

RED ROSE TEA 'is good tea'

Next time try the finest grade—
RED ROSE ORANGE PEKOE

HEALTH EDUCATION

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Provincial Board of Health, Ontario
Dr. Middleton will be glad to answer questions on Public Health and
send through this column. Address him at Spadina House, Spadina
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The chief cause of death in the childbed state are septicemia or blood poisoning and albumin in the urine. Both of these conditions are largely preventable. The former, better known as maternal sepsis, is an infection usually transmitted from the outside. Local infections such as bad teeth or infected tonsils may be the causative agents. The years 1919, 1920 and 1921, showed an average of 80.1 per cent. of all maternal deaths in Michigan to have occurred from sepsis.

What is the cause of this heavy mortality? Surely a large part of it is due to neglect and mismanagement. Statistics from Toronto hospitals show that the death-rate of expectant mothers who are supervised in hospital during the period of childbirth is very much lower than those who are not supervised. If all expectant mothers would place themselves under the care of a capable physician and have regular examinations, the number of cases of puerperal albuminuria could be cut to a minimum. How often pregnant women experience seeming trifling ailments such as swelling of the feet, headaches, specks floating before the eyes, ailments which to the average woman uninformed about these conditions may seem not worth mentioning, but which are in reality

grave warnings of approaching danger. If all expectant mothers would place themselves under the care of a physician early in their pregnancy, they could easily report these seemingly trifling complaints and vigorous medical treatment could at once be entered upon. The convulsions that identify themselves with the condition of albuminuria could be prevented in many instances by proper supervision. Albuminuria extracts a toll of just nineteen per cent. of all puerperal deaths, and yet we often hear of expectant mothers never consulting a doctor at all until the pains of labor have commenced.

The care that expectant mothers should observe cannot be over-emphasized. Accidents of pregnancy account for 15.3 per cent. of deaths in the puerperal state; accidents of labor account for 12.2 per cent.; puerperal hemorrhage, 9.8 per cent.; "milk leg," 4 per cent.; other causes following childbirth, 6 per cent. In 1921 the United States puerperal mortality rate was 6.3 out of every 1,000 live births. The same figures apply for all practical purposes to Canada.

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. You can obtain the Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.

We profess to be Christians and then we use the talents God has given us to discover the worst methods of man-killing.—Sir Robert Baden-Powell.

Insects With Flying Homes.

Among our most curious insects are bird-flies, which spend their lives attached to the warm bodies of various kinds of wild birds.

There are not many varieties of these passenger flies, and among those recently discovered in America were a few species known in Europe. This extensive distribution of the few is believed to be due to the fact that the insects frequent certain kinds of migrating birds.

These insects detach themselves from the body of their host should he die, and dart off to find another bird on which to live.

The mother bird-flies lay only one large egg at a time. This develops into a peculiar kind of larva. It lives with its mother until grown up, when it is either deposited in a suitable spot or just left to look after itself.

"A Farm Woman's Prayer" reads: "Keep ever in my soul a sense of the perspective, that my kettles and dish-cloths may not obscure the beauty of the rose blooming outside my door, the quiver of the leaves in the summer wind and the classic purity of the snow on the valley or hill."

Serve Mustard with all meats

Mustard neutralizes the richness of fat foods and makes them easier to digest. Mustard enables you to enjoy and assimilate food which otherwise would burden the digestive organs.

but it must be Keen's

You Can Stand on this Wash Board

Our SMP Pearl Ware Wash Board is so strong, tough and durable that a full-grown man or woman can stand on it without doing the rubbing surface or any part of it the least harm! The enameled surface won't chip, flake or peel off. Think of the wear there is in such a wash board! There is the same wearing qualities in all articles in SMP Pearl Ware. Try out the wash board and be convinced.

Ask for SMP Pearl Ware
SMP QUALITY
THE SHEET METAL PRODUCTS CO.
MONTREAL TORONTO WINNIPEG
EDMONTON VANCOUVER CALGARY

Full Fathom Five.

Until a few years ago it was thought that no fish could live very far beneath the surface of the waves, owing to the great water pressure, but it has since been proved that fish actually do live miles below the surface.

Deep sea fish do not feel the intense weight of the water any more than a human being feels the weight of air. This is because the pressure inside them exactly balances that outside.

Little is known of deep sea fish, which nearly always live and die at a great distance beneath the waves, but enough specimens have fallen into the hands of man to reveal how queer these fish are in appearance. Usually they are flat and misshapen, many being without eyes, which are not needed in the intense darkness of their mysterious realm beneath the sea.

THE GROWING GIRL

Requires a Mother's Constant Care and Watchfulness.

In their early teens it is quite common for girls to outgrow their strength, and mothers should carefully watch the health of their daughters at this time, for it is when strength is sapped by too rapid growth that anaemia develops. The first signs may be noticed by peevishness, languor and headaches. The face grows pale, breathlessness and palpitation follow, with low spirits.

At the first symptom of anaemia mothers should act at once. Neglected anaemia often leads to decline, but if you see that your daughter's blood is enriched there need be no cause for anxiety. The finest blood enricher ever discovered is Dr. Williams' Pink Pills. The pure, red blood created by these pills will quickly banish all signs of anaemia. They will build up your girl's health and ensure her a robust girlhood. Give your daughter a course of Dr. Williams' Pink Pills now. Make her strong like thousands of girls and women throughout Canada who have been rescued from the clutches of anaemia by Dr. Williams' Pink Pills.

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.



Already Supplied.

"Did that agent succeed in selling a washing machine to Mr. Tightwad for his wife?"
"No, not to that man! He thinks he got one when he married."

A Few Tips for the Boys' Glee Club in Schools.

The boys' glee club should be considered by all the school as a specialized course of instruction in singing for boys. It denotes a considerable degree of talent and training. Although not repaired, there should be some premium put upon ability to read well.

In organizing a glee club the invitation should be extended to every boy, with the understanding that he will be given a competitive examination. There are various ways and systems of giving preliminary examinations. The final test of a voice in so small an organization as a glee club is the blending quality it has with the other voices. It was the writer's privilege to hear a glee club of one of the universities recently. The young men looked and acted well, but they suffered the handicap of poor voice selection, which in turn caused the group to fall in putting over any great thrills that the audience fully expected. An individual voice may sound one way alone, but, possibly, quite another way when with other voices.

Dignified standards should be set up, and when once going should be rigidly adhered to. Troublesome rehearsal attendance can be eliminated by keeping a waiting list of replacements. This also works well in other disciplinary capacities.

However, no standard should be so high as to disgust a boy; no rules so rigid as to be prohibitive of trial and effort. Always consider that such an organization depends largely upon good will and voluntary effort. This alone should be the first evidence of interest. Take this interest and build with it. There is a great deal of interesting work to be done with the boys' glee club.

Buy your out-of-town supplies with Dominion Express Money Orders.

Aqueducts cut for twenty miles through the solid rock of Ben Nevis are part of a vast scheme now being started for harnessing water power over an area of 300 square miles of the Scottish Highlands.

The number of native Hawaiians is rapidly decreasing, about 25,000 of pure blood remaining on the islands.

Minard's Liniment for Rheumatism.

The best Tobacco for the pipe

Ogden's CUT PLUG

OGDEN'S LIVERPOOL

EASY TRICKS No. 338

Quickness Of The Hand



This stunt is not very easy to do but when it is well practiced it is a very mystifying trick. Properly performed it usually does a great deal to persuade folks that there really is something in the magician's stock claim that "the quickness of the hand deceives the eye."

Hold a half dollar in your right hand between the thumb and the finger tips, the right hand being about six inches from the open left. Move the thumb away from the coin. With considerable force throw the coin flat on the palm of the left hand. As the coin strikes the palm, the left hand moves very swiftly toward the open right and the coin flies back and is caught in the right.

The return of the coin to the right hand is so rapid that the eye cannot follow it and the effect is that the coin was slapped into the left hand which immediately closes. The left hand is opened and is seen to be empty. The right hand is opened and is seen to contain the coin.

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

Lake Casts Up Sulphate.

When the water of Salt Lake, Utah, reaches a temperature below 30 degrees Fahrenheit, it manufactures sodium sulphate and accommodates it casts it up on the beach. The fact that the deposit of sodium sulphate can be gathered before it goes back into solution has led to the construction of a plant for harvesting and refining the material into a commercial product. The average period of production will be two months each year. During a season of mild winter there may be none produced and during years of cold winter the sodium sulphate may be precipitated for three months, judging by weather records of twenty years.

Minard's Liniment Relieves Pain.

Pongee silk is unbleached and in its natural color. It is a product, not of domestic, but of wild silkworms. worms do not eat mulberry leaves, but browse, so to speak, on the leaves of the scrub oak trees of the Shantung hills.

Nova Scotia Exports Hay.

For the first time in some years there has been a considerable movement of hay from Nova Scotia to the Boston market, upwards of three hundred tons being shipped.

BEECHAM'S PILLS Sweeten the Stomach.

TROUBLED WITH ECZEMA ON FACE

Very Itchy. Caused Eruptions. Could Not Sleep. Cuticura Healed.

"I was troubled with eczema on my face. It broke out in a rash on my chin and was very itchy. Scratching caused eruptions and in a few weeks it spread all over my face. I could not sleep, and whenever I washed my face I would almost have to scream."

"I read an advertisement for Cuticura Soap and Ointment and ordered a free sample. I purchased more, and after using two cakes of Soap and one box of Ointment I was healed." (Signed) Miss Kathleen Rothenbush, Box 40, Duff, Sask.

Use Cuticura Soap, Ointment and Talcum daily and keep your skin clear and healthy.

Sample Book Free by Mail. Address Canadian Dispensary, 100 St. James St., Montreal, P. Q. Try our new Shaving Cream.

World's Wealth Reaches Amazing Total.

The aggregate pre-war wealth of the twenty-odd nations actively engaged in the great war, according to an estimate completed by the research department of the Bankers' Trust Company, of New York, amounted to \$620,000,000,000. The wealth of these same nations to-day is estimated to be about \$619,000,000,000. The pre-war wealth of the British Empire—that is of Great Britain, the dominions, India and the crown colonies, was approximately \$149,000,000,000, while to-day the wealth of this same group of nations is estimated by the Bankers' Trust Company to be about \$148,000,000,000. The wealth of France before the war is placed at just under \$60,000,000,000, and is estimated to be approximately the same to-day. The pre-war wealth of the United States is placed at \$200,000,000,000 and the wealth to-day at \$230,000,000,000, while the pre-war wealth of Germany is estimated to have been upward of \$65,000,000,000. These figures are all on the gold pre-war basis of values, having been adjusted for inflation.

The per capita wealth of Great Britain to-day is placed at \$1,489 and of the different nations composing the British Empire at \$418, including the wealth and population of India. The wealth of France is estimated, in 1913, to be \$1,484 per capita and of the United States, \$2,000 per capita. The wealth of Germany is placed at \$901 per capita.

The Bankers' Trust Company points out that the total wealth of the former belligerents has not materially changed as a result of the war, but that there has been a marked redistribution of such wealth, this redistribution having taken place not only as between nations, but also as between the peoples within the boundaries of each nation.—Mfrs. Rec.

Nothing is thought rare which is not new, and followed; yet we know that what was worn some twenty years ago comes into grace again.—Beaumont and Fletcher.

Teach your children that home is a place where everything should be pleasant, and you will have taught them one of the most valuable lessons in life.

Head Noises and Deafness
Frequently go together. Some people only suffer from Head Noises.
LEONARD EAR OIL
relieves both Deafness and Head Noises. Just rub it back of the ears, insert in nostrils and follow directions of Dr. J. B. Bergson for "Care of Hearing" included in each package.
A. L. Leonard, Inc., 70 St. Ave., New York

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ASPIRIN

Insist on BAYER TABLETS OF ASPIRIN
Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for

- Colds
- Headache
- Pain
- Neuralgia
- Rheumatism
- Lumbago

Accept only "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 Monocristallin, a subsidiary of Salicylwerke (Austria) Salicylwerke AG., "A. S. A." 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 genuine trade mark, the "Bayer Cross."

Biggest Dam in Egypt.
The biggest of all dams is that at Assuan, in Egypt, where, after years of failure, a great wall, nearly a mile and a quarter long, was built across the Nile at a cost of \$10,000,000. The building of this wall created a mighty lake, nearly 200 miles in length, which is employed for irrigation purposes.

HOTELS.
CLYDE HOTEL, 158 KING EAST, Toronto. Meals, twenty-five cents; rooms, dollar daily, \$4.00 weekly.

MURINE You Cannot Buy New Eyes
But you can Promote a Clean, Healthy Condition
YOUR EYES
Keep your Eyes Clean, Clear and Healthy.
Write for Free Eye Care Book.
Murine Eye Salve Co., 222 North Dearborn Street, Chicago

Headache
Bathe the forehead with Minard's in water. Also inhale.
MINARD'S LINIMENT
"KING OF PAIN"

NERVES AND FAINTING SPELLS

Sent Woman to Bed. Great Change After Taking Lydia E. Pinkham's Vegetable Compound

Sarnia, Ontario.—"After my girls were born I was a wreck. My nerves were too terrible for words and I simply could not stand or walk without pains. I suffered with fainting spells until I was no longer any good for my household duties and had to take to my bed. The doctor said I should have an operation, but I was not in a fit condition at that time. My neighbor said, 'Why don't you try Lydia E. Pinkham's Vegetable Compound?' I am sure it will do you good and will save those doctor's bills." So I was advised by my husband to try it after I told him about it. I am very thankful to say that I was soon able to take a few boarders for a while as rooms were scarce at that time. My baby is 17 months old now and I have not yet had an operation, thanks to your medicine. I have recommended the Vegetable Compound to a few people I know and have told them the good it has done me. I know I feel and look a different woman these last few weeks and I certainly would not be without a bottle of your medicine in the house. You can use this letter as you see fit, as I should be only too glad for those suffering as I have to know what it has done for me."—Mrs. ROBERT G. MACGREGOR, R. R. No. 2, Sarnia, Ontario.
A recent canvass of women users of the Vegetable Compound report 98 out of 100 received beneficial results. This is a remarkable proof of its merit. C.