

RED ROSE TEA 'is good tea'

Fine, brisk flavor! Best of all in the ORANGE PEKOE QUALITY T-4

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.

Arterial disease is usually an indication of advancing years and tends to begin at forty or forty-five. The life of the arteries varies greatly in different individuals and peculiarities of this kind may run in families. Strain, continual strain, is one cause of their degeneration apart from the age of the vessels, so that persistent high tension is a most important cause of arterial disease.

The next point to consider is what causes the high tension. It may be the result of an inherited tendency, or of Bright's disease, lead poisoning, gout, pregnancy, constipation, excesses in eating and drinking, or a laborious occupation.

Any of the arteries of the body may be affected. One effect of persistent high tension is thickening of the walls of the arteries. After a time, the tendency is for fibrous tissue to be added to or replace muscular tissue. The result is a narrowing of the lumen of the artery, rigidity and weakening of the walls, as well as increased blood pressure.

Arterial disease or atheroma, when it affects the coronary arteries, leads to serious effects upon the heart. The symptoms are a high tension pulse and the difficulty of removing the pulse beat even when pressure is used. In the young people the blood vessels are very elastic. The walls, largely composed of tissue, having the quality of rubber. Such vessels do not break easily. If the arteries are diseased a break may occur. Sneezing sometimes acts as a cause of the arteries giving

way. Slight disturbances of digestion and attacks of dizziness are warning signs. Eat very sparingly under these conditions and keep the bowels active. It is well to take a purgative. Lead a quiet life and avoid over-exertion and fatigue. That is about all one can do. Some medicines are good for lowering the blood pressure. These, the physician in attendance will prescribe as the occasion demands.

Mrs. L. A. D. wants to know the symptoms of diseased tonsils. Some of these are sore throat, swollen glands of the neck. If there is pus exuding from the tonsils they are seriously diseased. Symptoms differ in each case but spots on the tonsils do not appear and disappear on short notice as the correspondent suggests.

Symptoms of kidney disease include puffiness or swelling under the eyes, with increased or decreased amount of urine passed, according to the particular form of kidney disease it is. A special and restricted diet is the best cure, and it should be worked at under the guidance of your physician. I do not think radium treatment advisable in this case.

Bed-wetting in a healthy child is due largely to nervousness. It can be controlled by regular habits, the avoidance of lying on the back, restricting the amount of fluid taken during the afternoon and evening. In some cases it is a habit, but if it does not stop soon, the boy should go under the care of the family physician.

CHILDHOOD CONSTIPATION

Constipated children can find prompt relief through the use of Baby's Own Tablets. The Tablets are a mild but thorough laxative which never fail to regulate the bowels and stomach, thus driving out constipation and indigestion; colds and simple fevers. Concerning them Mrs. Gaspard Daigle, DeMain, Que., writes: "Baby's Own Tablets have been of great benefit to my little boy, who was suffering from constipation and indigestion. They quickly relieved him and now he is in the best of health." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

It Happened in '79.

A party of tourists was about to be steered through the ruins of Pompeii. The guide began his lecture by saying:

"Pompeii was destroyed by eruption in '79."

"Oh!" exclaimed the lady from the Middle West. "Just eight years after the Chicago fire!"

Every scratch in the hand is not a stab to the heart, nor does every false opinion make a heretic.

CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

EASY TRICKS

No. 388
The Missing Mindreader



This stunt requires a confederate but, as the confederate's aid is acknowledged, it is very effective. A spectator is asked to mention any number, not greater than 99, to the performer who agrees to concentrate on it. Another spectator, who does not know the number, calls on the phone a friend of the performer, described as a great mind reader. The "great mind reader" tells the number upon which the performer is concentrating.

The performer does not mention the name of the mind reader until the number is decided upon. This is because the name of the mind reader is the code word which tells the confederate what number has been selected. Two series of code letters must be remembered by the performer. The confederate can refer to a written list. Jack means one, Frank means two, Fred means three, Will means four, Henry means five, James means six, Daniel means seven, Albert means eight, Arthur means nine, Charles means naught. That gives the figure in the tens column. For the unit column, Stein means one, Berg means two, Miller means three, King means four, O'Neill means five, O'Connor means six, Smith means seven, Jones means eight, Castel means nine and Waverly means naught.

If the spectator decided upon 83, the performer would say to the other spectator:

"Please call Blank 7871 on the phone, ask for Mr. Albert Miller and ask him of what number I am thinking."

The confederate, who would be ready to answer the phone, would know, when "Mr. Albert Miller" was asked for that the number was 83. Of course, the trick could not be repeated the same evening with the same spectators.

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

He that is too proud to ask is too good to receive.

ASPIRIN

Beware of Imitations!



Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for:

Colds	Headache
Toothache	Lumbago
Neuritis	Rheumatism
Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoceticoicacidester of Salicylicacid. 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."

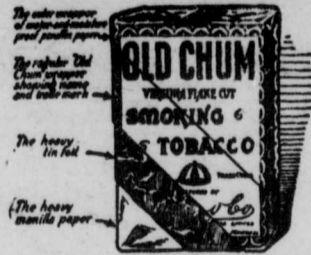
Cold in Head?

Heat Minard's and inhale. Quick relief assured. An enemy to germs.



OLD CHUM SMOKING TOBACCO

IS FOUR TIMES SEALED



to bring you the full richness and mellow sweetness of this—

"Tobacco of Quality"

Manufactured by IMPERIAL TOBACCO CO. OF CANADA LIMITED

Must Have Been.
First Small Boy—"I don't like this book. The hero's a nut."
Second Small Boy—"Why?"
First Small Boy—"It says he 'took a bath every morning.'"

Ask for Minard's and take no other.

Unless we reach the deep springs of life out of which flow the deeds of men, our education of their intellect may only make them all the more effective to work social and industrial evil.

Thin People

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

Pimples Disappear

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggists call it "Mother Seigel's Curative Syrup"—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. The larger bottle is more economical. At drug stores.

I First Compounded This Remedy For My Own Neighbors

Their praise of this newer form of iron has spread so rapidly that now, after nine years, over 4,000,000 people use it annually.

Years ago I began to wonder at the great number of my own friends and neighbors who were always ailing, complaining and doctoring, without ever seeming to get any better. Both ever seeming to get any better. Both were frequently all tired out in the evening, and a great many were weak, nervous and run-down. One had pains in the back and thought he had kidney trouble. Another had pains around the heart, palpitations and dizziness, and was sure he was suffering from heart disease. Still others had severe headaches, floating spots before the eyes, tender spots along the spine and a great variety of alarming symptoms.

For years I made a special study of this condition, consulting a great number of physicians and chemists. An immense number of investigations by physicians all over the country showed that three people out of every four must lack 100 per cent. of iron in their blood. Lack of iron in the blood is the greatest of all debilitating weaknesses. It is the iron in your blood that enables you to get the most out of your food. Without iron, no nourishment out of your food. Your heart, lungs, brain and all your vital organs get their nourishment from the blood stream, and when the blood lacks iron and is thin, pale and watery, you blood lacks iron and is thin, pale and watery, you may suffer from the symptoms of a great number of diseases when the real and true cause of all your trouble is a lack of iron in the blood.

In the old days people often took metallic iron. In some physicians claim is not absorbed at all. In compounding Nutrated Iron I use the newer form of iron which is like the iron in your blood. Unlike the older forms of iron, it will not injure the teeth nor disturb the stomach, and it is ready for almost immediate absorption and assimilation by the blood. It is the people whose blood is rich in iron who possess great strength, force and energy. If you are not strong or well you owe it to yourself to make the following test:

See how long you can work or how far you can walk without becoming tired. Next take two or three tablets of Nutrated Iron three times a day after meals for two weeks then test your strength again and see how much you have gained. An astonishing number of nervous, run-down people who were ailing all the while, have greatly improved their health and increased their strength, energy and endurance simply by taking this newer form of iron.

"Snoring can be cured by means of an operation on the air passages," says a well known scientist.

Classified Advertisements
Woolgrowers—Cotts and Rejects accepted for limited time only. Apply Georgetown Woolen Mills, Georgetown, Ontario.



FACE A SIGHT WITH PIMPLES

Large and Red. Itched and Burned. Cuticura Heals.

"My face was itchy and broke out with large, red pimples. They were scattered all over my face and itched and burned so that I scratched which caused them to grow larger. I could hardly sleep at night. They were a real torture and my face was a sight. The trouble lasted about three months. I began using Cuticura Soap and Ointment and the first treatment stopped the itching and after using two cakes of Cuticura Soap and one box of Cuticura Ointment I was healed." (Signed) Miss Ora Goulette, R. F. D. 4, Box 86, Barre, Vt., March 24, 1922.

Use Cuticura Soap, Ointment and Talcum exclusively for every-day toilet purposes.

Sample Each Free by Mail. Address: "LYMAN'S LIND, 144 St. Paul St., Montreal." Sold everywhere. Soap 25c. Ointment 25c and 50c. Talcum 10c. Cuticura Soap shaves without soap.

TO EXPECTANT MOTHERS

A Letter from Mrs. Smith Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Trenton, Ont.—"I am writing to you in regard to Lydia E. Pinkham's Vegetable Compound. I would not be without it. I have taken it before each of my children was born and afterwards, and find it a great help. Before my first baby was born I had shortness of breath and ringing in my ears. I felt as if I would never pull through. One day a friend of my husband told him what the Vegetable Compound had done for his wife and advised him to take a bottle home for me. After the fourth bottle I was a different woman. I have four children now, and I always find the Vegetable Compound a great help as it seems to make confinement easier. I recommend it to my friends."—Mrs. FRED H. SMITH, John St., Trenton, Ont.



Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system, so that it may work in every respect effectually as nature intended. Thousands of women testify to this fact.