

## Publishers' Department

**A SUGGESTION.**—The new Glyco-Thymoline Eye Bath, which is constructed from a single piece of aluminum, has been found of exceptional service when used as a vessel to heat hypodermic solutions to the proper temperature. This little hint comes from a physician who has frequently found himself wanting just such a device. The Glyco-Thymoline people will be glad to send you one of these cups if you desire it.

**CANADIAN NORTHERN ONTARIO RAILWAY—CHANGE OF TIME.**—The Fall time-table will come into effect Sept. 9th, when the Sunday night special southbound from Muskoka will be withdrawn. The express for Muskoka Lakes and Parry Sound will leave Toronto 9 a.m., connecting at Bala Park and Lake Joseph with boats for all points on Muskoka Lakes, and the southbound train will also have the same boat connections from Muskoka Lakes. Observation dining parlor cars will be operated on these trains. The local service will be very convenient, leaving Washago at 6.45 a.m. and arriving Toronto 10.10 a.m., and returning leave at 6.30 p.m. All information and time-tables at city office, corner King and Toronto Streets.

**DIETETIC TREATMENT OF CONSTIPATION.**—To the use of improper food, or food improperly prepared and too quickly eaten, may be traced most cases of constipation. That the present treatment of functional constipation is almost entirely dietetic and hygienic is an indication that the profession generally attributes the cause of this condition to dietetic errors.

A common error of diet is the eating of food that is too concentrated—this applies particularly to present-day bread and other food-stuffs made from white bolted flour. Modern wheat flour contains practically none of the fibre of the wheat kernel, whereas whole-wheat flour contains enough of this cellulose to stimulate normal peristaltic activity of the intestines. The flaked food, Egg-O-See, not only presents the full food value of whole-wheat but retains a sufficient portion of the cellulose to give that "physiological irritation" necessary to tone the intestinal walls to a proper exercise of their function of removing effete matter from the system. Egg-O-See, fruit and the free drinking of pure water are valuable auxiliaries in restoring these cases of constipation to a normal condition.

Send to the Egg-O-See Cereal Co., Chicago, for a trial quantity of this food and free copy of the back to nature book.