

RED ROSE TEA "is good tea" and the choicest of Red Rose Teas is the ORANGE PEKOE QUALITY

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Interesting facts are just brought to light by the annual report of the British army for the year ending September 30th, 1921, just published, two years later.

Out of 106,071 men who offered their services to their King and country, over 51,000 were rejected, the majority of this number having failed to pass the medical inspection. The general standard of the men who applied for enlistment was poor. The opinion was expressed that this condition was due to their mode of living during the war when they were growing lads. It is safe to say, however, that a large proportion of the men rejected were suffering from various ailments and defects that may or may not be serious but which are bad enough to prevent them becoming soldiers. The regrettable feature of many of the ailments and defects found, is that they started in childhood or early youth, and could have been corrected without much difficulty if they had only been given attention in time. Now, some people will ask who is to blame for not seeing that these children were not given the necessary attention. That is rather a difficult question to answer, for there is a joint responsibility. The parents are responsible to some extent and so is the school teacher, and the local or provincial health organization. Responsibility chiefly lies in allowing the parents to remain in ignorance of childcraft, and child hygiene, and not trying to diffuse the necessary information to parents that will enable

them to bring up healthy children. Sometimes the parents turn a deaf ear to all warnings and refuse to take advice from any constituted authority, but as a general rule it is lack of knowledge that does so much harm. People simply don't know what to do in case of deformities or defects and nobody points out the way. Children are not brought up as weaklings or malformed through wilful neglect on the part of the parents. The parents simply are doing the best they know how, but oftentimes they don't know very much. The solution of this whole problem lies in health education, so that the people may demand and expect an efficient health service. Such a service will provide material and child welfare clinics where advice can be given to mothers and prospective mothers regarding the feeding and care of children, the examination, feeding and general hygiene, care of the child under school age, with the correction of physical defects, efficient school medical inspection with facilities for teaching the children simple rules of health and the avoidance of communicable diseases, a thorough examination of young men and women about to enter industry so that they may as far as possible adopt the trade or calling best suited to their health and temperament. This system combined with frequent visits to the dentist, say twice a year, and a complete medical examination every six months or so would do much to improve the general standard of health in any community.

To Save Time.

Pat was grumbling because he had no money to spend while on his summer holidays.

"I don't know what to do," he groused to his friend Jack.

"Now, Pat," he said, "you ought to take your wages to the post-office and put five or six shillings in every week. By the time your holidays are due you will have a comfortable sum in hand."

"Right!" replied Pat. "I'll try it."

Some weeks later Jack met him and asked him how much he had saved up in the postoffice.

"I have no idea," said Pat.

"No idea! Haven't you got a book like mine?"

"No! I never troubled about a book. I just dropped my money in the letter box as I was passing."

The wrong road never brings you to the right place.

ASPIRIN

Beware of Imitations!



Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for

Colds Headache
Toothache Lumbago
Neuritis Rheumatism
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Drugists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoceteneester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Miracles.

Within a wide and shallow bowl
Of gayly painted clay,
A miracle of miracles
Was wrought for me to-day.

A dozen bulbs, which three weeks past
Were fibrous, bare and brown,
Have slowly clothed their funny selves
Each in a leafy gown;

And then, midst pale green sheaths
disclosed
For eager eyes to see,
A sealed-up treasure-house of buds
By magic grown, for me!

At last, these silky pods have burst—
The buds are now in bloom,
Whose fragrance feeds my hungry
soul
And floods my little room.

The age of miracles has passed,
Not to return, you say?
Not so! My Chinese lily bulbs
Have flowered out to-day!

—Mazie V. Caruthers.

IN THE SHADOW OF POOR HEALTH

In This Condition Relief Comes
Through Dr. Williams' Pink Pills.

When the shadow of poor health falls upon you; when hope fades and life itself seems scarcely worth living, then is the time you should remember that thousands just as hopeless as you feel have been restored to the sunshine of health through the use of Dr. Williams' Pink Pills. The rich red blood which these pills actually make strengthens the whole system. The nerves are strengthened, headaches vanish, the appetite improves, and once again there is joy in life. Among the thousands benefited by the use of this medicine is Mrs. Jos. Robinson, Oshawa, who says:—"Some time ago I was in an anaemic condition and so weak I would faint away at times. I had no appetite, could not do my housework; in fact life seemed scarcely worth living. I was exceedingly pale and tried doctor's medicine with no good result. Then one day I saw Dr. Williams' Pink Pills recommended for a similar condition and I got a supply. I continued taking the pills until I had used about a dozen boxes, and they have made me a well woman. I can now do a good day's work about the house, have no more fainting spells and can go about more actively than I did before. I believe these pills just the thing for pale, weak girls and women, and if given a fair trial will do for them what they have done for me."

You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Both Were Old Fashioned.

An old physician of the last generation was noted for his brusque manner and old fashioned methods, says the Edinburgh Scotsman. On one occasion a woman called him in to treat her baby, who was slightly ailing. The doctor prescribed castor oil.

"But, doctor," protested the young mother, "castor oil is such an old fashioned remedy."

"Madame," replied the doctor, "babies are old fashioned things."

Ask for Minard's and take no other.

Black Hen Eggs.

An Irishman halted at a dairy and asked the dairymaid if he could supply him with a dozen eggs laid by a black hen.

The dairymaid was amazed at the Irishman's strange order, but informed Pat that he could pick them out himself.

After Pat had picked out his eggs, the dairymaid asked him how he could distinguish eggs laid by a black hen.

"Oh, shure, man," replied Pat, "they are always the biggest."

GIRLS! A GLEAMY MASS OF BEAUTIFUL HAIR

35-Cent "Danderine" So Improves Lifeless, Neglected Hair.

An abundance of luxuriant hair full of gloss, gleams and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine."

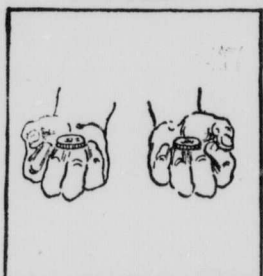
Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic — not sticky or greasy! Any drugstore.



EASY TRICKS

No. 60

Four Pennies



This excellent trick has one drawback—you can't repeat it. You'll see why in a moment.

Hold the hands, palms upward, in front of you. Ask that a cent be placed in each palm. Close the hands and ask that a cent be placed on the closed fingers of each hand. The hands are turned over rapidly. There is a click. The hands are opened and the spectators see that there is one coin in one hand and three in the other.

This is how it is done. The hands are turned over but there is an apparent mishap. The coins which were placed on the fingers fall off on the floor. An obliging spectator picks them up and places them on the fingers. The trick then proceeds with the effect related.

The mishap is an important part of the trick. As the hands (which are close together) turn over, the coin which lies on the fingers of the right hand is held in the palm with the other. The left hand permits both coins to fall. The placing of the coins by the obliging spectator makes the completion of the trick possible.

(Clip this out and paste it, with others of the series, in a scrap-book.)

This is a Deep One.

Boss—"Sambo, what were you doing yesterday, that you didn't come to work?"

Sambo—"Well, sah, it's lak dis: You knows, Ah got a brudder dat farms foh himself. Dat boy done went to a sale and bought hisself an old well, an' yest'day he halhed me to chop it up into post holes."

Kindness to animals is a theme that ought to be touched upon frequently by every preacher and every writer whose aim is to make this world better.

Keep Minard's Liniment in the house.

CHILDHOOD AILMENTS

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are a mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them Mrs. Alcide Lepage, Ste. Beatrix, Que., writes:—"Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Wife—"I've spent the five hundred you gave me for Christmas shopping and I haven't a penny left to buy a present for you, dear."

Hubby—"Humph! I'll give you a quarter more then."

Mum's the Word.

The teacher had been giving the class a lesson in history. The subject upon which she had hit was that of King Alfred and, at the end of the lesson, she directed the class to write an essay incorporating what she had told them. She impressed upon them the fact that she did not want them on any account to mention the episode of the cakes as it had no bearing on historical events, and its authenticity was very doubtful.

Twenty small heads were bent in thought for half an hour and then the essays were handed in.

Tommy's effort, though not brilliant, was certainly original:

"Alfred was King of England. He was a very good king and earned the title of 'Great.' One evening he visited a lady friend, but the less said about that the better."

A Seasonable Frosting.

A simple icing for little cakes is made by adding strawberry juice to powdered sugar and beating until smooth.

MURINE

Keeps EYES
Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye Care Book

Don't Cough!

Mix Minard's with molasses and take a teaspoonful. Also gargle with Minard's in water. Minard's gives quick relief.



WARNER'S SAFE KIDNEY & LIVER REMEDY

is the quickest and best relief for pains in the back and the many other indications of kidney trouble. Sold for 50 years. Satisfaction in every bottle. At your druggist, or direct from WARNER'S SAFE REMEDIES CO. Toronto



Sole Agents: Harold F. Ritchie & Co., Limited, Toronto

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and offer steady employment selling our complete and exclusive lines of whole-root fresh-dug-to-order trees and plants. Best stock and service. We teach and equip you free. A money-making opportunity. Luke Brothers, Montreal.

No Lawyer.

The prosecuting attorney was examining a negro witness. "Now, Moss," he said, "tell us what you know about this fight."

"Well, boss," began Moss, "I thinks

"I don't want to know what you think. Tell us what you know," shouted the attorney.

"I thinks—" said Moss.

"I told you," shouted the attorney, "not to tell what you think."

"But boss," said Moss, "I ain't no lawyer; I can't talk without thinking."

When ordering goods by mail send a Dominion Express Money Order.

Mother! Give Sick Baby "California Fig Syrup"

Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeit! Insist upon genuine "California Fig Syrup" which contains directions.



Shave With Cuticura Soap

The healthy up-to-date Cuticura way. Dip brush in hot water and rub on Cuticura Soap. Then make lather on face and rub in for a moment with fingers. Make a second lathering and shave. Anoint any irritation with Cuticura Ointment, then wash all off with Cuticura Soap. Nothing better for sensitive skins.

Soap 25c. Ointment 25c and 50c. Tubes 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal.

Don't Cuticura Soap shaves without meg.

YOUNG DAUGHTER MADE WELL

Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B.C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who had heard of a woman who was taking it for the same trouble, we were told of Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was represented to do and we have told a number of friends about it. I am never without a bottle of it in the house, for I myself take it for that weak, tired, worn-out feeling which sometimes comes to us all. I find it is building me up and I strongly recommend it to women who are suffering as I and my daughter have."—Mrs. J. McDONALD, 2947 26th Ave. East, Vancouver, B.C.

From the age of twelve a girl needs all the care a thoughtful mother can give. Many a woman has suffered years of pain and misery—the victim of thoughtlessness or ignorance of the mother who should have guided her during this time. If she complains of headaches, pains in the back and lower limbs, or if you notice a slowness of thought, nervousness or irritability on the part of your daughter, make life easier for her. Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions.