



*Every bride should know—*

**LUX**

Every bride should know that the fresh, new beauty of the washable things in her trousseau can be retained almost indefinitely if she will just use Lux.

Here you have the thinnest wafer-flakes of the essence of soap—the secret of its cleansing power being its utmost purity. Being pure and absolutely soluble in water Lux cleanses garments easily and quickly, without rubbing—and more, it can be absolutely rinsed out of the garments.

LUX won't harm anything that pure water itself may touch.

**LUX** is sold at all good grocers

**LEVER BROTHERS LIMITED**  
Toronto

## CLASSIFIED ADVERTS

SALES AND EXCHANGES  
A responsible directory arranged for the convenience of the vast number of more than 500,000 readers of Everywoman's World who wish to buy, sell or exchange. Each little adlet has much of interest for you.

### Agents and Salesmen Wanted

**MRS. COPE, MACGRATH, ALBERTA**, cleared \$102.00 in four days. Sold to every home in Macgrath. You can do as well. Fine territory open for live agents. Catalogue and terms free on request. Perfection Sanitary Brush Co., 1118 Queen St. W., Toronto, Ont. Only manufacturers in Canada.

### Articles Wanted

**THE ONE BEST OUTLET** for farm produce, non-fertile eggs, poultry, separator butter. Write Gunns, Ltd., 78 Front St. East, Toronto.

### Family Remedies

**SORE EYES**—Try Murine Eye Remedy in your own Eyes and in Baby's Eyes when they Need Care. Relieves Redness, Soreness, Granulated Eyelids and Scales on the Lids. No Smarting—Just Eye Comfort. Ask your Druggist for Murine.

### Help Wanted—Female

**EARN \$25 WEEKLY**, spare time, writing for newspapers, magazines. Experience unnecessary. Details free. Press Syndicate, 427 St. Louis, Mo.

### Home Furnishings

**WRITE** for our large, photo-illustrated catalogue No. 2. We pay freight to any station in Ontario. Adams Furniture Company, Limited, Toronto.

### Nursing

**PRIVATE NURSES** earn \$10 to \$25 weekly. Learn without leaving home. Booklet free. Royal College of Science, Toronto, Canada.

### Photoplays—Stories

**WRITE MOTION PICTURE** plays. \$50 each. Experience unnecessary. Details free to beginners. Producers League, 325 Wainwright, St. Louis.

**WRITERS—STORIES**, Poems, Plays, etc., are wanted for publication. Literary Bureau, E.W., 3 Hannibal, Mo.

**\$1,200 A YEAR** for spare time writing one moving picture play a week. We show you how. Send for free book of valuable information of special prize offer. Photo Playwright College, Box 278 K 24, Chicago.

**WANTED**—Stories, Articles, Poems for new magazine. We pay on acceptance. Handwritten MSS. acceptable. Send MSS. to Woman's National Magazine, Desk 270, Washington, D.C.

**FREE TO WRITERS**—A wonderful book of money-making hints, suggestions, ideas; the A B C of successful story and play writing. Absolutely Free. Just address Writer's Service, Dept. 32, Auburn, N.Y.

### Plays and Entertainments

**PLAYS, VAUDEVILLE SKETCHES**, Monologues, Dialogues, Speakers, Minstrel Material, Jokes, Recitations, Tableaux, Drills, Entertainments. Make up goods. Large catalog free. T. S. Denison & Co., Dept. 82, Chicago.

### Razor Blades Sharpened

**RAZOR BLADES SHARPENED** by experts—Gillette, 35c. dozen; Ever Ready, 25c. Mail to A. L. Keen Edge Co., 180 Bathurst Street, Toronto.

### Songs Wanted

**WRITE THE WORDS FOR A SONG**—We write music and guarantee publisher's acceptance. Submit poems on war, love or any subject. Chester Music Co., 538 S. Dearborn St., Suite 247, Chicago.

### Wearing Apparel—Fancy-Work

**BEAUTIFUL SILK** Remnants for crazy patchwork. Large, well assorted trial package only 25c.; five lots for \$1.00. Embroidery silk, odd lengths, assorted colours, 25c. per ounce. People's Specialties Co., Box 1833, Winnipeg, Man.

### Eye Relief

**AFTER THE MOVIES**—Murine is for Tired Eyes—Red Eyes—Sore Eyes—Granulated Eyelids. Rests—Refreshes—Restores. Murine is a Favourite Treatment for Eyes that feel dry and smart. Give your eyes as much of your loving care as your teeth and with the same regularity. Care for them. You cannot buy new eyes! Murine sold at drug and optical stores. Ask Murine Eye Remedy Co., Chicago, for free book.



## The Doctor's Consulting Room

Conducted by **OSWALD C. J. WITHROW**,  
M.B. (Tor.), M.R.C.S. (Eng.)

Physician, Dept. of Psychiatry, Toronto General Hospital; Secy. for Sex Education, National Council Y.M.C.A. of Canada

**I** SPENT nearly fifty years of my life injuring my stomach and my health generally in order to amass a fortune, and I shall be obliged to pass the rest of my life spending large sums of money in trying to regain my health." The spirit of this remark of a prominent multi-millionaire is all too true of many people in these hustling, bustling modern times. But the multi-millionaire will not be able to regain his health fully, no matter how much money he spends. Health is not secured by the barter of dollars. Symptoms may be alleviated, but the possessor of millions and political power becomes the slave of drugs and potions and of haunting hideous fears. When health has gone, happiness flees also. No matter whether you are rich or poor, it is extremely unwise to run counter to the laws of health. So surely as you do, so surely will you pay the penalty in impaired physical and mental vigor. It is far, far better to "keep well" than to "get well." In our Consulting Room we shall talk together month by month about how to keep in good physical and mental health.

### An Ounce of Prevention

**M**OST diseases are preventable. There was a time when people charged fate or Providence with taking away some darling baby or some promising boy or girl from the family circle and folks were very bitter against the unkindness of the Almighty. There is no excuse for such charges in this enlightened day and yet I am afraid many still lay the blame elsewhere than upon its rightful source. There is a cause for every disease and this can usually be ascertained. Look up heredity, study environment. Somewhere you will find the source of the mischief and often it will be a simple matter to provide a remedy. To cure any trouble you must first remove the cause. How trite, how simple and yet how difficult for us to put into practice. Public sanitation has accomplished wonders in decreasing the prevalence of infectious or germ diseases, and the death rate from these has been lowered to a marked degree. Typhoid fever, malarial fever, scarlet fever, diphtheria, tuberculosis, and many others are now well known to the public, and the method of handling them has been so improved, that we no longer live in terror of them as plagues, but as maladies which we can handle, and suppress and subdue. In the last quarter of a century, many years have been added to the average life-time of every child born, and many more can be added as we become more fully convinced that most diseases are preventable.

### Many Diseases Imaginary

**I** WONDER how many of my readers know that the majority of the patients of the ordinary general practitioner have nothing the matter with them, that is to say they are suffering from no definite disease? There are definite and distinct diseases which run a particular course, act according to fixed laws, and may end fatally or in impaired health and vigor unless relieved or cured by medical skill. Such are called organic. It is against these that medical science is waging war continuously. The perfection of the art and science of surgery has been responsible for the removal of much offending and insidious disease. Diagnosis has become so keen that organic diseases are suspected early, if patients will but submit to examination when the proper treatment can be instituted. Preventive medicine has begun a relentless war upon the germ,

with numerous victories already all along the line and has taught us the danger of tampering with or compromising with germ-laden conditions. But hosts of people think they are ill when there is no actual disease and appear to "enjoy" poor health. These have functional diseases—if indeed it be correct to speak of disease in this connection—and are readily swayed by the first strong minded person with whom they meet. If that person be a quack or a charlatan so much the worse for the patient's body and pocket book. If the adviser be of the right sort he will often be able to dispel the patient's "notions" and present him with a new and sane conception of health.

### Let's Help You to Keep Well

**S**INCE August 4th, 1914, at least 100,000 people have died in Canada from preventable diseases. During the same period not more than 30,000 Canadian soldiers have been killed in action or died from the effects of wounds or disease. The second fact has caused us grave concern, and we hurl anathemas, and rightly so, at the Kaiser for his hideous cruelty in precipitating this horrible war. Are we concerned sufficiently about three times as many persons and more, dying from preventable diseases? Don't you think we ought to wage war upon the subtle and malicious foes at home which cause disease? In these monthly talks, Dr. Withrow will tell you how to "get well" and "keep well" and of what is happening in the public health field. Questions concerning sanitation, health and sex will be answered by Dr. Withrow, only if a stamped addressed envelope accompanies your request. No exceptions can be made to this rule. We will publish as many questions and answers as space allows. Prescriptive advice can not be given. Address all enquiries, with return postage enclosed, to Dr. Oswald C. J. Withrow, Everywoman's World, Toronto, Canada. —THE EDITORS.

### Method of Protection

**A** COMPLETE physical examination every year, of every man, woman and child is what is needed to prevent the inroads of organic diseases and to dispel the "notions" of those who imagine themselves ill. Frequently we are shocked to read in the daily press of one and another of our acquaintances or friends dying suddenly, although we had seen him or her a few days previously apparently well. This was not the result of a disease which had come suddenly, like the leap of a leopard, but was the breaking point of a tension on the human body because of some malady lurking there for months or years whose slight warning symptoms had been passed lightly by. Make it a habit of your life to consult a competent, well trained physician regularly, as you would your dentist, talking over with him unreservedly your bodily and mental condition. It is interesting to know that some of the leading life insurance companies of North America are urging this course upon their policy holders and the company pays the physician his fee. This is one of the provisions of the policy. All men and women, for their health's sake, ought to be as long-headed as a hard-headed business concern.

### Keep Clean

**C**LEANLINESS is Godliness. In the early spring, when the ice and snow have vanished, you clean up your yards and gardens from accumulated dirt and filth, the legacy of the winter season. Yes and you turn the contents of the house upside down and inside out and you scour and scrub from cellar to garret. Spring housecleaning is an institution. Well, keep clean. During the summer season, see that the house, and the yard and the garden are kept free from anything that may be the breeding place of disease. Soap and water are not very expensive, matches are not costly and I fancy that fire and water rightly used will frighten most diseases away. Personal cleanliness is essential. Surely you do not need to be reminded of that. But many diseases come because of the neglect of this simple procedure. And did you ever stop to think that water taken internally in liberal doses is perhaps the best liquid medicine we know.

\*Dr. Withrow has prepared a series of three booklets which ought to be in the hands of every young man at home and overseas. They speak very fearlessly and strongly on certain sex problems and give information very much needed. Convenient size to be mailed in envelope with letter.

**Facts for Fighters, Price 10 cents.**  
**If Every Man Were Straight, Price 15 cents.**  
**Double Standards, Price 10 cents.**

EVERYWOMAN'S WORLD has arranged to supply these to our readers for ten cents each or any two sent free with one subscription, new or renewal, to EVERYWOMAN'S WORLD. Another booklet is "No Danger to a Girl Like This!", price 10 cents.