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No Servant Class in England

Lady Mildred Honeywood, wife of Sir Courtney John Honeywood, now on a visit to this country, has described the part that women are playing in England in this war as "just something which cannot be understood unless one takes part in it herself."

"Perhaps you believe," she adds, it is only the women of the middle or lower classes who have plunged their hands into the dirt and the grime to save England. This is not so. All of the women of the nobility have their arms to the shoulders in the disagreeable work of war. You must remember that there is virtually no servant class in England today. Butlers, cooks and chefs are doing their bit for Old England in the trenches, fighting and dying like true Englishmen. All of the maids are working in the munition factories or on the farms. And who, then, you ask, is attending to the fussy needs of England's noblemen? Who is buttoning their frocks? Who is doing their washing and ironing? Who is preparing their meals, and who is doing the so-called menial labor so patiently and efficiently done by England's servant class?

"England's noblemen and the women of the wealthy class are doing these things themselves. It is now a common sight to see a baroness hoeing in the garden or laboring in the kitchen, where three years ago the trained servant reigned supreme. England is demonstrating that when you arouse the womanhood of a nation the world had better watch out."

EVILS OF ADENOID.

These Growths Are a Real Menace to the Health of a Child.

Not every child that is backward at school, that breathes through his mouth, has dull eyes, a short upper lip, prominent upper teeth or has a drawn, tired expression about the face has adenoids, says a state board of health bulletin. But this condition should lead a parent to suspect adenoid growth, and it should not be dismissed till a thorough examination has proved that such is not the case.

Adenoids are a small, soft, reddish growth which comes in the back part of the throat where the nose and throat join. A child who has adenoids breathes with his mouth open, has frequent colds and may have earache often or become deaf. It is not infrequent that adenoids dull the expression of the eyes, destroy the resonance of the voice and distort the facial expression so as to produce a blank, idiotic stare. They hinder mental development by interfering with proper physical development. For that reason "repeaters" at school are frequently said to be afflicted with adenoids.

The best time to remove adenoids is when they are first recognizable to a physician. If they remain longer they do harm. They cause a child to have "colds" often and make him more susceptible to diphtheria, scarlet fever, measles and whooping cough. Furthermore, if he gets any of these diseases they are likely to be severe with him and leave him even worse afflicted.

Cold, fresh air breathed through the nose is needed to prevent adenoid growth. It is needed also to prevent adenoids returning after an operation. Fresh air taken in through the nose prevents as well as cures adenoids.

MOST SENSITIVE NERVES.

The Two That Can Cause the Greatest Agony of Pain.

Which part of the human body is the most sensitive to pain?

A sharp definition must be drawn here between irritation and pain. Irritation is not pain, but only a frequent cause of it. Thus a crumb lodged in the larynx near the vocal cords produces violent irritation and prolonged coughing, which often result in actual pain. So, too, an insect or speck of dust in the eye sets up violent irritation and inflammation, followed by acute pain.

Of the surface of the body the finger tips and the end of the tongue are most sensitive. For instance, a burn on the fingers is much more painful than one on the back would be, while one on the tongue would be more painful still.

Deep wounds are not painful, as a rule, save as regards the surface injury.

Of pains not caused by external injuries neuralgia of the fifth nerve, the one which supplies the skin of the head and face, is the most intense. It has frequently driven people mad for the time being, and sufferers have been known to cut and even burn the flesh in desperate attempts to relieve it.

The rupture of the branches of the dental nerve in tooth drawing also causes agony so intense that it has been stated that no human being could endure it for more than two seconds at a time.

Hard and soft corns both yield to Hol-loway's Corn Cure, which is entirely safe to use, and certain and satisfactory in its action.

SPEED OF THE ZEPPELINS.

In War Trim, Fully Loaded, the Average is Forty Miles an Hour.

Not so many years ago a British engineering expert calculated that the Zeppelin could not attain a speed of thirty miles an hour, as he proved by figures that the ship would collapse under the air pressure. At the time this speed had been actually exceeded by a Zeppelin, says R. P. Hearne in "Zeppelins and Super-Zeppelins."

Today the tendency is to attribute too high a speed to the vessels. In still air it is doubtful if a higher speed than sixty-five miles an hour can be reached, and by the most careful calculation Mr. Hearne has come to the conclusion that the average speed of the modern Zeppelin in war trim is about forty miles an hour, full load.

"Of course," he says, "with a favoring wind the ship may often be running at over sixty miles an hour, and the difficulty of gauging wind speed often causes erroneous estimates of Zeppelin speed by observers on land. In the upper region where an airship is moving there may be a strong current, while near the earth there is a calm."

It is well to note that for a short period a Zeppelin can climb faster than an aeroplane. By throwing out ballast, going full speed ahead, jamming the tail down and shoving the nose up, a Zeppelin jumps a thousand feet or so in about half a minute. This rate of climb, however, cannot be maintained.

EXERCISE AND FOOD.

In the Interest of Good Health They Should Just Balance.

"It has not been so very long, comparatively speaking, since our ancestors were almost exclusively animal in their daily pursuits," says the New York Medical Journal. "Since then the blessing of cooking has proved often a curse, in that it adds temptation to our natural tendency to take more food than we need for sedentary purposes, merely for the sake of the savor thereof.

"It is such a joy to dine, and other sources of pleasure seem so scarce or of such less moment to the average man that to a large extent eating has become one of the reasons for existence. We have made much of the evil of treating to alcoholic drinks, but the temptation held out to intemperance in foods is a more widespread evil, with serious consequences in the long run.

"With a reasonable amount of muscular exercise, perhaps, truer physiological balance is reached than if we are purely sedentary. We approximate more nearly our animal ancestry as to muscular activity, and we can exercise our digestive powers a trifle more without harm. Surely if we do not expect to suffer in one way or another the amount of bodily exercise must balance the intake of food or the intake of food must be made to correspond with the degree of bodily activity."

A THOROUGH PILL.—To clear the stomach and bowels of impurities and irritants is necessary when their action is irregular. The pills that will do this work thoroughly are Parmelee's Vegetable Pills, which are mild in action but mighty in results. They purge painlessly and effectively, and work a permanent cure. They can be used without fear by the most delicately constituted, as there are no painful effects preceding their operation.

Mountain Barriers Handicap Italy's Red Cross Workers



Over Italy's far-flung 450-mile battle line where Austria, aided by nature in the ice-bound ramparts of the Alps, has striven to keep free Italy shut out from enslaved Italy, the Italian Red Cross Society is heroically waging its fight for the relief of suffering humanity against odds far greater than those surmounted by the Red Cross banner-bearers on other Allied battle fronts.

On the western front the automobile ambulances quickly speed back the wounded from the front lines. Likewise medical attention and hospitals are near at hand for the Russians on the Eastern battle line, though supplies are scarce.

But the task of caring for the Italian wounded among the unstable snows and mountains of the Alps is almost inconceivable. Often the sufferers must be transported in box-like cars sliding on overhead cables or even lowered by ropes down the mountain sides. On snow sledges or by burrow back are the most common methods of carrying the Italian wounded down the mountain trails. Intense suffering, and often death is caused before the hospitals, miles away, are reached. Treacherous snow, ice and rocks, and the extreme cold, cause many casualties among the Italian soldiers. Thousands of amputations have resulted in the two years of warfare among perpetual snows.

The Italian Red Cross Society and the Royal Italian Government fund for orphans of fallen Italian soldiers ask of their Canadian ally—"Will you help?" In answer to this appeal Southern and Western Ontario have fixed a goal of \$100,000 to be raised by popular subscriptions. Campaigns will be conducted during August and September.

Every dollar given to the Italian Red Cross Society will shorten the war against Germany and its horrors. Every fit fighting man in the trenches, be he Canadian, British, Italian, or other ally, makes more efficient fighting forces—thus hastening the war's end.

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