

Secrets of Health and Happiness

Why You Should Get Lots of Fresh Air Even on Cold Days

By DR. LEONARD KEENE HIRSHBERG,
A. B., M. A., M. D. (Johns Hopkins University).

Fire will not burn without oxygen. Life, like light, comes from fire. That is to say, life depends upon oxygen. Air must be at hand or you cease to breathe. Moreover, if the air lacks enough oxygen, it is not truly air, but a gas and, indeed, a poisonous gas at that. Therefore, air means life. It follows, therefore, that when the breezes blow and the winds give vent to coolness, dryness, and motion in a fresh atmosphere, health and vigor are encouraged. The real essence of pure air is less an ab-

BREATHE DEEPLY,
THEN LISTEN FOR
THAT BRONCHIAL WHEEZE

Dangerous to Neglect Troubles in the Chest, Throat or Nose at This Season.

Rough, wheezy breathing means danger ahead. Every day you defer treatment makes it harder to cure. Don't delay. Bronchial and lung troubles are all too frequent. Start to-day with "Catarhose," breathe in its pure balsamic vapor. Let its healing fumes do for you what stomach medicine never can. Nothing so certain as a "Catarhose" inhaler to strengthen a weak throat, to rid you of Bronchitis, to drive out catarrh, coughs and colds. Use "Catarhose" to prevent, to cure, your winter ills. Physicians endorse its use. Thousands swear by it. Two months' treatment, large size, \$1; smaller sizes, 25 cents and 50 cents; all dealers or The Catarhose Company, Kingston, Canada.

sence of poisons than the presence of dryness and movement. When, however, Old Boreas does not give vent to his pure draughts, carbonic acid gas, moisture, warmth and other vitiated blasts cause ill-health, pallor, anaemia, lassitude and a deficient earning power. Ventilation, then, means giving vent to your best energies. It is as necessary as sunlight, food and drink. It indeed blows the winds that profits nobody. Even the cold, cracked, tumble-down walls of a woodman's cottage have their virtues.

Fireplace Ventilation.
A window lowered two inches from the top will ventilate a room more effectively and more safely than twice as much space at the bottom. An open grate fire so beautiful and so common in ancient homes and old English houses is also a very effective means of ventilation. The hot air of the fireplace when the flames are dancing up the flue carries all the foul air with their own mad rush up the chimney. Even when the weather is warm or mild, an open fire in a hearth is a great tonic and stimulant. Therefore, a fireplace should never be closed or blanketed. To stand an oil stove or a few candles in it acts as a suction oxidizer to send the bad air up the chimney.

In frigid weather it is not always pleasant during the day to keep the windows open long. A false, convective window-sill about two inches in height below and another about two inches from the top of the window is a superior ventilator and it also shields you from icy blasts.

Fresh Air Vital.
At night covered as you are with many comforters and blankets, the windows should be wide open. Doors are very poor ventilators. They permit dirty, breathed and vitiated atmospheres to enter. Even the cracks and edges of doors should be covered with some sort of protective strips. Foul air and ill-smelling atmospheres should never be disguised by burning incense or punk or rosewater. Instead, light a fire in the open hearth or place a lighted lamp in the chimney place and avoid all causes of such odors; open wide the windows and soon from icy blasts.

Her answer was a burst of chok. "You must stop that. You're hurting yourself, and if ever you needed your strength you will need it in the next few weeks. You wish to help Mr. Stockbridge, you know."

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Answers To Health Questions

MISS V. T. Q.—What can I do for dreaming?
A.—Restless dreams arise from skin irritation, nose, throat, intestines, teeth, head, stomach or other troubles. Have the source removed and the active dream will cease. Empty the intestines, take a hot bath, and drink a glassful of hot milk before bedtime.

M. H. G. Q.—What can I do for pimples?
A.—Apply a little of the following to the affected parts:
Sulphur iodine 2 1/2 drams
Balsam peru 1/2 dram
Camphor 1 dram
Green soap 1/2 ounce
Vaseline 1/2 ounce

M. E. C. Q.—What can I do to make my legs thinner?
A.—Learn to swim.

B. S. Q.—What can I do for styes?
A.—Have the eyes tested by a careful, painstaking oculist, one whose office is not too crowded with patients. Meanwhile apply a little of 5 grains of ammoniated mercury to 1/2 dram of white vaseline to the styes.

W. S. P. Q.—What can I do for loco motor ataxia?
A.—This can be treated at any good

hospital by intra-spinal injections of mercuric or salvarsanized serum.
A DAILY READER.—What can I do for head noises?
A.—There are a great many origins of head noises, and you must have a careful examination by an ear specialist. Unless the exact cause is found nothing can be done.

PAGE, London, Ont. Q.—What can I do for a pain in the back?
A.—Massage with vibration and electric battery will help to assuage the pain.

A SUBSCRIBER. Q.—What will keep my hair from coming out?
A.—A little of the following may be tried on alternate nights. Rub in with a stiff-bristle brush.
Fluid extract of plicopline 1 dram
Tincture of cantharides 1/2 dram
Tincture of capsicum 1/2 dram
Quinine sulphate 1 dram
Rosewater 1 ounce
Distilled water 1 ounce

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot, however, undertake to prescribe or offer advice for individual cases. If a subject is not of general interest, letters will be answered personally, if stamped and addressed to Dr. L. K. Hirschberg, in care of this paper.

MY HEART AND MY HUSBAND
ADELE GARRISON'S NEW PHASE OF REVELATIONS OF A WIFE

How Madge Restored Alice Holcombe To Calmness.

I took Alice Holcombe's twisting hands in mine, held them firmly as she abandoned herself to the sobbing she had evidently suppressed as long as she was able to do so.

I saw that she had come to the breaking point following her story of the coroner's inquest, allowed her grief to have free vent, knowing that she would be the better for the outburst. But as the minutes wore on, and with her sobs increasing in intensity, I saw that hysteria had her in its grip, and prepared for strenuous measures if my first protests failed.

"Come, come!" I said peremptorily, yet with a note of tenderness in my voice. "You must stop this. You're hurting yourself, and if ever you needed your strength you will need it in the next few weeks. You wish to help Mr. Stockbridge, you know."

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The Adventures of Jimmy Coon

JIMMY COON MAKES A BACK DOOR. When little Peter Rabbit heard that Uncle Alphonse was going to play Fox and Geese, he was so scared that he fainted away, and they had to throw water in his face to bring him to. You see he was afraid that that meant that Mr. Red Fox would come to the party.

"I am a regular silly, Peter Rabbit," Mr. Red Fox isn't even invited, and, anyway, I am making a sky light to Mr. Porcupine's living-room, so that if any unpleasant person comes to the party who isn't invited, there will be a safe way out. It isn't safe to trust to just one door."

"I am surprised that Quilly Porcupine would live in a house with only one door," said Teddy Possum. "It doesn't make any difference to me, for he wears his overcoat all the time, day and night, and he never has to open his shoulders when he goes to sleep or all his sharp spines stick out, and he always goes to sleep in the front hall and no one can get by him," said Jimmy Coon. I know, for I have seen him take a peep into Quilly Porcupine's cellar. He had fresh fish and chipmunks, fresh fish and mussels for the guests of honor, Jimmy Coon and Teddy Possum; henlock bark, lots of it, for the porcupines, a nice mouse for Mr. Owl, some fresh fish for the cat, and a whole lot of food for the rest of the party. He had forgotten a thing. He had some lily pads for dessert for the porcupines and a very little of everything else for the rest of the party. Alphonse the white porcupine, he had a great treat—an old salty axe handle to chop on."

"That was a great dandy. It was to a porcupine just what salted almonds were to a mouse," said Quilly Porcupine. "I don't look stupid, and I have no reason why he should be any different from me. He never had to defend himself against enemies, because he just jumps his spines up and down, and he is perfectly safe, while all the rest of the party, and everybody else, has to use their wits and depend for safety on speed, valor or trickery to defend themselves."

So everybody was astonished to see how hard Quilly had worked to get ready for the party, and everybody was surprised that he had such lovely refreshments ready. It meant a great deal of hard work.

The little folks could hardly wait for the time for the party to begin, they were anxious to begin eating. They wanted to get in and go down cellar for the food, but the only way to get into the cellar was by the ladder from the front hall, and they couldn't get in by the front door, for Alphonse had the door locked. It was a real puzzle to them.

Indeed, Alphonse had to sit hunched up in the front door for days while Quilly was off getting things for the guests to eat.

Then the funniest thing happened. You remember that Quilly Porcupine's house had only one door, and that was the front door. But Jimmy Coon had a crack in the ceiling of the hall, and he and Teddy Possum went to work to make it bigger, so that at last there was a sort of a skylight, and a ladder of little stones made a nice way down.

"It is much safer for any house," said Jimmy Coon, and I feel sure that Quilly Porcupine will like it very much.

Of course, all the little animals had to try the skylight and come down the ladder into the front hall. Alphonse, who was sitting in the front door, was hunched up in the front door, so he didn't hear them at all. They couldn't wake him by talking and chattering, for he was so hunched up that he couldn't hear them at all. They were now safe not only from his intrusion but his gossip also, for brewing tea before going home after a late season was quite the fashion of the teachers. It would cause no question in his mind.

I made Alice lie down upon the comfortable couch while I brewed the tea. As I put the little packet—one of those I had contributed to the common stock—into the pot there came an indescribable sensation over me. Milly Stockbridge's eager, restless hands stretched out in curious examination of similar packets in this very room so few days ago came so vividly to my memory that it seemed almost as if they were before me in reality, again clutching at me.

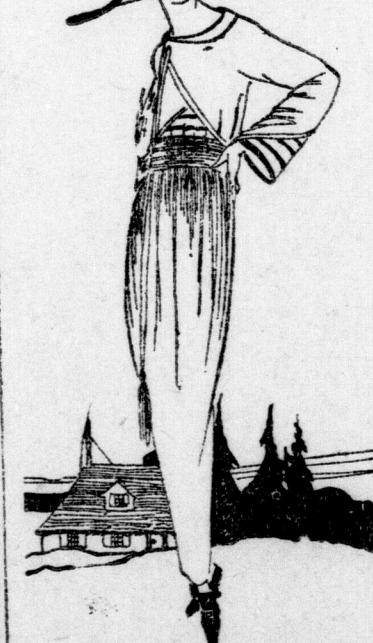
I glanced furtively at Alice Holcombe, who was relieved to find that she had closed her eyes, and in all probability had not seen the packet. My mind, I felt, suddenly that a draught of the tea would choke me.

I did not shake off the impression of those ghostly hands until after Alice Holcombe, strengthened and refreshed, had returned home in Benny's cab. I had accompanied her to the door, and had seen that she was ready to take up with me the meek day of the difficult and delicate task of completing the work of the school year in the Bayview school with the principal incarcerated in jail.

Then, as Benny had turned the taxi toward Marvin—for I felt entirely too upset to risk encountering the stares of chance travelers upon the railroad train—all thought of the dead woman, her unhappy husband, even of my suffering friend, went out of my mind, crowded out by the sudden speculation as to what arrangements Dicky had made in order to enable him to carry out the threat of the night before—not to speak to me until I had explained certain things to him.

Today's Fashion

By MME. FRANCES



French Blue Taffeta Makes an Effective Afternoon Frock.
French blue is a color becoming to almost every woman, and taffeta in this shade makes an effective afternoon gown.
The kimono blouse is cut to fasten in a surplice line at the front, where a vest of chiffon, showing a white ground with stripes of mauve and salmon, gives an effective color contrast. The vividly striped chiffon is repeated on the triangular inserts of the bell sleeves. The fronts of the jacket and the sleeves are corded with blue taffeta. The broad, crushed grille is also taffeta.
From a long sash and dangles a heavy tassel of mauve and salmon. The unusual collar is white chiffon and the hat is a picturesque velvet shape adorned with chenille flowers.

TO PUT ON FLESH AND INCREASE WEIGHT A PHYSICIAN'S ADVICE.

Most thin people eat from four to six pounds of food, could, fat-making food, every day, and still do not increase in weight one ounce, while on the other hand many of the plump, chubby folks eat very lightly and keep gaining all the time. It's all a matter of what is in the nature of the food. It is the nature of the food that counts.

Thin folks stay thin because their powers of assimilation are defective. They absorb just enough of the food they eat to maintain life and a semblance of health and strength. Stuffed won't help them. A dozen meals a day won't make them gain a single ounce. They are stuck. All the fat-producing elements of their food just stay in the intestines until they pass from the body as waste. What such people need is something that will prepare these fatty food elements so that their blood can absorb them and deposit them all about the body—something, too, that will multiply their red blood corpuscles and increase their blood's carrying power.

For such a condition I always recommend eating a Salogyn tablet with every meal. Salogyn is not, as some believe, a drug, but is a scientific combination of the most effective and powerful flesh-building elements known to chemistry. It is absolutely effective, and less, yet wonderfully effective, and a single tablet eaten with each meal often has the effect of increasing the weight of a thin man or woman from three to five pounds each week. Salogyn is sold by good druggists everywhere on a positive guarantee of weight increase or money back.—Adv.

London & Port Stanley Railway

Timetable Effective September 8.
To St. Thomas—10:00, 11:20, 12:20, 2:20, 3:20, 4:20, 5:20, 6:20, 7:20, 8:20, 9:20, 10:20, 11:20 p.m.
To Port Stanley—10:20, 11:20, 12:20, 2:20, 3:20, 4:20, 5:20, 6:20, 7:20, 8:20, 9:20, 10:20 p.m.
Daily except Sunday.
Limited train London to St. Thomas.
All special fares and trains service are cancelled.

TO RELIEVE CATARRH, CATARRHAL DEAFNESS AND HEAD NOISES

Persons suffering from catarrhal deafness or who are growing hard of hearing and have head noises, will be glad to know that this distressing affliction can usually be successfully treated at home by an internal medicine that in many instances has effected complete relief after other treatments have failed. Sufferers who could scarcely hear have had their hearing restored to such an extent that the tick of a watch was plainly audible even or eight inches away from either ear. Therefore, if you know of someone who is troubled with head noises or catarrhal deafness, and want this for- mular and hand it to them, and you may have been the means of saving some poor sufferer perhaps from total deafness. The prescription can be prepared at home, and is made as follows: Secure from your druggist 1 ounce Parmit (Double Strength). Take this home and add to it 1 pint of hot water and a little granulated sugar stir until dissolved. Take one tablespoonful four times a day.

Parmit is used in this way not only to reduce by tonic action the inflammation and swelling in the Eustachian Tube, but this to equalize the air pressure on the drum, but to correct any excess of secretions in the middle ear, and the results it gives are nearly always quick and effective.

Every person who has catarrh in any form, or distressing rumbling, hissing sounds in their ears, should give this recipe a trial.—Adv.

night tired out, for Chatterbox, the red shall have the party just the same. Quilly was very lively and led him a chase. Quilly was heavy and slow, and he was sick of the whole plan and he told Chatterbox he would never have another party.

Chatterbox cheered him up and told him he must get the day for the party. "Go and look down cellar and see how much food you have. Quilly was so tired after supper and never went to bed. He felt perfectly sure that nothing could happen to all those good things to eat, for he had left his cousin, the white porcupine, to keep house and guard the eats."

"You didn't take a walk or anything today, did you?" said Quilly to his cousin.
"No, I didn't stir from the house," and Alphonse, the white porcupine, yawned.
"Well, since we are going to have a party, I want everything to be all right and I must have plenty for everyone to have enough to eat—I would like to go down cellar and count to see just how much there is, but I am too tired tonight."

The next time those little animals went into Quilly's cellar, they ate only a little, but they thought about all those good things to eat which they got home, and every last one of them went back again for another bite.

Perhaps you think that they could have gotten things just as good to eat somewhere else. Of course they could, but when they knew they had left, it was a heart-breaking sight, and perhaps you think that Quilly sat down and cried.

Not at all. And why didn't he? Well, because they had never touched a thing that porcupines like to eat! All the lily pads were eaten, and the henlock wood, and he had a lot of that, and the old salty axe handle. "Well, Jimmy," said Alphonse, "and today Possum. And those two have dragged poor little Peter Rabbit into their badness with them. But I

To-morrow's HOROSCOPE

By Cassius Kemple
FRIDAY, SEPT. 19.

The sidereal forces for this day are in operation for success, and prosperity, especially for those in the employment of others. Those who are unduly desirous may seek promotion and favors. Others should deal with those in authority, seeking honors or preferment from superiors. Withal there is need for discretion in the signing of papers, and it would be advisable to be on guard against fraud or trickery—although the menace is a slight one. It will be observed that old obstacles and long-standing delays and disappointments will be set aside, making way for new and progressive achievements. In heart and home or social affairs there may be some slight disappointment.

Those whose birthday it is may expect a successful year. Those in employment will benefit. A child born on this day may succeed best in the employment of others, despite a tendency to be a bit of a rebel.

Asthma

Asthma and hay fever, even of long standing and of the most distressing severity, are robbed of their terror by this reliable remedy.
Two sizes, 25c. and \$1.00.
Dr. J.D. Kellogg's Asthma Remedy

Backache only a Symptom

"It Seems as Though my Back Would Break."

This is a common expression among women, yet they toil on day after day heedless of the significance of this distressing symptom.

Backache is often a warning of some inward trouble that requires attention, and which unless relieved will sooner or later declare itself in more serious ailments.

If it is caused by female derangement Lydia E. Pinkham's Vegetable Compound is what you need. It quickly asserts its curative powers in all those peculiar ailments of women.

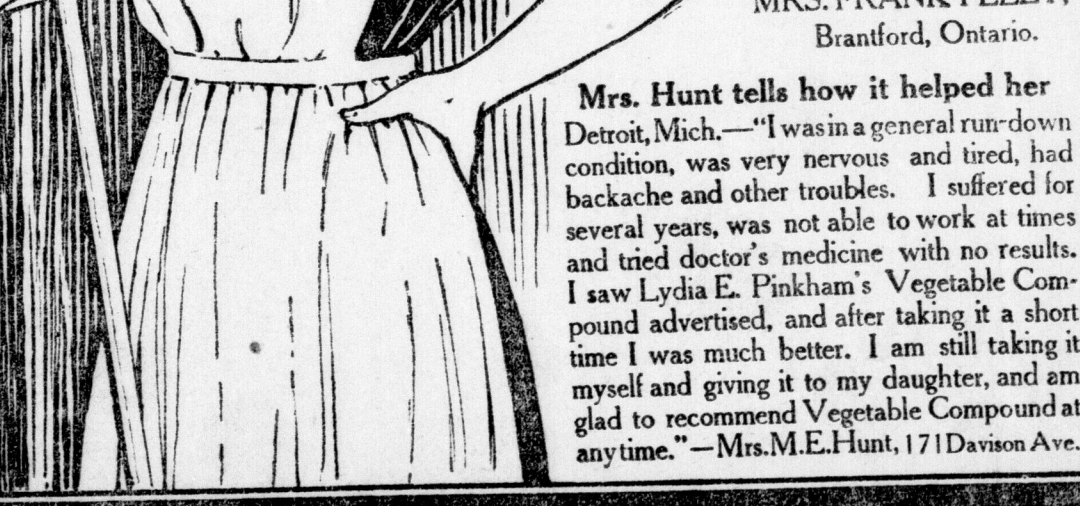
For more than thirty years this good old fashioned root and herb medicine has been restoring women to health.

The Splendid Recovery of Mrs. Fleet

Brantford, Ont.—"I have been a user of Lydia E. Pinkham's Vegetable Compound and find there is nothing better for female troubles. I was taken sick with sharp pains in my right side and over the hip to the back and the doctor said I would have to be operated on. I was in the hospital three weeks and did not get any better so I went home and took the Vegetable Compound. I stayed in bed three weeks more, then I was able to get up. Now I am all right and I have recommended your medicine to several friends and my daughter is taking it and all are pleased with the results from its use."

MRS. FRANK FLEET, Brantford, Ontario.

Mrs. Hunt tells how it helped her Detroit, Mich.—"I was in a general run-down condition, was very nervous and tired, had backache and other troubles. I suffered for several years, was not able to work at times and tried doctor's medicine with no results. I saw Lydia E. Pinkham's Vegetable Compound advertised, and after taking it a short time I was much better. I am still taking it myself and giving it to my daughter, and am glad to recommend Vegetable Compound at any time."—Mrs. M.E. Hunt, 1714 Davison Ave.



Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

Kellogg's TOASTED CORN FLAKES
Packed in the Flavor-Holding WAXTITE Moisture-Proof Package

Contrast the slack, loosely, carelessly filled packages of substitutes with the Full, conscientiously-packed, Waxtite, goodness-preserving package of

Kellogg's TOASTED CORN FLAKES



Every Grocer everywhere sells Kellogg's WAXTITE CORN FLAKES every day. Be sure you get them in the Waxtite package.

Your Children Deserve the Best Canadian Kitchens, Toronto, Canada KELLOGG TOASTED CORN FLAKE CO.

"The Sweetheart of the Corn"