
Keene, N. H.—"I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pinkham's Vegetable Compound and I also used Lydia E. Pinkham's Sanitary Wash. I am able to do my work and feel new life and strength from the Vegetable Compound. I am doing all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N. H.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound.

CUTICURA
SOOTHES IRRITATIONS
In the treatment of all skin irritations bathe freely with Cuticura Soap and hot water, dry gently, and apply Cuticura Ointment to the affected parts. Always include the excellently scented Cuticura Tablets in your toilet preparations.

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