

RED ROSE

COFFEE

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

If a burglar plans to attack your house, a barrier or a number of barriers are needed to keep him out. If an infuriated bull charges across the field looking for a means of getting on the highway, some barrier is necessary, or trouble will result. It is the same thing when disease is lurking about, waiting for a chance to attack our bodies and lay us on beds of sickness. Barriers are necessary. The point is that some of us do not erect the barrier in time, perhaps we do not erect it at all. Let us think of some common diseases and see if there are any barriers we could put up against them.

Take smallpox and chickenpox as examples. The first barrier in preventing the spread of these two diseases deals with the sick person and carriers. Diagnosis, treatment and isolation of the patient are some of the things we put up to check the progress of the disease. In addition, there is the disinfection of fomites and articles used by the patient. There is notification of the disease to the health authorities and there is control of contacts. The second barrier is education, good ventilation, satisfactory hygiene, such as cleanliness of person and dwelling, proper housing conditions, etc. In the case of smallpox the third barrier is vaccination.

The barriers erected may be slightly different to suit the particular disease, but they are all along similar lines. There is a powerful army of invaders ready at any moment when

conditions are favorable to attack infants and young children. These invaders include cerebro-spinal fever, diphtheria, measles, whooping-cough, mumps, scarlet fever, influenza, pulmonary tuberculosis, pneumonia. These diseases will spread, causing suffering and death, unless barriers are erected to block their progress and prevent them from gaining ground. School inspection is an important barrier here, because it affords facilities for early diagnosis of conditions that may easily be put right if taken in time, but which, if allowed to develop and become chronic, may cause lasting illness and retard normal development.

Another barrier against the invasion of these disease germs is the control of contacts and excluding them from school till the danger period has passed. Other barriers almost too numerous to mention can be put up to block disease. These include proper ventilation of home and school, good food, avoidance of overcrowding, open-air schools and exercise, avoiding the risk of infection by keeping away from social gatherings during an epidemic, prohibition of public drinking vessels, control of slates, pencils, etc., in schools, attention to diseased tonsils and adenoids, control of the milk and water supplies.

Disease is ever making warfare against the human race and we must fight the enemy. It is the duty of every good citizen to enter the fight and help his neighbor as well as himself when health and even life itself are at stake.

Girl 'Cellist Coaxes Nightingales to Sing for Radio.

"Was it a vision or a waking dream?" Keats asked concerning the melody of the nightingale, and in the birdless streets of London where no nightingale has been for centuries, the radio public echoed the poet's question.

In a quiet garden in Oxford, Miss Beatrice Harrison's violoncello coaxed not one, but many nightingales into song for the ears of all England. An hour before midnight the "tawny-throated" chorus sent its music against the sensitive microphone placed in a garden and the cellist ceased her decoy music to let trafficked London hear the song that has been responsible for some of the most beautiful of English poetry, so charming and baffled have the poets been.

The British Broadcasting Company—BBC, as the radio enthusiasts know it—arranged the experiment. The amplifier in the garden sent the song to London over a telephone line, and from the capital it was relayed to all parts of the island.

The tones were clear and natural as they reached the thousands of sets that were in readiness to test the experiment. The nightingales in distant Oxford had brightened for a few minutes the urbanite's life—and, incidentally, the radio program.



Where He Falls Down.
"Hicks is a fellow who is wonderfully accurate at figures."
"Say! You've never played golf with him, have you?"

Lead Supply.
Authorities say that the world's future supply of lead lies in those complex lead-sulphur-copper-zinc ores the treatment of which has always been a metallurgical problem. Those ores are abundant in the Rocky Mountains; but more available supplies of lead are being depleted, and there are no new bodies of lead ore in sight.

DONALD KIRKE GIVES TANLAC FULL CREDIT

Popular Actor Says Medicine Completely Overcame Stomach Trouble and Nervousness.

That Montreal play-goers are literally packing their Orpheum Theatre at every performance is at once a tribute to the high standard of the entertainment offered and to the finished artistry of the famous Duffy stock players, not the least popular of whom is Donald Kirke.

Mr. Kirke is not only a favorite on the legitimate stage but is a screen star of note, and it is a further tribute to his consummate acting that, even while tortured with stomach trouble, nervousness and other ills, he kept "on with the play" day in and day out until he found relief by taking TANLAC. As he says:
"My stomach had almost failed me and I wonder now how I ever kept up, I ate so little. Nights I would toss and turn for hours in nervousness; piercing sick headaches made me suffer agony, and at times on the stage I was so nervous, weak, and trembly that I could hardly remember my lines."
"I would have given a thousand dollars to get the relief Tanlac has given me for less than five dollars. My appetite was never better, I eat everything and have gained 12 pounds. I'm never a bit weak or nervous, never



Tanlac Vegetable Pills For Constipation. Made and Recommended by the Manufacturers of Tanlac.

No More the Lilac Wave.

No more the lilac wave—a purple glory—
Their petals blow about us as we pass;
Again spring's loveliest things have told their story,
Gay tulip cups lie broken in the grass;
Soon penny time will come and go, and after,
Red roses hurt us with their perfectness,
And from old apple orchards flickers' laughter
Break through the garden's silence less and less.

Quaint silhouette against a white plaster—
With beaks stretched wide above a clay bowl's rim—
Four hungry fledglings twitter: "Faster, faster."
To red-breasts hovering on a nearby limb,
While in my heart a voice cries, no whit lower:
"O Time, go slower, slower, slower, slower."
—Isabel Villa.

VICTIMS OF ANAEMIA

Need New, Rich Blood to Restore Health and Strength.

It is an unfortunate fact that nine women out of every ten are victims of bloodlessness in one form or another. The girl in her teens, the wife and mother, the matron of middle age—all know its miseries. To be anemic means that you are breathless after slight exertion. You feel worn out and depressed. You turn against food and often cannot digest what you do eat. Sleep does not refresh you, and when you get up you feel exhausted and unfit for the day's duties. If neglected anemia may lead to consumption.

You should act promptly. Make good the fault in your blood by taking Dr. Williams' Pink Pills, the most reliable blood enricher ever discovered. These pills purify bad blood, strengthen weak blood, and they make good blood, and as the condition of your blood improves you will regain proper strength, and enjoy life fully as every girl and woman should do. The case of Mrs. Mary Trainor, Perth, Ont., shows the value of Dr. Williams' Pink Pills in cases of this kind. She says:—"I had not been feeling well for some time and had been gradually growing weaker. I found it very hard to do my housework; had severe headaches and was very pale. I took doctor's medicine for some time, but they did me no good. I was growing weaker and used to faint and take dizzy spells. In this condition I began the use of Dr. Williams' Pink Pills, and after a time found they were helping me. I continued their use until I found the troubles that afflicted me had gone and I am once more enjoying good health and strength."
You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Fishing Waters of Canada.

It is not generally appreciated, even by Canadians, that two of the four great sea fishing areas of the world border on Canada. In addition, the lakes and rivers of the Dominion constitute approximately one-half of the fresh water of the globe, while the great inland sea of Hudson Bay, still practically untouched, may be regarded as a reserve. Their extent alone suffices to render these various fishing areas remarkable, says the Natural Resources Intelligence Service of the Department of the Interior at Ottawa.

The Atlantic coast line, from Labrador to the boundary between the United States and Canada, measures over 5,000 miles—not including the lesser bays and indentations. Off the coast are the noted fisheries of the "Grand Banks." Moreover, 15,000 square miles of inshore waters are entirely controlled by the Dominion, while Hudson Bay has a shoreline of 6,000 miles.

Crossing the continent, the Pacific shoreline is over 7,000 miles long and has the unique advantage, thanks to its multitude of islands, of being exceptionally well sheltered for fishermen. Finally, the fresh water lakes of the interior constitute an area of 220,000 square miles. Canada's share of the Great Lakes along the United States boundary alone covers 34,000 square miles. These varied waters yield at least fifty edible species.

The best Tobacco for the pipe

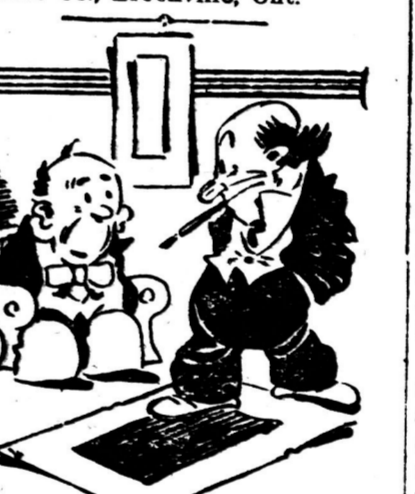
Ogden's CUT PLUG

Sanctuary Near London Haven for Birds.

On the outskirts of London, and within half an hour's journey from the city, is one of the most beautiful bits of woodland in England. Few Canadians, or Londoners either, have ever visited this place, or even know of its existence. It is a bird sanctuary, a veritable land of song, which is carefully fenced and guarded by keepers night and day and where every kind of British bird lives and nests unharmed. The wood lies in the Brent Valley and was purchased for London two years ago and established as a permanent memorial to Gilbert White, the author of the "History of Selborne," by the Selborne Society in London. The sanctuary, however, has been in existence just twenty-one years this year and in its many oak trees, in the boughs of its many oak trees, and the coppices of hazel, willow warblers, blue-tits, goldfinches, nightingales, blackcaps and many other birds may be seen. Were it not for this sanctuary, many of the shyest types of birds, the nightingales particularly, would have deserted the ever-growing city of London.

CHILDHOOD CONSTIPATION

Constipated children can find prompt relief through the use of Baby's Own Tablets. The Tablets are a mild but thorough laxative which never fail to regulate the bowels and stomach, thus driving out constipation and indigestion; colds and simple fevers. Concerning them Mrs. Gaspard Daigle, Demain, Que., writes: "Baby's Own Tablets have been of great benefit to my little boy, who was suffering from constipation and indigestion. They quickly relieved him and now he is in the best of health." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Have You Joined One Yet?
"A Coolidge Club is composed of Republicans, of course?"
"Not at all—it's composed of men who know how to keep their mouths shut."

BETTER GREEN TEA IMPORTED.

Many think that those who drink Green Tea are more critical judges of quality than those who drink black. Such would seem to be the case, because some years ago great quantities of poor quality Japan and China Green Teas were brought into Canada. The demand for this type of tea soon fell off. Now, however, the much finer quality of India and Ceylon Green, imported mostly by the Salada Tea Company, has sharply revived the demand by those who enjoy the distinctive flavor of Green Tea.

Wealth From Whales.

Ambergris, derived from the intestines of the whale, is found in lumps up to 300 lb. in weight, either floating in the Tropic seas or cast up on the shores of Madagascar, China and Japan. The whole of the constituents of ambergris, being of a highly complicated character, have not yet been identified and isolated. Ambergris was known in very early times, and was regarded as possessing highly curative properties for certain diseases. Its present high cost—twenty-three dollars an ounce—is due entirely to the uncertainty of the supplies, to its use in perfumery as a fixative, and to its highly pleasant and delicate musk-like odor.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.
Rubber "comfytees" for babies are banned by the authorities of the British Rhine Army.
Children of eight and nine years of age are employed in Chinese factories. Singapore's highest for opium.

EASY TRICKS Four Kings



The four kings are taken from a pack of cards and displayed. One king is placed in the pack, which is held face down, near the bottom. Another is placed near the centre. A third is placed near the top and the last is placed on the top. The cards are now cut, the lower portion being placed on the top. The trickster holds the cards behind his back for a moment. When he brings the cards in view again, the trick is done. He asks a spectator to examine the cards. The four kings are found together near the middle of the pack. A familiar stunt of the magician is used to accomplish the trick. The four kings are held in the form of a fan when they are displayed. Behind them, three queens are hidden. The fan is closed. The top card, apparently a king but really a queen, is placed in the lower portion of the pack. The last card (really the four kings) is placed on the top of the pack and the cards are cut. Putting the cards behind the back is a little misdirection as the trick would be a trifle too wonderful to be believed if the spectators were given nothing to lead them to believe that there was some manipulation of the cards to bring about the result.

A Quarter's Worth of Courtesy.

Whatever the cause, real spontaneous courtesy is not so often seen in street cars as it used to be; indeed, there is now much actual discourtesy. It is cheering therefore to read about a young fellow who knows how to be courteous, and who is willing to teach others to be so. The Baltimore Sun tells the story:

It happened on a southbound Guilford Avenue car about noon. Every seat was taken when the car stopped at Preston Street. Strap-hangers moved to the front. Thirteen men, who were seated, gazed abstractedly through the windows. An old woman heavily draped in a mourning veil entered by the front door. None of the men moved. Several glanced at the woman as she balanced herself. A youth who was standing—he was probably seventeen years old and was carrying school books—leaned over an athletic-looking man. "Do you want to sell your seat for a quarter?" the boy asked the man. "Where is the money?" the man rejoined. The boy produced a much-worn quarter from his pocket and gave it to the man. "I've bought this seat," the boy said, turning to the woman. "You may now sit down." The woman thanked him as she moved to the seat. At Pleasant Street the man alighted, looking rather ashamed. The other men paid more attention than ever to the buildings that the car was passing.

The Old Reliable REMEDY



Strong Nerves
Pure organic phosphoric, known to the best druggists as Nitro-Phosphoric, is what nerve-exhausted, tired-out people must have to regain nerve force and energy. That's why it's guaranteed. Price 12c per package. Assou Chemical Co., 28 Front St. East, Toronto, Ont.

Sky-Writing in Flame-Colored Smoke.

A new form of sky-writing—using flame-colored as well as white smoke—has been initiated here, says a London despatch. It was seen by visitors to the British Empire Exhibition at Wembley and by people within a radius of 10 miles. About 6 p.m. a machine, chartered from Major J. Savage and piloted by Lieut. Taitooz, at an altitude of between 10,000 and 12,000 feet, began to trace words on the sky. When only half-way through the first word the machine emitted a stream of red smoke, and watchers first thought the aeroplane had caught fire. Then it was seen that the machine was completing a word in flame-colored smoke, and this color was also used for the second word. The aeroplane was traveling at over 100 miles an hour. This was the first time that any sky-writing had been done in colored smoke.

Milk's Lintiment for Distemper.

There are no records to prove that the children in Ancient Greece or Rome ever played with toys.

Classified Advertisements

WANTED—CAR OWNERS TO send for our Big Free Catalogue showing 101 bargains in Auto Supplies. It will save you money. Send for it today. Canadian Auto Shops, Box 154, Niagara Falls, Ontario.

MURINE NIGHT & MORNING

KEEP YOUR EYES CLEAN CLEAR AND HEALTHY

Sample Each Free by Mail. Address Canadian Depot: Cuticura, P. O. Box 3818, Montreal. Price: Soap 25c, Ointment 25c and 50c, Talcum 50c. Try our new Shaving Stick.



Cuticura For Skins That Itch And Burn

Bathe the affected part with Cuticura Soap and hot water. Dry gently and anoint with Cuticura Ointment. This treatment not only soothes but in most cases heals.

YOUNG DAUGHTER MADE WELL

Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B.C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who had heard of a woman who was taking it for the same trouble, we were told of Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was represented to do and we have told a number of friends about it. I am never without a bottle of it in the house, for I myself take it for that weak, tired, worn-out feeling which sometimes comes to us all. I find it is building me up and I strongly recommend it to women who are suffering as I and my daughter have."—Mrs. J. McDONALD, 2547 26th Ave. East, Vancouver, B.C.
From the age of twelve a girl needs all the care a thoughtful mother can give. Many a woman has suffered years of pain and misery—the victim of thoughtlessness or ignorance of the mother who should have guided her during this time. If she complains of headaches, pains in the back and lower limbs, or if you notice a shiver of thought, nervousness or irritability on the part of your daughter, make life easier for her. Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions.

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