

# RED ROSE

## COFFEE

For particular people—  
Roasted and packed same  
day in airtight cans

### 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.

Sporadic cases of smallpox are reported from time to time—a warning that widespread vaccination is needed. These isolated cases are evidence of an approaching storm which may be delayed, but which on the other hand is liable to burst forth into a regular epidemic at any time. Unless people guard themselves by vaccination, smallpox will find a fertile field for reaping a grim toll in Ontario this winter.

When an epidemic does occur, it usually starts mildly enough, but in a short time the entire community is threatened. Such an epidemic occurred only recently in Hudson in Michigan. An epidemiologist was accordingly despatched to the scene by the State Department of Health, but when he arrived there he found a rigorous program of vaccination already under way. School children were treated thus, then the factory

population. Those concentrating in groups were vaccinated first. All known cases were quarantined, reported cases were investigated and the local motion picture houses rendered aid in spreading advice as to what to do. Too much praise cannot be accorded a community for taking hold as Hudson did in her time of emergency. A few days of prompt and vigorous repressive measures on the part of the health officer and local authorities marked a change for the better and the disease is now under control. The epidemic shows the worth of vaccination as a smallpox preventive. The disease was stamped out in the Philippine Islands in 1898, through vaccination and quarantine. Only with the coming of forgetful, newer generations, has smallpox been returning to the Islands. Periodic vaccination practiced everywhere would obliterate smallpox from the earth.

#### Desire.

Life is a prison house, it seems,  
And all man's eager thoughts and dreams  
Are colored windows . . . looking through,  
He sees the heavens arching blue,  
Sees earth and all earth's lovely flowers,  
Sees golden noons and evening stars,  
Sees dawn's soft, pulsing, shadowed hours—  
And, hungry hearted, beats the bars.

There is a window in the wall  
Higher than any man is tall . . .  
I've gazed from it all night until  
I curse the hour I gained its sill,  
My feeble hand all night has pressed  
The pallid glass, while from above  
The moon, unloved and uncaressed,  
Shines far and faultless as my love  
—Winifred Lockhart Willis.

#### Dire Threat.

An Irish sergeant was drilling two very stupid recruits, who could not be prevailed upon to keep step. Losing all patience, he shouted:  
"If I knew which of ye two spalpeens was out of step, I'd put him straight in the guardroom."

Consider whether you have satisfied your relations to father, mother, cousin, neighbor, town, cat and dog, whether any of these can upbraid you.  
—R. W. Emerson.

## 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 Monocaceticacidester of Salicylicacid. 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."

#### WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colds. 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 Marriageable Age.

"When is the proper age for a girl to marry?"  
"Any age at which he is able to make money enough to live in style."

#### Australia, the Peculiar.

Australia is a truly marvelous country. Nature there displays peculiarities that would seem almost to be the product of human imagination. Not only are there white eagles and black swans and non-barking dogs with wolves' heads and foxes' tails; not only does the salmon fish for itself in the rivers and the perch in the sea, but the barometer rises before rain and falls to foretell fine weather.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

A young Polish girl in a New York school, asked in common with her class, to write an essay on the difference between an educated and an intelligent man, summed up the matter: "An educated man gets his thinks from someone else, but an intelligent man works his own thinks."

So long as a man has the power to change one habit, good or bad, for another, so long he is responsible for his own character.

Earthquakes such as the one which recently devastated Tokio may be caused by the sea suddenly penetrating into the molten core beneath the earth's surface.

The busy man has few idle visitors—of whom worry is one.

Keep Minard's Liniment in the house.

#### The Business of Faith.

Rob Stuart was no coward. The moment he realized that he had been avoiding his old pastor since his return from college he went straight to the parsonage.

The study greeted him with its old welcome. Rob had been there many an evening with a crowd of the boys before he went to college.

"It feels just as it used to," he declared. "We had some great times here."

Dr. Carlow nodded. "I'm getting to be an old man, Rob. I like to sit here before the fire and watch my boys marching out to conquer the world."

"We don't go very far," Rob retorted, "before we revise our dreams a bit."

"Make them bigger or smaller?" Dr. Carlow inquired.

"Oh, smaller. Boys are conceited young animals, doctor! It takes college to make you see your size in relation to the universe! I don't believe as I did. You can't after you've taken a look down to the beginning of things."

"How much is left?" Dr. Carlow asked quietly.

"Well, sir,—it was harder than Rob had realized that it was going to be,—"I'm not so sure of God. I'm not saying that He doesn't exist. I simply haven't settled the question in my mind. And I don't believe that Jesus Christ was anything but a man. Of course He was the greatest man that ever lived—in his way." He was angry at himself for stumbling in his words before the quiet eyes of the old man.

But to his astonishment Dr. Carlow seemed to let the matter drop. "I hear you're going into business, Rob," he said.

"Yes, sir. Motors."

"Do you remember the parable of the talents?"

Rob nodded. What was the old doctor driving at?

"Do you think the master was hard on the servant with one talent?"

"Why, no, sir. The fellow had his chance like the rest. He was a quitter."

"I thought you'd say that. Now I have another question to ask. Are you capitalizing the faith you have? By your own acknowledgment you'll be a quitter if you let it lie idle. The same law holds in religion as in business; the only way to acquire more faith is to invest what you have."

"Why—" the young fellow stammered. Then he laughed, the frank boyish laugh that his pastor dearly loved. "You've got me thrash. I see I'll have to go home and thrash the matter out."

#### The Herds of Death.

When the moon is high  
And the wind is low  
Over the alkali,  
Browsing slow,  
The skeletons  
Of cattle go.  
Their ribs gleam white,  
Their breath is frost,  
A ghost cow lows  
For a ghost calf lost,  
And on horns like sharp moons  
Their foes are tossed.  
—Elizabeth J. Coatsworth.

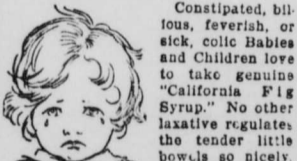
Ask for Minard's and take no other.

A foolish mother can suggest mischief her son never dreamed of, by the questions she asks him.

"Pillboxes" and concrete dug-outs built by the Germans are still a problem in France; there were 6,000 in the Nord Department alone.

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

Harmless Laxative for a Billious, Constipated Baby or Child.



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.

#### ACHE NO MORE!

Minard's stops pain, relieves inflammation, eases rheumatism, neuralgia and all pains.



## "Miss America" Declares Tanlac Wonderful Health Giving Tonic



Miss Campbell in "Miss America" crown which she has won on two occasions.  
Photograph by Atlantic Foto Service.

Miss Mary Katherine Campbell, twice proclaimed "Miss America," has taken TANLAC and endorses it in a statement recently given to the women of America through International Proprietaries, Inc., distributors of this great tonic. In this statement, Miss America declares that Good Health is the basis of all Beauty, and advises women who would be beautiful to "first find good health."

Her complete statement as given is as follows: "I consider it a great privilege to be able to tell the thousands of women everywhere what a great tonic TANLAC is. Health is the basis of all beauty. Without good health, one is apt to be run down, nervous, underweight, high-strung, anaemic, indigestion drives the roses from a woman's cheeks and robs her of that

radiant quality of womanhood that is real beauty.

"I have taken TANLAC and I do not hesitate to say that it is a wonderful health-giving tonic. It has brought relief and good health to many women, and with good health one may have a measure of beauty that will overcome shortcomings in face and figure.

"Rosy cheeks, sparkling eyes, a well-rounded figure, a lovable disposition, go hand in hand with good health. To those searching for beauty, I would say—'First of all, Find Good Health.' The TANLAC treatment has proven itself a boon to womankind, and I recommend it."

Miss Campbell has written a booklet on Health and Beauty which may be secured by filling out the coupon below.

#### INTERNATIONAL PROPRIETARIES, INC.

Department A-103, Atlanta, Ga.

Gentlemen: I herewith enclose 10 cents (stamps will do), for which send me a copy of Miss Katherine Campbell's Booklet on "Beauty and Health."

Name . . . . . Street . . . . .

Town . . . . . State . . . . .

#### Classified Advertisements FOR SALE

6 POUNDS LEAF TOBACCO. ONE pound is flue cured. Mailed all over Canada for \$2. Lewis Wigle, Leamington, Ont.

#### INDIGESTION, GAS, STOMACH TROUBLE

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

#### MRS. DAVIS NERVOUS WRECK

Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound



Winnipeg, Man.—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine bouncing baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. EMILY DAVIS, 721 McGee Street, Winnipeg, Man.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ont. This book contains valuable information.

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#### CUTICURA HEALS ITCHY PIMPLES

Over Chin and Cheek. Large and Red. Was Discouraged.

"The pimples I suffered from were scattered over my chin and cheek. They were large and red and after a day or two festered over. They itched and when I scratched them the tops would come off and a watery fluid would come from them. The trouble lasted several months and I was awfully discouraged."

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. After using it there was a marked change so I purchased more, which healed me." (Signed) Miss Edna Prowse, Nonpariel Farm, Cluny, Alberta.

Use Cuticura for all toilet purposes. Sample Each Free by Mail. Address: "Lyman, Limited, 566 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 50c and 10c. Talcum 10c.