

# RED ROSE

## TEA "is good tea"

Fine, brisk flavor! Best of all in 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.

People living in country districts, perhaps far removed from a doctor, are often confronted with cases of accident or sudden illness. At times like this it is very hard to know just what to do on the spur of the moment. Most people get nervous and excited, thereby adding to the general confusion without giving much practical help.

If there is any use in saying so, I would strongly advise the person who is on the spot as a helper to deal with the circumstances in a common-sense way. For instance, if a person gets hurt and is bleeding, the bleeding must be checked. The best way to do this is to get a hard pad and press it firmly against the bleeding spot, or else tie the pad on with your handkerchief.

A lot of alarm and anxiety is often caused in cases of convulsions. When a fit comes on, the sufferer will be lying down, the best position for him, but your common-sense will suggest something soft under his head, and you should use a little gentle restraint if necessary, just sufficient to prevent him from injuring himself in his struggles. If the teeth are clenched and the tongue bitten, try and insert a small stick with a piece of rag wrapped around it, between the jaws.

Cut and abrasions are perhaps the most common injury met with, and to keep the wound clean is the important thing. When the skin is broken it is particularly liable to be infected with septic germs which may cause blood-poisoning. If you can only keep the wound clean, nature will do the healing, but nature cannot heal while her work is being interfered with by germs that cause inflammation and pus, or what is known as an infection. Of course, you can control infection by the use of antiseptic solutions, but these may not be at hand, so the very best thing to do is to keep the cut or abrasion clean and free from infection if possible. You will ask what to do then. First, bathe the wound carefully and thoroughly with warm water to which you may add some antiseptic solution such as boric acid. Better still, wash the wound with warm water and soap. Do not touch the wound with a sponge or flannel, but something reasonably clean, such as a piece of new lint or clean cotton wool. If none of these are to be had, a piece of clean linen such as a handkerchief will do very well. Then dry the wound and paint on some tincture of iodine if it is available. The iodine may smart, but only for a few moments, and you should now protect the wound by a pad of boric lint or clean linen. A bandage applied snugly, but not too tight, will stop any further bleeding and at the same time keep the dressing in place. If the wound does not throb or feel uncomfortable, the dressing need not be changed for forty-eight hours or so.

Severe haemorrhage is a condition that requires immediate treatment, but what you can do is only of a temporary nature. Still, you can often save life by checking or controlling the bleeding until the doctor arrives.

Keep the patient lying down quietly and notice whether the blood comes out in spurts or in a steady flow. Apply a pressure pad or even hold the bleeding point tightly with your finger until you get assistance. When the pressure pad is applied, bandage firmly at once. Elevate the injured limb as high as possible.

Should the blood still continue to come in spurts, it is evident that an artery has been cut or torn and you will then have to try and compress the main artery by pressure against

the bone with your fingers, or better still, apply a tourniquet. This is easily done by tying a handkerchief around the limb (always above the wound), over a piece of stick or similar article. Then twist the stick till the handkerchief is as tight as can be borne and hold or tie the stick in position.

In bleeding from the nose, place the patient on his back with the head and shoulders raised on pillows or anything handy. Raise the arms above the head as high as possible, and pinch the nostrils tightly with the finger and thumb. This will often stop the flow. Should it not, wrap some broken ice in a handkerchief and apply to the nose and to the nape of the neck. A thick slice of lemon bitten and sucked, of course the doctor should be sent for without delay if the bleeding is persistent.

Should you find a person lying unconscious, do not try to make him sit up. Just let him lie, and if he can swallow, give a few sips of brandy. In cases of sudden illness where a doctor cannot be got at once, a little common sense will often work wonders. In the first place get the patient to bed at once if the attack is severe and don't forget to loosen any clothing that may be tight. Fainting will usually yield quickly to lying down and sipping a stimulant. Cold water is an excellent stimulant, if just sipped, but do not give fluid unless your patient can swallow, otherwise it may find its way into the lungs.

If he is cold or shivering, apply hot water bottles to the body and the feet, but be sure to wrap the bottles in something woolen to avoid blistering. Vomiting may be relieved by sucking ice, also by applying a mustard plaster to the upper part of the abdomen.

When there are broken bones to deal with, efforts must be made to prevent any movement of the two jagged ends at the point of fracture. Movement causes pain, so bind the limb above and below the fracture to a splint which can be made out of a piece of stick, or even an umbrella. These bits of advice are intended to be useful in emergency, but do not neglect to secure the services of a physician at the earliest possible moment, as the fractured bones may need to be set in position before a permanent splint is applied.

### CHILDHOOD INDIGESTION

Nothing is more common in childhood than indigestion. Nothing is more dangerous to proper growth, more weakening to the constitution or more likely to pave the way to dangerous disease. Fully nine-tenths of all the minor ills of childhood have their root in indigestion. There is no medicine for little ones to equal Baby's Own Tablets in relieving this trouble. They have proved of benefit in thousands of homes. Concerning them Mrs. Jos. Lunette, Immaculate Conception, Que., writes: "My baby was a great sufferer from indigestion, but the Tablets soon set her right, and now I would not be without them." Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### The Warders.

Our silent armies sleep,  
Through summer's sun and winter's gale  
And 'neath the starry deep;  
No more for them the dawn of day  
Nor sunset on the hill.  
Their souls and songs have died away,  
Their giant strength is still.

The march of time goes swiftly by  
And brings its care and toll,  
But in eternal youth they lie  
Beneath a foreign soil;  
With iron limbs and fire for breath  
They charged amidst the gloom,  
And shared along those fields of death  
The comradeship of doom.

Yet not in vain they watch and wait,  
Strong champions of the right,  
They see the warders at our gate  
And guard us through the night.  
From selfish aim and paltry ease,  
From slavery of the soul,  
The men that save the land are these  
They point us to the goal.  
Quebec.  
—Canon F. G. Scott.

He Yearned to Know.  
"When Nebuchadnezzar ate grass  
with the beasts of the field—"  
solemnly began the presiding elder.  
"Did he better too?" asked young  
Banty Johnson, who has an inquiring  
mind.  
Ask for Minard's and use as often.

### Sea Fever.

I must go down to the sea again, to the lovely sea and the sky,  
And all I ask is a tall ship and a wind to steer her by,  
And the wheel's kick and the wind's sang and the white sail's shaking,  
And a grey mist on the sea's face and a grey dawn breaking.

I must go down to the sea again, for the call of the running tide,  
Is a wild and clear call that may not be denied,  
And all I ask is a windy day, with the white clouds flying,  
And the flung spray and the blown spume and the sea gulls crying.

I must go down to the sea again to the vagrant gypsy life,  
To the gull's way and the whale's way, where the wind's like a whetted knife,  
And all I ask is a merry yarn from a laughing fellow rover,  
And quiet sleep and a sweet dream when the long trick's over.  
—John Mansfield.

### THE CHEERFUL WOMAN

#### Is One Who Has the Rich, Red Blood of Good Health.

The fact that one woman is bright-eyed, rosy-cheeked, strong and cheerful, while another is pale, weak and depressed is due more often than otherwise to the condition of the blood. The way to remedy this depressed state is to build up the blood, and for this purpose there is no other tonic can equal Dr. Williams' Pink Pills. A case in point is that of Mrs. Melvin Abra, Graveley Street, Vancouver, B.C., who says:—"About two years ago I was a very sick woman. I seemed to be wasting away and getting thinner all the time. I grew so weak that the doctor sent me to the hospital, but the treatment there did not help me and I returned home. Then I tried a number of tonics with no better results. At this stage my mother came to me, and as she is a firm believer in Dr. Williams' Pink Pills, she started me on this medicine. I can only say that they did wonders for me. I began to get new health and strength after I had taken a few boxes, and day by day this improvement continued until I was again well and able to do all my household work, and I have not had a sick day since. I cannot recommend your pills too highly and urge those who are looking for health and happiness to give them a trial."

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

### Granny.

Granny's come to our house,  
And ho! my lawdy-daisy!  
All the children round the place  
Is list a-runnin' crazy!  
Fetched a cake for little Jake,  
And fetched a pie for Nanny,  
And fetched a pear fer all the pack  
That runs to kiss their Granny!

Lucy Ellen's in her lap,  
And Wade and Silas Walker  
Both a-ridin' on her foot,  
And 'Pollo's on the rocker;  
And Marthy's twins, from Aunt  
Marin's.

And little orphan Anny,  
All's a-eating ginger bread  
And giggin' at Granny.

Tells us all the fairy tales  
Every thought or wonder—  
And 'bundance o' other stories—  
Bet she knows a hundred!  
Bob's the one fer Whittingdon,  
And Golden Locks for Fanny;  
Here 'em laugh and clap their hands  
Listenin' at Granny.

Granny's come to our house,  
Ho! my lawdy-daisy!  
All the children round the place  
Is list a-runnin' crazy!  
Fetched a cake for little Jake,  
And fetched a pie for Nanny,  
And fetched a pear fer all the pack  
That runs to kiss their Granny!  
—James Whitcomb Riley.

### GREEN TEA IN GREAT DEMAND.

Twenty-five years ago, Green Tea was more popular than Black, but due to the heavy importation of poor quality Japan and China Green Teas, the demand fell off. Ceylon and India started producing Green Tea on a large scale only in recent years. They were of such fine quality and delicious flavor that Green Tea drinkers immediately recognized their superiority and demanded them in ever increasing quantities. Salsada Tea Company is practically the sole importer of Ceylon and India Green Teas in Canada.

### New Source of Power.

Motor tests recently made indicate that palm and cottonseed oil may be practical and economical sources of power in the tropics.

### Keep Minard's Liniment in the Home.

A man should never be ashamed to admit that he has been in the wrong; it is but saying in other words that he is wiser to-day than he was yesterday.

The man who once most wisely said, "Be sure you're right, then go ahead," might well have added this, to wit, "Be sure you're wrong before you stop."

### EASY TRICKS

Which Card



This trick requires a little practice, but it is well worth it. Well presented, the trick is more mysterious than the description suggests. Show four cards to a spectator, asking him to fix his mind upon one of them. Do not display them too long—just long enough to enable him to see one of the cards plainly. Put two of the cards on the top of the pack and two of the cards on the bottom and put the pack behind your back. Throw several cards on the table and ask him to tell you whether or not his card is among the answer. Do this several times until he answers "Yes." You will then be able to name the card he selected.

The first handful of cards you throw on the table includes one of the two cards you put on the bottom of the pack. If his answer is "No," you will know that the selected card is one of the three other cards. The cards may be returned to the pack. The next handful of cards includes one of the other cards. If it is not the selected card, the next handful will, of course, contain it.

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



### And How They Can Run!

"He seems always in a hurry—what's the matter with him, anyway?"  
"Trying to keep up with his running expenses, I think."

### Music a Precious Asset.

"How much even a little musical accomplishment means to young men was effectively demonstrated during the V.C. posthumously for superb bravery during the great advance of the summer of 1918, who had a most remarkable gift for playing on that haunting instrument, the ukulele. He had (it was afterwards known), a real conviction that he was never to see Canada again, and the soft, melancholy strains he used to evoke from his instrument were an expression of his premonition. He undoubtedly gave solace to himself and much pleasure to his comrades by his music, said though it was.

"In the trenches there was no scoffing at music as a girl's accomplishment; it was regarded as a precious asset; and so the growing boys whose ideas of the war are vague must be taught to regard it."

All at Sea.  
A girl at a public library inquired if "The Red Boat" was in.  
"I don't think we have the book," she was told.  
"Oh, excuse me," said the girl. "I made a mistake. The title is 'The Scarlet Launch.'"

After a search, the library assistant reported that no book with that title was listed in the card catalogue.  
"But I am sure you have the book," the girl insisted. Suddenly she opened her handbag and produced a slip of paper on which something was written. Then she blushed. "Oh, I beg your pardon," she said. "It's 'The Ruby Yacht' by a man named Omar, I want."

### By Comparison.

"I understand you and your wife take a trip every summer in your fivever. I suppose it makes the farm work seem lots lighter when you return?" suggested the relative.  
"Yes—by comparison," agreed Farmer Shakewell.

Payment for articles advertised in this column should be made with Dominion Express Money orders—A safe way of sending money by mail.

The sagacious are generally lucky.

## NURSE CHAPPELLE SAYS TANLAC BRINGS MOST GRATIFYING RESULTS

### Nurse With 15 Years' Experience Urges Use of Tanlac—Tells of Her Mother's Experience With World's Famous Tonic.



"I have direct and personal knowledge of so many cases where TANLAC has restored health and strength and helped weak, run-down people to get on their feet that I know it to be an unusual medicine," is the emphatic manner in which Mrs. M. E. Chappelle, Blue Mount and Thomas Ave., Wauwatosa, Wis., a practical nurse of fifteen years' experience, pays tribute to the famous treatment.

"Time and again I have urged TANLAC'S use and it always brings the most gratifying results. My own mother, now eighty years old, took TANLAC five years ago, and it has been her standby ever since. Nothing helps her as TANLAC does and she is as strong an advocate of the medicine as I am. Only recently, mother became generally run-down. Her stomach was disordered, her appetite utterly failed her, and she came near having a nervous breakdown. TANLAC gave her a vigorous appetite, corrected all complaints and left her not only well and happy, but so strong and active that she looks after the

home and visits around, as well. And mother thinks the TANLAC Vegetable Pills are the greatest ever.

"In all my long years of experience as a nurse, I have never known the equal of TANLAC."

TANLAC is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Take TANLAC Vegetable Pills.

### The Nightingale.

He deadens all birds with the note  
Of his so hale and lusty throat,  
And with his singing  
Each copse, each hedge is ringing.

Where sits he? That I cannot mark,  
But for his voice now, hark, hark, hark,  
How his voice sallies  
Ring through these leafy alleys!

What is he? Say a censer, high  
By angel hands swung slightly,  
Whence Heavenward taper  
Smoke-wreaths of perfumed vapor.

What is he? Say a helmy chimera,  
Fine-toothed, fine-threaded, quick to  
rhyme,  
Though unbeholden,  
Alert, exultant, golden.

He is—where I can reach him not—  
A spark of fire, a message caught  
From roofs high over  
Those low roofs us that cover.

It irks me not, though old I be,  
That he the laurel bear from me;  
Sweet bird, I know it,  
'Tis yours, the crown as poet.

For what man yet could fathom all  
The riches of that treasure hall  
Of wondrous singing  
The nightingale is king in!

Habit is one of the few things in  
the world that it is harder to break  
than to make.

To be perfectly proportioned, a  
man should weigh 28 lbs. for every  
foot of his height.

### 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 Bayer package

which contains proven directions  
Handy "Bayer" boxes of 12 tablets  
Also bottles of 24 and 100—Druggists  
Aspirin is the trade mark (registered in  
Canada) of Bayer Manufacture of Mono-  
aceticacid of Salicylicacid

### To Gain Weight

Druggists guarantee Bitro-Phosphate to rebuild shattered nerves; to replace weakness with strength; to add body weight to thin folks and rekindle ambition in tired-out people. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

### CHAPPED HANDS

Minard's is excellent for chapped hands and all skin diseases.

### MINARD'S KING OF PAIN LINIMENT

### Classified Advertisements

ONLY TEN DOLLARS. REMODEL your old style Ford with a De Luxe Streamline Hood. Write for circular. Burrows Mfg. Co., Toronto.

LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay. Work sent any distance. Charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

### STRAWBERRY PLANTS.

STRAWBERRY PLANTS. Williams Glen Mary and Dr. Burrill, \$6.00 per thousand, \$1.25 per hundred. Premier, Kellogg's Prize Marvel and Parson's Beauty, \$1.50 per hundred. All prepaid. Fred W. Whitehall, Sub. 10, London, Ontario.

### MURINE FOR YOUR EYES

Wholesome Cleansing Refreshing

### Cuticura Cares For Your Skin And Hair

Make Cuticura Soap, Ointment and Talcum your every-day toilet preparations and watch your skin and hair improve. The Soap to cleanse, the Ointment to heal and the Talcum to powder.

Sample Book Free by Mail. Address Canadian Agents: Cuticura, P. O. Box 2412, Montreal. Price, Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shaving Stick.

### EXCRUCIATING PAINS, CRAMPS

### Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Eberts, Ont.—"I started with cramps and bearing-down pains at the age of eleven years, and I would get nervous I could hardly stay in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sanative Wash told me about it and I recommend it now, as I have received great relief from it."—Mrs. NELSON YOTT, R. K. L. Eberts, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for ailments common to women. It has been used for such troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Yott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent to strengthen the system and help to perform its functions with ease and regularity.

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