

# RED ROSE TEA 'is good tea'

Fine, brisk flavor! Best of all in the ORANGE PEKOE QUALITY

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health sent through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Albumin in the urine is a condition that should be given attention at once. A correspondent writes to inquire what causes albumin in the urine and whether or not it is an inflammation of the kidneys and if a weak heart will cause it.

One of the most constant accompaniments of kidney disease may be present without albumin showing, and albumin may be in the urine without kidney disease. Heart disease has a direct effect in producing albuminuria by causing engorgement of the kidneys with blood, as a result of poor circulation. Urine which contains blood or pus shows albumin. These substances may come from the kidney or from any other part of the urinary tract or from an abscess which bursts into that tract, or in the case of females, from the generative system. In ordinary cases, however, and for the most part, the most common cause of albumin in the urine is kidney disease. To some extent the albumin present is an inflammatory exudate, but to a great extent it is due to serum-

albumin circulating in the blood vessels which escapes with the urine because the damaged cells of the kidneys can no longer prevent it escaping.

There are other conditions, of course, where albumin appears in the urine, such as febrile diseases where the temperature is high, probably because the poisons in the blood damage the kidney cells. It sometimes happens that albumin will be present in the urine after an epileptic seizure and in connection with various other nervous disorders. There is also what is known as functional albumin in the urine which occurs without any apparent cause. It often is found in young people at the adolescent stage of life and is often discovered quite accidentally, for instance, in the course of examination for life insurance.

The correspondent also asks about the effect of saccharine on the kidneys. There is not much danger in the use of saccharine, provided it is used in moderate quantities.

## CANADA'S FISHERIES PROSPERING

It is gratifying to note that the Canadian fishing industry is experiencing brighter days following the period of depression which came in the wake of increased investment and stimulated activity in the war years with a subsequent slump in demand. Regarded from every angle a degree of progress is evident which, continued, should bring the fishing industry of the Dominion to occupy the relatively more important place the vast resources back of it justify. In many respects the year 1924 promises to be the most prosperous year the industry has experienced and may herald the dawning of a new era for Canadian fisheries.

The value of the catch in the first three months of the year, which showed an increase of 56 per cent. in comparison with the same period in the previous year, has been continued in subsequent months, and this would indicate a revenue from the year's operations amounting to over \$60,000,000, or equal to the banner year of 1918, when prices were substantially higher than at the present time. Reviewing the catches of the present year, increases are noted in practically every species of fish caught.

### Increase in Invested Capital.

In the Government returns covering the fish industries in its branches for 1922 the increasing importance of these activities is noted, and there is little doubt that this feature characterized the year 1923 and the present year. Between 1921 and 1922, whilst the capital invested in the sea fisheries remained virtually the same, there was a substantial increase in that of the inland fisheries, this increasing from \$4,177,682 to \$4,513,188. The increase in capital invested in fish canning and curing establishments was \$2,704,848, or from \$19,411,990 to \$22,116,838. Employees in sea fisheries increased from 47,445 to 48,286, in inland fisheries from 7,785 to 9,594, and in canning and curing factories from 14,104 to 16,577.

### Schoolboy Howlers.

There were no Christians among the early Gauls—they were mostly lawyers. Geometry teaches us to bisect angels. A brute is an imperfect beast; man is a perfect beast. Guy's Hospital was built to commemorate the Gunpowder Plot. Britain has a temporary climate. The masculine of heroine is kipper.

## TOILET FIXTURES FOR SALE

Bowls, tanks, wash-basins, also heating equipment, including piping coils, 125 h.p. tube boiler, used lighting equipment, such as conduits, switch boxes, etc., all in building being altered at 73 Adelaide Street West. This material must be sold at once. Real Estates Corporation, Limited, Top Floor, 73 Adelaide St. West, Toronto. Telephone Elgin 3101.

## BOILER

Water tube type, 125 h.p., in good condition, also a large amount of plumbing, lighting and heating equipment. Will sell entire or in part at great sacrifice because of alterations to our property. Real Estates Corporation, Limited, Top Floor, 73 West Adelaide Street, Toronto. Telephone Elgin 3101.



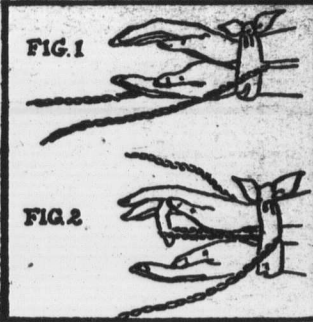
"Do you believe that an apple a day keeps the doctor away?"  
"No—that's applesauce."

The Nile has a greater variety of fish than any other river in the world. An expedition sent by the British Museum brought back 9,000 specimens.

For the first time Japan is to have There should be no unkindness to animals. There is no excuse for it except cruelty uncontrolled. Think it over and if there is a spark of unkindness for animals in your makeup, get rid of it forever.

Minard's Liniment for Rheumatism.

## EASY TRICKS Lightning Escape



The trickster places his hands together and asks the spectators to encircle his two wrists with a handkerchief, knotting it tightly. They are then asked to run a length of rope between his arms and to hold the ends. Apparently he cannot easily escape without removing the handkerchief. He makes a quick movement of his arms and the rope drops off, the handkerchief still encircling his wrists.

The illustration gives away the secret. With one of the fingers of the right hand the trickster catches the loop of the rope and draws it down between his palm. This can be done quickly, the hands hiding the movement. The trickster then makes an upward and downward movement of his hands, at the same time thrusting his right hand through the loop. The movement of his arms will then pull the rope free of the hands and the trick is done.

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

### I Could Snatch a Day.

I could snatch a day out of the late autumn  
And set it trembling like forgotten springs.  
There would be sharp blue skies and new leaves shining,  
And flying shadows cast by flying wings.

I could take the heavy wheel of the world and break it—  
But we sit brooding while the ashes fall,  
Cowering over an old fire that blackens,  
Waiting for nothing at all.

### DAWN OF WOMANHOOD

#### A Time of Difficulties When Watchfulness is Needed.

Some girls upon the threshold of womanhood drift into a decline in spite of all care and attention. Even strong and usually lively girls become weak, depressed and irritable, and listless. It is the dawn of womanhood—most important in the life of every girl—and prompt measures should be taken to keep the blood rich and pure. If your blood is not in a healthy condition at this stage, the body becomes ill-nourished and other ailments develop. If the health is not maintained by a sufficiency of rich, red blood, all sorts of weaknesses are likely to arise. Remember this, Dr. Williams' Pink Pills have saved thousands of girls and women from being life-long invalids, because of their wonderful blood-making properties.

The value of Dr. Williams' Pink Pills to young women whose health was falling has been proved over and over again. These pills are the most reliable blood builder, fortifying weak nerves and creating the liberal supply of red healthy blood which a girl needs to sustain her strength. You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### The Crickets.

Pipe, little minstrels of the waning year,  
In gentle concert pipe!  
Pipe the warm noon; the mellow harvest near;  
The apples dropping ripe.

The tempered sunshine and the softened shade;  
The trill of lonely bird;  
The sweet, sad hush on nature's gladness laid;  
The sounds through silence heard.

Pipe tenderly the passing of the year!  
The summer's brief reprieve;  
The dry hark rustling round the yellow ear;  
The chill of morn and eve!

Pipe the untroubled trouble of the year,  
Pipe low the painless pain;  
Pipe your unceasing melancholy cheer;  
The year is in the wane.

### The Place of Play.

Play is a sacred thing, a divine ordinance, for developing in the child a harmonious and healthy organism, and preparing that organism for the commencement of the work of life. It is the great harmonizer of the human faculties, overstrained and made inharmonious by labor. It is the agency that keeps alive and in healthy activity the faculties and sympathies which work falls to use or helps to repress. It is the conservator of moral, mental, and physical health.—J. G. Holland.

Thinking for yourself is like swimming; once you have learned the art, you are not likely to forget it.

### Home Days.

When the goldenrod has withered,  
And the maple leaves are red;  
When the robin's nest is empty,  
And the cricket's song is dead;  
In the silence and the shadow  
Of the swiftly-hastening Fall,  
Come the dear and happy home days,  
Days we love the best of all.

Then the household gathers early,  
And the firelight leaps and glows  
And the old hearth in its brightness  
Wears the glory of the rose;  
Then the grandfathers think of stories,  
And the children cluster sweet,  
And the floor is just a keyboard  
For the baby's pattering feet.

When the goldenrod has faded  
When the maple leaves are red,  
When the empty nest is clinging  
To the branches overhead,  
In the silence and the shadow  
Of the hurrying later Fall  
Come the dear days, come the home days  
In the year the best of all.

—Margaret E. Sangster.

## NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Georges Lefebvre, St. Zenon, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colic, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### When a Man's a Man.

"I can't" is a foolish expression—  
'Tis really a coward's confession.  
Somehow or other it always comes back  
Stealing the good things we already lack,  
Bringing us nothing but trouble and care,  
Leaving us hopelessly sunk in despair.

But there's never a day  
When the world can say  
That a man's not a man if he DARE!

"I will" is a wonderful blessing,  
A heart full of courage expressing,  
Somehow or other it brings us success,  
Fills us with joy that we cannot repress,  
Gladdens our friends, makes their burdens more light,  
Places a star in our crown ev'ry night;  
For there's never a day  
When the world can say  
That a man's not a man if he'll fight!

—Brinson Smith, in "Success."

### Very Simple

The health authorities of a famous city receiving word that a certain house in the foreign-quarter was becoming offensive to the passer-by, sent two of its vigilant inspectors to investigate.

Led on by a strong odor and a puzzling medley of noises, they climbed a narrow, precipitate stairway to a large attic, where they found a family of seven, a flock of chickens, two pigs, and—could their eyes be deceiving them?—a full-grown cow. They stared in amazement at the cow and at the two-foot-wide stairs.

"How—how did you get it up here?" one of them asked.  
The answer seemed perfectly obvious. Said the man of the house with a shrug, "Ve brought her up ven she sees a calf."

Visitors to the Houses of Parliament, London, average 5,000 on ordinary days and over 20,000 every Saturday.

Nine-tenths of the women in China cannot write their own names.

## Constipation is the arch-enemy of health

# BEECHAM'S PILLS

Conquer the enemy of constipation and you rout a whole army of physical foes, including indigestion, biliousness, sick headache, sleeplessness and nervous dyspepsia. Beecham's Pills have been a world-wide favorite laxative for over 80 years. They go straight to the cause of many ills and remove it. They act promptly, pleasantly and surely. Purely vegetable, harmless, non-habit-forming. These time-tested pills strengthen the stomach, stimulate the liver and

Sold Everywhere in Canada

# Relieve Constipation!

### Little Hour on a Misty Morn.

A little hour on a misty morn,  
When autumn's winds wave o'er the tasseled corn,  
And lowly scuds above us seem to fly  
With moisture laden from the western sky.  
The cold, uncheery broodings of the day  
May still be brightened with a sun-lit ray,  
And dreamy thoughts, so sad, and so forlorn  
Be sweetened for a little hour upon a misty morn.

A little hour on a misty morn,  
When sobbing winds brood whispers of the coming storm;  
Where joy and pleasures hide beneath a darkened cloud,  
From where the thunders roll, so long and loud;

The hidden sun may often through the shadows creep  
And blend a golden pathway for our feet,  
Wherein a newer friendship may be born  
Within a little hour, upon a misty morn.

A little hour on a misty morn,  
When autumn's leaves are shorn by the storm;  
And twilight shadows creep o'er nature's smile,  
And time is quickened on the star-lit dial;

When frosty age has decked the forms that memory kept,  
And autumn's gilded dream is well-nigh slept;  
Fond dreams and memories, still may warm  
Life's little hour upon a misty morn.

—William Leorchard.

The Pursuit of Happiness.

It is a waste of time to argue the usefulness of the things people want. If people are spending too much of their incomes on automobiles and yachts and women's clothes, as many think, and putting down on other things to make up, they do it because automobiles and permanent waves are the things that they believe will make them happiest.

Even supposing they are all wrong, people want what they want. And you can't make them want it by telling them they oughtn't to want it.

Send a Dominion Express Money Order. They are payable everywhere.

If all the meat imported into London came in the form of live sheep, there would be sufficient to arrive, one every two seconds, night and day, all the year round.

Minard's Liniment Relieves Pain.

A fool can observe a thing correctly—for example, the weather—but it takes a man of sense to draw a correct inference from what he sees.

Service to others is the only true road to happiness.—Lord Leverhulme.

### Classified Advertisements

#### FOR SALE

A PPLE BARRELS, ALSO BARRELS, Staves, Mill Sash Wood, and Cord Wood. Reid Bros., Bothwell, Ontario.



## Thin Folks

If you are weak, thin and nervous, let your druggist supply you with Bitro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

### Stiff?

Minard's liniment up stiff joints and sore muscles. Splendid for rheumatism and backache.



## Let Cuticura Help You Keep Your Good Looks

Nothing better to care for your skin, hair and hands. The Soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to perfume. Then why not make these delicate, fragrant emollients your every-day toilet preparations?

Sample Each Free by Mail. Address Canadian Agents, "Cuticura," P. O. Box 4614, Montreal, Que., or The Cuticura Co., New York, N.Y.

Try our new Shaving Stick.

## TIRED OUT ALL THE TIME

### Nerves Gave Little Rest

#### Relieved by Lydia E. Pinkham's Vegetable Compound

Harrowsmith, Ontario.—"I took your medicine before my baby was born and it was a great help to me as I was very poorly until I started to take it. I just felt as though I was tired out all the time and would take weak, fainting spells. My nerves would bother me until I could get little rest, day or night. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to publish this good medicine. I lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will serve to help others."—MRS. HARVEY MILLIGAN, R. R. No. 2, Harrowsmith, Ontario.

In a recent canvass of purchasers of Lydia E. Pinkham's Vegetable Compound over 100,000 replies were received and 38 out of every 100 said they had been helped by its use. This medicine is for sale by all druggists.

Genuine BAYER TABLETS OF ASPIRIN

Insist on BAYER TABLETS OF ASPIRIN

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for

Colds Headache Neuralgia Lumbago  
Pain Toothache Neuritis Rheumatism

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

Aspirin is the trade mark (registered) of Bayer Manufacturing Co., Monrovia, Cal., U.S.A. While this is the name of the Bayer product, the Bayer Cross will be stamped on the tablets.