

You have been intending to try "Red Rose." Why not now before you forget.

# RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

## 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.

Up to the age of twenty, rheumatism is a more frequent cause of heart disease than all other causes combined. This is the opinion of medical authorities the world over, but Dr. Haven Emerson of New York goes one step farther. He says that heart disease, due to rheumatism, is contagious. Dr. Emerson cites a parallel to illustrate his contention. He draws attention to the fact that only within recent years have medical practitioners and research students in the field of heart disease begun to realize that there is a virus of rheumatism which may be contagious. If all members of the households in which an open case of pulmonary tuberculosis has been found are carefully examined, not less than 19 per cent. of them, young and old, will show evidence of tuberculosis in an acute or sub-acute stage. This common experience is, to our minds, easily explained, because we can see, trace and demonstrate the tubercle bacillus, which causes the disease. This organism can be found in the sputum of the open case of tuberculosis, usually in the dust of the bedroom and in the diseased tissues of the persons who have been in close association with him in the home.

Now if we repeat such a study in the families from which acute cases of rheumatic heart disease have been admitted to hospital care or to dispensary supervision, we shall find that here again 15 per cent. of the contacts, those in the intimate circle of the families, will commonly give a definite history or show physical evidence of attacks of acute rheumatic fever or of tonsillitis or of chorea with or without accompanying affections of the heart. True, this is only circumstantial evidence, and until some way is found of identifying with exactness the specific organism of rheumatic fever and its many secondary injuries to heart and other tissues, we can

not speak with the same positiveness that we do of the communicability of tuberculosis. However, enough is known to justify us in thinking of and dealing with the group of illnesses which we class as acute rheumatic, as if we were dealing with an acute communicable infection. This calls for the simple and well-established precautions of so-called medical aseptic technique of the sickroom. No longer will it be good form to make a social centre and family gathering place of the bedroom of acute rheumatism. This includes Tommy with his "growing pains" at five, and Sally with "St. Vitus's Dance" at seven, and Dad, with sore throat, as well as Uncle Ned, who has a rip-tickling inflammatory rheumatism every couple of years, and was told after the last attack that he must have his tonsils out, and favor his heart a bit because the rheumatism had touched one or the valves, before it left him weak and anemic. Yes, even though we know that one person cannot transmit to another the damaging heart valve or the diseased rheumatic heart and joints can, we believe, be passed from the sick to the well in very much the same way that an acute sore throat can go the rounds of a family. Cleaner mouths, fewer diseased tonsils, fewer neglected decayed teeth, earlier recognition of sore throats and quick care in their treatment as serious infections, the considered and skilled attention to the little child with aching muscles and joints—"too young to have rheumatism," "kept up and about with growing pains,"—repeated examinations of the heart after attacks of any acute infectious fever in childhood, always separation of the sick from the well; by such means will the number of acute rheumatic hearts be reduced.

### Surveying the Seas.

Plans for the most complete survey of the ocean ever attempted have been inaugurated by a conference representing scientific branches of the chief governments of the world. One or more ships will be fitted out with a complete laboratory and equipped with the latest scientific apparatus for the first cruise. The sea bottom will not only be mapped, but the composition of the water, its density, temperature and currents which affect the distribution of marine plant and animal life will be studied at all depths. Five-sevenths of the surface of the earth is covered by water. This water area can produce more food than all the land can ever be made to yield, and one of the purposes of the expedition will be to take an inventory of such food possibilities.

## WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge. Our Present Price is 37 Cents Per Pound Butter Fat. Nett to you at your station. Price is subject to change without notice. To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat. **Bowes Company Limited, Toronto** For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.

## A HAPPY CHILDHOOD IS A MATTER OF HEALTH

Little children quickly get out of sorts but by prompt treatment they can just as quickly be set right again. Most of their troubles arise in the first place from the stomach and bowels; that is why a good clearing out is the first thing the doctor prescribes. Mothers, why not let Baby's Own Tablets keep your children well? Unlike that ill-smelling, rank tasting castor oil so dreaded by most children, the Tablets are pleasant to take and their action, though thorough, is gentle and causes no discomfort to either the baby or the growing child. Baby's Own Tablets are a never failing remedy for relieving constipation and indigestion; thus they break up colds and simple fevers, expel worms and make the teething period painless. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Are your friendships really friendships, or are they only habits.

Special restaurants for excursionists and children are being planned for this year's exhibition at Wembley.

### The white races of the world are outnumbered by the dark nations by two to one.

**Seed Potatoes**  
Early Irish Cobblers and Green Mountains.  
Guaranteed Pure Grade A, \$1.50 per bag of 90 lbs. Guaranteed Pure Grade B, \$1.20 per bag of 90 lbs.  
H. W. DAWSON  
P.O. Box 38 Brampton, Ont.

## ONTARIO BREED BETTER LIVESTOCK Improvement STOCK Committee

### Progress in Marketing Lambs

A Study of the Toronto Market shows that 31% of the lambs marketed during 1923 were Bucks. In 1924 only 9% of the Lambs marketed were Bucks. This meant that the producers not only saved the two-dollar penalty, but got an increased price through selling a better quality of mutton. **Will the Sheep Breeders Continue This Progress in 1925?**

**Victory**  
To try again in victory.  
One need not win.  
To try again in victory.  
If we begin  
A project against countless odds.  
The end is God's.  
To try again in victory.  
Winning is chance.  
So often—only just a whiff  
Of circumstance!  
But striving is a thing of WILL  
And noble still.  
To try again in victory:  
Win if you can!  
But failure faced as it should be,  
Builds up a man  
And victory is always sure  
It will endure.

## SPRING IMPURITIES DUE TO POOR BLOOD

A Tonic Medicine a Necessity at This Season.

Dr. Williams' Pink Pills are an all-year-round tonic for the blood and nerves. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these pills helps to enrich the blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disgusting pimples, eruptions and boils—Dr. Williams' Pink Pills clear the skin because they go to the root of the trouble in the blood. In the spring anæmia, rheumatism, indigestion, neuralgia and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people dose themselves with purgatives, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels, but does not help the blood. On the other hand, Dr. Williams' Pink Pills enrich the blood which reaches every organ in the body, bringing new strength and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

Among those who have proved the value of Dr. Williams' Pink Pills is Mr. Austin Wile, Hemford, N.S., who says:—"I have reason to be deeply grateful for what Dr. Williams' Pink Pills have done for me. An abscess developed in my head, and the doctor who was called in said my whole system was poisoned. My appetite completely failed and I grew so weak I was unable to do any work. The doctor's medicine did not help me so I decided to try Dr. Williams' Pink Pills. At this stage I was reduced almost to a skeleton, and my friends did not look for my recovery. I soon found, however, that the pills were helping me and after taking them for about two months I was fully restored to health. My case was known to all my neighbors and my recovery looked upon as almost a miracle."  
You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Noteworthy Tramps.

Some years ago three shabby tramp musicians played on the terrace of a hotel in a fashionable watering place in Germany, after which one of them took up a collection in his hat. A famous physician who was present recognized in one of the shabby-looking fellows a former comrade who had served with him in the same regiment thirty years ago. Astonished and pained he approached the poor fellow, full of sympathy, but soon he burst into laughter. The three men turned out to be a high Berlin police official, a sculptor and a doctor, who had conceived the original idea of traveling as Bohemian musicians through all the watering places, to earn money for a monument to Brahms, the composer in Berlin. They slept for three or four pennings per night in lodgings of doubtful character, and had many amusing adventures. Several times they were arrested on suspicion, but the Berlin official always got them free.

### New Tobacco Tin.

The history of the development of tobacco is a record of innovations, modifications and devices planned to make its use more enjoyable. The latest of these is a vacuum tin in which one tobacco company is now packing several of its brands. It is claimed for the new container that it preserves unimpaired the flavor and fragrance and retains all the natural moisture.

### Curing Drunkenness.

The amethyst is traditionally supposed to have the virtue of warding off or curing drunkenness. The word itself, which comes from the Greek, literally means "not intoxicating." The amethyst also has been held to have the power to make men shrewd in business deals.

The best Tobacco for the pipe

# Ogden's CUT PLUG

OGDEN'S LIVERPOOL

## Fourteen Advantages of a Pure-Bred Bull of Good Breeding and Good Individuality.

1. Economical and Rapid Improvement.—One pure-bred bull will improve the herd as rapidly as 50 pure-bred cows.
2. Lasting Influence.—The value of a pure-bred bull is not seen entirely in the first generation, but continues in the following generations.
3. Fewer Bulls Necessary.—One pure-bred bull properly managed will do the work of four scrub bulls, as they are managed at the present time.
4. Advertisement Valuable.—Well bred stock attracts the attention of buyers.
5. Creates a Demand for Our Local Pure-Bred Bulls.—The breeder of pure-bred stock in Ontario are sometimes discouraged because of lack of demand for their stock.
6. Affords Opportunity Gradually to Work Into Pure-Bred Business.—If there is a pure-bred bull in the community it is an easy matter to purchase one or two pure-bred cows and soon be in the pure-bred business.
7. Co-operation Possible.—If there are as many as four or five pure-bred bulls in the community there is an excellent opportunity to co-operate by exchanging bulls, pooling cattle, etc.
8. Pure-bred Bulls Will Sell for More Than Scrub After Their Period of Usefulness is Over.—A 2,000-pound pure-bred bull is worth more for beef than a scrub which usually weighs 1,200 to 1,400 pounds.
9. Propensity Important. A pure-bred bull will have calves more like himself than the dam. This is due to concentrated blood lines.
10. Uniformity Increases Value.—Buyers will always pay more for a uniform bunch of cattle than for a mixture of scrub and pure-bred.
11. Offspring is Worth More.—A calf is worth \$5 to \$10 more, a yearling \$15 to \$20 more and a two-year old \$25 to \$30, if sired by a pure-bred bull.
12. Better Living.—The pure-bred bull means more money which in turn makes possible better homes, better schools, better churches, better roads and a better and more satisfying country life.
13. Good Influence on Owner.—When a man has pure-bred livestock on his farm he naturally takes more interest in it and feeds and cares for it better than he otherwise would.
14. The Farmer's Gain is Not Somebody's Loss.—A farmer can raise a better calf and no one is the poorer. He thus creates wealth.

### Characteristics of the Races.

We understand, says a conservative London daily, that the following attempt at racial characterization is now current in Moscow: "One Englishman, correctness; three Englishmen, fastidiousness; three Englishmen, Parliament. One German, boredom; two Germans organization; three Germans, Das Vaterland. One Frenchman, society; two Frenchmen, a duel; three Frenchmen, hegemony. One Russian, agoutis; two Russians, intoxication; three Russians, a row."

### Annual Meeting of Bovril Company.

Presiding at the annual general meeting of the Bovril Company, Sir George Lawson Johnston emphasized the fact that the Company had maintained its pre-war prices in the face of a most difficult trade situation and the payment of very heavy taxes and were able to show record sales and record net profits. This was due largely to the increasing demand for "Bovril."

The year just closed showed net profits of £390,992. The capital employed is between twenty and twenty-five million dollars.

Regarded as the world's oldest living animals, some of the great tortoises on the Galapagos Islands are believed to have been alive in 1492 when Columbus discovered America.

## The Ritz-Carlton Hotel Atlantic City New Jersey

America's Smartest Resort Hotel. Famous for its European Atmosphere. Perfect Cuisine and Service. Single rooms from \$5.00 Double rooms from \$8.00 European Plan. New Hydratic and Electro-Therapeutic Department. GUSTAVE TOTT, Manager

### CHAPPED HANDS

Minard's eases them, soothes and heals. It protects them from biting winds. Mix Minard's with sweet oil and use as shaving lotion. Makes your face feel fine.

## MINARD'S "KING OF PAIN" LINIMENT

Insects that fly by day are more likely to be splendid in color than night insects, which tend toward the drab and even ugly.

For cleaning hair-brushes and sponges, use hot water in which a pinch of borax has been dissolved.

Burma is a paradise for big-game hunters; 5,752 wild animals were killed there in a recent year.

# For Colds BAYER ASPIRIN

Proved safe by millions and prescribed by physicians for

- Colds
- Headache
- Pain
- Neuralgia
- Toothache
- Lumbago
- Neuritis
- Rheumatism



**Safe** Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Drugists.

### Beeches Used in Drugs.

Bees and beeches which have been dried and powdered are highly regarded by the Chinese physician in the treatment of throat troubles. For Sore Throat Use Minard's Liniment.

### WANTED

REMNANTS. BARGAIN PARCEL, \$21.50. Patches, \$2. McCreevy, Chatham, Ontario.

### FREE CATALOGUE

RASPBERRY BUSHES, GLADIOLUS, IRIS, PEONY, FANCY DAHLIAS and Barred Rock Eggs. The Wright Farm, Brockville, Ont.

### WANTED

TONE INDIAN RELICS. H. A. S. VanWinckel, 1395 Lansdowne Ave., Toronto.

### MONEY TO LOAN.

FARM LOANS MADE. AGENTS wanted. Reynolds, 77 Victoria, Toronto.

## MURINE FOR YOUR EYES

Wholesome Cleaning and Refreshing. Stammering or stuttering disappears quickly and permanently under our methods of treatment. Thousands have been relieved of this distressing trouble. Write for free advice and literature. THE ARNOLD INSTITUTE KITCHENER, ONT., CANADA



## Cuticura Preparations

Unexcelled in purity, they are regarded by millions as unswerving in the promotion of skin and hair health. The purifying, antiseptic, pore-cleansing properties of Cuticura Soap invigorate and preserve the skin; the Ointment soothes and helps to heal rashes and eruptions. The freely-lathering Shaving Stick causes no irritation but leaves the skin fresh and smooth. The Talcum is fragrant and refreshing. Sample Each Free by Mail. Address Canadian Depot: "Cuticura Ltd., Montreal." Price, Soap 25c, Ointment 25c and 50c, Talcum 25c. Cuticura Shaving Stick 25c.

## BETTER IN EVERY WAY

After Taking Lydia E. Pinkham's Vegetable Compound

Ingomar, N. S.—"I took your medicine for a run-down condition and inward troubles. I had pains in my right side so bad at times that I could not walk any distance. I saw about Lydia E. Pinkham's Vegetable Compound in the newspapers and have taken five bottles of it. I am better in every way and you can use my letter to help other women." Mrs. ALVITA M. PEARY, Ingomar, N. S.

### Nervous Breakdown Relieved

Toronto, Ontario.—"It is pretty hard to explain your feelings in nervous troubles. I felt low spirited, had pains in my head and eyes, always crying, and did not want to go anywhere. I do knitting and fancy work, and I would get irritable after a few minutes of work. I have been in Canada five years and have been this way ever since I came. I am taking Lydia E. Pinkham's Vegetable Compound and I sleep better and it seems to make me eat, and I must say I am feeling more jolly. I have great faith in your medicine because of what it has done for my husband's sister and she recommended it to me." Mrs. A. STARR, 10 Burleigh Avenue, Toronto, Ontario.

All druggists sell this dependable medicine and would be glad to show you how to use it. Write for a free copy of our booklet. Give it a trial now.