r Food and Exercise," by ARTHUR A. McGOVERN
Former physical director, Cornell Medical College.

The ten commandments of health

GOOD HEALTH IS THE MASTER KEY TO BUSINESS *and* SOCIAL LIFE

RE is no
e who
not desire
health.
ess life
our social
depend on
vertheless,
any of us
t to take
the sim-
precautions
preserve our
lth. Just as
are laws
rning and
iting our
ll and moral
nduct, so there are rules for
maintenance of our good
lth. These rules I have
uped under ten heads and
may very well be termed
Ten Commandments of
lth.

Take from ten to twenty
utes exercise every morning
ore breakfast, according to
r general physical condition.
After the exercise take a
m bath followed by a tepid
h.

After bathing drink two
s of water, blood tempera-
re.

Breakfast should be care-
lly selected. We are too prone
gard this meal as rather
portant. The lapse of time
ween supper and breakfast
es our stomach entirely emp-
rested, fresh and ready for
ubstantial meal. Generally
aking, we should have a bet-
and more substantial break-
than the average person now
s, which usually consists of
, toast and coffee.

Spend at least one hour in
open air daily. Sunshine
fresh air are Nature's best
fiers. Oxygen is very essen-
in keeping the blood in good
dition. Instead of riding to
from our work in closed
veyances, we would be better
by riding in open busses.

Get a good average of sleep and rest. While sleeping, the tissues of the body are built up, and the harmful effects of fatigue are remedied. You may require ten hours of sleep a night. You may get along with seven hours or less, but unless you find out how much you require and attempt to average that amount you will see the effects in a tired facial expression and flabby muscles. Sleep in a well ventilated room with as little bed covering as possible.

7. Eat normal meals and eat them at regular hours each day. Simple meals taken at regular intervals are the essentials of good health. It is better to err on the side of eating too little than eating too much.

8. Devote some part of every day to recreation. A healthy body is a happy one. Periods of despondency release harmful fluids into the body. The glands function normally and the entire body is kept in better condition if the mind is contented and happy. It never pays to overwork, but it does pay to see that some part of every day is devoted to amusement and recreation.

9. At least six glasses of water should be taken during the day, preferably between meals.

10. Be sure that every meal is well balanced. There are three large classes of food. Protein is found in meat, eggs, peas, beans, cheese, etc. Carbohydrates are found in rice, potatoes, sugar, etc. Fats are found in butter, cream, fat meats, olive oil, etc. No meal is well balanced if it consists almost entirely of food that is included in only one of these classes.

Diet for the Sedentary Worker

Upon arising take two glasses of warm water. Do some mild passive exercise such as lying on your back, swinging the legs and arms, raising your knees up, etc.

After this take a towel dipped in warm water and thoroughly rub the body until a good reaction is obtained.

BREAKFAST: Some stewed fruit such as prunes, apricots, figs, apples. Bran flakes or cereal meal. Chocolate, cocoa or coffee substitute. Toast made from dark bread only. At least two glasses of water should be taken between breakfast and luncheon.

LUNCHEON: A vegetable luncheon consisting of any of the following: Spinach, stringbeans, carrots, peas, cauliflower, onions, brussels sprouts, lima beans, cabbage. Take any two or three of the above vegetables with some dark bread toasted, cocoa, chocolate or coffee substitute.

DINNER: Clear soup and any of the following meats: Chicken, broiled lamb chop or any broiled fish. At least two vegetables as mentioned above, chocolate, cocoa or weak tea. Between luncheon and dinner and dinner and bedtime at least two glasses of water should be taken.

r. McGovern will answer your questions.

© A. A. McGovern

DARE THEY LET HIM LOOSE?
—Pease in the Newark News.

Sure Relief for Women's Disorders
TEN DAY TREATMENT

Orange Lily is a certain relief for all disorders of women. It is applied locally and is absorbed into the suffering tissue. The dead waste matter in the congested region is expelled, giving immediate mental and physical relief; the blood vessels and nerves are toned and strengthened, and the circulation is restored to normal. As this treatment is based on strictly scientific principles and acts on the actual location of the disease, it cannot help but do good in all forms of female troubles, including delayed and painful menstruation, leucorrhoea, falling of the womb, ovarian troubles, growths, etc. Price $2 per box, which is sufficient for 1 month's treatment. A Free Trial Treatment enough for 10 days, worth 75c, will be sent Free to any suffering woman. Inclose 3 stamps and address MRS. LYDIA W. LADD, DEPT. 5. WINDSOR, ONT.

ORANGE LILY

SOLD BY LEADING DRUGGISTS EVERYWHERE

Of Interest to Farmers

SANITARY ASPECTS OF FARM WATER SUPPLY

(Experimental Farms Note.)

It is a well-known fact that with the introduction of public water supplies in cities and towns which had previously been dependent on domestic wells, the death rate from typhoid fever, the most serious of water-borne diseases, has decreased to a remarkable extent.

In our country districts, however, where the scattered population makes the establishment of a public water supply system impossible, the farmer is forced to depend upon his own domestic source, which is, in most cases, the shallow well. That such a well can be a source of positive danger from typhoid, dysentery, diarrhoea and other disorders has been amply proven, but still many farmers do not realize fully the importance of a pure unpolluted water supply, or the danger to their families and their stock lurking in contaminated water.

The location of the farm well is frequently faulty and denotes a lack of knowledge of the danger to health from water when there is any chance of drainage or leaking from such sources of pollution as barnyards, cesspools, privy, manured fields, sink drains, etc. Not only should the well be placed at a reasonable distance from such sources of filth (say 40-50 yards), but also, if possible, on higher ground. The more porous the ground, the greater should be the distance from any contaminating source.

Even when the well is removed from any source of pollution, the ground water should be made to filter through at least 12 to 15 feet of soil before entering the well. Soil tends to remove germs and impurities from surface washings. The water, however, should be made to really filter through the soil by insuring that the sides of the well, for a depth of 12 to 15 feet are tight and impervious to water. The top naturally, should be so constructed that no contamination can possibly enter.

Water may be seriously polluted without showing this by its taste or appearance. A bright, sparkling water is by no means a guarantee of a pure supply. When, however, water from a well becomes cloudy or turbid after a heavy rain, there is evidently some defect, for this condition indicates that surface washings are entering without proper filtration.

The Divisions of Bacteriology and Chemistry at the Central Experimental Farm will analyze water samples submitted by farmers living within a reasonable distance Application for instructions as to taking the sample should first be made.

BEST SOURCES OF GOOD SEED GRAIN.

(Experimental Farms Note).

This note is submitted for the benefit of those who are unable to obtain satisfactory seed grain in their own neighbourhood and so must look elsewhere for their supply.

One is indeed forunate who can secure his seed requirements locally since grown seed, taken from productive fields," is likely to be well adapted to the district. The introducing of seed from outside is associated with certain risks and farmers contemplating making such purchases would be well advised to consult non interested officials such as the Secretary of the Canadian Seed Growers' Association, Ottawa, or those connected with our Experimental Farms or Agricultural Colleges.

Speaking igenerally, good seed may be secured from or through two main sources viz:

1. Reputable seed growers who are members of the Canadian Seed Growers' Association. Or 2. Direct from reputable seed dealers.

Since our leading seed dealers as well as our larger growers of seed operate in close touch with the Canadian Seed Growers' Association, the Secretary of this Association whose office is at 114 Vittoria St., Ottawa, is the one official best able to advise re the reliability of a given lot of seed.

BUY GRADED SEED.

Since it is now illegal in Canada for any one to offer for sale seed of any kind which is not accompanied by certificates of grade, buyers should see to it that such certificates is on hand. This regulation does not apply to farmers selling direct from their own premises to other farmers, a fact which may easily result in the delivery of seed which should not be sown. Wherever practicable, therefore, buyers should insist on knowing the grade to which the seed they are buying belongs and they should be thoroughly acquainted with the definition of each grade. To this end, a copy of the Seeds Act, 1923, should be available for ready reference. Copies of this Act may be had, free of charge, by writing to the Dominion Seed Commissioner, 117 Vittoria St., Ottawa, Ont.

The superior producing ability of good quality seed of a variety which is well adapted to thrive on soil peculiar to a given field is recognized fully by hundreds of our best farmers. Unfortunately, this all important truth has not yet penetrated the minds of all who attempt to grow crops, a fact which is accountable in no small degree for the relatively low yield which many of our farmers continue to reap each year.

L. H. Newman,
Dominion Cerealist.

SOME FACTORS INFLUENCING THE CONTAMINATION OF MILK

Experimental farm notes

While the sources of contamination of milk are understood, in a general way, there is perhaps need of a more widespread knowledge of the relative importance of the various factors upon which the germ content of the milk as it leaves the stable depends.

With the object of determining more closely the relative effects of the various factors, a series of experiments extending over five months was conducted at the Central Experimental Farm, Ottawa, in the test various sources of contamination were considered under a wide range of conditions, the numerous factors being divided for convenience into four classes, viz.- care of the stable, care the animals, care taken by the milker and care of the utensils. By extending the test over a prolonged period during which daily bacteriological tests were made of the milk of a large number, of cows kept under as nearly ideal conditions as possible, results were obtained which various factors contribute to contamination of the milk.

It was found possible, by the careful exercise of ordinary sanitary precautions, to produce a milk off excellent quality without resorting to elaborate expensive methods. One of the points brought out was that the principal sources of contamination are represented by dirt and manure dropping into the pail during milking, and by improperly cleaned utensils. The contamination from the air, to indicate another source, is relatively less important, even when considerable dust in afloat.

The importance of the milk pail was clearly indicated, its state of cleanliness being of more concern than its form. While an open-top pail was found to result in an increased germ content of 200 per cent as compared with a small opening if the animals were neglected yet when care was taken and the udder wiped before milking very little extra contamination resulted from an uncovered pail. Of much more importance was the sanitary state of the pail. The tests brought out that this factor effected the contamination more than any other connected with milking. Under clean milking conditions a change from a careful scouring preferable with the use of steam to neglect in the care of the pails resulted in a greater increase this factor effected the contamination more than any other connected with milking Under clean milking condition a change from a careful scouring, preferably with the use of steam, to neglect in the care of the pails resulted in a greater increase in the germ content than the neglect of any other single precaution, while on the other hand where generally unsanitary conditions prevailed a change to a proper treatment of the pails resulted in a bigger improvement than from any other single favorable change of opperation.

WHEN TO WEAN LAMBS

Generally speaking, lambs should be weaned the latter part of July or early in August. At this season, when pastures are poor, the dams have very little milk. For this reason lambs wil usually make more satisfactory gains if they are weaned and put on rape with access to pasture, or on clover aftermath supplemented by a small grain allowance. Early weaning also lessens the danger of the lambs becoming infected with parasites, as they can be put on clean pasture where will not become infected from their dams.

At the Experimental Station, Fredericton, in 1922, one group of lambs was weaned on July 15, and another group on August 14. In a thirty-day period, beginning July 15, the early weaned lambs made average daily gains of 0.321 pounds, while the later-weaned lambs made daily gains of 0.246 pounds. In a thrty-one-day period, beginning August 14, the early-weaned lambs made everage daily gains of 0.424 pounds while the later-weaned lambsmade daily gain of 0.245 pounds. Both lots of lambs were put on rape with access to pasture when weaned and neither lot received anygain In 1923 one group of lambs was weaned on July 12, and the remainder on Augist 15. As the rape was backward the early-weaned lambs were put on pasture and fed one-half pound of grain until Augist 15, when both lots were put on rape. The early-weaned lambs made slight larger gains than the later-weaend lambs through the experiments.

The results of these experiments indicated that if a plentiful supply of succulent green feed is available, the lambs will make better growth if weaned early and the ewes will be enable to rest before the breeding season.

Canadian Sports At Dominion Capital

(Continued from page 9)

various "side" competitions. As with the Canadian Ladies' Closed the annual meeting of the C. W. S. G. A. is held during the tuornament.

Men's Senior At St. Andrews.

Next months tournament will be the eighth annual of the Canadian Senior Golf Association. George S. Lyon of Lambton, one of the fathers of Canadian golf, won this title for the first six years in succession, and his fight to make it seven straight last year is still remembered. He lost to F. A. Parker, a club-mate, after two additional gruelling 18-hole rounds.

The Men's Senior championship is decided by two rounds of 18-hole medal play. In the afternoons putting competitions take place and on Sept. 15, the final day, an 18-hole foursome is in prospect. Following the practice of former years, a team will be selected during this meet to play the international match with U. S. seniors across the line shortly after.

Ladies' Open Golf Title Winners.

1901—Miss L. Young defeated Miss M. Thomson at Montreal 2 and 1.

1902—Miss M. Thomson defeated Mrs. Dick, at Toronto, 8 and 7.

1903—Miss F. Harvey defeated Miss E. Marler at Montreal 2 and 1.

1904—Miss F. Harvey defeated Miss McAnuity at Toronto 3 and 1.

1905—Miss L. Thomson defeated Miss L. Young at Montreal 3 and 2.

1906—Miss M. Thomson defeated Miss Phepoe at Toronto, 21st. hole.

1907—Miss M. Thomson defeated Mrs. Dick at Ottawa two up.

1908—Miss M. Thomson defeated Mrs. C. Mussen at Lambton 4 and 3.

1909—Miss V. H. Anderson defeated Mrs. C. Mussen, Montreal, 5 and 4.

1910—Miss Dorothy Campbell defeated Miss V. H. Anderson, 2 and 1.

1911—Miss Dorothy Campbell defeated Miss F. Harvey, Ottawa, 7 and 5.

1912—Miss Dorothy Campbell defeated Mrs. Blight, Toronto, 5 and 4.

1913—Miss M. Dodd defeated Miss F. Harvey at Montreal, 7 and 6.

1914-1918—No championship on account of Great War.

1919—Miss Ada Mack-nzie defeated Miss Kate Robertson at 19th.

1920—Miss Alexa Stirling defeated Miss Kate Robertson 5 and 2.

1921—Miss Cecil Leitch defeated Miss Molla MacBride 17 and 15.

1922—Mrs. W. A. Gavin defeated Miss Alexa Stirling at Toronto, 2.

1923—Miss Glenna Collett defeated Mrs. W. A. Gavin, Montreal, 2 and 1.

1924—Miss Glenna Collett defeated Miss Ada Mackenzie 9 and 8.

PREPAREDNESS

Willie was under orders never to go in swimming and mother meant to see that he obeyed. So one day she became suspicious.

"Willie, your clothes are wet," she said. You have been in the water again.

"Yes mother, I went in to save Charlie Jones."

"My noble darling! Did you jump in after him?"

"No mother I jumped in first so as to be there when he fell in—Youth's Companion.

LITTLE TABLES

A very charming idea is a pair of smaller tables that slip under the top of larger sizes —thus providing three tables in all.

Royal Victoria College
MONTREAL

A RESIDENTIAL COLLEGE FOR WOMEN STUDENTS ATTENDING McGILL UNIVERSITY

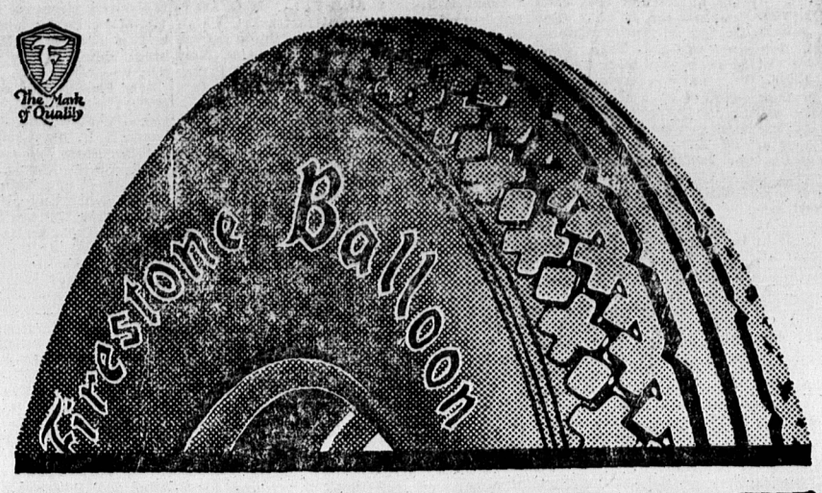
(Founded and endowed by the late Rt. Hon. Baron Strathcona and Mount Royal)

Courses leading to degrees in Arts, separate in the main from those for men, but under identical conditions; and to degrees in music.

Applications for residence should be made early as accommodation in the College is limited.

For prospectus and information apply to the Warden.

The Mark of Quality



GUM-DIPPED FOR EXTRA SERVICE

Gum-Dipping—the Firestone extra process that impregnates every fibre of every cord with rubber—gives Firestone Full Size Balloons the extra strength and endurance under flexing that insures the extra mileage, safety and comfort enjoyed by thousands of car owners.

In racing, which is the most strenuous test for tires, Firestone Cords—Gum-Dipped—have won every important event for years. At Indianapolis, May 30, 1925, Firestone Gum-Dipped Balloons set a new world's 500-mile record of 101.13 miles an hour. At Altoona, Pa., Gum-Dipped Cords won the 250-mile classic with an average of 115.15. At Brandon, Calgary and other races in the west this summer, new Canadian records were established on these super-tires.

See your Firestone Dealer today. He will change over your car promptly to Full-Size Gum-Dipped Balloons.

MOST MILES PER DOLLAR

Firestone

FULL-SIZE GUM-DIPPED BALLOONS

THE ONLY GUM-DIPPED CORD MADE IN CANADA IS BUILT BY FIRESTONE

J. A. GESNER

Authorized Local Dealer, Queen Street, Charlottetown

The Trafalgar Institute
MONTREAL
63 SIMPSON STREET

Residential and Day School for Girls
(Affiliated with McGill University)

Complete and Graded Courses in Junior, Middle and Senior Schools. Candidates prepared for University Matriculation.

Languages Music Gymnastics
Science Art Games

President of the Board of Trustees: Sir Arthur W. Currie, G.C.M.G., K.C.B., LL.D., Principal, McGill University.
Principal: Miss Janet L. Cumming, L. L. A., St. Andrews.
Vice-Principal: Miss Ellen K. Bryan, B. A., Trinity College, Dublin.
For Prospectus and Application Forms apply to
A. F. RIDDELL, Secretary. - 80 St. Francois Xavier Street, Montreal.

OTTAWA LADIES' COLLEGE
A Residential and Day School For Girls

The regular course prepares for University Matriculation. Special courses in Music, Art, Household Science, Elocution, Stenography and Typewriting. Junior Department under special supervision.
Special attention given to Physical Training.
For Prospectus apply to
MISS I. J. GALLAHER, Principal

HALIFAX LADIES' COLLEGE
and
CONSERVATORY OF MUSIC
Established 1887

(Affiliated with Dalhousie University)

Principal—Miss E. Florence Blackwood, B. A.
Director of Conservatory—Harry Dean.

Re-opens September 17, 1925

Courses in Matriculation, Music, Art and Household Science

For Calendar apply to Secretary, Halifax Ladies' College and Conservatory of Music, Halifax, N. S.

MOUNT ALLISON LADIES' COLLEGE

Founded 1854. Session 1925-26

Opens Wednesday, September 9, 1925

¶This is the largest Residential Ladies' College in Canada.

¶IT STANDS FOR—High Ideals, Soul Culture, Intellectual Equipment.

¶COURSES ARE GIVEN IN—Music Oratory, Household Science, Literature, Fine Arts and University Matriculation. Business Courses are provided by the Academy with which the College is affiliated.

¶The Art Museum is a feature where the College stands without a peer. Free Calendar on application to

REV. HAMILTON WIGLE, B.A., D.D.Prin.
SACKVILLE, NEW BRUNSWICK

MOUNT ALLISON UNIVERSITY

ANNUAL SESSION, 1925-26
Opens Saturday, September 19

The following Courses are given:
(1) Arts, leading to the B. A. Degree.
(2) Science, leading to the B.Sc. Degree.
(3) Household Science, leading to the B. Sc. Degree in Household Arts.
(4) Divinity, leading to the B. D. Degree
(5) Engineering, leading to a certificate admitting to the third year in McGill and similar institutions.
(6) Music, leading to the degree of Bachelor of Music.
(7) Finance and Commerce, leading to a certificate at the end of two years.

¶Many scholarships and prizes offered.
¶Residential accommodation for men and women.
¶Write for Calendar giving full information about Courses, Scholarships, Affiliated Relations, Expenses.

W. M. TWEEDIE, M. A., Registrar.
G. J. TRUEMAN, Ph. D., President.
SACKVILLE, NEW BRUNSWICK

MOUNT ALLISON ACADEMY

¶Offers General, Special, and Matriculation Courses leading to the Colleges of Arts, Engineering, Medicine, etc. Manual Training.

MOUNT ALLISON COMMERCIAL COLLEGE

¶Offers Courses in Business Shorthand, and Typewriting, Penmanship, etc.

Comfortable Residence, Strong Staff of Experienced Teachers

¶A limited number of positions available by which students either male or female, may assist themselves to pay expenses.

First term begins Wed., Sept. 9, 1925
Calendar Sent on Request

J. M. PALMER, M.A., LL.D., Principal
SACKVILLE, NEW BRUNSWICK