

Perhaps you are using good tea. We think "Red Rose" extra good. Won't you try it?

# RED ROSE TEA "is good tea"

The same good tea for 30 years.

## 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.

Of all the inconveniences that beset humanity in this county at this time of year, the common cold is probably one of the most formidable. It is both a nuisance and a danger. It upsets one's poise, makes one irritable and restless, interferes with all the normal functions of everyday existence. It makes a person feel dull and stupid and disinterested in and dissatisfied with life in general. It is a menace to health, because the common cold, while not especially dangerous in itself, always brings with it the possibilities of a deeper, more severe infection, such as broncho-pneumonia. The great trouble is to know just what is the best thing to do to cure a cold. Certainly keeping warm in bed, reducing the intake of food, and keeping the bowels active, are three of the main points to be observed. Colds usually run a definite course, and if care is taken to avoid further chills, a few days only elapse till the sufferer has recovered at least enough to get about his ordinary duties again. The weather of the past few weeks has been particularly variable, and just the kind that makes people liable to catch a cold. One day the thermometer is hovering at or below zero, the next the weather resembles a balmy day in the late spring or early summer. In consequence, the ordinary citizen finds it difficult to adjust himself or herself to the varying climatic conditions, and a chill may result.

The real cold, known in medical language as "Coryza" is an infection caused by a germ. Colds usually start with a dryness and fullness of the nose, and may be accompanied with a

rise in temperature, backache, perhaps headache and a general feeling of depression. This condition may be followed by sneezing, profuse watery discharge from the nose at the rate of several handkerchiefs per day, and cold sores on the mouth, and occasional chills.

If the feet get wet or cold, there is a tendency for the mucous membrane of the nose to swell and pour out water and mucus. Other changes in the environment may alter the thickness of the mucous membrane of the nose or may otherwise affect it. The lining of the nose is therefore constantly changing in thickness, in moisture, in temperature, etc. If the changes in the air change the membrane of the nose beyond a certain point, sneezing results. It shows at once that the new condition is a source of irritation and the mucous lining has to adjust itself to the altered circumstances. Some people call these changes a cold, or a common cold, or a cold in the head. Not at all. A cold is a different thing. It is an infection with some kind of a germ. One or two investigators at the present time think they have found the germ of colds. Perhaps they have, but then again, the infection may be due to any one of several kinds of germs. The condition is known among doctors as coryza, and it is the kind of cold that health departments have in mind when they issue warnings about the dangers of colds. They lead to pleurisy, pneumonia, bronchitis, sore throat, many of which may turn out serious if not carefully treated. Therefore, if you can, take all necessary precautions to avoid the common cold.

### Has the Dairy Cow Been Given a Chance?

Dairy cows and men are very much alike in one respect—neither has anything to say as to their parentage. They are very different in another respect—man is master, the cow a servant. Such being the case, are men giving the dairy cows a chance to pay their way and prove their worth? What is a reasonable chance for man to give a dairy cow?

First—Since men largely control the matings of cattle, we are in duty bound in the first place to mate animals of known production, good type and plenty of vigor with one another, if the offspring is to be expected to produce milk at a profit.

Second—Granting that the first necessity has been carried out and the young animal has been properly fed to the production age, we must feed that animal in such a way as to give her a chance to produce milk at a profit. How can this be done? Briefly this: Every animal requires a certain amount of food to maintain body heat, life, and to repair the worn out parts of the body. To feed this amount of food is not giving the cow a chance to produce at a profit. We must feed in addition to this amount of food, an amount out of which we may rightfully ask the cow to prove what she can do. This food must be suited to the demand expected of her, and it is this part of the daily ration which will not only pay for itself, but will pay for the food consumed in maintaining life itself, the body heat and the repair of worn out parts. Just how much additional food over and above the maintenance ration can be fed will depend not only on the constitution of the cow, but upon her inherited ability to convert this food to milk. Here is where good breeding shows its value. It is quite possible for two farmers having equal quantities and qualities of feed to feed this to cattle of equally good type and breeding, and yet one farmer may sustain a loss, and the other a profit. It can be done in this way. Farmer A. may keep 50 cows and

the feed available will simply supply a maintenance ration. All the incidental expenses are going on, and the cows are getting no food out of which they can produce much milk. A loss results. Farmer B. keeps half the number of cows, but they consume an amount of feed equal to that consumed by A's 50 cows, and half the feed goes to produce milk alone, and half to maintaining life. These cows, if the proper kind, will produce a profit.

Third—Men must use all the intelligence at their disposal to see that the milk produced is marketed to the best advantage and in the best possible condition. If this has been done, we may then be prepared to deliver judgment on the cow.

### Towns Boomed by Books.

Many seaside and inland resorts advertise their attractions but the best advertisements come from works of fiction, particularly in England.

Tourists still follow Lorna Doone to Exmoor, and Marie Corelli's "Mighty Atom" sent thousands of visitors to Ilfracombe and Combe Martin.

"David Copperfield" and "Bleak House" did much for Yarmouth and Broadstairs. Thackeray's novels revived the glories of Brighton, while H. G. Wells' romances have done for Sandgate and the Folkestone coast what Clark Russell and Clement Scott did respectively for Deal and Cromer.

The Yorkshire moors have had thousands of visitors since Halliwell Sutcliffe and William Bley took their local color from them, and Allen Raine's novels sent similar numbers to Wales.

The Isle of Man owes an immense debt of gratitude to Sir Hall Caine; while everybody knows that before Scott wrote "The Lady of the Lake" very few people knew even the name of "The Trossachs."

The world has taken the word luxury, which used to be considered one of the seven deadly sins, and made it one of the chief things to be desired. —The Bishop of Truro.

### Stronger Than Death.

In the British House of Commons there was revealed recently a story of comprehending friendship fit to stand beside that of Damon and Jonathan or of Damon and Pythias or of Charley and John Stuart Mill.

During the recent struggle in Ireland two life-long bosom friends, Mr. O'Higgins and Mr. Rory O'Connor, were led by their political convictions into rival camps. O'Higgins accepted the Free State treaty and eventually became Minister for Home Affairs in the new government. O'Connor thought the men who accepted the treaty were traitors to their country.

Subsequently Rory O'Connor was arrested, charged with being implicated in fortifying and defending the Four Courts in Dublin, as a result of which action many lives were lost. The minister found himself face to face with the duty of condemning to death his old friend, who had been best man at his wedding. The spirit of justice said, "Your friend must die." The heart of the friend pleaded, "Save him!"

After a terrible experience the spirit of justice conquered, and O'Higgins signed the death warrant. As the end drew near it was he that suffered the greater agony. Yet what could he do? There were no extenuating circumstances.

Rory O'Connor met his punishment unflinchingly, proud to die a martyr for his country. He had no word of reproach for O'Higgins; and when his will was read it was found that he had left all his money to the friend by whose order he had died!

What an idol of duty, friendship and understanding charity!

## FOR MOTHERS OF YOUNG CHILDREN

Mothers are quick to praise anything which brings health and comfort to her little ones—any medicine that will make the baby well and keep him well will always receive hearty recommendation from the mother. That is why Baby's Own Tablets are so popular. Thousands of mothers, throughout the country, not only use them for their own little ones but are always delighted to be able to recommend them to other mothers. Thousands of mothers have proved Baby's Own Tablets to be without an equal in relieving their little ones of any of the many minor ailments which arise out of a derangement of the stomach and bowels. Baby's Own Tablets are the ideal laxative—easy to take but thorough in action. They banish constipation and indigestion; break up colds and simple fevers; expel worms and make the teething period easy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



### Disillusioned.

Mr. Pester—"You must think I'm made of money."  
His Wife—"I did think so when we were first married, but I soon found out it was all counterfeit."

### A Song of Ploughing.

I will go with my father a-ploughing  
To the green field by the sea,  
And the rooks and the crows and the  
seagulls  
Will come flocking after me.  
I will sing to the patient horses  
With the lark in the white of the air,  
And my father will sing the plough-  
song  
That blesses the cleaving share.  
—Joseph Campbell.

When I am asked: "Do you really think the League of Nations will avoid war?" I am inclined to answer, "Do I think that a spade will dig a certain piece of ground?"—Lord Grey.

### "RUN DOWN" MEN

AND WOMEN NEED

## Dr. Williams' Pink Pills

They Give New Vitality—and more.

The expression "run down" comes from the feeble action of an unbound clock, and the comparison is a good one. Applied to health it means a condition in which the bodily functions are enfeebled. Appetite fails, digestion is impaired, the nerves impoverished, the complexion becomes pale and fatigue is a constant symptom.

No particular organ being affected, you must look for relief through the blood, and Dr. Williams' Pink Pills are the best blood builder known to medical science. As your blood becomes rich and red, the various organs regain their tone and the body recovers its full vigor. If you are weak, begin taking Dr. Williams' Pink Pills to-day and see how soon improvement will show in increased appetite and renewed vitality.

Mrs. Chas. Bourdage, Five Fingers, N.B., says:—"Before taking Dr. Williams' Pink Pills I was completely run down. I did not sleep well, my digestion was poor and I would take dizzy spells. The use of the pills changed all this and I am now a strong, healthy woman."

The best Tobacco for the pipe

OGDEN'S LIVERPOOL

# Ogden's CUT PLUG

## NEW BROADCASTING SYSTEM.

### Experiments With Noncarrier Waves Prove Many Advantages of This System.

Success of the noncarrier wave system of broadcasting which was developed by H. A. Brown and C. A. Keener, members of the electrical engineering staff of the University of Illinois, is announced as positive after another series of tests which bore out the results of previous tests held over a period of more than a year.

The elimination of "fading" is an added feature of the new broadcasting system which now seems possible. In the last series of tests, instruments which accurately measured the curve of audibility of both the carrier wave system and the new noncarrier system were set up a distance of 100 miles from station WRM, the university's radiophone with which the experimental work is carried on. These instruments showed the usual fading when the old system was used, but did not vary a particle when the noncarrier system was employed. However, this advantage is not yet being claimed, because it has not been subjected to enough tests to establish it as a fact.

Previous advantages which were claimed for the system and which the final tests show as outstanding over the system now in general use include increased sending efficiency, more selective tuning at the receiver with greater possibility to tune out local stations, opportunity to cover greater distances and the elimination of all sorts of sounds which are impressed on the carrier wave and which only perfect modulation at the transmitting end and perfect detection at the receiver can eliminate.

The suppressed carrier or noncarrier system differs from the present type of broadcasting in that the carrier waves go out only when a note is sounded or a syllable spoken. Between notes or spoken words, the carrier waves do not go through the air. That is, the sound and the wave on which it rides leave the broadcasting apparatus simultaneously. This interval of time between sounds when there is no carrier wave in the air makes possible the advantages noted.

### Content.

"Why I like My Work" is the subject on which a newspaper of Czechoslovakia recently invited contributions from its readers. One woman wrote: "My life and my work are just the simple, sober humdrum of a good housekeeper. I take my daily life and all its cares simply, as they come, without posing as a martyr. I do not ask anybody to 'understand' me, because I have learned to find an outlet for my creative instinct within my own four walls. I have assumed responsibility for the happiness of those who are near me, and with the result that my own troubles retreat increasingly into the background." It would be hard to imagine a woman more content with her lot, and yet before her marriage this woman shrank from the task of homemaker; her ambition was to be a doctor.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

### Health-Giving Butter.

Children who refuse to take cod-liver oil can now be deceived by the scientist. Cows are fed on cod-liver oil, which passes into the butter and not only incorporates the valuable soluble vitamin A, but other anti-rachitic elements derived from the cow. Experiments with cod-liver oil butter and rickety children show successful results, and further experiments are being made in an attempt to produce a butter rich in every necessary form of vitamin useful to growing children.

For Sore Throat Use Minard's Liniment

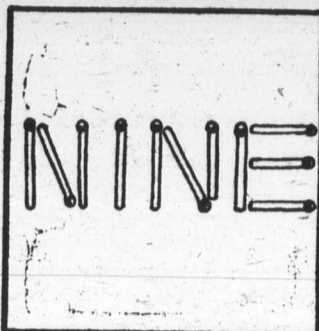
Ontario was the largest shipper of meats of the provinces of the Dominion in 1923, shipping in all 210,337,918 pounds. Of this amount 90,791,873 pounds were exported to Great Britain and 21,778,564 pounds to other countries. Manitoba was next in the shipping of meats with 45,691,190 pounds and Quebec third with 29,812,419 pounds.

Covered-in buses will probably be seen in the London streets toward the end of the year. They will have windows to raise or lower, and upholstered seats on the upper deck.

An English farmstead, with prize cattle and poultry, model dairy, and fruit orchard will be a feature of a London food exhibition this spring.

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## EASY TRICKS With Twelve Matches



Here's a trick in which a foolish question has a somewhat canny answer. The trickster throws twelve matches on the table and asks:

"What is the smallest number of matches I can take away and still have nine on the table?"

The answer is "One match"—if the remaining matches are arranged as in the illustration.

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

Minard's Liniment for Colds.

Sergeant Bonnet, a French pilot, broke the speed record at the Istres Aerodrome, covering twelve kilometres at an average speed of 244 miles an hour.

## Thin People

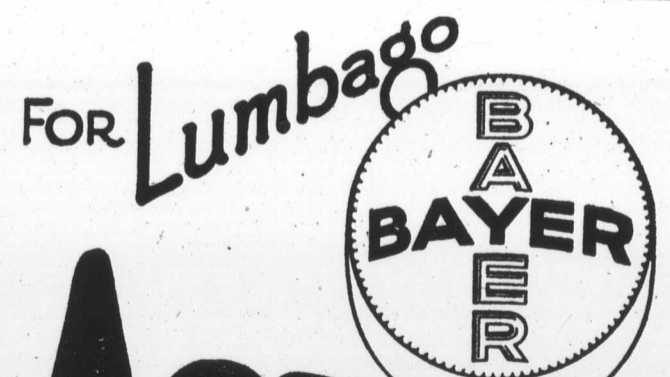
Thin, nervous, underweight people take on healthy flesh and grow sturdy and ambitious when Bitro-Phosphate as guaranteed by Druggists is taken a few weeks. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.



### Anoint Irritated Scalps With Cuticura

On retiring, gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with a suds of Cuticura Soap and hot water. This treatment does much to keep the scalp healthy and promote hair growth.

Sample Each Free by Mail. Address Canadian Dept.: "Cuticura," P. O. Box 3114, Montreal. Price, Soap 25c. Ointment 25c and 50c. Talcum 25c. Try our new Shaving Stick.



# ASPIRIN

Proved safe by millions and prescribed by physicians for

- Lumbago
- Colds
- Headache
- Pain
- Neuralgia
- Toothache
- Rheumatism
- Neuritis

Safe

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocyclic-acetylsalicylic Acid (Acetyl Salicylic Acid, "A. S. A."). 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."

## Classified Advertisements

REMNANTS.

BARGAIN PARCEL, \$2; 5 LBS. Patches, \$2. McCreery, Chatham, Ontario.

### FREE CATALOGUE.

RASPBERRY BUSHES, GLADIOLAS, Iris, Peony, Fancy Dahlias and Barred Rock Eggs. The Wright Farm, Brockville, Ont.

### WANTED

KILN DRIED 2" SOFTWOOD Heading Boards, dressed one side to 3/4" and saw-jointed both edges. Quote F.O.B. here. Reid Bros., Bothwell, Ont.

Why is the letter O never rich? It is always in poverty.

### WET FEET

cause colds. Use Minard's, the great preventative. Bathe the feet in Minard's and hot water. Splendid for cold in head, throat or chest.



## 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 taking the Vegetable Compound I was only 103 pounds. I was sickly for two years and some of my friends told me about Lydia E. Pinkham's Vegetable Compound, 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 BERNDT, 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 condition, tired feelings, pains and irregularity, let Lydia E. Pinkham's Vegetable Compound help you.