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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.

A correspondent inquires about asthma. She says she has been troubled with it for twenty years and has tried all kinds of treatments, including patent medicines.

The great trouble in advising treatment for asthma is that it is not one disease, but several. Because one man is benefited by a certain line of treatment, it does not follow that the treatment will apply to every individual. The proper plan is to make a careful study of each case, and have it made before the disease has progressed too far. Consequently, there is no one treatment that applies to all cases. What helps one asthmatic is of no service to the next. For instance, by having his nose treated, one man will find great relief, another receives no benefit from nose treatment, but gets relief by going to a dry climate, where the throat and chest secretions dry up. Again, there is a class of people who benefit greatly by changing to a vegetarian diet, leaving out meats, milk, eggs and similar articles of diet which are rich in amino-acids. Some authorities hold the opinion that asthma is associated with fermentation of the stomach with the resulting irritation and perhaps inflammation. It would thus appear that the eating of certain foods and certain combinations of food might have a very decided effect in increasing or decreasing the symptoms of asthma. For instance, the eating of starches and sugars in excessive amounts tends to produce fermentation in the stomach and intestines, and it is not by any means probable that the irritation caused by the fermentation of the stomach might extend to the lining mucous membrane of the lungs.

In all asthmatic conditions, therefore, it would be wise to omit from the diet all pies and pastry, sugary and starchy foods, including bread. So it would seem that first and foremost the thing to do in trying to effect a cure for asthma, or at least bring about relief from it, is to try and get at the root cause. Why did the asthma start in the first place? What were the conditions associated with its appearance. Had the patient a persistent cough with loss of weight for some time previous to the onset of the asthmatic condition? This is important to know because many cases of bronchial asthma are in reality consumption. Some cases are due to heart disease, some to Bright's disease, some to growths in the nose. What must be done is to find out if there is a curable cause and then to cure it. Cases of asthma which have no apparent cause are about as hard to treat as any disease that affects mankind.

Climate seems to help more cases than anything else, but even this fails sometimes and only palliative treatment can be resorted to. The so-called asthma cures seldom do good, and if taken indiscriminately may do harm. Some often lead to drug habits.

Personal Phases

She was a gentle mother
Who labored to make a home,
And then she lay down contented
Till all her dear babes had come.
And, when by her side they nestled,
So helpless and weak and small,
The world was enriched by a matchless love—
A love that surpasses all.

He was a radiant songster,
He jeweled the dark old tree;
He sang to his mate in rapture
A song of the gay and free;
No cloud marred his life's horizon,
He knew neither fear nor pain,
But only that day chases silvery night
And that sunshine succeeds cool rain.

She is a dainty lady,
In satin and rare old lace,
But her beautiful form and features
But mirror her soul's disgrace,
For over her fair white shoulders
Is hanging the mother's hide,
And the bright glossy wing in her
Was torn from the singer's side.
—Geraldine E. Lyster.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

When Deep Sea Denizens Take Forty Winks.

Having no eyelids, fish do not appear to sleep. That they rest as regularly as human beings was the opinion of Aristotle over two thousand years ago, and recent observations have confirmed his view.

Among marine fish, the wrasse, conger eel, dory, dogfish, bass, and all flat fish sleep periodically resting usually on the bottom of the sea.

Being exceedingly light sleepers, it is difficult to observe the nocturnal habits of fish in aquariums, for the slightest increase in light arouses them. The salt-water blackfish, or tautog, is an exception. Lying on its side with its mouth open, the tautog is an exceedingly sound sleeper. As it settles down to slumber faint stripes and spots of black appear all over its body, which give the impression that it has changed its clothes.

Changing Their Color.

More noticeable still are the variations in color of the common scup or porgy. When bedtime comes it takes a surprisingly short time to don a nightdress. Clothed in silvery grey when awake, the fish descends among the seaweeds when drowsiness comes. Stripes of darker grey or brown appear almost immediately, and very soon it is not easy to distinguish the sluggish from its surroundings.

As a quick-change artist, however, the parrot fish has few equals. Swimming about in the tropical waters, the parrot fish is a clear turquoise green during the daytime. Finding a quiet nook among the stones and weeds, its color fades to a dull olive. Further changes go on whilst it sleeps. Numerous reddish brown spots appear on its body.

Placed in an aquarium having a plain green bottom, the parrot fish retains its coat of green and does not put on night clothes. But if a few large stones are dropped into the aquarium, corresponding blotches appear on the sleeping fish.

Is This Your Hobby, Collecting Music?

How is it that more people do not take up as a hobby the collecting of music? Many people collect books, pictures, and stamps, with a view to retaining these against all time. Not many do this with music. Why not start collecting classical music, songs of good quality, and dance pieces—both old and new publications, and also old scores?

Think how interesting to present-day dance lovers would be a series of bound volumes of the dance music since 1900 to the present day. The idea could be carried further and periods could be particularized in when dances are held. As an example, what could be called "the 1906 dance" could be given, when every item should consist of dance music in 1906.

Then again think how useful such collections of music would be to our children and their children. Standard pieces of music such as we all as children have to learn, would always be in the music cabinet. Parents could see when she was learning a Grieg sonata just where her mother had difficulty in the marking on the page. Such collections of music would be exceedingly valuable—as valuable as any libraries.

Cotton materials and the appearance and feel of wool are being made in Germany. They take dyes well, and are already popular with women for sports clothing.

For Every Ill—Minard's Liniment.

BREATHLESS LANGUID GIRLS MADE STRONG BY Dr. Williams' Pink Pills

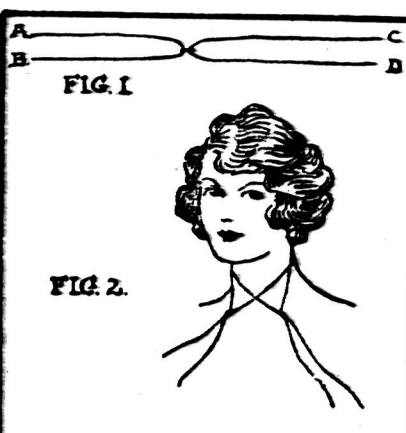
They Give New Vitality—and more

When girls become breathless, languid and pale, parents should take prompt steps, for danger hangs over the girl in her "teens" cannot develop into robust, happy womanhood without abundant, rich red blood in her veins, and it is the lack of this that is the great trouble with most girls. They grow anemic, depressed and weak, with no appetite, and no interest in life.

Every anemic girl who is struggling to womanhood in a poor state of health, can find splendid, vigorous health, with glowing cheeks and sparkling eyes, in Dr. Williams' Pink Pills. For these pills not only increase the supply of rich, red blood; they create appetite, relieve the weary back and limbs, restore full womanly health and charm, and so transform pale, anemic girls into robust, happy women.

So if you are anemic, let Dr. Williams' Pink Pills help you as they did Miss Clara Cheslock, High Falls, N.Y., who says:—"Before I took Dr. Williams' Pink Pills I was pale, bloodless and badly run down. The least exertion would tire me and my appetite was fickle. A short treatment with Dr. Williams' Pink Pills has changed all this and I am now enjoying the best of health, for which you have my sincere thanks."

EASY TRICKS A Circus Trick



This is an old time circus trick which, in other days was performed in front of the side-show as a sample of the wonders to be seen within. The performer took two pieces of tape and tied them around his neck. After a long, bit shockingly incorrect explanation of "how it was done," he pulled the tapes and they seemed passed through his neck.

The two tapes were doubled and the centers tied together by a frail piece of thread (Fig. 1). The performer held his hand over the point where the tapes were tied to the neck and the tapes appeared to be side by side and without preparation. When he put the tapes around his neck, his collar hid the junction of the tapes or he carefully kept his face to the spectators. Taking the ends A and C he tied them together close to his neck. The ends B and D were tied close to his neck, also. When he grasped the tape and gave them a vigorous pull, the thread broke and the tapes came away. Because of the method of tying, the appearance of the tape was then exactly as if it had been around his neck.

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

Wireless Wrinkles.

Women are in fear of developing "wireless wrinkles."

Concentration right after night by the fire-side listening closely to the sounds coming from the loud speaker or sitting with earphones jammed against the ears is likely to give women a "radio" face.

The strain of trying to catch every word of wireless broadcast constantly puckers the lines around the woman's forehead and draws more lines around the sides of the mouth.

Women who have been untiring listeners for months are beginning to notice that where their faces have hitherto been absolutely smooth and unlined, a faint network of lines is beginning to appear. Their habitual expressions, instead of being alert and intelligent, have become mechanical and placid.

Length of Rope.

Willie—"Pa sent me for a piece of rope like this."

Shopman—"How much does he want?"

"Just enough to reach from the goat to the fence."

Care of Battery.
Never allow the solution in your storage battery to get below the level of the plates. Inspect the battery frequently and add chemically pure water. This water may be obtained at a drug store and is known as distilled water. Some fans may be in a position to do the job themselves.

Pay your out-of-town accounts by Dominion Express Money Orders.

Foot Rests for Plowman.
A German inventor has designed a small portable plow which is worked with foot rests upon which the farmer stands.

For First Aid—Minard's Liniment.

Speaking of Birds.
Visitor—"I notice a sign outside that says you want a man to retail imported canaries."
Manager—"Yes, are you looking for the job?"
Visitor—"No, I just wanted to know how the canaries lost their tails."

Tortoise ranging in size from less than 1 in. wide to 2½ feet in diameter are to be bought in London.

MORE THAN 55,000 FARMERS

have bought their farms in Western Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large area of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

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If you are weak, thin and nervous, let your druggist supply you with Bifro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

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Italian Daily Paper in London. L'eco d'Italia, which has been published in London in Italian weekly during the past five years, is to become a daily paper.

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Best for Coughs and Colds

Minard's gives quick relief for coughs and colds, grippe, influenza, etc. Madame J. Edmond Potras, of Faubourg, St. Jean Bte., Quebec, is only one of hundreds who highly recommend it. She writes as follows: "After having tried several syrups and rubbing lotions for cough I consider that Minard's alone gives satisfaction. I also value it for warts, which I have quickly removed with Minard's."

MINARD'S LINIMENT



Abundant Hair Cared For By Cuticura

Shampoos with Cuticura Soap, preceded by light applications of Cuticura Ointment to the scalp skin, do much to cleanse the scalp of dandruff, delay itching and irritation, stimulate the circulation and promote the healthy condition necessary to produce a luxuriant growth of hair.

A WOMAN'S SUFFERING

Relieved by Lydia E. Pinkham's Vegetable Compound

Verdun, Montreal, Quebec.—"I am one of thousands who have taken Lydia E. Pinkham's Vegetable Compound and I have great faith in it. I can safely say it has relieved my troubles and I shall never be without a bottle of it in my house. Since my last baby was born I suffered from pains and backaches and would feel so tired I could not do anything in my home. Since I have been taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine I feel so different. I recommend it to all my friends and hope it will cure other women who are suffering from the troubles I had."—Mrs. THOS. H. GARDNER, 821 Evelyn Street, Verdun, Montreal, Quebec.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for the new mother. It is prepared from roots and herbs, contains no harmful drugs and can be taken by the nursing mother. Its worth in restoring the mother to normal health and strength is told again and again in just such letters as Mrs. Gardner writes.

A recent canvass of women users of the Vegetable Compound shows that 98 out of every 100 women taking the medicine are benefited by it. They write and tell us so. Such evidence entitles us to call it a dependable medicine for women. It is for sale by druggists everywhere.

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Every sturpan needs Bovril



Banking by Mail

The security afforded by the Province of Ontario Savings Office, together with the facilities extended by every Post Office in Canada and other countries, make it possible for everyone to deposit their savings in this institution. Interest is allowed, compounded half-yearly, with full checking privileges.

The confidence the rural communities have shown in this Savings Office is indicated by the large increase in deposits, which are now over \$20,000,000.

All deposits are secured by the entire resources of the Province of Ontario.

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Many a time one would give much to be able to lay his hands on directions for preparing a spraying mixture, a ration for laying hens or for doing a hundred and one other kinds of work about which he has read. A proper system of preserving and filing pamphlets would meet such a need at all times. Such a system has been devised by the Department of Agriculture at Ottawa. It is fully explained in "THE PUBLICATIONS INDEX BOOK" in which the pamphlets of the Department

and other documents may be recorded in classified fashion. To receive the INDEX BOOK and a LIST OF FREE PAMPHLETS on all farming topics, fill in this slip and return it post free to:

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