

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 and Health through this column. Address him at Spectator House, Spectator Crescent, Toronto.

Milk is not the sole salvation of the underweight child. It is popularly supposed that milk and eggs are the chief hope of the undernourished, but a recent investigation of various foods administered as a mid-morning lunch to several groups of underweight children demonstrated conclusively that there are other nourishing foods as well as milk. The experiment was conducted under the supervision of Margaret S. Chancy, M.A., in Berkeley, California. The tests were made through two test periods of eight weeks each, one during the autumn months and one during the spring. Of the groups of children compared, one group was given milk and two graham crackers as a mid-morning lunch; another group was given either an orange of the freshly extracted juice of one orange; a third group was given one glass of bottled orangeade. The surprising result was that the orange group showed the greatest gain in weight, the orangeade group the second best gain, while the milk group came in third.

One point considered is that the under-nourished child frequently has an indifferent appetite, and the milk produces a satisfying effect, so that he does not care for his regular noon meal when it comes. The orange, on the other hand, while it has some food value, is tonic and appetizing in its effect so that the indifferent appetite is stimulated rather than satisfied, and the child eats more heartily at regular meal times.

Oranges contain nature's most beneficial natural acid, which, strangely enough, is alkaline in its effect. Never sweeten oranges very much, as the sugar tends to ferment in weak stomachs, and the individual then blames the orange for the acid condition thereby produced. Orange juice in its fresh, natural state, is easily digested even by very young babies, and nothing surpasses it as a child tonic and laxative for old and young, strong or feeble persons.

A SPLENDID LAXATIVE FOR THE BABY

Mothers should constantly be on guard to keep baby's bowels working freely and his stomach sweet, for nine-tenths of the ailments from which little ones suffer are caused by derangements of the stomach and bowels. Baby's Own Tablets are a splendid laxative for the baby. They are mild but thorough; contain neither opiates nor narcotics, and are absolutely guaranteed to be safe and efficient for either the newborn babe or the growing child. By their action on the bowels and stomach they drive out constipation and indigestion; break up colds and simple fevers and make the dreaded teething period easy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

One good reason for learning to swim is that, if you don't learn, you may sometime be helpless to save a life that is dearer to you than your own.



But As a Means Only.
"I'm surprised to hear she's an advocate of matrimony."
"Oh, yes; but only as a means to alimony, you know."

A trench, said to date back to 3000 B.C., and recently excavated at Jerusalem, was cut 8 ft. deep into the rock, and 11 ft. wide.

The whole of the brain never works at one time. It operates alternately in two halves.

Continual dwelling on the inventory of our lacks is one of the surest ways of losing all the joy of life.

What is "Social Hygiene?"

Every thoughtful man and woman can work out his or her own definition of the term, social hygiene; but it is a little difficult to realize at first just what scope the movement now has.

For it is no longer the old social reform idea, of making bad people good and sick people well, for which the social worker and philanthropist of the last hundred years labored so faithfully. To-day, medical science and philanthropy are devoting themselves to preventing people getting into trouble or falling ill; and we believe now in putting the fence at the top of the precipice rather than at the bottom.

Dr. Gordon Bates, the indefatigable secretary of the Canadian Social Hygiene Council and enthusiastic promoter of the cause of social hygiene since its inception, says that social hygiene means simply social happiness. That is, it aims at procuring normal environment and upbringing for every individual in the community. It implies good recreation and the development of the talents of the child, also good home conditions, and the organization of all methods which will provide the fullest opportunity for each person. This can only be achieved, says Dr. Bates, by the co-operation of the state, the community and the individual, and we must not forget the necessity of thinking of both genetics and eugenics—heredity and environment—in our endeavor to improve the race.

In her many talks all over Canada for the promotion of social hygiene work, Mrs. Mackintosh often mentioned that she considered its two aims. First, to secure for all children their threefold birthright, physical, moral and social health; and second, to make a practical effort to apply the principle of Christianity to human life, and thereby wipe out the double standard of morality.

"Educate, educate, educate!" said Dr. C. J. O. Hastings, M.O.H. for Toronto, in an emphatic speech on social hygiene work. "But don't sit down while you do it. Keep right on battling with things as they are, while hoping for better ones in the future."

Perhaps the best summing up of the complete meaning of social hygiene is given in a trenchant paragraph by Havelock Ellis, when he says that it may be said to be a development, and even a transformation, of what was formerly known as social reform. In that transformation it has undergone two fundamental changes. In the first place, it is no longer merely an attempt to deal with the conditions under which life is lived, seeking to treat bad conditions as they occur, without going to their source, but it aims at prevention. It ceases to be simply a reforming of forms, and approaches in a comprehensive manner not only the conditions of life, but life itself. In the second place, its method is no longer haphazard, but organized and systematic, being based on a growing knowledge of those biological sciences which were scarcely in their infancy when the era of social reform began. Thus social hygiene is at once more radical and more scientific than the old conception of social reform. It is the inevitable method by which at a certain stage civilization is compelled to continue its own course, and to preserve, perhaps to elevate, the race.

Music From a Mirror.

More than two thousand years ago a barber discovered that, in moving his mirror, air was forced through the tubes which were common in mirrors at that time. This caused a curious musical sound to be emitted. So struck was he by this peculiarity that he set about making an instrument which was the foundation of the modern organ.

After several experiments he made a water-flute, in which air was forced by bellows through an inverted cone which led to flutes controlled by a keyboard, the pressure being kept uniform by water.

After a thousand years a rival instrument made its appearance. This was of a similar pattern, but instead of water, weights regulated the pressure.

In 951 an organ was erected at Winchester. It had twenty-six bellows and ten pipes to each key. The two men who sat at the keyboard "blew and sweated enormously." Later, a firm of organ makers in Germany succeeded in erecting the first really big instrument. The primary stops did not differ very much from those of to-day, although various novelties were introduced.

Among the innovations were the nightingale and cuckoo stops, while others represented cock-crowing and goat-bleating. Through these novelties have now fallen into disuse, an organ with one of these nightingale stops is still to be seen in Rome.

It was not until the nineteenth century that the problem of the regulation of air pressures was solved by the introduction of the hydraulic blower.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Cow and Its Calf.

A postman named Hutson was crossing a meadow at Holton, near Grimsby, when a cow followed him, lowing piteously, and occasionally running to the corner of the meadow.

When Hutson followed the animal it led him to a dry well, thirty feet deep, into which its calf had fallen. The calf was eventually rescued uninjured.

Before you look for the next job be sure you are filling the one you have.

Minard's Liniment Relieves Pain.

EASY TRICKS

A Shadowgraph



The ability to make shadowgraphs, shadow pictures of familiar objects, by properly holding the hands between a light and the wall is not difficult to acquire. The illustration shows how easy it is to make a shadowgraph of a swan. A little experiment is necessary to get the exact position of the fingers and the angle at which the hands must be held. The swan should be made to move its neck in a manner as nearly natural as the trickster can manage.

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

EFFICIENCY IMPAIRED

Why Many Men and Women Are Badly Handicapped.

When you are so run down in health that it impairs the efficiency of your work as well as your power to enjoy your leisure hours, or obtain rest, it is time you looked to the cause. If you do not, a serious breakdown is almost sure to result sooner or later. In nearly all cases this condition, which doctors usually describe as general debility, is due to poor blood—blood that is deficient in red corpuscles. When the blood is thin and weak your whole system suffers. You lose appetite, have no energy, your nerves trouble you and you feel restless.

What you need is help to build up your blood and you should begin at once to make your blood rich and red by taking Dr. Williams' Pink Pills. You will soon notice the difference in your health by a better appetite and increased vigor. The reason is that the new blood created by Dr. Williams' Pink Pills stimulates all the organs of the body to healthy activity, and so the system gains nourishment and strength. If you are weak or out of sorts begin gaining new strength to-day by taking Dr. Williams' Pink Pills.

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

Making Baby Beautiful.

All babies are wonderful, and, to its own mother at last, each baby is the most beautiful thing in the world. All the same, there are moments when mothers in candid mood will admit, if only to themselves, small points in baby's "make up" that might have been improved upon.

Unfortunately these minor imperfections do not always disappear as the years roll by. Often they are aggravated by neglect and wrong treatment.

And so the intelligent mother might be well advised to consult a beauty specialist if there is any matter calling for attention, for it is when baby is young and tiny that its future good looks may be moulded—or marred.

Very gently the nose that is developing on wrong lines may be pressed into the line of beauty. Mothers are amazed how much can be done by perfectly natural means to improve little noses.

The same with the ears. Mothers and nurses are, of course, on their guard against the protruding ears that are caused by careless adjusting of bonnets and caps, but there are cases where ears do have a curious tendency to stick out, and much can be done by seeing that ears are flat against the pillow when baby lies on his side, and also by gently pressing back to the head.

Eyes can be made clear and beautiful by keeping them immaculately clean. Dust is very destructive of eye beauty, and so is the glare of the sun.

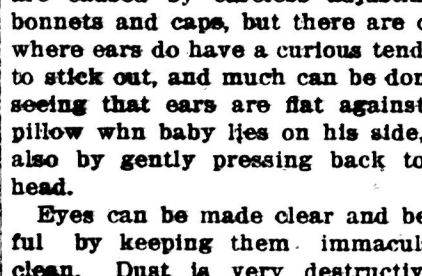
Watch baby's mouth and see that the little lips are not allowed to fall into fretful lines. Manicure the nails of the hands and feet, and when the time comes for shoes other than soft woolies see that the beautiful feet with which baby starts his career are not made ugly by ill-fitting shoes.

Hair can be given a soft wave by brushing gently over the fingers, and a healthy constitution will ensure that greatest of beauty's gifts, a clear rose and white complexion.

Forget the business outlook. Just be on the lookout for business.

HUNTERS

Don't neglect to take a bottle of Minard's in the woods. The universal remedy for sprains, bruises and cuts.



BROCKVILLE FARMER SUFFERED 20 YEARS

"Les" Booth Finally Got Relief Through Taking Tania Lac.

"Since taking Tania Lac, I feel so fit it sometimes seems like a dream for there was hardly a day in 20 years that I did not suffer," is the striking statement of Geo. L. ("Les") Booth, 271 Perth St., Brockville, Ont., one of the best known farmers in Ontario.

"For 20 years, up to three years ago when I took Tania Lac, I suffered from rheumatism in my arms, shoulders, back and hips, so bad at times I could not lift my arms to put my coat on. I couldn't even write my name and I

Just limped about like a cripple. Many a night it looked like I would not live to see daybreak, and once I was laid up six months unable to hit a lick of work.

"Money could not buy the good Tania Lac has done me. It ended every night of rheumatism and built up my weight 16 pounds, and since then I have not had a rheumatic ache or pain. If anybody wants to know about Tania Lac, just let them see Les Booth."

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

Take Tania Lac Vegetable Pills for constipation.

Take Tania Lac Vegetable Pills for constipation.

Listening.

One merit of radio is that it is teaching millions to listen who were not letter-perfect in that fine art before its coming. When there is that well-known "man with a message" or the musical artist of feeling and a soul, the "radio fan" listens with a concentration that educates him to hear more than the sound that issues from the loud speaker to the silent group before it. The habit of giving respectful attention to the inanimate instrument grows and is confirmed, so that we learn how to listen to other human beings—including even the members of our own families, junior or senior.

For though we are social and gregarious and commonly enjoy being communicative, we are usually not so good at hearing others as we are at telling our own affairs and "thinking out loud" on the assumption that what is of such keen concern to ourselves ought to be interesting to others. What "every woman knows" is that it is no trouble to get a man to talk if she invites him to pour into her sympathetic ear his own shop talk or his personal ambition. Perhaps he would sooner cross the line between mere acquaintance and the inner reality of friendship if in his turn he would be mute and give her a chance of spread out the treasures of her mind on the flattering assumption that she has one, or at least give voice to her own individuality.

A listener of the ideal type does more than sit passively silent. You cannot tell from the static attitude of certain persons whether they merely endure or whether they sensitively apprehend. Merely to be quiet while another speaks is not to listen. The true listener is a stimulating presence. Every platform speaker knows the difference between two sorts of audiences. In one he finds a quickening reaction that incites his own mental processes. In the other he discerns only the stolid patience of those who seem to remain in their seats merely because it is less effort to stay than to rise and depart.

We applaud orators; we sometimes elect them to political office for no better reason than that they talk glibly. It is a relief now and then to come upon a statesman whose influence seems to be in an inverse to his tactfulness.

Women's Progress in Japan.

Women are now taking part in political meetings in Japan and not infrequently deliver addresses from the platform, although they do not yet have the ballot.

Oysters cannot live in water containing less than thirty-seven parts of salt to every thousand of water.

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made-to-measure Breeches, Shirts, Mackinaws. Best sellers. Send for fine sample outfit. Royal Outfitting Co., 152 St. Lawrence St., Montreal.

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"Imperial Art." Best known selection. Want men and women in every town to solicit orders in spare time. Representatives making \$2 per hour up. Newest designs. Lowest prices. Samples free. British Canadian, 122 Richmond West, Toronto.

MONEY TO LOAN.

FARM LOANS MADE—Mortgages purchased. Reynolds, 77 Victoria St., Toronto.

Economy.

The conceited young man had talked about himself till the girl felt she could not endure it much longer.

"It costs a great deal more than one would think to become a broad-minded and intelligent man of the world," he remarked, solemnly.

The girl saw her chance and took it. "I suppose so," she said, "and I don't blame you for saving your money!"

Minard's Liniment for Rheumatism.

Any yellow pup can scratch up a flower bed; but it takes a man to make a garden.

He who aspires must persevere.

MURINE

Keeps EYES Clear, Bright and Beautiful. Write Murine Co., Chicago, for Eye-Care Book.

MISERABLE AND ALWAYS IN PAIN

Lydia E. Pinkham's Vegetable Compound a Dependable Help for Mothers

Port Greville, Nova Scotia.—"I took your medicine for a terrible pain in my side and for weakness and headaches. I seemed to float all over, too, and my feet and hands were the worst. I am the mother of four children and I am nursing my baby—the first one of four I could nurse. I took Lydia E. Pinkham's Vegetable Compound before the baby's birth, so you can see how much it helped me. I cannot praise it too highly for what it has done for me. I took all kinds of medicine, but the Vegetable Compound is the only one that has helped me for any length of time. I recommend it to any one with troubles like mine and you may use my letter for a testimonial."—Mrs. ROBERT McCULLY, Port Greville, Nova Scotia.

Before and after child-birth the mother will find Lydia E. Pinkham's Vegetable Compound a blessing.

Many, many letters are received giving the same sort of experience as is given in this letter. Not only is the mother benefited, but these good results pass on to the child.

No harmful drugs are used in the preparation of this medicine—just roots and herbs—and it can be taken in safety by the nursing mother.

98 out of every 100 women reported benefit from its use in a recent canvass among women users of this medicine. Q

Safe Accept only a Bayer package

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Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists

Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing of Monacochemische Werke, Bayerwerk, Germany.

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Cuticura Heals Itching Eczema On Arms and Face

"My trouble began with red blotches and itching and burning on my arms and face, and then eczema broke out with a rash. My face was disfigured and my clothing aggravated the breaking out on my arms. I could not put my hands in water, neither could I do my regular work. At night I lost my rest on account of the irritation."

"The trouble lasted about a month. I began using Cuticura Soap and Ointment and they helped me and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed." (Signed) Mrs. Leon Hallock, 104 Atkins St., Bellows Falls, Vt.

Use Cuticura Soap, Ointment and Talcum for all toilet purposes.

Sample Each Free by Mail. Address: Cuticura Department, P. O. Box 3800, Lowell, Mass. Price: Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shining Stick.

Always have Mustard on the table

It's not just custom that makes people take mustard with their meals. Mustard aids digestion and helps to assimilate the meats. It is a good habit to acquire. Mix it freshly for every meal.

but it must be Keen's

Eases Kitchen Work

To Women Who Do Their Own Work: Suppose you could save six minutes every day in washing pots and pans—two minutes after every meal. In a month, this would amount to a saving of three hours of this disagreeable but necessary work. This saving can be made by using SMP enameled kitchen utensils, as their smooth sanitary surface will not absorb dirt or grease. No scraping, scouring or polishing is needed when you use Diamond or Pearl Ware. Soap, water and a dish towel is all you need. Ask for:

SMP Enamelled WARE

"A Face of Porcelain and a Heart of Steel"

Three finishes: Pearl Ware, two coats of pearly grey enamel inside and out. Diamond Ware, three coats, light blue and white outside, white lining. Crystal Ware, three coats, pure white inside and out, with Royal Blue edging.

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