

perhaps, find a general formula for the age at which the muscles and bones have retained all their power of resistance, and at which the heart and vessels begin to lose their capacity to perform their functions.

The mature man can safely brave all exercises that bring on muscular fatigue, but he must approach with great care those which provoke shortness of breath.

Some of Nature's Medicine

Celery is invaluable as a food for those suffering from any form of rheumatism, for diseases of the nerves and nervous dyspepsia.

Lettuce for those suffering from insomnia.

Water-cress is a remedy for scurvy.

Asparagus is used to induce perspiration.

Carrots for sufferers from asthma.

Turnips for nervous disorders and for scurvy.

Honey is wholesome, strengthening, cleansing, healing and nourishing.

Lemons for feverish thirst in sickness, for biliousness, low fevers, rheumatism, coughs, colds, liver complaint, etc.

Blackberries as a tonic.

Tomatoes are a powerful aperient for the liver, a sovereign remedy for dyspepsia and indigestion. Tomatoes are invaluable in all conditions of the system in which the use of calomel is indicated.

Figs are aperient and wholesome. They are said to be valuable as food for those suffering from cancer; they are used externally as well as internally.

The Moral Factor in Health

With few exceptions every bodily state can be traced to preceding subjective states or feelings. An unceasing stream of vital energy proceeds from the sphere of feelings to the sphere of bodily activities through the transmitting conduits of the mind.

On the other hand the power of a corrected diet to modify the quality and quantity of the gastric secretions is largely to be found in the influence of the individual's moral nature through the sacrifices involved in dietary restrictions.

The ancient philosopher was right: "A sane mind for a sane body."

The Baby

Do not forget that it is natural and right for a baby to exercise; by exercise his muscles will develop and grow hard and firm instead of flabby.

but the floor is a draughty place and the greatest precaution should be taken. For this reason I prefer a pen on legs, or a large packing-box whose sides keep off the draughts.

Catching Cold

People who live in the cold air do not take cold. Arctic explorers invariably report that notwithstanding the many hardships and great fatigues, often severe exposures and unwholesome food, which they undergo, yet they enjoy an unusual degree of health while in the Arctic regions.

A cold is, as we have already remarked, an infection, back of the infection lying reduced vitality due to wrong habits of living. By an auto-intoxicating diet the body is over-charged with poisons, that the over-worked liver and kidneys cannot eliminate.

It is a notable fact, too, that most colds appear in winter, when civilized races are subject to the depressing effects of artificial heat.

If in this condition one is exposed to cold, especially a cold draft, a rapid evaporation of the moisture on the surface of the body rapidly cools the skin, and, suddenly checking its action, causes a retention of the waste matters which are commonly eliminated by the skin.

A short application of cold to the skin, on the other hand, does not produce a cold, for it is followed by a reaction. It is the prolonged slow chilling of the skin, induced by evaporation of moisture from the surface, which produces the disturbance known as "a cold."

CURE YOUR CATARRH NOW!

Take it in hand at once. If you don't get rid of Catarrh now, in the early spring, there's certain peril ahead, for you'll meet the extremely trying weather coming with your system terribly weakened and undermined by this treacherous, poisonous trouble.

It's a horribly loathsome disease—is Catarrh. It makes you an object of disgust to your friends—though they're usually too kind to tell you so.

But Catarrh is more than a loathsome trouble—it's a fearfully dangerous one. People make a terrible mistake in saying "Only Catarrh." It isn't "Only Catarrh"—It may be CONSUMPTION if you don't stop it in time.

Seek aid at once from one who thoroughly understands all about Catarrh and its cure. Accept the generously proffered help of Specialist Sproule, B.A. (Graduate in Medicine and Surgery, Dublin University, Ireland, formerly Surgeon British Royal Mail Naval Service), the Catarrh Specialist known the world over. He will give you



Don't be a nuisance to your friends. And that's just what you are. With hawking, spitting, and a breath Made loathsome by Catarrh.

MEDICAL ADVICE FREE

THIS FREE COUPON
entitles readers of this paper to medical advice on Catarrh free of charge.
Is your throat raw?
Do you sneeze often?
Is your breath foul?
Are your eyes watery?
Do you take cold easily?
Is your nose stopped up?
Does your nose feel full?
Do you have to spit often?
Do crists form in your nose?
Are you worse in damp weather?
Do you blow your nose a good deal?
Are you losing your sense of smell?
Does your mouth taste bad mornings?
Do you have a dull feeling in your head?
Do you have pains across your forehead?
Do you have to clear your throat on rising?
Is there a tickling sensation in your throat?
Do you have an unpleasant discharge from the nose?
Does the mucus drop into your throat from the nose?
NAME.....
ADDRESS.....

and explain to you just how you can be cured. For years he has studied the causes and cure of Catarrh. To-day he is recognized as a leading authority on this common but dangerous disease.

CATARRH SPECIALIST SPROULE
117 Trade Building, Boston

FREE! FREE! TO LADIES

A Bottle of Blush of Roses

The regular price of the bottle of Blush of Roses I send free is 75c. In other words, it is a regular full sized 75c bottle that I give to any lady absolutely free.



Write For Free Trial Offer

Blush of Roses is Also For Sale by the T. EATON CO. LTD., TORONTO and WINNIPEG