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Better to Guard Against such an Emergency by Keeping Vitality at High-water Mark.

Good health is the capital of persons who earn their livelihood with brain and muscle.

In these days of strenuous life and keen competition, there is no place for tired brains and weak bodies.

Success is for the strong and alert—for those whose blood is rich and whose nerve cells are filled with vigor and energy.

It is not pleasant to contemplate what might happen with failing health, and for this reason it is well to heed the first symptoms of nervous exhaustion, such as brain fog, headache, nervous dyspepsia, sleeplessness, failure of memory and loss of power to concentrate the mind.

While Dr. Chase's Nerve Food has succeeded in curing many cases of partial paralysis, locomotor ataxia, and the most severe forms of nervous prostration and exhaustion, it is not well to delay treatment until these stubborn and dangerous diseases set in.

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PROF. J. H. AUSTIN, 1485 McVicker's Theatre Bldg., Chicago, Ill.

Health in the Home

HOUSEHOLD SANITATION.

By Mary E. Allen-Davidson, M. D.

In the preparation of food, personal cleanliness and absolutely clean kitchen utensils are essential.

All dishes, pots, pans, etc., should first be washed with hot, soapy water. Pile washed dishes in a drip-pan, and pour boiling water over them. Turn up on edges to drip, and thoroughly polish with spotless linen towels.

If you are not doing your own work, go often to the kitchen and inspect the dishcloth. That will generally indicate whether your help is carrying out your directions in regard to general cleanliness or not. Unless it is faithfully washed and scalded after each using, it soon takes on a strong, rancid odor, and is an abomination that is only fit for burning. Keep a plentiful supply of dishcloths in your kitchen-table drawer, or other handy place. Item raw edges to prevent particles of thread being left on dishes, as also the sticking of particles of food in among the threads, which are hard to dislodge, and by decomposition render the cloth unfit for use. You can, then, always get a fresh cloth on a moment's notice, and will not be tempted to use one that is not perfectly "fit," to save time.

Burn all rejected cloths. Have a separate one for pots and pans, but be sure to keep it as scrupulously clean as the other. Wash out after using with plenty of soap and water. Scald and hang up in the air to dry.

Kitchen utensils and dishes should be kept as clean as a surgeon's instruments; in other words, aseptic, without any poisonous particles clinging to them.

Be sure to have a large supply of dish towels, and be prodigal in the use of them. If scalding has been properly done, these can be hung up, dried, and used again. I am speaking of small things, and to many of my readers perhaps giving unnecessary caution. But "it is the little foxes that spoil the vines."

Have sufficient utensils for cleanliness, and keep each utensil to its own or a kindred use. It will pay. Potatoes and vegetables should have a clean tin or granite pail (not the water pail) for their special use, to be used for washing off and to hold while being pared, cleaned or otherwise prepared for cooking. Have another clean vessel to rinse them in. I have seen the potatoes washed the first time in dishwater, even wash water. Needless to say this is insanitary. Use only clean water for washing vegetables.

Have a separate bread-dish and bake-bowl. Do not use your dishpan for anything but washing dishes.

Do not use the milk pail for a water pail, or vice versa. Scald out the water pail frequently.

Personal Cleanliness.—Lastly, keep your hands, clothes and persons immaculate. See to it that teeth and hair are well kept. To be clean should be a part of our religion—spotlessly clean, sweet and dainty in all our personal appointments. If hands or clothes are soiled, food cannot be prepared with perfect cleanliness. Wash the hands always, scrub them with soap before washing dishes, cooking or handling food. Wear aprons that can be frequently changed, and never wear a soiled one while cooking. Have a clean white apron convenient that can be slipped on while meals are in process of preparation. As to general personal cleanliness, a full bath should be taken at least once a week, and, in addition, partial baths every day to ensure good health and bodily vigor. I do not refer to the exposed parts of the body. These will be washed as being visible, and specially exposed to dust and dirt. But the armpits, groin, excretory organs, and feet, should be kept scrupulously clean. These throw off body odors and organic particles and impurities that are very harmful to health. If constant care is not taken, nauseating odors proclaim personal uncleanness that is inexcusable, because preventable and violating to the health of all.

Children should be carefully trained in personal cleanliness, especially should the mother see that the excretory organs are kept perfectly free from any irritation by keeping the parts clean. If heat and itching is caused by lack of cleanliness or by irritation of these, the little ones

seek relief by scratching, and the hands carry off infective material that may result in sore eyes, sore mouth, boils, or diarrhoea, besides which there is danger of engendering a habit that is most pernicious to health and morals, and which is very difficult to eradicate.

The teeth, mouth and throat of every child should be washed every morning at least. They will do this themselves after five years of age, if so trained. Provide each child with a personal tooth brush, and see that they are kept separate. Each morning, give them a glass of water with a little salt dissolved in it. Teach them to gargle the throat and rinse the mouth and discharge the water into a proper receptacle. Now brush the teeth and rinse with the same solution. Then drink a glassful of salt and water to wash off the stomach. The latter should be hot as can be taken comfortably. If this is done every morning before breakfast, there will be little sore throat, toothache or earache to contend with. Mothers should wash out the mouths of the smaller children. Wrap a piece of cotton absorbent round the finger, or a clean soft white rag will do. Dip into salt and water or soda and water. Put the finger in the mouth, sweep over the roof, sides, gums, and tongue. Use several pieces of cotton, using a fresh piece of cotton for every wash-out. They soon get used to the process, and do not object, especially if begun when they are babies. Inspect the teeth of children often. Remove particles of food, and attend to decay as soon as it appears by calling in the dentist's aid. The first teeth should be preserved till the permanent ones are ready to take their place, as they keep the socket and bones expanded and well nourished for the new teeth.

The hair should be washed at least once every two weeks, and kept glossy and alive by constant exposure to air and sun. It will then have no odor but its own healthy, agreeable one, which might almost be called a perfume. Hair should be brushed frequently so as to stimulate growth, remove dust and tone the scalp.

Every adult and child should have a personal handkerchief. Mothers should never use their own handkerchief for a child. If any member of a family contracts a skin or scalp disease, that one should have a separate bed, brush, comb, towel, drinking cup, etc. In short, he should be kept practically apart till cured.

MYSTERIES OF BIRD MIGRATION.

A recent writer in the Youth's Companion alludes to the case of the mysterious migration of the chimney-swifts, who go nobody knows where for five months of the year. In the autumn their movements can be followed until the various bands gather into one on the north coast of the Gulf of Mexico. Suddenly one day they are found to have disappeared, and in the spring they reappear as mysteriously.

Many birds undertake very long migrations whose extent can be traced. The night-hawk is said to have a summer home in Alaska and a winter home in Argentina, traveling the 7,000 miles twice a year. The plover has been found in June in the "barren grounds" of the Arctic Circle as far north as latitude 81 degrees, where it rears its young in the moss. In August it goes to Labrador for the crowberry, and then to the Antilles. After this, again, it strikes afresh for the south, and reaches southern Argentina and Patagonia, later on going back to the Arctic.

The same writer has noted the inexplicable phenomena of the red-eyed vireo. This bird winters in Central America, and appears each spring at the Mississippi, travelling only twenty miles a day, as far as Nebraska. But then suddenly, in twenty-four hours, numbers of the birds appear in British Columbia, a thousand miles away.—[New Century Path.

HE WORKED LIKE A TROJAN FOR THEM, TOO.

"Wonder who was the first woman to get her gowns from Paris?" "Hein of Troy, I doubt."

Current Events.

The French villagers of Narbonne are in revolt as a result of the sugar tax. The troops were ordered out, bloodshed ensued, and as a result, Premier Clemenceau may be obliged to resign.

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Hon. Nelson Monteith, Hon. Frank Cochrane and Hon. Dr. Reaume have left for New Ontario, where they will select a site for an experimental farm in that district.

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The Governments of France and Japan have entered into an agreement with China, by which the independence, integrity and equality of commerce of the latter have been guaranteed.

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Extensive forest fires have caused the destruction of much valuable timber in the Temagami and other Northern Ontario districts. Thousands of railway ties have been destroyed, and traffic on the C. P. R. and C. N. R. lines much impeded.

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It is believed that during King Edward's recent visit to Cartagena the foundation was laid for an Anglo-Franco-Spanish understanding. It is noteworthy that in all the treaty-making in both Europe and Asia of late, Germany has been completely ignored.

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The action of the Methodist Conference in resolving to submit a memorial to the Canadian and British authorities, regretting the effort of the American Naval Department to secure a modification of the treaty providing that warships, even as training vessels, may not be placed upon the Great Lakes, is meeting with much praise.

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A crisis has again come to a head in Russia, with the dissolution, by Imperial Ukase, of the second Duma. The immediate occasion of the Czar's action, which is manifestly a breach of the Constitution proclaimed by him on the convocation of the first Duma, was the alleged discovery of a plot among the fifty-five Social Democrats of the House to depose the Czar and establish a Republic, and the Ukase concludes with an order that the next Duma, which is to meet on October 14th, must be held under the new election law, which provides against the "submergence of the educated classes by the uneducated masses." For the present, the Liberal press has been completely suppressed, a measure which is not likely to assist in the conciliation of the revolutionary element. The autocrats, on the other hand, justify themselves by declaring that it is impossible to secure Russia from anarchy and revolution under present conditions. And so the terrible struggle between autocracy and democracy goes on.

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THE HAGUE CONFERENCE.

Most uniquely interesting, at least to lovers of peace and prosperity, is the assemblage which was convened on June 15th for the second meeting of the International Conference at The Hague. Nor is the event, although shorn by the request of the Dutch of much of the gaud and display which usually characterizes such gatherings, without its spectacular features. The Bitterhof Palace, in which (in its "Hall of the Knights") the assemblage meets, is an old hunting castle of the Counts of Holland, and is quaint in architecture and furnishing. The Hall of the Knights itself is said to resemble a cathedral. The roof is arched and the windows stained, but the place of the altar is occupied by a huge Dutch fireplace, and the walls are hung with armor and trophies of the chase.

In this room, at tables, sit the 239