

# RED ROSE TEA "is good tea" The ORANGE PEKOE QUALITY makes finer tea and more of 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.

Measles appear to be somewhat more prevalent in Ontario this year than it was last year. Recent reports show that up till the end of November there were 10,081 cases as compared with 8,950 cases during the entire year 1922. Of course this disease comes in waves every three years or so, but measles would never gain the headway it does, if quarantine measures were strictly adhered to. Until a public consciousness is awakened to this fact we will still have outbreaks of measles. Many parents adopt an inexplicable attitude with regard to diseases of this kind. Because it is the usual experience of child life to encounter measles and other diseases of childhood, these parents take the point of view of "the sooner over, the better," and exercise little care to prevent these ailments. In fact they almost act as if they would like the children to take measles and have done with it.

Such an idea is simply preposterous. With proper care and foresight, children need encounter little sickness.

"Children need no more have children's diseases than a dog need have fleas," is the terse way one writer puts it. Parents are sadder and wiser too often, when their offspring have either died from measles, or incurred some permanent disability as an aftermath of the disease. For it is the complications, and troubles that often follow an attack of measles that cause such a heavy toll of disability and death.

The two serious complications are broncho-pneumonia and tuberculosis, but other complications are the infections of eyes and ears.

Here are some simple facts one ought to know about measles.—It is the most infectious of the communicable diseases of childhood. Nearly every child that is exposed takes this disease. It is often contracted between five and fifteen years of age, but is most common during the first five years of life. The general death rate of this disease is not less than four per cent. of all cases.

When the disease starts, the child begins to sneeze and cough, the eyes become red and watery and there is sometimes a chill. A rash usually appears in about four days from the onset, beginning on the face, neck and head and frequently extending to the trunk, arms and legs. The eruption begins with small reddish spots appearing in groups that have a tendency to form irregular crescents.

Since measles is so highly communicable and since a high death-rate attends complications therefrom, it is important that one should prevent or postpone this disease as long as possible, for the highest mortality occurs in children under two years of age.

Quarantine may not completely stamp out measles but if the quarantine is effective and if parents will guard their children against infection the number of cases would be very considerably reduced, and there would be many less sufferers from the serious after-effects of the disease.



Honeymoon Still On.

"Hasn't their honeymoon ended yet?"

"Not yet—she still believes everything he has to say."

### No Such Person.

"Damn," snarled the general, "why can't you be more careful? You should have addressed this letter to the Intelligence Officer and you've gone and addressed it to the Intelligence officer. Don't you know there is no such officer?"

Ask for Minard's and take no other.

Egypt has 166 daily and weekly newspapers. Of these, ninety-four are in Arabic, six in other Oriental languages, sixty-three in European tongues, and three in combinations of Eastern and Western languages. Cairo is responsible for 105, Alexandria forty-six, and the rest of the country fifteen. In fact, Cairo, with a population of between 600,000 and 700,000, has twenty-four daily newspapers, thus far outstripping London.

## GIRLS! A GLEAMY MASS OF BEAUTIFUL HAIR

35-Cent "Danderine" So Improves Lifeless, Neglected Hair.

An abundance of luxuriant hair full of gloss, gleams and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. This, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic — not sticky or greasy! Any drugstore.



## GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. The new sales tax will not increase the price of Baby's Own Tablets, as the company pays the tax. You can still obtain the Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.



The Preliminary Step.

"You say Brown is fitting himself to become an American statesman?"

"Oh, yes; he's just left for a year in Moscow, you know."

### Gold From Sea Water.

The modern alchemist no longer dreams of transmuting the baser metals into gold; he is more concerned with the possibility of extracting from the waters of the ocean the vast quantity of the precious metal known to be held in solution in them.

As a matter of fact, it was rumored recently that a profitable method of doing this had been discovered, and that Germany might pay her reparations debts in sea-water gold.

The rumor, however, was premature. It has been calculated that there is one ounce of gold in every 31,000 tons of sea-water. And this gold is not in simple solution but in what is known as the "colloidal" state, thus rendering its extraction a very difficult and costly matter.

At present, indeed, the cost of producing gold from sea-water is about twenty times the market price.

### Surely Not.

"I am sorry to inform you that your son James has been playing truant," said the teacher to the boy's mother.

"I don't believe it!" cried the indignant parent. "If he has, he didn't learn it at home. We never play cards."

Orders from Headquarters.

Murphy, a new cavalry recruit, was given one of the worst horses in the troop.

"Remember," said the sergeant, "no one is allowed to dismount without orders."

Murphy was no sooner in the saddle than the horse bucked and Murphy went over his head.

"Murphy," yelled the sergeant, "you dismounted!"

"I did, sergeant."

"Did you have orders?"

"I did."

"From headquarters?"

"No, sir; from headquarters."

## SO NERVOUS SHE COULD NOT SLEEP

A Quebec Woman Found Relief and Wants Others to Know.

Mrs. Donald M. McLeod, Springfield, Que., was a victim of great nervousness until she found the right remedy, and is now anxious that others shall profit by her experience. Mrs. McLeod says:—"Some years ago I became run down and grew so nervous that my life was a burden to myself and all around me. Every night I would wake up with a choking feeling, numb all over and my heart beating at an alarming rate. I would jump up and walk the floor and declare I was dying. Then I would have sinking spells, and all day long would be so dizzy that I would stagger like a drunken person. I was afraid to be left alone, and my condition was terrible. I was then taken to the Sherbrooke hospital, but the treatment there did me no good and I came back home so weak that I could hardly cross the floor. I could not take care of my children, and my mother did so. Everybody thought I was dying, and I was just waiting and wondering when the end would come. At this stage my attention was directed to Dr. Williams' Pink Pills, and I got a supply at once. By the time I had used five boxes I felt much better, could eat better, and sleep better, and felt almost like a new woman. I continued the pills for some time further, and am now a strong and healthy woman. I advise all run-down women to try Dr. Williams' Pink Pills as I am sure they will do for others what they have done for me."

The new sales tax will not increase the price of Dr. Williams' Pink Pills, as the company pays the tax. You can still obtain the pills through any medicine dealer at 50 cents a box, or by mail, post paid, at this price, from The Dr. Williams' Medicine Co., Brockville, Ont.

### Tears in the House.

Tears in the house and a lake upon the lawn,

Peter in a paddy and Pattie in a pet;

Barging and bickering ever since the dawn;

Who'd have a boy or girl when holidays are wet?

Tears in the house and a hubbub in the hall,

Heart-ache and merriment making life a jest!

Bride in a whirlwind, kissing one and all;

Who'd have a little girl to lose her at her best?

Tears in the house, be there Heaven overhead!

"Never weep for me, dear; God is ever kind."

Ah! but the loneliness, now the last has fled!

Who'd be the withered leaf the wind has left behind?

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

### Man v. Eagle.

Eagle hunting is a dangerous sport, and one not often indulged in nowadays. Some years ago a climber in the Alps was looking for eagles' nests when he was attacked by two parent birds. Being obliged to let go his hold he fell a great distance and was severely injured. The birds continued to attack until one was shot.

Not long ago a thrilling fight between a man and an eagle took place on a Scottish moor. Seeing an eagle with a rabbit-trap dangling from its foot, the man tried to attract the bird so that he might remove the trap. Mistaking his intention, the eagle swooped down upon him and he only escaped by diving into the heather. Then, as the eagle circled round in readiness for another attack, the man hit it with a branch. The bird reeled and fell dead.

**MURINE You Cannot Buy New Eyes**

But you can Promote a Clean, Healthy Condition of YOUR EYES Use Murine Eye Remedy "Night and Morning."

Keep your Eyes Clean, Clear and Healthy. Write for Free Eye Care Book. Murine Eye Remedy Co., 9 East Ohio Street, Chicago.

## EASY TRICKS No. 326 A Card Mystery



This clever method of discovering a card selected by a spectator may be combined with some other trick to very good effect. However, standing by itself, it is an excellent little mystery.

Place the ace, two spot, three spot and four spot of any suit on the top of the pack. Ask a spectator to cut the cards and look at the top card of the lower cut. While he is doing this, pick up the upper cut and deal the four top cards in a row. Ask the spectator to place his card on any of the four cards (which are, of course, face down), and on this card deal as many cards as he likes. He is then to deal as many as he likes on each of the other cards.

Gather the packs of cards together. The trick now is to find the selected card. As you know the four cards you dealt on the table you know the card which he placed. You will look for the card you know and the next one will be the card selected.

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

### The Tree's Heart-Beat.

Has a tree a soul? Has it a personality? These apparently absurd questions are provoked by Sir J. C. Rose's recent lecture to the Royal Society of Medicine on the heart-beats of the tree.

His experiments show that a definite active tissue extends through every tree. The cellular pulsations of this tissue in regular sequence by their pumping action cause the movement of the sap. When these pulsations are arrested they can be revived by drugs, by blows, or by massage. In Bengal the sugar-canes are actually milked.

The pulsation of the cell is ultra-microscopic, but Sir J. C. Rose has detected it by his electric probe in circuit with a recording galvanometer. Any agent which quickens the heart-beat of the animal also quickens the heart-beat of the tree. The life of the tree is as wonderful as the life of man.

Children should be taught to live dangerously. By reducing life to a business of insurance and safety first parents might produce long-lived children, but they will have no character. —Dr. Crichton Miller.

## Mother! Give Sick Baby "California Fig Syrup"

Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.



## Clear Your Complexion With Cuticura

Bathe with Cuticura Soap and hot water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum for powdering and perfuming.

Soap 25c, Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 344 St. Paul St., W., Montreal.

Cuticura Soap shaves without mug.

## Classified Advertisements

FOR SALE

CORD WOOD, MILL SLABS, STOVEN length. Car lots. Reid Bros., Bothwell, Ont.

### The Crushing Blow.

Grown people have lots of disappointments, but none of them compares to that which a little fellow feels when the clerk informs him that shoes like his big brother's are not made in sizes small enough for him.

### Keep Minard's Liniment in the house.

Got the Goods.

A man wanted to ring up the parcels office at a railway station.

"Is that the parcels office?" he inquired, when he heard the sound of a girl's voice over the wire.

"No," she replied, sweetly. "I'm the goods!"

Don't let us manufacture imaginary sins, but concentrate on the sins we know to be real.—Bishop Wellton.

# ASPIRIN

Beware of Imitations!



Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for

Colds Headache  
Toothache Lumbago  
Neuritis Rheumatism  
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetate of Salicylic Acid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

## HOARSE?

Remove the danger of bronchitis by gargling with Minard's in water. An enemy to germs.



## BACK ACHED TERRIBLY

Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do."

—Mrs. J. R. McMAHON, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."