

## THE Canadian Epworth Era

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### Doctor's Health Maxims

The following are some of the health maxims of Dr. Evans, Medical Commissioner of Chicago, which are distributed as tracts or bills on boardings:

Closed windows are open avenues to consumption.

Strong drink makes weak men. Your lungs can't be washed, but they can be aired.

Filth for files and files for fever.

When you don't know what to eat, eat nothing.

Dry-dusting moves dust; it doesn't remove it.

So-called chest protectors are targets for coughs and colds.



"MY! HIS NOSE IS FROZEN."

Breathes freely and fully: the more you expand your chest the less you will contract colds.

Floods of sunshine in the home may fade carpets, but it puts the bloom of health upon your cheeks. Take your choice.

Merchant—Did you deliver my message to Mr. Smith?

Boy—No, sir; he was out and the office was locked up.

Merchant—Well, why didn't you wait for him, as I told you?

Boy—There was a notice on the door saying, "Return at once," so I came back as quick as I could.—Exchange.

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