

RED ROSE

For particular people—
Pure! No chicory or any adulterant in this choice coffee

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.

Physical defects that interfere with the normal growth and development of the young are very prevalent among school children. These conditions must be given early attention, otherwise many of them will lead to serious consequences later on, and bring about ill-health and even premature death. How are these defects to be detected? One way is through the work of the Public Health Nurse.

It is now becoming an established fact that public health nurses are urgently needed in every district. The record of examinations made at random in one community shows the actual condition as it exists at present throughout the province. Here is one report made by a nurse:—

In a total of 592 school children examined during the demonstration, there were 1,106 defects suspected by the nurse, the percentage of defective hearing, dental defects and malnutrition cases being especially high. Several extreme cases of defective vision were found; two of these children were examined by an eye specialist who advised admission to the Ontario

School for the Blind, and an effort is being made to have them admitted there.

A case of congenital dislocation of the hip—a girl of eleven—had been attending school daily and had never received any treatment for her disability. The Junior Red Cross of Ontario has been asked to take an interest in her, and through their effort it is hoped to have her admitted to the Hospital for Sick Children and treatment instituted.

457 follow-up visits were made to the homes of school children.

The number of corrections known to have been made before the departure of the nurse included 3 cases for which glasses had been procured, 26 cases of dental corrections, and 6 operations for the removal of tonsils and adenoids.

In one instance of home visiting, an infant of a few days old was found with a serious eye condition which was receiving no treatment. Owing to the early discovery and the gratuitous services of a local physician, the child's eyesight was restored.

Animals in the Middle Ages.

Our mediaeval ancestors kept a vast number of domestic pets for their amusement, birds, lap-dogs, and greyhounds, especially, writes C. Edgar Thomas in the Animal World, London. Dogs were their great companions, and ladies fed their "amiable hound" daintily. Cats are not mentioned, or come across so often in pictures as are dogs. But this does not necessarily mean that cats were not liked. Among that wonderful collection of Harlequin manuscripts in the British Museum may be seen many illuminations of animals. In one is a dog with a riding party; another, a dog in a dinner scene; and others show a lady with a pet dog in her arms, birds and dogs in rooms, etc. One of the duties of the chamberlain of a knight was to drive the "dogge and catte" out of my lord's chamber when he had retired to rest. It would seem that both cats and dogs were allowed to be there in the daytime.

Readers of Chaucer will remember that when the Friar visited the sick man, he found a cat on the bench beside him; while among the rules laid down in an old Book of Courtesy of this period, is one stating that good manners forbid the stroking of a cat or dog while "sitting at meat in the hall." People also made pets of squirrels, and even monkeys!

The training of animals for performing has been practised from the earliest times. It was done in the Middle Ages, and unfortunately it is still carried on. On holidays, feast days, etc., strolling minstrels and showmen went to exhibit dancing bears and monkeys playing on handbells. A thirteenth century writer, one Villard de Honnecourt, tells us that in his time the lion-tamer was accustomed to call in the assistance of two dogs. "When he would fain make the lion do anything," we read, "he commandeth him to do it, and if the lion murmur, then he beateh the dogs; whereof the lion misdoubteth him sore, when he seeth the dogs beateh; wherefore he

refraineth his courage and doeth that which hath been commanded." It was very rough luck on the poor dog! What happened if the lion was a selfish lion and cared little for another animal's sufferings? Our old scribe helps us a little: "And if the lion be wrath, therefore will I speak no whit, for then would he obey neither for good nor evil usage." And presumably the poor dogs were thrashed in vain.

The baiting of animals was an exceedingly cruel form of amusement which remained long in favor. Fitzstephen, writing in the twelfth century, says that bulls, bears, boars and horses were frequently baited.

Sunflowers.

A row of golden sunflowers are bloom- ing in my garden—
As floral sentinels on guard, they hold their crowned heads high,
And at sunrise each glad morning
Their bright faces greet the dawning,
While the twilight finds them turning
toward the glowing western sky.

Just a row of golden sunflowers, yet each blossom bears a message,
Tells each heart to greet the sunshine
sent by God to cheer each way.
Then when twilight in descending
Brings that life that has no ending,
May we glory in the radiance of the
ever-glorious day.
—Christina W. Partridge.

Largest Bridge.

The Sydney Harbor Bridge will be the largest in the world, having a clear span of 1,650ft., and the roadways, railway track, and footbridges having a combined width of 150ft. The two main arches will be placed 98ft. 6in. apart and the construction will require 50,088 tons of steel. The central 600ft. of the span will provide a clear roadway of 170ft. above mean high water.

"Flies are filth with wings," says one Canadian writer.

Golden Gleams.

Swiftly pass the Summer days,
All too soon the lilies fade;
See! the golden glow is here;
Whispering "Autumn time is near."

Autumn with its sun and rain,
With its sheaves of golden grain,
Hanging heads of sunflowers too,
Tell us Autumn time is due.

In the cornfields by the stream,
Many golden pumpkins gleam,
Showing by their dress of gold
Summer hours will soon be told.

None are shirkers in the field,
All have fruits or flowers to yield,
So may we when life is past
Bring to God some sheaves at last,
And with angels round the throne
Sweetly sing our Harvest Home.
—Mary W. Dill.

To-day.

So here hath been dawning
Another new day;
Think, wilt thou let it
Slip useless away?

Out of eternity
This new day is born;
Into eternity,
At night, will return.

Behold it aforesight
No eyes ever did:
So soon it forever
From all eyes is hid.

Here hath been dawning
Another new day;
Think, wilt thou let it
Slip useless away?
—Thomas Carlyle.

WHEN BABY IS ILL

When the baby is ill; when he cries a great deal and no amount of attention or petting makes him happy. Baby's Own Tablets should be given him without delay. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are absolutely guaranteed to be free from opiates and narcotics and can be given to even the new-born babe with perfect safety and always with beneficial results. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



You Bet.
Mr. Banks—"Will you be sorry when I marry your sister?"
Tommy—"I'll be sorry for you!"

Care for Pets.

Do not neglect your pets if they are sick. Have something done for them. Do not handle them, but make a comfortable bed in a quiet place, with water and milk near, and let them sleep, if they can. Put something woolen in the bed, for a sick animal feels the cold, especially at night. Do not try to make them eat. When convalescent coax them with their favorite dish, but a very sick animal does not want food. Do not forget fresh water.

Autos Displace Camels.

Automobiles are beginning to replace camels in Mongolia.

WHEN FOOD FAILS

Defective Digestion is the Cause and Misery Follows.

There are thousands of people who do not get the proper nourishment from the food they eat, because their digestion is defective. Food that lies undigested in the stomach is not merely wasted, but will ferment and poison your system. Flatulence and sour risings in the throat follow and unless you are careful you will become a chronic dyspeptic.

By tuning up the stomach to do the work nature intended, you will remove the cause of the trouble. Nothing will more promptly restore the digestive organs than good new blood. Stomach, nerves and glands all depend on the blood, and when it gets thin and watery they are at once weakened. It is because of their action in building up and enriching the blood that Dr. Williams' Pink Pills have proved successful in so many cases of indigestion where ordinary medicines have failed. The new rich blood quickly comes up the digestive organs; the appetite improves and you are able to eat with comfort and get full nourishment from your food.

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

Rain at Night.

I know what blessing is upon the air!
Rain! Rain, at night! Now let me go
and stand
Where the house door is wide! And
let me feel
The first sweet stinging drops upon
my face!

The grasses know, and whisper happy
words
Down to the small and secret universe
Abiding underground. And now I hear
The panting of the little dust-gray
leaves,
A sob, almost a laugh—so glad for
rain!

My careful neighbor, there across the
way,
Closes his window, trims his tidy light
And sits within, because it rains, at
night!

Oh, nay! I will stand here upon the
sill!
I will laugh softly, softly, like the
leaves,
I will life up glad eyes, and look and
say,
Beat on me! Come possess me! Here
I am!
I stretch my hands, so white, on the
wet darks.

Tired folk, O friends, come out, come
out
Into the clean, wet night! Fling wide
your doors!
Healing is here, and consolation—
calm—
Sufficiency of comfort and content!

I am come in. I clothe me properly.
Yes, I will dry my hair and coil it up
For all the little careful world to see.
Here are my silver hose and crystal
shoes,
And here the destined gown I shall
put on.
Only one thing—I will not shut the
door!

I will observe your snug proprieties.
I will sit down and speak complacent
things.
And listen to your endless chatterings.
But leave my open door into the night
Where falls the steady blessing of the
rain!
—Barbara Young.

Rain in the Valley.

Rain's in the air; the silver side of
leaves
Turns upward in the cool, half-odor-
ous breeze
That clings a little where it touches,
then drifts on,
The kilder cries a warning, and the
trees
Lisp softly, greener in this crystal
light
That prints a fresh new world upon
our sight.

Now the wind hides, and the deep-
shadowed pines,
Their needles poised, stand waiting,
ghostly still;
A swift, wet whispering of drops be-
gins;
Gray clouds unfurled along the eastern
hill
Let down a thousand threads, all
jewel-weighted,
The little wind springs up again,
elated.

The silver rain threads slant in wind-
blown fall,
Blurring to gray-green mist the trees
and hills;
Along the pasture lane the hoof-
shaped pools
Are spattered full; the brook's cup
foams and spills.
Under the road bridge on a dusty shelf
A gray hen clucks dry pity for herself.
—Helen Ives Gilchrist.

Street Apple Trees.

Horses, not boys, have proved to be
the greatest danger to which apple
trees planted in the streets of Bath,
England, are subjected, now that they
are bearing fruit. Recently a horse
attached to a brewery van was seen
pulling down a bough of a tree and
eating the apples on it.

To Gain Weight

Druggists guarantee Bitro-Phosphate
to rebuild shattered nerves; to replace
weakness with strength; to add body
weight to thin folks and rekindle am-
bition in tired-out people. Price \$1 per
pkge. Arrow Chemical Co., 25 Front
St. East, Toronto, Ont.

EASY TRICKS

The Flying Note



This is an excellent trick for the dinner table—but the spectators will have to keep very quiet while it is being performed. An ordinary dinner fork and a tumbler are used.

Everyone knows that if the finger tip is drawn, with some force over the tines of the fork, the fork will give forth a ringing note—a tuning fork will do. This should be done several times to prepare the spectators for the real mystery which is to follow.

A tumbler is placed in front of the trickster. He causes the fork to ring by drawing his finger tips over the sound in his hand. As the sound of the fork becomes inaudible he throws this "handful of sound" at the tumbler. Immediately the tumbler begins to ring.

The fact is that the tumbler only seems to ring. Much depends upon the manner in which the trickster acts the affair. Just as the sound of the vibrating tines dies away, the trickster touches the handle of the fork to the table. The sound again becomes audible but the spectators believe that the sound comes from the tumbler. With a little practice, the illusion is perfect.

(OHP this out and paste it, with other of the series, in a scrapbook.)

To a Sea-Gull.

What do you see as you wing your way
Over the heaving sea?
And what do you ponder on, skimming
along
In the arms of a freshening breeze?

Do you taste the salt of the spray as it
flies
Even as swiftly as you?
Does the trough of the sea seem as
green to you
As to me—and the sky as blue?

Does the way seem long when the
graybacks roll
Ahead in the tossing gloom?
Does your wild blood leap when the
surf-line breaks
On a reef with a roar and a boom?

When the spindrift flies, and the sea
is a mass
Of whispering, rushing foam,
At dusk, when the tired sun goes down,
Do you sometimes think of home?
—Cristel Hastings.

Pay your out-of-town accounts by
Dominion Express Money Orders.

The total area in orchards in New
Zealand has been estimated by the
New Zealand Ministry of Agriculture
at 30,000 acres.

Minard's Liniment Relieves Pain.

Mrs. Noorich (to chauffeur turning a
corner—"Don't put your hand out
that way; keep both hands on the
wheel. I'll tell you when it is rain-
ing.")

Insurance Agent—"Come with me,
you can get damages for this." Ne-
grees (hit by truck)—"Good Lawd,
man, ah don't need no mo' damages—
what ah needs is repairs."

Marsh marigolds and water lilies
will last longer in water than almost
any other, cut flower.

Classified Advertisements

MONEY TO LOAN.

FARM LOANS MADE—
Mortgages purchased. Reynolds,
77 Victoria St., Toronto.

FOR SALE

APPLE BARRELS, ALSO BARREL
Staves, Mill Slab Wood, and Card
Wood. Reid Bros., Bothwell, Ontario.

HELP WANTED

ANY PERSON DESIROUS OF
making from \$10 to \$20 weekly in
spare time, without interfering with
present employment, send for particu-
lars or free sample book "Imperial
Art" Personal Christmas Cards. Manu-
facturers, 122 Richmond W., Toronto.

AGENTS-SALESMEN-CANVASSERS

Wanted in every city to sell the most
essential household combination. One
small handy tool combines a knife and
scissor sharpener, can opener, glass
cutter, bottle opener, ice pick, etc.
Send at once for a sample with our
special agents proposition. Samples
may be had for 35 cents, and money
back unless satisfactory.
Berk Bros., Ltd. 220 Bay St., Toronto

Soft-Fleshed Fish.

The softness of the flesh of many
deep-water fish is due to the pressure
at the great depths where they spend
their lives. When they are brought
to the surface this pressure is taken
off; they then expand and their flesh
becomes soft.

Sensitive plants in the Tropics
protect themselves from cattle by
drooping and seeming to die. There
are also sharp spurs on the stalks
which prick the tongues of hungry
animals.

MURINE
NIGHT &
MORNING
KEEP YOUR EYES
CLEAN CLEAR AND HEALTHY

Hurt?

Stop the pain with Minard's. It
stops inflammation, soothes and
heals.

MINARD'S
"KING OF PAIN"
LINIMENT

Cuticura Complexions
Are Smooth And Clear

Use Cuticura Soap daily for the toilet
and have a healthy, clear complexion
free from blackheads and pimples. Assist
when necessary by Cuticura Ointment.
Cuticura Talcum is ideal for powdering
and perfuming.

Sample Book Free by Mail. Address Canadian
Agents: "Cuticura," P. O. Box 2618, Montreal,
Que., or P. O. Box 100, Toronto, Ont.
Try our new Shaving Stick.

WORKING GIRL'S EXPERIENCE

Read How She Found Help
in Lydia E. Pinkham's
Vegetable Compound

Arnprior, Ontario—"I must write
and tell you my experience with your
medicine. I was working at the factory
for three years and became so run-down
that I used to take weak spells and
would be at home at least one day each
week. I was treated by the doctors for
anemia, but it didn't seem to do me any
good. I was told to take a rest, but was
unable to, and kept on getting worse.
I was troubled mostly with my periods.
I would sometimes pass three months,
and when it came it would last around
two weeks, and I would have such pains at
times in my right side that I could hardly
walk. I am only 19 years of age and
weigh 118 pounds now, and before tak-
ing the Vegetable Compound I was only
108 pounds. I was sickly for two years
and some of my friends told me about
Lydia E. Pinkham's Vegetable Com-
pound, and when I had taken a bottle of
it I felt a change. My mother has been
taking it for a different ailment and has
found it very satisfactory. I am willing
to tell friends about the medicine and
to answer letters asking about it."
—Miss HAZEL BERNET, Box 700, Arnprior,
Ontario.

A day out each week shows in the pay
envelope. If you are troubled with some
weakness, indicated by a run-down con-
dition, tired feelings, pains and irregu-
larity, let Lydia E. Pinkham's Vegeta-
ble Compound help you.



MARITIME EDUCATIONISTS ATTEND CONVENTION
The Maritime provinces party of the Canadian Teachers Federation photographed at Windermere, B.C. Bungalow Camp on their return by the Canadian Pacific "Teachers Special" from the Annual Convention of the Federation at Victoria, B.C. The party includes: Standing, Miss Frances Thompson, Halifax; Mrs. B. C. Foster, Miss Isabel Mart-L., Halifax; Dr. B. C. Foster, Fredericton; Miss F. N. Conrad, Miss Mary Distant, Halifax. Front row, Miss Susan Archibald, Halifax; Miss Kathleen Gorman, Miss M. G. Coll, St. John; and the Misses King, Halifax.