



OUR HOME PAGE



Why Not Give to *Your* Child The Treatment Your Mother Gave You



It is just as effective as ever in relieving coughs and colds,
and still holds first place as the most popular
of cough medicines.

Bronchitis

Mrs. Chris Dresser, Bayfield, Ont., writes: "We have used Dr. Chase's Linseed and Turpentine in our household for some time, and have always received good results. I have used it for my children as well as for myself for colds and bronchitis, and we find it gives immediate relief. Three bottles of this medicine once relieved me of an obstinate cold when doctor's medicine had failed."

Asthma

Mr. Felix White, Box 5, Glenboro, Man., writes: "Dr. Chase's Linseed and Turpentine I have found excellent for a kind of asthma from which I used to suffer in the fall of the year. It seemed like a closing of the bronchial tubes, due to cold and dampness. I would wake up at night, scarcely able to breathe, and almost suffocating. I found that a dose of Dr. Chase's Linseed and Turpentine would relieve this sensation right away, and I would be able to get to sleep again without any difficulty."

Dr. Chase's Syrup of Linseed and Turpentine
Trial size 25c. a bottle. Family size, three times as much, 75c. All dealers and Eckmannson, Bates & Co., Ltd., Toronto.

Believe Normal Price Level Reached

The year of 1924 saw a general decrease in building operations. The volume of constructional work fell below the 1923 figures and for the first six months of the year, conditions were practically at a standstill. In fact, for eight months out of the first ten, the average fell below the percentage of the six previous years, yet the month of November saw a startling reversal of this situation while the figures for December show a still further increase. Not only that would justify our optimism for the increase could be accounted for by a few necessary constructional schemes on a large scale, but when we examine in what form the building activities have taken we realize that there is a normal scattering of contracts which embraces the erection of houses, stores, etc., in addition to such contracts as the Welland Canal.

One feature has displayed itself in 1924 which may explain to a great extent the stimulus to the industry toward the last two months. Prices of materials which had remained at a set level since 1922 showed a general decline and it is now generally accepted that the normal price level has almost been reached. Indeed, no further reductions of a large nature can be expected as prices have almost reached pre-war level.

There is still a large amount of contemplated constructional work that must be launched in order to satisfy the needs of the country and in December alone there was a total of \$29,446,000 constructional work contemplated, and if only the percentage of 65 per cent. is actually put under way within the next three months there will be no cause to feel that the building industry is lying stagnant.

Consider This

THE result of the best thought of many geniuses covering a period of about 150 years—and the expenditure of millions of dollars in experiments and equipment—is what you buy for a most modest sum when you turn the switch that floods your home or business place with light or gives you power for a hundred uses, for which we of the present age should be duly thankful. And the citizens of Ottawa have a further cause for gratification in their own electric service, which keeps electric rates at their present low level.

OTTAWA HYDRO-ELECTRIC COMMISSION

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Household Hints

Radiant Heat

The Perfect Method of Heating.

Ordinary heating devices supply warmth by the familiar method known as convection. The stove, furnace or steam radiator heats the air immediately surrounding it and depends on the circulation of the air to warm the room.

However, it is a well known fact that the warm air rises to the top because it is lighter than cold. This explains why a room may be uncomfortably warm near the ceiling while there may be a cold draft on the floor.

If we could manage to control this stream of air so as to bring it down where it would do the most good, there still remains another objection. Such air is dry and unwholesome to breathe. It is responsible for most of the sore throats and colds during the winter season. No doubt you are familiar with radiant heat but have never realized the basic difference. The blazing camp fire and the ordinary wood or coal fire throw off radiant heat, and it from red hot metal and in some measure from the old-fashioned baseburner.

The sun heats the earth by rays which radiate warmth. The light rays travel millions of miles to bring their cheering warmth.

Radiant heat warms the body, yet leaves the air of a room fresh and cool to breathe. It is the most hygienic heat known.

The wood or coal fire in an open grate is inefficient because most of the heat goes up the flue. Comparative little warmth is radiated until the fire is a mass of live coals.

With radiant heating there is a minimum of heat lost up the chimney. The radiating elements become incandescent and throw their rays at a high angle into the room where they will do the most good.

This affords perfect ventilation for the air is constantly moving about. It does away with the overheated, confined air common in the modern home which is the cause of the present day sensitiveness to colds.

Gas fire installations in your living room, sun porch, your den, and at least one of your bedrooms, will add immensely to the comfort of your new home.

Many people build in haste and spend the rest of their lives longing for the great comforts and conveniences that have been overlooked.

Do not make this mistake. And, do not underestimate the importance of instantaneous heat in your home. Nothing is more essential. Nothing can contribute more to the health, comfort and general welfare of your family.

Health First

The Toronto Board of Education have asked the City Council for an appropriation of \$850 for the installation in one of the schools of an apparatus which will redistribute and purify hot air. Alderman Dr. Robertson informs us that he will strenuously oppose the appropriation on

the grounds that the health of the children is in danger as a similar plant installed recently in New York proved to be a complete failure. The scheme is in the nature of an experiment and although in theory it may be proved to be effective, he believes that the Board of Education should wait until the apparatus has been fully tested.

Would Save \$100,000 Yearly

The scheme, as submitted by the Board of Education would save the ratepayers \$100,000 annually if installations were made throughout the schools of the city but Alderman Robertson feels that such economy should not be indulged in at the expense of the children's health.

Some Stain Removers

Off your leather bag: Boiled linseed oil, cooled, mixed then with an equal quantity of vinegar. Use on flannel. And it cleans leather chairs.

Off your marble mantelpiece: Brush and then clean with 2 oz. whiting, 2 w. soap and water, rinse and dry. oz. bath brick powder, and 4 oz. of soda, mixed to a cream, the soda being dissolved in the least possible quantity of boiling water.

Off pewter pots and plates, as also off your kitchen lino: 1 oz. bath brick powdered, 2 oz. prepared chalk, with olive oil to mix. Keep some more prepared chalk alone for a final polish.

Off white paint: 4 oz. whiting, 4 oz. soft soap, one tablespoon methylated spirit.

Large and Small Families

F. S. DATA SHOWS COAL MINERS HAVE MOST CHILDREN

Architects and Doctors at Bottom of Scale

That wives of coal miners not only bear more children than those in any other sphere of life, but also have the lowest percentage in infantile mortality is shown by some recent statistics issued by the United States Department of Commerce. Seven is the average number of children born in these circumstances and an average of 5.9 are successfully reared through the years of infancy. In this instance the families of fathers aged from forty to forty four were considered and where the age limit was set at forty-nine, an even greater percentage was registered. The wives of foremen, overseers and inspectors also have a high average while the homes of architects reach the lowest percentage with only 2.3 children. Dentists, physicians and surgeons taken under one heading have the lowest average of living children when the fathers have reached the age of forty-nine for their average numbers three children, but actors and showmen whose ages are from forty to forty-four, have only an average of 2.8 children to provide for.

No Reasons Given

The Department of Commerce offers no reasons for these differences in

families and how far the subject of birth control enters into it can not be estimated. Certainly the knowledge of birth control is more easily available to those in the professional classes and it is interesting to record that at the recent Convention of Medical Officers held in Toronto, the delegates favored the more general presentation of this knowledge.

Possibly Other Reasons

Similar statistics taken more than fifty years ago when showed that the wives of manual workers bore the largest families while clerks, warehousemen and others who were closely confined to desks, counters and similar environments had much smaller families.

It is claimed that, in order to keep the population at its present level, an average of three children should be born to each man and wife. Whether

nature regulates the supply is also a debatable point as statistics taken in Europe since the war shows that twins have been on the increase as also has the percentage of male children.

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