

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.

Once in a while our set ideas about efficiency receive something of a shock. In a large industrial plant, one of the chief aids to efficiency is the good health of the workers, and in these days of strenuous health propaganda, one would expect to find every means taken to safeguard the health of the workers. A few days ago I visited one of the largest industrial plants in the world. Here, thought I, would be efficiency reduced to a fine art. Every cog would be oiled and running smoothly, and every workman would be on the job. This was actually the situation as far as production was concerned. There was no delay in the output of the product. The workings of the various departments was a model of efficiency and co-operation. The thousands of workmen were all busy at their respective jobs and each man knew his own particular work well and was doing it well.

But from the standpoint of health, it was a different matter. As I passed along from department to department, there were many conditions noticeable that could be improved upon from the health standpoint. To begin with, there was the question of varying temperatures. Now it is very difficult to maintain a uniform temperature in different parts of the workshop, especially one where there are furnaces and ovens. The point is that the material for such work should be stored in the room where the furnace or blow-pipe is, so that the workmen do not need to go and transport the unfinished material to the scene of operation. This is exactly what I saw happening. Men working before a

hot fire had to get from a distance the iron bars which were to be heated. In several cases they were required, getting the material, to pass through a cool, even draughty corridor, leaving them liable to catch colds, pneumonia, lumbago and such troubles directly injurious to health, and even to life itself, if serious complications of the actual danger to health. As the expense of having men sick and delaying the output of the factory, was a distinct economic disadvantage apart from the actual danger to health. As to say the least, very inadequate, and the use of various kinds of artificial light was a source of great eye-strain. One of the essentials of good hygiene in a workshop or factory is freedom, as far as possible, from obnoxious gases or odors. The presence of these gases was at once noticeable on entering the plant and must surely prove injurious to the health of the workers. Even the washing facilities were very inadequate and scores of men left the plant grimy and dirty rather than waste time in waiting their turn to get at the wash basins. The cloak rooms also were far too small and not properly arranged to suit the convenience of those having to make use of them. These superficial observations were made in the course of a brief visit to the plant in question, one of the finest and most up-to-date industrial concerns in the country, from a commercial point of view, the resources behind it being unlimited. It shows, however, that far greater interest will have to be taken by employers and employees alike, if the health of the workers is to be adequately safeguarded.

His Bit of Work.

"O John, John," exclaimed the father, shaking his head sadly, "what slithering work you do!"
"It's all right, father," replied the boy. "I get it past the boss and get my pay too!"
"There's more in the work, my boy, than in the pay," said the father.
"The pay's the main thing," retorted John.
"No, John, it is not the main thing either. Let me tell you something that I heard to-day.
"In the stone works a young man was suddenly set to do a piece of carving. The man on the job had been taken ill, and the task had to be finished on time. The young man did not know what the stone was for, but he went at the work in his accustomed painstaking way. He chiselled out a stem here, a leaf there and flowers above. The master workman approved the job, and the stone left the works. Some months passed.
"To-day the young man was walking through the great and beautiful building that the city had just completed and opened. He came to the most prominent pillar, a handsome column

crowned with a piece of lily work. 'Why,' he exclaimed, 'there's my bit of work!' And, taking off his cap, he gazed at it and said reverently: 'Thank God, I did that job well!'
"I happened to overhear the remark, and I spoke to him. Then he told me the story of that bit of work. When I heard the young man's remark and saw the light in his eye, John, I knew then, if I had never known before, that work is a holy thing! Right wages and just treatment for workmen are proper adjuncts, but above and beyond them your bit of work is holy to you.
"The Bible speaks of the 'workman that needeth not to be ashamed.' That young man toiling in the dirt and din of the stone works fashioned his bit with his soul in his job and found at last his work crowning a glorious pillar! That is true of all good work; sooner or later the finished work will be crowned. Then who can measure the joy of the workman. And if that bit of work happens to be the crowning piece of a well-hewn character, calling forth the praise of the Great Master, 'Well done, good and faithful servant!' the joy of the workman will not be measured by time or by anything that belongs to the world of time!"

Genius is Work Power.

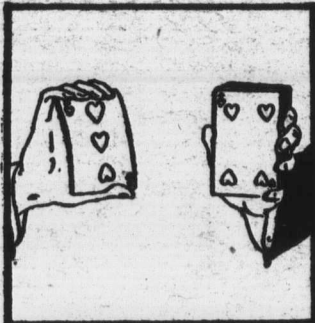
"Genius without work," wrote Samuel Smiles, "is certainly a dumb oracle: and it is unquestionably true that the men of highest genius have been found invariably to be amongst the most plodding, hard-working and intent men, their chief characteristic apparently consisting simply in their power of laboring more intensely and effectively than others."

Where is the First?

A mother, introducing her four-year-old daughter to her second cousin, was astonished when the little girl said: "So you're my second cousin. Did the other one die?"

EASY TRICKS

No. 545
The Paint Brush



This is one of the most puzzling of card tricks which can be performed without skill. Before presenting the trick put the four of hearts face down on the table. On this, face upward, put the two of hearts. On this, face downward, put the five of hearts. On the face of the pack put the three of hearts. Pick up the three cards with your right hand, holding them as if they were only one card. This can easily be done if you hold the cards with your fingers at one end and your thumb at the other and slightly bend the cards, the convex side toward the spectators. Hold the pack with the other hand, the three of hearts toward the spectators. Show that the three is on the pack and the four in your right hand. Rub the face of the four against the face of the three. The three changes to a two, the heart in the center seemingly joining itself to the four because that card changes to a five.
The trick is that when the reinforced four is placed on the pack, the right hand carries away only the five. Try the trick with the cards in your hands and it will present no difficulties.
(Tip this out and paste it, with other of the series, in a scrapbook.)

PALE ANAEMIC GIRLS

Find New Health Through the Use of Dr. Williams' Pink Pills

There must be no guesswork in the treatment of pale, anaemic girls and children. If your daughter is languid, has a pale, sallow complexion, is short of breath after slight exertion or on going up stairs, if she has palpitation of the heart, a poor appetite, or a tendency to faint, she has anaemia—the medical name for poverty of the blood. Any delay in treatment may leave her weak and sickly for the rest of her life. Delay may even result in consumption, that most hopeless of diseases. When the blood is poor and watery give Dr. Williams' Pink Pills coupled with nourishing food and gentle out-of-doors exercise. The new, life-giving blood which follows a fair use of Dr. Williams' Pink Pills stimulates the nerves, increases the appetite and brings the glow of health to pale cheeks. Mrs. W. E. Armour, Havelock, Ont., says:—"My little girl got into a very poor state of health. She was weak, very much run down and as the doctor did not seem to do her any good, I thought I would try Dr. Williams' Pink Pills. After taking six boxes of the pills she got nice and rosy and strong again. I will recommend Dr. Williams' Pink Pills to anyone weak and rundown."
You can get these pills through any dealer in medicine or by mail postpaid at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

ZR-3 Predicted in 1840.

Eighty years ago a Rhenish calendar published pictures of air flights which were prophetic of the Zeppelin's triumph. Though humorously conceived, the engravings show one airship burning while eight others are flying about a high tower bearing posters announcing departures of airships for Mont Blanc, New York, Vienna, Peking and Canton, some of the airships have two gas bags, others only one. All are propelled by steam engines, emitting billows of smoke.

The aircraft have rudders resembling fish tails, and two wings or fins. Women standing on the tower waving kerchiefs to the airships carry small parasols and wear poke bonnets and wide hoopskirts. The men wear stocks, fancy frilled waistcoats and tight trousers and have burnisides.

English Alphabet is Old.

Ethelbert, King of Kent, who became a Christian through the gentle influence of Queen Bertha, was reigning in Britain in 597 when the Anglo-Saxon alphabet was devised from the Roman alphabet. This particular alphabet lasted until 1200, when the French-English alphabet took its place and was in use until 1600, when the so-called English alphabet came into existence and lasted materially unchanged until 1789, when further revisions were made. More than 70 per cent. of the English language words were of Greco-Latin origin.

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

Careless Grandma.

Sympathetic Person—"Hello! What is the matter, little boy? Are you lost?"
Little Boy—"Yes, I am. O mighta know better'n to come out with grandma. She's always losin' sumpin'."

Minard's Liniment Relieves Pain.

The Passing of Autumn.

The wizard has woven his ancient scheme
A day and a starlit night,
And the world is a shadow, pencilled dream
Of color, haze and light.

Like something an angel wrought, maybe,
To answer a fairy's whim.
A fold of an ancient tapestry,
A phantom, rare and dim.

Silent and smooth as the crystal stone,
The river lies serene,
And the fading hills are a jewelled throne
For the Fall and the Mist, his Queen.

Slim as out of aerial seas
The elms and poplars fair
Float like the dainty spirits of trees
In the mellow, dreamlike air.

Silvery-soft by the forest side—
Whine-red, yellow, rose—
The wizard of Autumn, faint, blue-eyed—
Swinging his censor, goes.
—Archibald Lampan.

CONSTIPATED CHILDREN

Constipation is one of the most common ailments of childhood and the child suffering from it positively cannot thrive. To keep the little one well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are a mild but thorough laxative; are pleasant to take and can be given to the newborn babe with perfect safety. Thousands of mothers use no other medicine for their little ones but Baby's Own Tablets. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Animal Suicide.

It is sometimes stated that animals know what is good for them, as instanced by the fact that dogs are often to be seen eating blades of grass, which we like to think are selected by them for medicinal purposes. But this idea is not always borne out by the facts, particularly in the case of domestic animals. Heifers, bullocks, and cows seem utterly unable to resist the peculiar attractiveness of the yew tree, wherever it is accessible, and on eating it almost invariably die. Cows will pick up anything, as witness a recent case where some cows devoured red lead with fatal results. There is a celebrated treatise by a nobleman in which he seeks to prove that the horse is a fool because it will endeavor to strangle itself in its stable, if there appears to be the slightest chance of successful suicide.

Amongst wild animals the classic example of apparently foolish suicide is that of the migration of the lemmings, a point which has never yet been satisfactorily explained. Roughly speaking, every ten years or so, these little rodents collect together in the mountain districts of Norway and march in one mass down to the sea, where those which have escaped dogs, cats, men, and owls are comfortably drowned. The old idea that they were marching to return the lost continent of Atlantis, although picturesque, does not seem useful as an explanation.

"Holy Year" in the Roman Catholic Church begins on the eve of next Christmas Day and lasts twelve months. This is due to an edict made in 1470, which declared every twenty-fifth year a jubilee.

Minard's Liniment for Rheumatism.

A site in the Strand, London, which cost \$200 a foot in 1919, is now \$350 a foot, so great is the increase in West End ground rents.



Arrows are most steady when they are all in a quiver.

ASK FOR

BENSON'S

PREPARED CORN

The Favorite CORN STARCH in the original Yellow Package

Makers also of EDWARDSBURG SILVER GLOSS STARCH

THE CANADA STARCH CO. LIMITED—MONTREAL

Why He Knew.

Samuel Partridge once published an almanac in London, which had a great circulation in England. It was especially popular among the farmers, because it predicted the weather a year in advance.

One day, while Partridge was making a trip in the country, he took dinner at an inn, and when about to resume his journey, the hostler warned him that it was about to rain. Partridge paid no attention and set out, but soon returned, having been drenched by a heavy shower.

He was so impressed by the hostler's weather wisdom that he offered the man a crown to tell how he could predict with so much certainty.

"Easy enough," was the reply. "We have Partridge's Almanac here."

"Ah, yes, to be sure," said Partridge, smiling. "I had not thought of that."

"And that man," went on the hostler, "is such a liar that when I saw the almanac set down to-day as fair, I knew it would rain."

Partridge paid the crown in silence.

Religion of the Future.

The religion of the future will not be gloomy, ascetic or maledictory. It will not deal chiefly with sorrow and death, but with joy and life. It will not care so much to account for the evil and the ugly in the world as to interpret the good and the beautiful. It will believe in no malignant powers—neither in Satan nor in witches, neither in the evil eye nor in the malign suggestion. When its disciples encounter a wrong or evil in the world, his impulse will be to search out its origin, source or cause, that he may attack it at its starting-point.—Charles W. Elliot.

British tailors are said to be the best in the world; their products lead the world's fashions and bring millions of dollars of foreign money to England every year.

RHEUMATISM Why suffer from rheumatism, sciatica or lumbago? SPIRIT OF MEXICO gives permanent relief. Easy to use—absorbed through the feet—sure in its results. Full particulars free.

CHAS. W. TEETZEL CO., Dept. J., 1200 Queen St. W., Toronto, Ont.

Improve Your Appearance

More Phosphate if you want your complexion to clear, eyes to brighten, and skin to become soft and smooth. Thin, nerve-exhausted people grow strong on Bitro-Phosphate and druggists guarantee it. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Classified Advertisements

AGENTS WANTED

ANY PERSON who wants to EARN MONEY in SPARE TIME. Write immediately. Sales Manager, Dept. W., 1225 Bay St., Toronto.

Most people hardly know what meditation means; their idea of activity is the activity of a squirrel in a cage.—Dean Inge.

Children should be governed by home rule.

MURINE

FOR EYES

IRRITATED BY SUN, WIND, DUST & CINDERS

RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS

WRITE FOR TABLET BOOK TODAY

Gold in the Head

Heat Minard's and inhale often. Splendid for catarrh.

MINARD'S

"KING OF PAIN"

LINIMENT



Cuticura Quickly Relieves Itching Skins

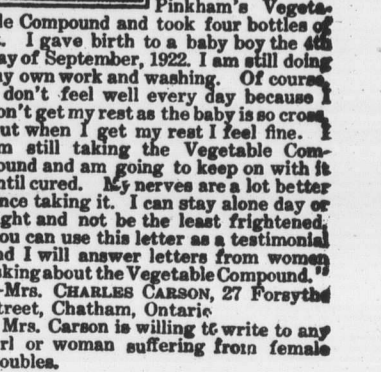
Bathe freely with Cuticura Soap and hot water, dry and apply Cuticura Ointment to the affected parts. For eczemas, rashes, itchings, irritations, etc., they are wonderful. Nothing so insures a clear skin and good hair as making Cuticura your everyday toilet preparations.

Sample Book Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 2414, Montreal, P. Q. Price, Soap 25c. Ointment 25c and 50c. Toilet Cream 25c. Try our new Shaving Stick.

HER NERVES BETTER NOW

Received Much Benefit by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ontario.—"I started to get weak after my second child was born, and kept on getting worse until I could not do my own housework and was so bad with my nerves that I was afraid to stay alone at any time. I had a girl working for me a whole year before I was able to do my washing again. Through a friend I learned of Lydia E. Pinkham's Vegetable Compound and took four bottles of it. I gave birth to a baby boy the 4th day of September, 1922. I am still doing my own work and washing. Of course, I don't feel well every day because I don't get my rest as the baby is so cross. But when I get my rest I feel fine. I am still taking the Vegetable Compound and am going to keep on with it until cured. My nerves are a lot better since taking it. I can stay alone day or night and not be the least frightened. You can use this letter as a testimonial and I will answer letters from women asking about the Vegetable Compound."
—Mrs. CHARLES CARSON, 27 Forsyth Street, Chatham, Ontario.
Mrs. Carson is willing to write to any girl or woman suffering from female troubles.



ISSUE No. 42—24

Watch your Skin!

It's up to you to look your best

Young girls, old girls, plain girls, pretty girls—don't we all know those days before the mirror when, with a sigh, we turn away and say,
"Gosh—I do look plain!"

On those days when our skin looks bad and won't get right—our noses won't be bright—our eyes are dull! We all know them. But wise women watch their skin and at the first sign of something take the best remedy—a dose of

Beecham's Pills

They purify the blood, clear the skin, make you happy, bright and attractive. Sold Everywhere in Canada.

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ASPIRIN

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Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for



Colds

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Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocyclic-acidester of Salicylic Acid (Acetyl Salicylic Acid, "A. R. A."). 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."