

If you'd like a little better tea than you are using, please try "Red Rose"

# RED ROSE TEA "is good tea"

The same good tea for 30 years. 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.

It is well to know some of the symptoms of infantile paralysis. Epidemics of this disease are most likely to occur during the late spring or early summer. When an outbreak does come, it is always difficult to decide which was the first case, and still more difficult to find out where the disease came from. The conclusion is arrived at by the investigator that when a definite case is first diagnosed, there must have been other cases occurring previously to it, but these cases either recovered without showing any symptoms of paralysis, or else were unrecognized as infantile paralysis and were treated as some other condition, or not seen by a physician at all. Knowing the possibility of missing these cases, it is important that all people, lay people as well as medical people, should know what symptoms raise a suspicion of infantile paralysis. One authority gives the following: "A moderate or high fever occurring suddenly without known cause, and accompanied by nausea, vomiting, diarrhoea or constipation on cold in the head or cough, is suspicious, particularly between June and September. This seems to be rather a broad statement, for practically all children under three might have one or more of these symptoms during the summer. However, one thing to remember is that in the early stage of infantile paralysis, there may be neither pain nor paralysis, and many cases capable of spreading infection never go beyond this stage. There is one stage, however, that unquestionably justifies suspicion. It is the stage of tenderness. Particularly is this tenderness in the back and neck."

Mothers should take notice of this.

It is a fine sign to pay attention to. If your baby objects to being held, look out for infantile paralysis. If the baby is sick, it is natural for him to want to curl up in your arms, but if he cries when you curl him up, it may be his neck and back muscles are tender. If such cases are followed up, it is generally found that the muscles are paralyzed, are tender. Later on, in most cases, weakness of some muscles or parts of muscles develops. The symptoms which the doctor is expected to find are loss of muscle power, distributed in no regular fashion, loss of reflexes and retention of sensation. If the doctor is equipped to do so, he will tap the spinal column, get some of the spinal fluid, and gain valuable information from examining it. The public should keep in mind that the muscle wasting which forms the prominent feature of the disease does not come for weeks after the acute stage has subsided. It is therefore true that a diagnosis based on muscle wasting is rather late to do any good. Moreover, about one-quarter of the cases of infantile paralysis that do develop never show any wasting.

### Canoe Trips.

The Canadian National Railways have issued a very interesting booklet describing some 22 canoe trips in different parts of the country.

Having decided on one of the trips described in the booklet the canoeist may write to the General Tourist Department of the C. N. Ry., mention the number of the trip selected and receive, free of charge, full particulars as to portages, camping sites, fishing spots, etc., and also a large blue print map which can be used as a chart during the journey.

### Minard's Liniment for Colds.

Leaf insects, which thrive on the guava tree, mimic the leaves so closely that they even change color as the season advances—from brilliant red to green, and then to golden brown.

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We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

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## Ontario Has An Interest in Her Children

"Who is that woman who has been driving a small car 'round the Township all week? What's her line, I wonder? She called at every house down the main road and I suppose she will stop here some day soon," questioned the bachelor of the "Corners" as he sat down beside the door to enjoy his after-dinner smoke and watch the sun go down in all its glory behind the wooded hills. "Why, weren't you at the meeting?" Oh, no, it was held while you were in Toronto for the Winter Fair," replied his sister, who had come over just for a chat. And so he had all his questions answered: "That woman" was a nurse, but a nurse who helped people before they got sick, as well as when they had to stay in bed; a nurse who gave a lot of her time to the children—those who went to school and those who hadn't started yet and most of all, the wee new babies just arrived in the homes throughout the Township. "The meeting was held in the Town Hall, and you see, young Doc (you remember he's been Medical Health Officer since his father died), told us he could arrange without a cent of cost to any of us or the Township, to get a nurse to come and give us help for ourselves and our children, just like the farmers for years have been getting help in improving their stock and producing better quality of grain, and every man and woman at the meeting wanted the nurse, so that's how she started." "And, Uncle, she was at the school to-day again, and I got a gold star," broke in his nephew, a young hopeful of nine years. "You got a star, and for what?" "Because for a whole week I had my chores done, my health chores, I mean; and you should hear the nurse tell us how easy it is to grow up strong and healthy and be able to pitch ball and slug a hockey stick—Health Talks, she calls them; and the girls at school have lessons too, 'Little Mother's Classes,' and learn how to look after a little baby. But, Uncle, she does heaps of things for big people too; she helped granny when she burnt her leg and when she heard Bert Jones cough she offered to drive him and his father over to the doctor, and Bert is getting better now." "And she visits every home you know," added his sister, "and talks over the health of every member of the family so don't be surprised when she calls on you. Well, I must be going now, and you won't see much of me for a few days because the women have asked the nurse to give a Home Nursing Class this week. Come, Son." "Yes, mother, to bed by eight o'clock is one of my health chores." "Where did the nurse come from, did you say?" "Oh, she is a Public Health Nurse from the Provincial Department of Health."

If you would like to know the name of the nurse in the district where you live, write to Department of Health, Spadina House, Toronto.

### Occupation An Aid to Health.

On an occasion when Nelson had a big feast at one for two months at a time he records that in that period no death from sickness occurred among the 7,000 or 8,000 persons in the fleet. He attributed these remarkable results not merely to the physical surroundings of the crews but also to the constant mental stimulus which he aroused by providing the seamen with occupation and frequent amusements. These helped to keep the seamen's faculties in continual play and avoided the monotony which most sage health through its deadening effects on the mind and spirits.—Mahan's Life of Nelson.

## NEW HEALTH FOR SUFFERING WOMEN

Aching Backs and Tired Limbs  
Need Not be Endured.

Too many women endure suffering that casts a shadow over half her existence. An aching back, tired limbs, attacks of faintness, splitting headaches need not be a part of a woman's life. Such trials indicate plainly that the blood is thin and watery and that the sufferer needs the help of a real tonic such as Dr. Williams' Pink Pills. Suffering women who have used this medicine speak of it in the highest terms. Among those who have been thus helped is Mrs. Ada L. Harman, Virden, Man., who writes: "Following the birth of a still-born child a few years ago, I had a very serious time. I was so weak for months that I could not walk across the room without a feeling of faintness. I had scarcely strength enough to stand up, and when dressing would have to sit down two or three times. My face and lips were colorless, I had no appetite, and life did not seem worth living. A friend urged me to try Dr. Williams' Pink Pills, and I got six boxes. Before they were all gone I felt improved. My appetite was returning, color was coming into my face, and I was visibly stronger. I continued taking the pills and fully regained my former good health. I consider Dr. Williams' Pink Pills a blessing to weak women, and hope my experience will induce some other sufferer to try them."

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

### Experiences With Scrub Sires.

The most convincing argument in favor of the purebred sire instead of the grade and scrub are the actual reports which have been obtained from the use of both types.

The following are actual experiences of farmers on their own farms:

A farmer in Dufferin County, Ontario, had a calf dropped March 18th, 1919, which he sold on December 12th of the same year at 23 1/2 cents per pound. This baby beef brought \$169.21. This calf was out of a good grade cow which was herself sired by a purebred bull. The calf was also sired by an approved type of purebred sire. In the same stable on similar feeding and treatment at the same time was a calf also out of a fairly good grade cow but sired by a grade bull. This calf was dropped Nov. 5th, 1918, and was sold on the same day as the calf already referred to (Dec. 12, 1919). He brought 19 cents per pound or 4 1/2 cents less per pound than his stable mate, by the purebred bull and he brought \$174.00. He was 4 1/2 months older, had taken more feed and care, but did not have as good quality and so was not as profitable as his better bred stable mate. These calves were exceptionally well fed, but breeding counted to the extent of 4 1/2 cents per pound and enabled the feeder to market his best calf at very close to as much money in 4 1/2 months shorter time. This is a case where the feeding was right in both cases and where the purebred bull was directly responsible for the difference.

The experience of a London Township farmer, Middlesex County, with purebred and scrub bulls shows very closely the place of the scrub sire. Six years ago he had in his herd eight very even purebred cows that gave him eight bull calves from purebred sires. These were made steers and kept until two and one-half years old, finished on grass and when sold averaged \$140 each. The next year the farmer was ailing and was unable to take his cows a distance to a purebred sire. A neighbor offered him the use of his scrub sire. The progeny from mating from which five steers were kept, fed and marketed under the same conditions brought \$114 each, although there had been a slight rise in price during the year. This farmer stated that on the five steers he lost \$130, in one year, and to the average farmer using a scrub sire on ten females the loss would be \$260, from a beef standpoint alone. If the daughters of the scrub bull were kept in the herd this loss would show in their calves in lesser degree. This man claims that as soon as farmers keep an accurate profit and loss account the scrub bull will disappear.

A Peel County farmer's experience is as follows: "Though we had been using purebred bulls for many years previous to a time about nine years ago, we yielded to temptation on a growling looking, well-built grade Shorthorn for which we paid \$35 at six months old. (Why should he not produce as good stock as a registered calf costing \$75 more or less? When his first calves were about four or five

months old they cost me a year lot, but the bull was kept for another season in spite of our objections. When the steers were put in to feed when rising this year, as in our custom, the folly of our selection most glaringly stared us in the face every time we went to feed them. They wouldn't respond to good feeding and attention. There was little pleasure in trying to fatten them and they went to market with few exceptions an inferior bunch. We had learned our lesson and sometimes think it was fortunate that we did keep the bull long enough to be really impressed forever by the experiences and loss of a cheap sire."

"Our next bull was of Grainfold Marquis blood costing \$100 at six months. Our first crop of calves heeled our wounds. Fine growthy fellows, they accounted for any feed given, were a source of pleasure to the eye and brought the best price when sent to market. Counting the difference in weight, adding the extra value per pound and making allowance for feed consumed, there was a balance of from \$20 to \$25 per steer in favor of the good bull. A worse case was that of the heifers from the scrub bull. They had to be sold for beef. Instead of being able to select good heifers we had lost two years by using the scrub. Though it cannot be counted in dollars and cents, the satisfaction in feeding and caring for good animals is really worth more than all other features combined."

Can you afford to use a Grade or Scrub Bull?

### The Thoughtless Commercial.

A wit of no mean order was the Rev. S. Baring-Gould, whose book, "Further Reminiscences," contains this story:

The Duke of Connaught once went to an inn in Ireland, and, as his boots were muddy, he sat down on the stairs and removed them, so that he should not soil a new carpet. Soon after a commercial traveller arrived whose boots were also encased in mud, but he strode in without hesitation.

The landlady ventured to expostulate, and mentioned how differently the Duke had behaved.

"Hang it!" said the man. "Princes can afford to consider people's feelings. I cannot. Put the damage in the bill."

## BABY'S OWN TABLETS ALWAYS IN THE HOME


Once a mother has used Baby's Own Tablets for her little ones she will use nothing else and as long as there are babies in the home you will always find a box of Baby's Own Tablets on hand. Thousands of mothers have become convinced through the actual use of the Tablets that there is nothing to equal them in banishing constipation and indigestion; breaking up-colds and simple fevers; expelling worms and promoting that healthful refreshing sleep so necessary to the welfare of little ones. Among the thousands of mothers who praise Baby's Own Tablets is Mrs. Alex. J. Perry, Atlantic, N.S., who says: "I always keep Baby's Own Tablets in the house as I know of no other medicine that can equal them for the minor ills that come to young children." The Tablets are sold by medicine dealers or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The first aerial passage across the British Channel was made in 1785, when Francois Blanchard and an American companion travelled from England to France in a balloon.

### For Sore Throat Use Minard's Liniment

It is those things which he is not compelled to do—the just treatment of the helpless—that test the fibre of men's character.

Not a penny of capital but a determination to get on is the best capital a man can have. Money may be eaten through, but you don't eat through your determination.



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Grove Manufacturers of liniment, ointment, and other remedies. High quality, guaranteed, with the best ingredients. Write for literature. Address: Minard's Liniment Co., Brockville, Ont.



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Proved safe by millions and prescribed by physicians for

Headache	Neuralgia	Colds	Lumbago
Pain	Toothache	Neuritis	Rheumatism

**Safe**

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 Monoacetic-salicylic acid (Aspirin) Salicylic acid, "A. S. A. S." While it is well known that Aspirin is a Bayer trademark, to protect the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."




**OLD CHUM**  
The Tobacco of Quality

**Submerged Sovereigns.**  
The Bank of England has its own water supply. One artesian well, four hundred feet deep, gives a supply of seven thousand gallons an hour. As a direct consequence of the high cost of water in London the bank authorities, in 1910, placed a contract to sink another well. This renders the bank independent of the public supply of water.

One curious use to which this water is put is not generally known—the building department is nightly submerged in several feet of water by the action of machinery.

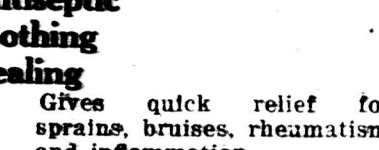
The same machinery is so adjusted that if, during the day or night, a dishonest official should take even one from a pile of a thousand sovereigns, the whole pile would instantly sink and a pool of water take its place.

**Not a Bond.**  
The stern voice of parental authority had made itself heard, and little Jackie had been forbidden to stay behind on the playground after school hours. Jackie's orders were to come straight home immediately school was over; and he had obeyed them to the letter for some time, but, unfortunately, one day he forgot. He arrived home very late, dirty, and tired. "Look here," said his father angrily, "didn't you promise me you'd come straight home?" "Yes, father," was the meek reply. "And didn't I promise to punish you if you stayed behind?" "Yes, father," answered Jackie, more meekly still. "But as I forgot my promise I won't hold you to yours."



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**PAINS IN LEFT SIDE AND BACK**

Other Troubles Women Often Have Relieved by Lydia E. Pinkham's Vegetable Compound

Lachine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back, and with weakness and other troubles women so often have. I was this way about six months. I saw the Vegetable Compound advertised in the 'Montreal Standard' and I have taken four bottles of it. I was a very sick woman and I feel so much better I would not be without it. I also use Lydia E. Pinkham's Sanitary Wash. I recommend the medicines to my friends and I am willing for you to use my letter as a testimonial."—Mrs. M. W. ROSE, 590 Notre Dame Street, Lachine, Quebec.

**Doctor Said an Operation**

Provost, Alberta.—"Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now have a bonny baby girl four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."—Mrs. A. A. ADAMS, Box 64, Provost, Alberta.