GOOD HEALTH QUESTION BOX

To wilful men the injuries that they themselves produce, must be their

mon cold is catarrh, inflammation of gan to know the nature of colds. the mucous membranes of the nose Fresh air abounds all over the surand throat. Some catarrhs have a face of God's earth, except in the nervous relation. People nervously houses which man has built. Not exhausted—neurasthenic—are apt to get a catarrh in the fall and not to be rid of it until winter is well past. which are colds. Such folk will have a nervous catarrh simply from the apprehension

The neglected cold, considering its consequences, is the most serious of nasal passage is chocked up, causing human ailments. Could its sum total the eye on the affected side to become in suffering, money loss, inconven-feverish and to feel very enlarged. ience, in its infection danger, and in Answer—Don't temporize for a m

The common cold leads to, predisposes to many diseases, by weakening the body and by destroying the protective properties against germs, inherent in the mucous membranes of the nose and throat. To two dis-

"NOTHING BUT A COLD." A very great factor in catching colds is the disturbance of the body's equilibrium by passing from the superheated home, where one gets into a perspiration, into the freezing open. Healthy living is the constant and right adjustment of internal relations to external relations. Normal relations are thrown completely out of gear by the procedure just stated. An intimate, feature of the common cold is catarrh, inflammation of gan to know the nature of colds.

QUESTIONS AND ANSWERS.

Answer—Don't temporize for a mo-ment. There is at least inflammation the fatalities which are oftentimes, ment. There is at least inflammation though perhaps remotely sequel to it—could this sum total be properly runs from the eye-socket to the nose.

Globus Hystericus

eases the common cold leads pre-eminently—consumption and pneumonia. The captain of the men of death trouble is probably globus hystericus and his first lieutenant, pneumonia, as the doctors call it—a symptom of account between them for more than half of all human mortality.

MOTHER-WISDOM

Catarrh and the Nasal Duct. I have catarrh of the nose. The

—could this sum total be properly appreciated, no one in his senses would say the common cold is a trifling thing.

The could this sum total be properly runs from the eye-socket to the nose, Possibly also extension of the catarrhal inflammation to the orbit, the eye socket

makes bright the hearts of those who know how to "become as little children."

Whatever your boys and girls do at the routine meaning and an object.

whatever your boys and girls do at this age, try to remember that back of their deeds is idealism. What I mean by idealism is rule by ideas. In the animal stage they were ruled by their stomachs; in the savage stage by their five senses; in the period of kinghthood, ideas have taken hold of them.

The ideas may be foolish, laughable, dangerous; nevertheless, they are the first reaching-out of the soul and spirit toward things not born of the flesh. Do not ridicule them or you may kill a soul.

Let your children have at this time, plenty of space, plenty of hard, openair fun as well as systematic work and companions of their own ages. Their stone-throwing, their "gangs" are not necessarily dangerous to the community; even the sentimentality of the girls may be turned into useful channels. All' these age-developments can be controlled and made educational. We shall have more to say about them in another article.

Remember that although this period is very difficult for the parents, it is worth while to be patient and affectionate. It leads into adolescence and unless mothers and fathers have held their boys and girls close to tem all through their previous development, it will be impossible to establish

A Daily Treat-

Always Acceptable and Delicious.

or of the foods.

It is always desirable to grind all grains for the dairy cow because of the large amount of feed that a cow

must digest in order to produce well.

When butter becomes strong and rancid, break it up into new milk, working this through it; then take out the butter, wash it and work the milk out of it as you did the buttermilk in the beginning.

Glad to Hear of Promotion

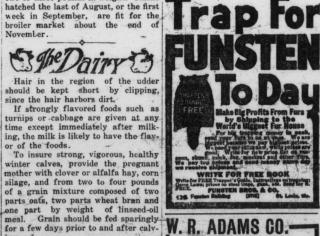
Glad to Hear of Promotion.

Private Smith, after serving three weeks with the forces had fallen beneath the avenging eye of the C.O. for some petty offense. Thereafter he sent this touching epistle to his mother: "Dear Mother—I am now a defaulter." His grief was too great to write more, so he got a comrade to mail it for him, and sat him down









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MOTHER WISDOM

During Knighthood Years Children Need Most Patient Treatment

In a former active or produced that the continue of the production of the continue of the continue of the production of the continue of the continu

May it also be added that the raising, in Canada, of the seed needed in the country will directly help to increase the average yield of the root crops of the Dominion. This will, however, be discussed in, a special article.—Experimental Farms Note.

Perfect Points in Baby.

What is the perfect baby? According to the medical men in charge of the Canadian National Exhibition Baby Show, the following are the proper proporti

Age. lbs. ins. 25 ins. ins. 16 - 16 18 18 6 months . . . 16 25 16 16
4 year . . . 21 29 18 18
18 months . . 24 30 18½ 18½
2 years . . . 28 32 19 19
The following points are also considered: Healthy appearance, good looks, methods of feeding, absence of physical defects, cleanliness, neatness of attire. The expensiveness of material for crothing is not taken into consideration.

Scraps of toilet soap should be saved and when half a cupful or so is saved, it is a good plan to make the scraps into a soap jelly.

Dig bulb beds deep to give good frainage. Eighteen inches is the very east depth for good results. Never-ige fresh manure. Bone meal and leaste also are good for bulbs.