

Health, over 9000 school children were questioned as to what they ate for breakfast.

and oatmeal or some other cereal; coffee and hotcakes; coffee and biscuits; coffee and coffee cake, or coffee alone. Probably the same conditions prevail generally.

that coffee contains the powerful drug, caffeine, a nerve poison and notorious cause of headaches, heart trouble, sleeplessness, irritation, and other ills! The results of tea drinking are similar to those of coffee, because they both contain the same drug.

when frequently the cause lies in the homely, accepted habit of giving them a bever-

dietic dangers to which children have been so long subjected, it is high time that parents take heed and correct these conditions. No child should be permitted to use tea or coffee.

goodness of the grain and is a most delicious beverage, economical, convenient and free

"There's a Reason". Canadian Postum Cereal Co., Ltd., Windsor, Ont.

MADE EXECUTIVE MEMBER. Rev. Dr. Jones, Rector of St. Thomas's Church. has been elected a member of the Executive Committee of the Diocesan Synod.