

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

Dr. Middleton will be glad to answer questions on Public Health and how through this column. Address him at Spadina House, Spadina Avenue, Toronto.

The reasons why some persons have attractive personalities and some have not, may depend on what we eat,



"GOLDEN-brown toast, crisp and piping hot, may be made right at your breakfast table, with the Hotpoint Reversible Toaster."

Toasts two slices of bread at once. The toast is turned automatically by simply pulling down one of the nickel-plated guards. Designed to grace the finest appointed table.

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according to John R. Murkin, Prof. of Physiology at Rochester University. Too much meat, too much coffee and too many cigars often make a man irascible and irritable, while the development of children depends to a large degree on proper food in correct quantities.

Some factors which may influence development of the body, including the nervous system, and therefore the development of the mind, are traceable to the food. A child which is deprived of certain vitamins develops rickets or scurvy and along with the arrest of physical development goes a certain retardation of mental development. Oftentimes teachers bear testimony to the complete change both in appearance and in the normal reactions of the child when these deficiencies are corrected. A child which is habitually disobedient or refractory to discipline may become quite the opposite as a result of better nutrition.

These facts with reference to nutrition illustrate one of the means of controlling what has been placed in our hands in developing personality in ourselves and in our children. Many a man is irritable and objectionable because he does not know how to eat or what to eat. Too much meat may lead to forms of intestinal intoxication; too much coffee may make one nervous and easily irritated; too many cigars may break down one's health slowly and insidiously and may completely transform a man who otherwise is of a sweet and gentle disposition into one who has—as we say—a disagreeable personality.

An exact definition of personality is difficult to give. What most of us have in mind when we use this term probably refers to the impression which one makes on his fellowmen by his appearance, manner of speech, character of his smile, etc. When we examine these traits or characteristics we find that they have a foundation in physiology. There is the hereditary factor which refers to the likeness of offspring to parent. We inherit stature, features, color of eyes, tone of voice, nervous and muscular

actions, and even temperament. Sometimes the human tendency to admire physical traits such as the occurrence of a mole, a group of freckles, a dimple, or a faint line in the eye. What we are capable of doing mentally as well as physically is determined for us in part at least by the ancestral germ plasm; even the quality of one's personality is thus foreshadowed.

A Fancy.

Perhaps the little souls that float beyond the bounds of space, remote, Await in dread the thing called Birth, Whose finger backs toward the earth, And each life-stricken fugitive Cries out, "I do not want to live!" Aghast and shrieking, even so I Protest I do not want to die! —E. O. Laughlin.

EASILY FATIGUED AND DESPONDENT

A Condition Known as General Debility Due to Watery Blood.

General debility is a term used to describe a weak and run-down condition of the system. Debility may come from a number of causes. The after effects of acute illness, lack of nourishment due to poor digestion, overwork or worry, or anything that makes the blood thin, thereby preventing it from carrying nourishment and health to the tissues of the body. The symptoms of debility vary, but weakness is always present, often a tendency to be easily fatigued, spots passing before the eyes, weak back, dizziness, wakefulness caused by inability to stop thinking, and unrefreshing sleep.

Mr. Lorenzo L. Gamache, Rockland, Ont., was a severe sufferer from this trouble and tells how he found release. He says: "Two years ago I was in that condition which medical men call general debility. I made periodical visits to Montreal for fourteen months to undergo electric treatment. At the end of this time I was feeling well and thought with proper care I would continue in good health. But in the course of a month or so the symptoms came back more acute than ever. I lost appetite and could hardly sleep during the night, and what sleep I had was disturbed with nightmares. I had headaches and the least effort was telling on my nerves. I always felt pains somewhere, and had to lose much time. After suffering for three months, trying various things without good results, I was terribly depressed and disheartened. One day I met a friend who noted how pale and thin I was and he so strongly recommended Dr. Williams' Pink Pills that I determined to give them a fair trial. I got six boxes and began the treatment at once. After I had taken four boxes I began to notice an improvement in my health. I could sleep better, and I scarcely had a headache. Since that time my health has been steadily improving and now I feel just as well as ever. I have gained twenty pounds since I began the treatment. Now I would not be without Dr. Williams' Pink Pills in the home, and strongly recommend them to all who suffer from a depressed system and the aches that follow."

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

Three Men—One Coat.

The disadvantages under which rural preachers labor on account of a small income is revealed by the following actual fact. In a certain district in north-eastern Ontario there are three men, two of them clergymen and the third a teacher, who all use the same fur coat. In making long trips in the cold season they have to arrange it in such a way that the man going on the longest drive gets the use of the coat while the others stay at home till he returns. Their business, and especially the rural work they are doing, makes the possession of a fur coat a necessity more than a luxury, and yet, as one of them remarked they never had enough cash at one time to purchase such an expensive article. —J. J. K.

November.

The frost comes early to the fields, The withered vines of fall Trail the gray banners of defeat Across the garden wall.

Indoors a vagrant cricket pipes His small unvaried song. The clock marks days grown strangely short And nights grown strangely long.

Ah, but the nights lie cold and long; Nights that were made for laughter, And kissing sighs, and broken words, And warm silence after. —Virginia Lyne Tunstall.

A turban requires from ten to fourteen yards of cloth.

The best Tobacco for the pipe

OGDEN'S LIVERPOOL

Ogden's CUT PLUG

EASY TRICKS

No. 338 By Simple Means



This stunt is so simple that it seems almost a burlesque of the work of the stage telepathist. Actually, however, professional mystics have done the trick many times by the method here given. The trick can be performed only where there is opportunity for a little preparation but it can be done in a "double parlor" very easily.

On a blackboard several figures are written in the form of a sum. A spectator (under favorable circumstances it may not be necessary to let him into the secret) blindfolds the trickster and then points to several numbers. As he points, the trickster pretends to concentrate and then, unerringly, names the number. At the conclusion he gives the sum of the numbers.

A second assistant, who is hidden, has an important part in the secret. He holds one end of a silk thread. The other terminates in a bit of wax by which it is attached to a chairback. After he is blindfolded, the trickster gets this bit of wax in his hand. While he appears to concentrate he mentions several numbers, apparently at random. When he mentions the correct number the thread, thus signaling to the trickster. The hidden assistant must be placed where he can see the blackboard but cannot be seen by the spectators.

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

GUARD THE CHILDREN FROM AUTUMN COLDS

The Fall is the most severe season of the year for colds—one day is warm, the next cold and wet, and unless the mother is on her guard, the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose of the Tablets will prevent colds, or if it does come on suddenly their prompt use will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

If music is used simply as an attraction to the service, church organizations are beaten by the cinema every time.—Mr. Sydney Nicholson, organist of Westminster Abbey.

Minard's Liniment Relieves Pain.

Fear the heat and love the light: keep your children cool and bright.—Dr. C. W. Saleeby.

An eagle can live twenty days without food, while a condor can similarly exist for forty days.

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In the Future.

This is the kind of dialogue we must expect to hear in a few years' time: Little Boy—"I was born within sound of Bow Bells, so I'm a real Londoner!"

Little Girl—"Well, don't swank so 'n I, if it comes to that."

"Oh, you story, you come all the way from Canada."

"What about it? Just as I was being born, the neighbors were listening to Bow Bells on a loud speaker!"

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"The doctor advised me to use Cuticura Soap and Ointment and in two weeks I was completely healed, after using one and a half cakes of Soap and one box of Ointment."

(Signed) Miss Sylvia B. May, Marshfield, Vt., June 6, 1923.

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Pains and Headaches Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Dublin, Ontario.—"I was weak and irregular, with pains and headaches, and could not sleep nights. I learned about Lydia E. Pinkham's Vegetable Compound by reading the letters in the newspapers and tried it because I wanted to get better. I have got good results from it as I feel a lot stronger and am not troubled with such bad headaches as I used to be and am more regular. I am gaining in weight all the time and I tell my friends what kind of medicine I am taking. You may use my letter as a help to others."

Mrs. JAMES RACHO, Box 12, Dublin, Ontario.

Halifax Nurse Recommends

Halifax, N. S.—"I am a maternity nurse and have recommended Lydia E. Pinkham's Vegetable Compound to many women who were childless, also to women who need a good tonic. I am English and my husband is American, and he told me of Lydia E. Pinkham while in England. I would appreciate a copy or two of your little book on women's ailments. I have one which I keep to hand. I will willingly answer letters from any woman asking about the Vegetable Compound."—Mrs. S. M. COLEMAN, 24 Uniacke Street, Halifax, Nova Scotia.

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COME TO THE LECTURES, DEMONSTRATIONS and PRACTICES AT THE

Ontario Agricultural College

1925 — SHORT COURSES — 1925

Stock and Seed Judging	Jan. 13th to Jan. 24th
Poultry Raising	Jan. 13th to Feb. 7th
Fruit and Vegetable Growing	Jan. 26th to Feb. 7th
Floriculture and Landscape Gardening	Feb. 9th to Feb. 21st
Course for Factory Cheese and Butter Makers	Jan. 5th to March 20th
Cow Testing	Jan. 12th to Jan. 23rd
Farm Dairy	Jan. 26th to Feb. 6th
Condensed and Powdered Milk	Feb. 23rd to Feb. 26th
Market Milk and Mechanical Refrigeration	March 9th to March 26th
Ice Cream and Mechanical Refrigeration	March 23rd to April 3rd
Cheesemaking Course	March 24th to March 26th
Farm Power	Jan. 27th to Feb. 7th
Drainage and Drainage Surveying	Jan. 13th to Jan. 24th
Bee Keeping	Jan. 13th to Jan. 24th

These courses are planned to meet the requirements of farmers, farmers' sons, dairymen, poultrymen, beekeepers, and horticulturists who may be able to leave home for but a short period during the winter months. All courses are free, with the exception of the dairy courses, for which a small registration fee is charged.

A change from home surroundings, meeting other people interested in the things in which you are interested, exchange of experience and the acquisition of knowledge, will do you good. Plan to attend some course that appeals to you. Write for booklet describing the courses. J. B. Reynolds, M.A., A. M. Porter, B.S.A., President. Director of Extension. Registrar.

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"But where is its tail?" "Oh, that's still in the inkpot."

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