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GOOD HEALTH QUESTION BOX By John B. Huber, M.A., M.D.

Dr. Huber will, answer all signed letters pertaining to Health. If your question is of general interest it will be answered through these columns; if not, it will be answered personally if stamped, addressed envelope is en-closed. Dr. Huber will not prescribe for individual cases or make diagnosis. Address Dr. John B. Huber, care of Wilson Publishing Co., 73 West Adelaide Et., 'toronto.

Habit is as strong as death. CATCHING COLDS.

As our forebears, who first got the

constantly rebreathing their own pois-onous exhalations mingled with those of their family, their boarders, and such of their animal friends which they could not bear to see suffer in the raging elements without. Then coughing and sneezing, by which parti-cles of germ-laden material was dis-Then seminated, helped infection along con-siderably. In short, people "caught colds.

Next in order, in the race's evolu-tion came the fetish about night air; tion came the fetish about night air; so that sleeping rooms were kept hermetically sealed. Bedroon, win-dows are even now, despite all the fresh air propoganda, nailed down come November, and kept so (when properly they should have been nail-ed up) until March or even April. And yet, winter and summer, what air has the good Lord civen us to hereathe. at the good Lord given us to breathe, at night, if not night air. Then people came more and more

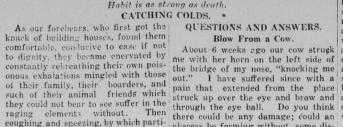
tc overburden themselves with clothes, in which they could collect germs, that would thus be added to the assortment already existing in the house. True, most germs cannot live for any length of time outside the living animal "host." nimal "host." And yet one can- Do tell be sure that the germs in one's happy. lothing are always dead ones. And Answer-Sorry; but I know of no. let him who thinks his overcoat is treatment I could guarantee. The germ-free because it is well brushed, remedy you mention would be likely



INTERNATIONAL LESSON NOVEMBER 11.

Lesson VI. Nehemiah's Prayer-Neh. 1. 1-11. Golden Text, 1 John 3. 22.

Verses 1-3. Nehemiah receives bad news concerning conditions in Jerus salem. Chislev—The ninth month of the Jewish calendar, corresponding to part of November and part of December. Twentieth year—Though no ber. Twentieth year—Though no b Verses 1-3. Nehemiah receives bad



weeks without recovery is like to mean an abscess in the frontal sin uses-not necessarily a grave condi tion, but one which may well become so if neglected. There may be pus pocketed in those shuses and not yet appearing at the nostril. The drug you mention may relieve but never

turn a vacuum cleaner on it, and note to increase, to have the effect the op the result. posite of that which you desire.





By Agronomist

This Department is for the use of our farm readers who want the advice of an expert on any question regarding soil, seed, crops, etc. If your question is of sufficient general interest, it will be answered through this column. If stamped and addressed envelope is enclosed with your letter, a complete answer will be mailed to you. Address Agronomist, care of Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

Subscriber :-- I have about an acre what would you advise? I have no

silo. should like to know what to plant to should like to know what to plant to get the best pasture for the coming other forage is given them in the ra-year. Would you advise me to sow tion, as clover or alfalfa hay. The frosted corn fodder fed from the something better?

souch is the constant is th

bing better? shock will be in very much better con-better crop can be sown for dition to feed then where the fodder

Getting Winter Eggs



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