

Every Teacher

Is it not your desire and duty to give to your pupils and your Trustee Board your best service and greatest teaching value? You can't do this without having the necessary equipment at your disposal. It is, therefore, your duty to see that your school has supplies of good quality, thoroughly up-to-date, and sufficient of them to enable you to obtain the best results from your work. You should advise your board as to what is necessary, and what most reliable, and then see that you get it. Watch this advertising space from month to month, and you will find that we can help you.

THE GEO. M. HENDRY CO., LTD., TORONTO, ONT.

Desks, Blackboards, Maps, Globes, Charts, Physical and Chemical Apparatus, Kindergarten Materials.

PROGRESSIVE TEACHERS ARE USING CHAPMAN'S LOOSE LEAF NOTE BOOKS

WHAT TEACHERS SAY OF THEM:—

"In Writing, Drawing, and Science we find them absolutely indispensable."

"Nothing could persuade us to return to the old methods."

"They are a wonderful aid to the teacher."

"Greatly beneficial to students who use them intelligently."

"The most satisfactory Note-books we have ever used."

"Just what I have been looking for."

"They give good satisfaction—have no hesitation in recommending them."

"We would not like to be without them."

"They are excellent for systematic work."

"I have seen nothing better."

IN USE IN NEARLY ALL ONTARIO HIGH SCHOOLS AND COLLEGES.

YOU should have them—if you are not familiar with them, write for samples. Free to Teachers. State subjects interested in.

A. & W. MacKinlay, Ltd.,
Halifax, Wholesale Agents.

The Chas. Chapman Co.
London, Canada

Curing a Cold in Advance.

We get sick because we are too lazy to keep well, according to Dr. Woods Hutchinson in *Woman's Home Companion* for October. We are always looking for short cuts to health. Of reputed cures for coughs and cold, he says:

Their name is literally legion, for hardly a drug can be mentioned, hardly a substance discovered, which is capable of either being swallowed or inhaled, that has not been recommended as a cough remedy. Eight-tenths of all colds are mild infections, which run their course until the body has time to produce an antitoxin or antibody to stop their further progress. As this process in reasonably healthy individuals is usually carried out in from four to six days, anything which happens to be given in

that time stands a fair chance of getting a reputation as a cure.

The only sure cure for colds and coughs is to avoid the infections and the foul air of ill-ventilated rooms and buildings in which they breed; to keep the body toned up to fighting pitch, by cold baths and an abundance of fresh air, especially in the bedroom; and if the infection does get a foothold to assist Nature in her fight against it by rest in the open air, and promoting elimination through the skin, bowels and kidneys.

In fine, don't tinker with symptoms; look for the cause, and remove it. Don't try to lock the stable door after the horse is stolen, but train your horse to bite strangers. Attack is the best defense. Keep your body at good fighting weight, and you can defy disease. Sunlight, food, fresh air and exercise are the only cure-alls known. Don't worry about disease and what to take when you're sick, but work for health.