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Raggs' Weekly Letter

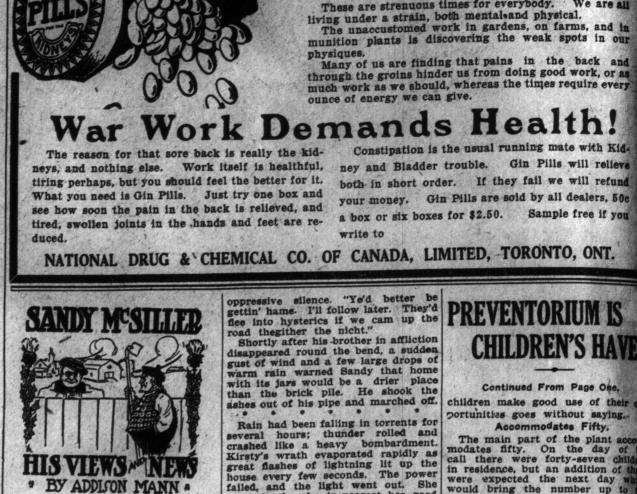
Continued From Page One. Somme and Verdun these French ma-better cause, "Gee! Ain't I glad that chines formed a barrier thru which I'm single? Gee! Ain't I glad that I'm no German plane was able to break. free?" when contemplating such in- Some days ago I read an interview

the greatest repreaches to our civiliza-tion and culture. If the state could only believe these things and see that the poorer children are well nourished even at the state's expense I believe the money would be returned many fold and we would not have to pay nearly as much for the maintainance of hospitals, workhouses, reformatories, and prisons as we do to-day. France, "the smile that won't come off!" . . . The women's regiment that has recently been formed in Russia has, for some reason, received more respectful attention than did our women's home guard of mirthful memory. But the day. The cretinous child should have a diet Russian women are armed for fight-The cretinous child should have a diet containing phosphorous and lime, r.s. well as the thyroid treatment. The adult student whose mental faculties have be-come impaired might seek medical ad-vice upon the same diet and be well reing the Hun, and will, no doubt, be kept too busy to spat among themcome impaired might seek medical ad-vice upon the same diet and be well re-raid. The diet of the brain worker should be well adapted for his work. When cre-ative work is to be done, such as the formulating of new ideas, a meat and fish diet with eggs and green vegetables might be taken in rational quantities. For scholars, musician composers, who wish to elaborate some new ideas, such a diet with meat and fish once a day would be indicated. When it is desired to carry out the details of an already established program and do this with a clear head and a quiet mind, a milk-egg vegetable diet with meat excluded, retaining the fish would be best. This diet should be largely a vegetable diet. For bookkeep-ers, cashiers, etc., who require accuracy will do well on a diet containing a lit-tie meat and largely vegetable diet. Their industry would far exceeed those of the meat eaters, even the manger would do well on a milk egg vegetable diet and he might not lose nearly so much in his specuration if any. To prove some of these things experiments have been performed on animals and man, and these are the corclusions of all larger men. The hunting dog should be given meat selves! The colors of the first detachment were blessed on July 5 in the square of St. Isaac's Cathedral at Petrograd. The women carried banners inscribed with the words: "Death is Better Than Shame." Their commanding officer is a woman who, as a commissioned officer, has already served at the front, and been wounded. these women soldiers are anythink like the Russian women whom it has been my privilege to know, they will uphold the honor of womanhood, of their consecrated flag, and of Rus-Yours, Raggs. FOR THE GOOD OF ALL. The chief use then in man of that he Is his pains-taking for the good Not fleshly weeping for our own made arger men. The hunting dos should be given meat The hunting dos should be given meat daily to successfully perform his tasks. When deprived of such a diet becomes useless as a successful tracker and can-not scent out his game. The car-dog docs better work on less n eat and more carbohydrates. Therefore, phyhical work is largely carried on at the expense of carbohydrates and mental work cannot be accomplished without a sufficient supply of albumen, and according to Rubner albumen is the greatest producer of energy. It is, however, particularly difficult to generalize, but a mental worker must use moderation in eating and drinking. As a beverage rich in phosphorous I might suggest cocca or a glass of milk with an erg in it. Crinks and Beverages. Water at meal time. To drink ice-Woes Not laughing from a melancholy gall. Not hating from a soul that overflows With bitterness, breath'd out from inward thrall: But sweetly rather to ease, loose, or bind. As need requires, this frail, fall'n human kind. -Fulke Grenville, Lord Brooke, Miss Janet B. Sutherland has complet-ed her organization of women who will act as ambulance drivers in Frence Each in-mber of the organization will not only drive her own car, but will furnish and equip it for scivice.

THE TORONTO SUNDAY WORLD

SUNDAY MORNING AUGUST 5 1917

These are strenuous times for everybody.



oppressive silence. "Ye'd better be gettin' hame. I'll follow later. They'd fee into hysterics if we cam up the oad thegither the nicht."

write to

Shortly after his brother in affliction disappeared round the bend, a sudden gust of wind and a few large drops of warm rain warned Sandy that home with its jars would be a drier place than the brick pile. He shook the ashes out of his pipe and marched off.

several hours; thunder rolled and crashed like a heavy bombardment. crashed like a heavy bombardment. Kirsty's wrath evaporated rapidly as great flashes of lightning lit up the house every few seconds. The power failed, and the light went out. She crept to the cha ir nearest her good man. Sandy enjoyed this unspoken acknowledgment of male protection. As the storm slackened in force for for seconds they heard someone

Fuffs of hot wind fanned Sandy Mc-

Siller's glistening face as he crept wearily round the end of the house after a hard day's work in the garden. The atmosphere was like an oven; the woodwork of the verandah was hot to the touch. He mounted the steps gin-

tressing thoroness on the scraper and mat combined which adorned the front entrance. Reaching for the newspaper

that a tiny boy had just tossed deftly that a tiny boy had just tossed deftiy over the rail, he looked darkly at the front door and the parlor window. It had been a day of domestic strife. Even now if he listened intently he heard, or thought he could hear, shrill admoni-tions floating in gusts from the kitchen. Sandy dropped limply into a verandah chair, and turned eagerly to the greater problems of a world war. "Percival Roberts, come here this minute! How often have I told ye to to the set of the love of the children the set of the bard. Mrs. McQueen had been crying. "Look at them!" she said. "Look at them! an' they're been sick ye never saw the like." The little rosy cheeks were blotched with purches. Both of them innute! How often have I told ye to to the set of the kiddies when the weekly distribution of bundles took place. We heard, too, on the way out of the love of the children for Nurse Bethune who is most popular with her little charges. "Have you any special treatment or do you give them any medicine," Miss Fraser was asked. "No, just plenty of good food, lots of bread and butter and as much milk as they will drink. We get sixty place. We heard, too, on the way out of the love of the children for Nurse Bethune who is most popular with her little charges. "Have you any special treatment or do you give them any medicine," Miss Fraser was asked. "No, just plenty of good food, lots of bread and butter and as much milk as they will drink. We get sixty place. We heard, too, on the way out of the love of the children to do you give them any medicine," Miss fraser was asked. "No, just plenty of good food, lots with purches. Both of them is not the with purches. The set of the set is more than this. There

looked feverish, and stared tearfully at the visitors. But there is more than this. The is kind treatment and special tention under which duil listless ch Kirsty drew her handkerchief gently across one little face. "Goodness me! it's paint-no, it's juice. It's a guid lickin' they need, the lambs; they've been eatin' raw beetlambs; they've been eatin' raw beetod. The usual stay of a

portunities goes without saying,-Accommodates Fifty. The main part of the plant a modates fifty. On the day call there were forty-seven cl call there were forty-seven chi in residence, but an addition of were expected the next day would bring the number up to full complement. Here again e thing was found to be spotless system seemed to be the watch that oiled the machinery. In tion to sun verandahs where the drem sizem the schoolmore a few seconds, they heard someone rapping at the front door. "Wha can that be?" Said Kirsty, ner-vously clinging to her protector. "Hoots, lassie! What are ye faird aboot? I'll go an' see." Sandy opened the door; a flash of lightning gleamed whitely on Geordie McQueen's face for an instant. "T'm sorry to trouble ye so late," he said. "but the twins are terrible seeck; Jessie's nearly oot o' her mind. Wad Mirs. McSiller come an' look at them? I was just goin' for the doctor, but I wish somebody was wi' her." Sandy hesitated. Before he could re-ply Kirsty gripped his arm convulsive-ly. "Get my waterproof!" she said. Three minutes later she was bend-ing over two little curly heads in an

Endorsed by Dr. Hastings, Medical Health Officer, City of Toronto. E. Roy Bier, D.D.S., Editor. HINTS TO BRAIN WORKERS. I have said much about the diet of the poorer classes and this week I want to give a few hints on diet of brain-work-Under nutrition often leads to excitability of the nervous system. Many cases

THE BILL.

Satan: The time has come, I think!

of neurasthenia, nervousness and hysteria are improved by a plentiful diet. The lack of phosphorous in the diet may be a great drawback to under nutrition of brain workers, and neurasthenics,

Food, and Its Values

To a Nation.

Vater at meal time is bad for it checks the flow of gastric juices to the stomach. Chilled water causes the flow of gastric juices and often stimulates an appe-tite before meals or the appetite seems to come while we are eating if we take a drink of water just before eating. This may help the flow of gastric juices where the patient is neurasthenic and the mind fails to produce the flow of fastric juice. Mineral waters contain-ing some form of carbonic gas are often used for this purpose. Milk is the most perfect food we have.

From " The Sydney Bu

Milk, is the most perfect food we have. It contains a well balanced ratio of pro-teins, carbohydrates and fats is highly nutritious for the infant and adult, for the sick, convalescent or healthy, and is easily digested.

is easily digested. Cocca contains a large amount of phosphoric acid and other nutritive salts, is well digested, requires milk and is given in hospitals to patients suffering from stomach or intestinal catarrh in preference to tea and coffee. Cocca was brought into Spain by Columbus and the rich envoy took it as presents to other European courts. Do not drink cocca or chocolate in the presence of oxalic acid diathesis.

diathesis. Coffee-Over indulgence in coffee and tea will cause a change in the tone of the blood vessels and a constant dila-tion of the vessels will cause bad effects. Yet when one longs for stimulation and does govern his appetite, coffee is an excellent stimulant, yet without nour-ial.ment, except for the milk and sugar we may take with it. The Arabian st-pherd with his flock grazing upon the coffee bean, noticed they were always lively and active after grazing upon these beans. While coffee contains caf-fine 1.16 per cent, and tannic cafd 4.56 per cent., which when taken in large

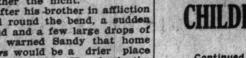
PREVENTORIUM IS CHILDREN'S HAVEN

Constipation is the usual running mate with Kid.

both in short order. If they fail we will refund

your money. Gin Pills are sold by all dealers, 50e

a box or six boxes for \$2.50. Sample free if you



Rain had been falling in torrents for

a few seconds, they heard someone rapping at the front door. "Wha can that be?" Said Kirsty, ner-

gerly after cleaning his feet with dis-

Three minutes later she was bend-ing over two little curly heads in an

NEMO ME IMPUNE LACESSIT

A SUMMER HOTEL

FOR BIRDS

Continued From Page One. children make good use of their

We are all

ily did not e pretty little the house w

that name. ' When sum glad Camille books. It see father and n after the cl deed, was all the trees They were h flowers, the

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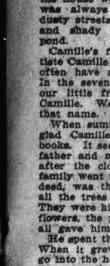
so he had g

Horne and their "Storie In the sum

his family

Everything home. The f

t the year



of their going, but made an expeditious get-away, the French flyer-boy in hot pursuit. They outdistanced him, however, and he finally returned to the French lines, to congratulations upon his daring and skill. At the time of the offensive at the



fine 1.16 per cent, and tannic acid 4.56 per cent, which when taken in large quantities are injurious, we cannot con-demn its use in these times of war when we have to draw upon our reserves of energy, strength, patience and content-mont, and we can accomplish this some-tin es with coffee, the drink the Mo-hammedans consider as a gift of God on account of their abstinence from al-cohol. The finer the atoma the better the taste and stimulant. Distilled water also helps its taste. Restaurant fre-quenters are hardly ever served with fine tasting coffee, due to the fact that they make a supply lasting the whole day and deal out the black soup as it is re-quired, its exhilarating effect is due to its caffine content, which excites the central nervous system. Owing to the increased blood pressure coffee should be forbidden where the patient suffers from arterio-sclerosis (hardening of art-ery walls). Coffee is not indicated in stomach troubles.

Tea-England is above all nations a tea-drinking nation, before the war all the large cog-wheels of industry and commerce came to a hait at 4 p.m. for the national drink of a cup of tea and then the labor was ensued. In England they drink strong tea, the Indian or Ceylon teas. Tea differs as is shown: Total Tannic

Tannic

TotalTannicNitrogen. Theine. Substance.Green tea... 4.78 p.c.Elack tea... 4.58 p.c.Jack tea... 152 p.c.</

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once it has been lighted and

E. B. EDDY COMPANY

HULL, CANADA

blown out.

THE

minute! How often have I told ye to f stay in front of yer own house? Just keep away from that man McSiller." Sandy squirmed as the ears of Percival Roberts McQueen were boxed, and

his twin brother bellowed in sympathy. Everything drooped with the heat; the eaves of the maple trees in the boulevard had turned over and hung limply. A thunderstorm was overdue.

"O Woman! in our hours of ease Uncertain, coy and hard to please, And variable as the shade By the light, quivering aspen made. When pain and anguish wring the brow

A ministering angel thou."

Click! The screen door behind him opened suddenly; Kirsty towered over him, pointing an accusing finger at a spot of earth that marred the shining

grey verandah floor. "How often have I telt ye to clean ver feet afore ye come up on the ver-

andah?" Sandy stared at it in amazement. "That's funny," he said. "I wis maist

"Hoots woman! What has she got to for the feathered inhabitants of the

"Oh, he disna, does he? O no! body's perfect, but yer ain wife.

With this parting shot Kirsty banged into the house and Sandy breathed

again "Ma conscience!" he ejaculated.

Before Geordie McQueen reached the nome stretch on McSphiells Boulevard that evening he was surprised to find Sandy McSiller enjoying a quiet smoke seated on a pile of bricks in front of a half-built house.

"Hulloa Sandy! What's the matter

"SILENT 500'S"

at it?"

this for a' the gold in Klondike," replied Sandy. "The amazin' thing is, that if you or I were to tak seeck noo, they wad sit up at nicht and work their fingers to the bone to mak us comfort-

"But what did it start aboot, Sandy, What is the trouble?" "Guidness kens. I think—ay, mebbe

it was that-ain o' your youngsters coupit a boxie o' airth on oor front steps, an' Mrs. McQueen cam oot as Kirsty was gien him a ragin'." "He should hae gotten a lickin', the wee rascal!" said Geordie.

"Havers man, havers!-jist a bairn-

Look for the words they maun play-maun play." Sandy smoked reflectively. "Weel, what's to be done aboot it?" "CHEMICALLY SELF-EX-

TINGUISHING" on the box. asked Ge "It beats me athegither. Weemin are no logical. Me an' you noo. We can argue aboot a thing wi'oot quarrelin' Mebbe it's jist the heat of course. This LIMITED last twa days wad drive onybody mad." Geordie stared gloomily at the brick

pile. "Well! weel!" said Sandy, after an

in the house is six months, but is not arbitrary, some remaining a much shorter period and oth over that term.

over that term. , The main building is the old Boultbee homestead, which was bought by Lt.-Col. A. E. Gooderham, whe gave it in charge to the Municipal Chapter of the Daughters of the Em-pire. The fact that Mrs. Gooderham is president of the National Chapter and that the Order in Toronto had, and that the Order in Toronto had, thru the Heather Club Chapter, been interested for some time in tuber-cular children, doubtless accounts for the munificence of the donor turn in the direction in which it Have you—if you are so fortunate as to possess an attic—an old dolls' house, stored away in it? If so, there property of the Municipal Chap

nates toniny, he said. I wis maist partecelar to ______" "Funny! It's funny, is it?" Kirsty's scorn was withering. "Funny that I clean an' clean, an' you jist gang aroond an' dirty things. I wonder ye're no ashamed to sit there like a sweep an' that woman McQueen lookin' at ye." "Hoots woman! What has she got to "Hoots woman! What has she got to do wi't?" "Dinna 'hoots woman' me! It's ro surprisin' that yer manners are terrible when ye have sic neebors. That wo-all sides, and the house is ready 10 here surprise to the surprise termine the surprise termine termine the surprise termine surprisin' that yer manners are terrible intentor, the optimized is ready to man, McQueen, disna set foot in this hose again; an' just let me catch ye speakin' to her gorderil o' a man'.'' "The man's aricht," said Sandy. "He's no just breelliant, but he disna fly in-

a limb of a huge oak tree, not so high up but that it could be easily seen. There were many birds in that neighborhood, and it was not long be-fore the new hotel was discovered and well patronized. The preliminary ad-vertising consisted in placing food-crumbs and seeds and bits of lettuce and much delicacies—as near to it as crumbs and seeds and bits of lettuce and such delicacies—as near to it as possible. It was a pretty dolls' house, with many windows and a broad veranda across the front, and it added quite a decorative touch to the garden. Another outgrown dolls' dwelling was moved to the top of a summer house in a garden. This house, a rustic affair, was covered with





the nicht? Ye're surely far frae hame? "Just tantrums. Geordie - tantrums! "Ye don't mean to say they're still "I wadna go thru anither day like

is the only Canadian maker

able. of these matches, every stick of which has been treated with a chemical solution