

is recommended by the lay public. It is enormously popular as a salad component for the table. It is equally popular as a strength-maker for self-medication. It has at once the selling qualities of a patent medicine and the virtues of a health food. The druggist can recommend it without fear to anyone.

"That olive oil is particularly valuable for stomach troubles is indicated by the rarity of such maladies among the natives of the great olive oil producing countries of Europe. Eaten with food, olive oil is a great aid to digestion, and assists the alimentary canal in taking care of food throughout its length. The oil is itself a good cure for constipation when taken with regularity. It has to a very great extent taken the place of castor oil. Olive oil is easily taken and easily assimilated.

"When your joints get rusty and you need lubricating, olive oil will do the business. You know of people of dry temperament physically, the lean and Cassius kind of folk, whose knee joints grate when they go downstairs. They have articular rheumatism in the knees, shoulders and hips. The synovial fluid that oils the joints is lacking. The use of olive oil internally will produce this

fluid, and the application of the oil to the joints will help also. Recommend olive oil for rheumatism of all kinds. It oils up the dry joints and it increases the vitality where rheumatism is due to rundown systems.

"For massage work there is no patent preparation that will exceed olive oil in results or in safety of use. It removes the wrinkles and it fills up the hollows, and it is absolutely harmless. The olive oil users have little need for a beauty doctor to help them retain their youthful appearance. The oil will do more for them than any other medium.

"Olive oil applied well to the scalp and rubbed in thoroughly, washing the hair afterward with castile soap, will prove one of the best of hair growers.

"For people who are afraid of appendicitis—and I guess that includes everybody who hasn't already been operated upon and some that have—there is nothing like olive oil. It relieves their intestinal trouble and their minds, too. It is the best of anything for this condition.

"Then, too, you can recommend the oil for liver complaint, bladder and kidney diseases, tubercular affections, grippe, fevers, earache, burns, scalds, cuts and wounds. Besides these uses you know of many others that have developed in your own experience."

GIRLS THAT ARE IN DEMAND (Anonymous)

The girls that are wanted are good girls—

Good from the heart to the lips;
Pure as the lily is white and pure,
From its heart to its sweet leaf tips.
The girls that are wanted are home girls—

Girls that are mother's right hand,
That fathers and brothers can trust to,
And the little ones understand.

Girls that are fair on the hearthstone,
And pleasant when nobody sees;
Kind and sweet to their own folks,
Ready and anxious to please.

The girls that are wanted are wise girls,
That know what to do and to say;
That drive with a smile and a soft word
The wrath of the household away.

The girls that are wanted are girls of sense,

Whom fashion can never deceive;
Who can follow whatever is pretty,
And dare what is silly to leave.

The girls that are wanted are careful girls,

Who count what a thing will cost,
Who use with a prudent generous hand,
But see that nothing is lost.

The girls that are wanted are girls with hearts;

They are wanted for mothers and wives,
Wanted to cradle in loving arms
The strongest and frailest lives.

The clever, the witty, the brilliant girl,
There are few who can understand;
But, oh! for the wise, loving home girls
There's a constant steady demand.

PREVENTING CRIMINALS

"What do you do with your women criminals?" "We prevent them."

This was the answer given to an inquirer, by Prof. Simon von de An, for 50 years the chief of administration of the prisons in Holland, who is attending the International Prison Congress. The professor says that in all Holland there are now less than 200 women in prison, and that during his administration three prisons for women have been closed for lack of inmates.

"But how do you account for it?" he was asked.

"In two ways," he said. "One reason is the growth of the social work, particularly among the Catholics. But, indeed, our people, of whatever creed, have taken a special interest in the uplift of women during the last decade. There are societies without end, not merely to rescue the fallen, but to help the poor and suffering so that they shall not be tempted to go wrong. Our women of wealth and culture are interested in this work.

"The other cause for the diminution of feminine crime is simply the fact that women are allowed to work and support themselves honorably, instead of being starved into doing it dishonorably. Women have entered all our professions, just as they have with you.

"I am convinced that the industrial freedom of women is what is keeping them out of the prisons.

"There is a strong woman's suffrage party among us; but I would not say that that is a reason for the few crimes of women. It is rather another glorious result of allowing women to work. Before that she was perhaps unfit to vote. But the broadening influence of work not only has the result of making her refrain from active lawbreaking, but also gives her the positive impulse to assist in wise lawmaking."

FATIGUE AS A BODY-POISON

That "tired feeling" so commonly experienced has formed the subject of many a jest; but, if the latest deductions of science are well founded, it is a no less serious condition than body-poisoning. Such is the gist of an article in the Survey, by Dr. Henry Baird Favill of Chicago, who, in the course of an exhaustive disquisition on "The Toxin of Fatigue," writes:

It is well to remember that the vital processes in the human animal are distinctly of two kinds. All of the things which we do in our conscious activity—work, play, and thought—are matters of voluntary effort. They are things of which we are conscious, over which we have control. They constitute what we have in mind when we speak of our activities. When we consider labor we are thinking solely of a voluntary expenditure of energy; but on the other side of this balance lie all those processes which are involuntary, unconscious, unrecognized; they are the nutritive processes, the so-called vegetative processes, and are things utterly beyond our control.

Under normal conditions, vegetative life is automatic, adequate, and with a large range of accommodation to physiologic demands. Under abnormal conditions, these factors markedly diminish, so that the processes of nutrition, elimination, and repair become variously diminished and open to all manner of disturbances which we are prone to regard as disease.

It has been demonstrated that voluntary life can, through excess or perversion, not only throw more work upon vegetative life than it can accomplish, but also in this very process can distinctly limit the work that vegetative functions can perform. It will thus be readily seen that, under given conditions, labor can be pushed to a point beyond that at which vegetative life can meet it.

If, in addition to that fact, we admit that this excessive demand, long continued greatly limits vegetative power, we can easily conceive a status in which the products of work, which we call "waste products," are more than the normal mechanism can dispose of.

Dr. Favill goes on to say that out of this combination of facts can arise any degree of physiologic poisoning which has come to be called "toxic," and that there is no doubt that upon these simple lines there is a distinct body-poisoning in accordance with these principles.

The purpose of Dr. Favill's article, he tells us, is to further the establishment of fatigue as a factor in standardizing the number and arrangement of hours of labor. It is a mistake to consider that overwork and fatigue necessarily coincide. Iron-workers, blacksmiths, and many others, and even the activities of certain forms of athletics, are not characterized by any marked fatigue, and yet they are beyond question extremely destructive to the human organism. The problem presented hereby is one of great difficulty, but it is evident that any questions of time as a measure of a day's labor must be established in relation to the labor.

Fatigue is viciously progressive. When it has passed a given point there are at least three general considerations: first, the actual structural change due to overtax and expenditure; second the impairment of nutritive processes; third, the accumulation of poisonous products incident to the operation of the two preceding. Taken all together we have an overwhelming incubus which no organism can long survive. Are we going to meet this situation by the enactment of child labor laws? We are not. Are we going to meet it by the enactment of laws limiting the hours of work of women? We are not. How then are we likely to progress? By the creation of a new industrial conception.

Dr. Favill considers that the chief factor entering into the determination of this problem is the factor of endurance

The subordinate factors are happiness and harmony; but fatigue, manifest or hidden, is the essence of this question. What is especially needed as bearing upon it is comprehensive and profound study of the conditions of labor, particularly with regard to the question of human endurance. And this includes a careful analytical study of work as it is done where it is done, and of all the collateral conditions under which workers live.

"It is not likely," says Dr. Favill, in conclusion, "that a great change in the conception of industrial morality can take place abruptly. It is likely that a long series of experiments, advances, retreats and half-victories will mark the progress of the next few years."—Review of Reviews.

RELINQUISHMENT

(By Marshall Halsey).

The hardest gifts that any man may give
Is to give back the heart he wins in vain;

To yield with grace what he may not retain
When low consent turns pleading negative;

To ship the latch where joy had come to live—
Sweet singing joy, that with so dear disdain

Flooded with melancholy its small domain,
It seemed love could for liberty retrieve.

But liberty weighed more than love's exchange,
And such a longing did the song betray.

Regretful, tender; tender, appealing, strange
What could the soul of any captor say!

Go beautiful winged singing Joy, go range:
Your cage is open little bird away.

ANOTHER DUTY FOR MOTHER

This time, it is the editor of the Ladies' Home Journal who discovers a new duty for the long suffering mother and promptly proceeds to bind the burden on her back.

But let him tell the story of his sad himself:

When One Parent Lapses

"A mother was tucking her little son into bed when she said to him: 'And now, dear, pray for your father, so far away in the dark mines making money to send his little boy—perhaps.' Every night she told him this, and every night she told him stories of how strong and brave and big his father was, and how he must grow up to be a fine man, to make his father proud of him. And when the little lad was sweetly sleeping and no sound of pain could reach him, then and then only did she give way to her grief. For the father had deserted his wife and child, and had gone to a Western mining camp leaving her to care as best she might for the baby still at her breast.

True, the man deserved no such loyalty, but the innocent little child did. When a mother has had the misfortune not to give her children a good father truly should she at least try to leave them a child's dream of a good father.

A mother's responsibility is really twofold: to her husband and to her children. If the husband fails in his duty to her and them she has not the right to make helpless children suffer unnecessarily in consequence. She has not the right to heap her mature woes on their tender immature shoulders. If she is a right-minded mother she will remain loyal to the child's ideal of a father; she will not add a feather's weight of evidence to the account against him; she will leave her child the Heaven-born privilege of loving his father until he reaches those years where he can decide for himself whether or not the father deserves his love."

In the opinion of this editor a "right minded" mother and wife will, indeed must, deliberately deceive, misrepresent, and actually falsify the conditions of her life, to her own children in order to preserve their idealism of decent fatherhood. What splendid morality! What unique logic! What cleverly arranged ease and irresponsibility for the delinquent father. He may fail in every duty, but his failure must be covered up by the injured wife, the main victim of his cruelty. Surely we have a right to look for a better deal than this from the editor of the Ladies' Home Journal.

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DYEING
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and
Dress Well
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with
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