

nurses who have gone to the front. It is also being largely used upon railway and other construction gangs in various places, and with marked results. As shown by results in the United States the protection lasts three to five years, where amongst 130,000 men in the army and navy there were only nine cases in a whole year. In conjunction with the treatment care is taken regarding water supplies, flies, food, milk, etc., and early diagnosis and sanitary treatment of cases to prevent contact infection.

WHY IS AIR BAD?

[The following article is one of many issued by the National Association for the Study and Prevention of Tuberculosis, New York City.]

Air is bad, when it is overheated, when it contains an excess of moisture, and when it is chemically contaminated. This is the conclusion of the New York State Commission on Ventilation, as summarized by Professor C. E. A. Winslow, Chairman, in the official organ of The National Association for the Study and Prevention of Tuberculosis, the Journal of the Outdoor Life.

Professor Winslow shows that while it has been a matter of common belief for a long time that stagnant air was bad for the body, until recently no one knew why this was so. The New York State Commission on Ventilation has definitely proven two counts against bad air, one of them for the first time in history, and will probably prove others later on. The first indictment against bad air shows that an increase in temperature beyond the normal seventy degrees produces serious derangement of the vasomotor mechanism of the body, resulting in a rise of temperature, increased pulse, and a lowered blood pressure, with a corresponding decrease in efficiency, both physical and mental. In addition to this, overheating conduces to an undesirable congestion of the mucous membranes of the nose, thus, possibly paving the way for colds, sore throats, and attacks of various germ diseases.

The work of the Commission also proves that chemical accumulations in the air as a result of air stagnation, bring about a decreased appetite for food, which in turn must have an unfavorable effect on the entire body. In the Commissioner's experiments, the people living in fresh air ate $4\frac{1}{2}$ to 13 per cent. more than those living in stagnant air.

"These experiments," says Professor Winslow, "indicate that fresh air is needed at all times and in all places. While we have changed our ideas as to what causes bad air, ventilation is just as essential to remove the heat produced by human bodies as it was once thought to be to remove the carbon dioxide produced by human lungs, and it is now proved also to be essential for carrying away chemical products which exert a measurable effect upon the appetite for food. People who live and work in overheated and unventilated rooms are reducing their vitality and rendering themselves an easy prey to all sorts of diseases, such as tuberculosis, pneumonia, grippe, etc."

But He Understood.

The artist was painting—sunset, red, with blue streaks and green dots.

The old rustic, at a respectful distance, was watching.

"Ah," said the artist, looking up suddenly, "perhaps to you, too, Nature has opened her sky-pictures page by page? Have you seen the lambent flame of dawn leaping across the livid east; the red-stained, sulfurous islets floating in the lake of fire in the west; the ragged clouds at midnight, black as a raven's wing, blotting out the shuddering moon?"

"No," replied the rustic, shortly; "not since I signed the pledge."—Tit-Bits.

A nervous young lawyer arose to make his first address in a crowded courtroom. He began: "Your honor, my unfortunate client—my unfortunate client—your

"Go on, sir!" shouted the exasperated judge. "As far as you have proceeded the Court entirely agrees with you."—Strauss.

Fashion Dept.

HOW TO ORDER PATTERNS.

Order by number, giving age or measurement, as required, and allowing at least ten days to receive pattern. Also state in which issue pattern appeared. Price ten cents PER PATTERN. If two numbers appear for the one suit, one for coat, the other for skirt, twenty cents must be sent. Address Fashion Department, "The Farmer's Advocate and Home Magazine," London, Ont. Be sure to sign your name when ordering patterns. Many forget to do this.

When ordering, please use this form:

Send the following pattern to:

Name
Post Office.....
County
Province
Number of pattern.....
Age (if child or misses' pattern).....
Measurement—Waist, Bust,
Date of issue in which pattern appeared.



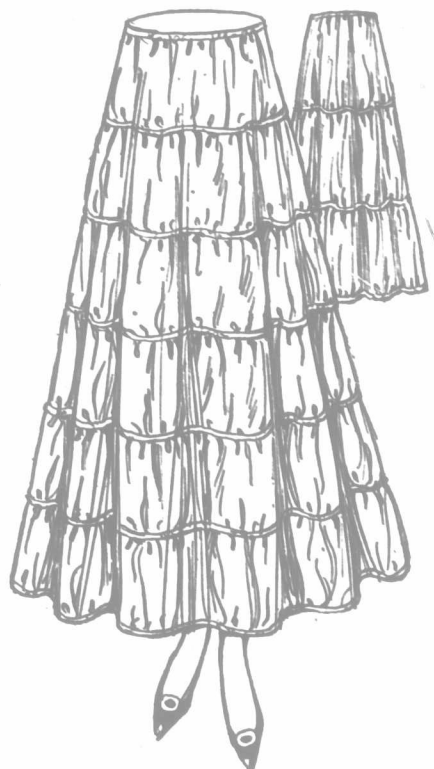
8684 Yoke Waist with Box Plaits, 34 to 40 bust.



8683 Suspender Dress for Misses and Small Women, 16 and 18 years.



6703 Girl's Dress, 4 to 8 years.



8698 Three-Piece Skirt, 24 or 26, 28 or 30 waist.



8706 Child's Dress, 6 months or 1 year, 2 and 4 years.



8696 Blouse with Vest Effect, 34 to 42 bust.



8701 Child's Dress, 4 to 8 years.



8681 Child's Rompers, 1, 2 and 4 years.