

Health

Without Drugs or Doctors

A message for the sick man, woman and child; for every one who is out of sorts; a message too, to all who are well and would keep well.

TWENTY-FIVE years ago an eminent Quebec physician, Dr. H. Sanche, made a marvellous discovery which is embodied in the device named "Oxydonor." This little instrument compels its users to absorb from the air a plentiful supply of oxygen with its remarkable vitalizing power.

BY THE USE OF OXYDONOR

the human system becomes wonderfully invigorated, and disease of the blood, skin, lungs and nerves swiftly and surely disappear. Oxydonor revitalizes the human organism by Nature's own process. Eliminates disease without the use of drugs or medicines. Can be safely, quickly, and easily applied, and can be taken sleeping or waking. Is always ready for use for grown persons or children.

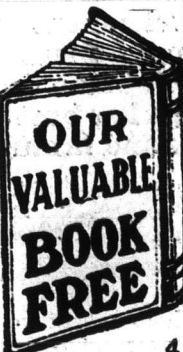
Write today for book of spontaneous testimony. Send also for our valuable book on health, which describes fully the Oxydonor—a tried and true agent which has blessed thousands upon thousands of persons during the past twenty-five years.

Beware of Fraudulent Imitations

DR. H. SANCHE & CO.

Dept. 12, 364 St. Catherine Street W.

MONTREAL - CANADA



BEETHAMS La-rola

is a perfect emollient milk quickly absorbed by the skin, leaving no trace of grease or stickiness after use. Allaying and soothing all forms of irritation caused by Sun, Wind and Hard Water, it not only

PRESERVES THE SKIN

but beautifies the complexion, making it SOFT, SMOOTH AND WHITE, LIKE THE PETALS OF THE LILY.

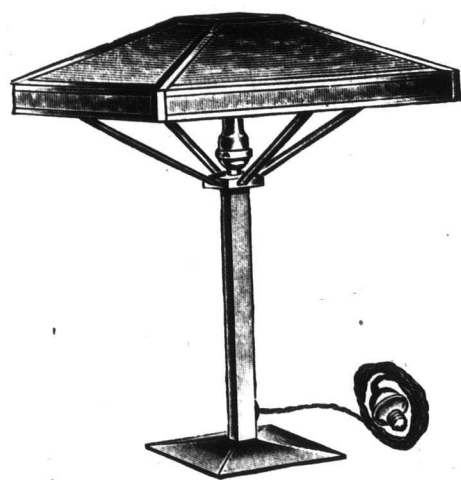
The daily use of La-rola effectively prevents all Redness, Roughness, Irritation, Tan, and gives a resisting power to the skin in changeable weather. Delightfully cooling and refreshing after MOTORING, GOLFING, TENNIS, CYCLING, ETC.

Men will find it wonderfully soothing if applied after shaving.

M. Beetham & Son, Cheltenham, England.

This Beautiful \$15 LIBRARY LAMP For Western Home Monthly Subscribers

For Gas
Oil or
Electricity



Built
of
Solid
Brass

This is one of the most handsome and useful Newspaper Premiums ever offered in Canada. These lamps have been manufactured specially for the Western Home Monthly by one of the largest makers in America. We demanded a lamp that would be an ornament to any room and that would give satisfactory service.

This lamp, we believe, measures fully up to these requirements; it must be seen to be fully appreciated.

See it on exhibition in the Western Home Monthly Office, Stovel Block, Winnipeg.

The "Western Home Monthly Lamp" will at once be recognized as the premium de luxe. Nothing comparing with it has ever been presented in this city.

We offer you this beautiful lamp and the Western Home Monthly for one year for only \$5.00 or absolutely free for seven subscriptions at \$1 each.

This price is less than half what the lamp alone would cost you if bought elsewhere.

Our supply of these lamps is limited and after the original number has been distributed it will not be possible to duplicate at the price.

THE WESTERN HOME MONTHLY
WINNIPEG CANADA

The Home Doctor

A Christmas Prayer for Such as Are in Sorrow

By George Hodges, D.D.

O FATHER of mercies and God of all comfort, behold how we sit solitary in the midst of gladness. While our neighbors keep the feast with merry hearts, Thou seest how our souls are filled with grief. Bless us also, O Father with a Christmas blessing.

We remember, Lord, the strangers' how they watched their flocks in the chill night under the black sky. Thou didst open heaven's gate; Thou didst send a multitude of angels, shining and singing round about them, with messages of peace. Lighten now, O Father, our most bitter darkness; speak to our souls.

We remember, Lord, the strangers how they came on their long journey, friendless and bewildered, cut of the way, knowing not whither they went. Thou didst shine upon them with the star of wonder, setting them in the right path, giving them great joy, and bringing them into the presence of the King. We, too, O Father, have lost our way. Guide us, we pray Thee; show us Thy star of hope.

We remember, Lord, the stable of Bethlehem, how the holy mother came there very weary, in distress and pain, finding a forlorn lodging. Thou didst glorify the place. Thou didst change sorrow into joy, and darkness into light eternal. Visit, O Father, our poverty of soul, our weariness and weakness; O visit us with Thy salvation.

Thou Thyself didst come, O Lord, as on this day, to live our life; help us now to live it, when it is very hard. Thou hast borne our sicknesses and carried our sorrows; we are heavy laden, and Thou hast promised rest. Lift us up, bless us with courage, strengthen our faith. We are in tribulation, Lord, in a world which we cannot understand. But Thou dost understand; Thou hast overcome even death itself. Teach us, O Lord, the lesson of Thy consolation; grant us Thy peace; help us to enter into the Christmas joy.

Some gifts for sick people are suggested here: For a girl or boy who is in quarantine, and whose gifts must necessarily be burned later, may send paper dolls, soldiers, animals and furniture, puzzles, crayons, beads, pieces to sew for patchwork, cheap picture-books and painting-books. For one sick in a hospital, a round basket lined with the Christmas crepe-paper napkins and filled with fruit or home-made jelly and delicate cookies will be most welcome. Tie on the handle of the basket a ribbon bow to match the napkins in color, and attach a pretty Christmas card. For an adult convalescing, books of charades or puzzles will help to pass many hours pleasantly.

Children's Teeth

The teeth should receive far more care and attention than is usually given to them. It is a great mistake to neglect a baby's teeth under the impression that they are milk teeth, and not important, because only temporary. The character of the teeth in after life is very much determined by the character and treatment of the first teeth; therefore, every mother should fully understand that the baby's first teeth are of the greatest importance, and need special care for their preservation. The first little teeth should drop out of the little mouth as white as snow, as they usually do if they have had proper care and attention.

To preserve the first set of teeth from decay, wash with lukewarm water containing a little borax, and brush with a soft brush directly after each meal. It is most important to preserve the first set of teeth from decay, as if they are not retained up to the proper period, the second set are apt to be defective.

Teething

Cutting of the teeth frequently causes a great amount of suffering to children. The first set of milk teeth are twenty

in number—ten in each jaw. Of these the first to come through the gum are the central incisors, or cutting teeth, which about the end of the seventh month take up their places in the middle of the jaw—two in the top and two in the bottom. Two months later two more teeth make their appearance in each jaw. They are known as lateral incisors, or side cutting teeth. At the end of the twelve months the front grinding teeth are due; at eighteen months the dog teeth are to be expected, and six months later the back grinding teeth come forth and complete the set of twenty milk teeth.

This is very easy to read, and if the teeth only came after this fashion the infant's life would be robbed of one of its greatest terrors. Even the most healthy children have trouble, more or less, with each fresh instalment of cutters or grinders. To assist the teeth in forcing their way through the gum amber beads or coral may be given to the child to suck. A piece of lump sugar rubbed on the gum is also helpful. Provided the little one is fed and nursed properly, there need be no fear of any illness resulting from teething. Should the teeth be very late in making their appearance, a doctor had better be consulted, for the chances are that the baby's constitution is weak in some particular.

The permanent teeth make their appearance about the seventh year, and are thirty-two in number. The grinding teeth usually appear first, and are followed by the central cutting teeth. The dog teeth appear about the twelfth year, and the "wisdom teeth" any time between the ages of sixteen and twenty-three.

Infantile Paralysis

In its early stages this is an acute febrile disease of childhood, and seems not a serious ailment; but the paralysis may be lifelong and shockingly crippling. For this reason it is, to the physician who recognizes it in its early stages, one of the most dreaded of all the ills of childhood except those which directly threaten life. The disease begins, like most of the acute fevers of childhood, with an indisposition to play, loss of appetite, sometimes nausea and vomiting, headache, restlessness, muscular twitchings, or sometimes actual convulsions, and fever. The fever is seldom high, and at first the child does not seem to be very ill. The symptoms suggest rather a little digestive upset than a serious disease.

After a few days, sometimes earlier, the child is seen to be paralyzed, and the paralysis increases rapidly in extent, until sometimes the power of motion is abolished in both arms and both legs. But usually the muscles are not so widely implicated, and only one or two limbs, perhaps the leg on one side and the arm on the other, or maybe only parts of these limbs, are affected.

By this time the acute symptoms have generally subsided, and if it were not for the paralysis the child would be up and about again as usual. But the paralysis persists for a few days or weeks, and then gradually recedes, until only a comparatively small part of the original area involved remains permanently affected.

The disease is essentially one of children, and more commonly of boys, although young adults are occasionally attacked. It is believed to be an infectious disease, although probably not contagious or "catching," and it has been known to occur in quite extensive epidemics. The paralysis that remains is accompanied by atrophy of the muscles and retarded growth of the affected limb. When it affects the leg it is the most common cause of acquired clubfoot.

Although a complete cure is seldom or never obtained, there are few diseases which offer greater reward for persistent treatment. At the beginning massage and electricity are of the greatest use, and sometimes the persistent and scien-