

although it had not occurred to the young woman before that 98 times in the 100 a hemorrhage from the mouth means tuberculosis.

Miss D— has lived in a sane fear ever since that she might have become infected with the eternally present tubercle bacilli of that scourge. She may escape its ravages by the very terror generated.

This has made her live an outdoor meat-fat eating, anti-tuberculous life.

It was not, however, the exchange of morsels from each other's lunch that exposed so many to the bacilli of this plague. Wash water from the dishes, hand-washed cups, saucers, plates with the dish cloths reeking with bacteria, are perhaps, a greater menace than eating something removed from the mouth of a consumptive.

Studies and experiments in dish washing by Dr. Wallace A. Mannheimer, of the New York City Department of Health, show that the glasses in restaurants and confectionery stores are merely rinsed off, and therefore not properly or sanitarily cleaned.

Even where sterile paper cups are used, the glasses, spoons, and other parts ought to be washed thoroughly, not with a lick and a promise, but with soap and hot water. Scalded dishes and spoons are less infested with germs.

The care employed to have the dishes and ware perfectly clean, depends upon the average of human nature. This, you will observe is a devil-may-care, take-a-chance carelessness, which contradicts most of the work of sanitariums and hygienists.

Dirty dishwater, soiled towels, repulsive greasy dishes, flies and their profligate distributions; lukewarm water instead of scalding hot fluid to help destroy bacteria, are all aids to the spread of the disease.

Bacterial tests and examinations made of the dish water, towels, linens, dishes and implements of tables and lunch rooms, show large numbers and varieties of disease germs.

Vigorous use of soap and scalding hot water with frequent changes to clean, sterile dish cloths reduced the species and number of bacteria nearly 99 per cent.

Hand washed dishes, however, can never equal those mechanically washed by means of several modern inventions as far as the prevention of disease is concerned.

These mechanical devices do away with hand drying, and are decidedly labor-saving. Except when bacteria are in the bottom of bottles or deep containers, protected thus from the scalding boiling water, the dishes are nearly always sterilized and as free of microbes as the area of skin and flesh operated upon by a skillful surgeon.

Poverty—The Friend

"Poor child," exclaimed the new-found friend, "you have suffered great hardship. How could you endure such a life? To be hungry and no money at all—for weeks did you say?"

"Nearly two months," smiled the little woman in brown who was just rising out of obscurity into comfort and plenty.

"And you walked from the suburbs to the city each day seeking work?"

"And back," nodded the little woman, smiling. "Five miles each way—with-out luncheon. Sometimes without breakfast."

"Didn't it almost—kill you?"

"It saved me!" The little woman in brown raised her head proudly. "It showed me that poverty doesn't amount to anything at all. That it's merely a test to prove one's worth and to show how kind people are at heart. My dear," her voice shook with feeling, "when you are treated with respect and consideration in your old clothes; when even strangers go out of their way to be nice to you—and you without a cent in your pocket, that is when you begin to realize how good people are, after all—common people, rich people, all sorts of people!"

"But where were your friends? Didn't they help you?" asked her companion.

The little woman smiled. "My friends were all about me—stranger-friends. I never realized before what friends just anybody can prove in time of need. Why, I made the most delightful friends in my shabby four-season clothes." Her eyes misted at the recollections. "Do you

know that I wouldn't be without the riches I gained in those two years of experience for anything I can think of? I learned amazing things. I learned that the reason why people don't help one another more is because they are afraid!"

"Afraid!" exclaimed her listener.

"Yes, afraid of giving offence, afraid they will be seen and misunderstood, afraid they may not be doing the right thing. Everyone wants to give—I found that out. It's the primal desire of the human heart to want to help another in distress!"

"I wonder if it is." The friend narrowed her eyes thoughtfully.

"I know it is!" The little woman spoke with conviction. "Those seemingly hard, unprogressive months in reality were times of glorious growth—

of spiritual wealth unspeakable—of tenderness and strength and understanding that will broaden and enrich my whole life."

"It isn't everyone that would look at it in that way," commented her friend.

"It isn't everyone that needs to," smiled the little woman in brown, "but I've won happiness out of what the world calls poverty—a friend it is, not an enemy. That is really what all trials are if we would but see them so," she continued. "The hardship and suffering are soon forgotten. They go down into the dead past, but the strength and courage won of the struggle remain forever."

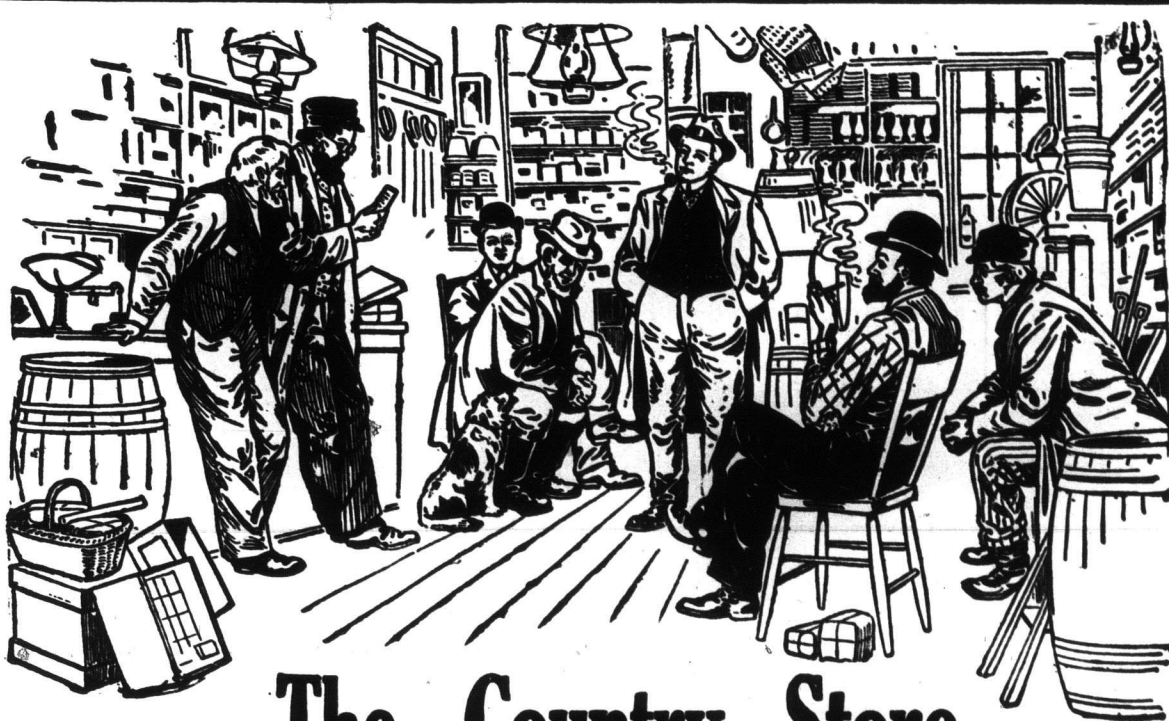
"And what are you going to do now that you have risen above it all?" There was a note of curiosity in her friend's tone.

The little woman in brown laughed. "Why, I'm just going to spend my life trying to help those who haven't yet learned the lessons to be brave and cheerful. That's what life is, isn't it?" she asked softly, "just learning and passing it on?"

"Well," her friend sighed, "You're surely a brave woman and an unselfish one. There aren't many such. I'm afraid I like my luxuries too well to yearn for the blessings of poverty. But—I envy you just the same," she declared warmly.

And the little woman in brown smiled happily as she thought of the fullness of the years ahead.

Corns cripple the feet and make walking a torture, yet sure relief in the shape of Holloway's Corn Cure is within reach of all.



The Country Store

IN the evening, when the day's work is done, men like to stroll over to the village store to discuss the war, politics, or whatever may be of local interest.

It is under these circumstances that the health of the family is referred to and experiences are interchanged in regard to medicines that have proven particularly effective.

After Dr. Chase had introduced his medicines to the druggists he found that many who wrote to him for treatment lived many miles from doctor or druggist, and had to depend on the country store for their medicines. Thus it came about that Dr. Chase's medicines were placed in general stores, and you can now obtain them wherever medicines are sold.

Instead of trying to imagine what the man in the picture is saying about Dr. Chase's Kidney-Liver Pills, we shall publish a letter from Mr. James Carr, who attributes his good health and that

of his large family to the use of Dr. Chase's Kidney-Liver Pills.

18 Miles From Drug Store.

Mr. James Carr, Maynooth, Ont., writes: "About nineteen years ago I received an envelope containing two of Dr. Chase's Kidney-Liver Pills. I was doctoring at the time with two doctors and, as they did me no good, I used the pills, and by the time I had finished one box I was cured of the pain in the back and shoulders."

"We have great confidence in Dr. Chase's medicines. I have a family of ten children and have never had a doctor in the house for any of them. We live eighteen miles from a drug store, and find that these pills cure nearly all the ordinary ills by regulating the liver, kidneys and bowels. That we are all well and sound I attribute to their use, and I have recommended them to hundreds and given away many a box because I believe there is no medicine so good."

After long experience with Dr. Chase's Medicines we have found that people who try them are soon convinced of their exceptional merits.

We have published thousands of letters to give you an idea of the benefits others have obtained by their use, but if you are still skeptical we shall be glad to send you our

Free Combination Package

One 25-cent box Dr. Chase's Kidney-Liver Pills.
One sample box Dr. Chase's Ointment.
One copy Dr. Chase's Recipes.

You will kindly mention the name of this paper and enclose a 2-cent stamp to pay postage to Edmansson, Bates & Co., Ltd., Dr. Chase Bldg., Toronto.

