PENSION PROBLEMS:
HOW TO SOLVE THEM.

By AN EXPERT.

Concurrent Medical Treatment and Training for the Disabled—Convalescent Centres—The Individual's Responsibility for Unemployed Men—Become a "Godfather" or "Godmother"—Who is Your C.O. in National Affairs?

FREE ADVICE TO OUR READERS.

While much attention is rightly being directed towards securing employment for the balance of fit and disabled officers and men still out of employment, too little is known about what is done for the disabled men whose condition of health does not permit them to undertake any of the ordinary courses of industrial training. Before the disabled men are fit to undertake the intensive training provided by the Ministry of Labour they are under the care of the Ministry of Pensions. The most recent development made for men in the initial stages of invalidity is the provision of concurrent medical treatment and training. This work is carried out in convalescent centres, of which there are already four in full working order, and three more convalescent centres will be provided in the future. Officers have one centre for their accommodation, and arrangements have been made with other institutions for their reception.

* * *

As the Prime Minister pointed out the other day, "the difficulty of re-absorbing the millions of brave men who gallantly gave their services in the hour of crisis into the industrial life of the community is admittedly very great, and there are obvious limits to the scope of Government action. The note of voluntary helpfulness has found expression in the excellent work of the local War Pensions Committee. An appeal has already been made to individuals to act as "godfathers" and "godmothers" to men who stand in need of a sense of personal interest in their affairs. An effort has already been made to mobilise voluntary workers in this direction, and both the Minister of Labour and the Minister of Pensions intend to do all they can to further encourage these individual efforts.

* * *

Owing probably to the enormous extent to which Government responsibility had to be increased during the war period, there has, I suggest, grown up a tendency to look upon the State as the universal provider of all our needs. Citizens, however, have individual responsibilities, as well as rights and privileges. Life is so arranged that we are all inter-dependent the one on the other, and what happens to the other fellow is a real concern of ours. There is, I am sure, a well of inexhaustible helpfulness in the warm-hearted patriotic spirit of the nation. You who have the ability and the time can express it by letting the War Pensions Committee of your area know that you are ready to become a "godfather" to a man who feels that he is "down and out." There is something you can do now.

* * *

Whoever we are and whatever we do, the spirit of the time demands that in all our decisions and undertakings we should consider national interests. Strikes and rumours of strikes are in the air again, and this sort thing breeds the worst imaginable atmosphere for ex-Service men who have re-settled, especially those in small ousinesses of their own. The results of any big strike would be so disastrous to the workers in general that the calling of such a strike as, say, that of coal miners could not be justified before the bar of public opinion. The right course to pursue is to refer all matters of dispute to arbitration, and to abide by the result. Discipline is as necessary to-day as it was in the days of active service. I look to Mr. Lloyd George as my C.O. in national affairs, and if you do the same you need not worry about your leadership.

Our Pension Expert is anxious to assist sailors and soldiers and their wives and dependents in dealing with intricacies of the War Pension System.

Address your queries to "Pensions Expert," care of Editor of this paper. All essential facts should be stated as briefly as possible, such as name, number, rank, regiment of soldier, name and rating of sailor, particulars of families and separation allowance and (in inquiries concerning civil liabilities) pre-war or pre-enlistment income, present or war income, and full liabilities. Do not send any documents, birth certificates, or discharge papers, etc.

Will correspondents please make a point of sending their regimental number, rank, name, and regiment?

CIGARETTE CAUSES DEATH.

Cigarettes for asthma caused the death of Susannah Bingham in Grimsby Hospital. She fell asleep on a couch with a lighted cigarette in her hand, and on awaking found her clothing on fire. A verdict of accidental death was returned.

SOLVED MOAT FARM MYSTERY.

Superintendent David Scott is retiring from the Essex Constabulary after 37 years' service. In 1903 he solved the Moat Farm murder by discovering Miss Holland's body, buried four years previously by her murderer.

3,100-GUINEA CALF.

A British Friesian cow and her calf, the property of Mr. E. R. Debenham, at Briantspuddle, Dorset, have been sold for 3,100 guineas each. A bull fetched 1,000 guineas.

An open-air class in Regent's Park has been discontinued owing to the shortage of teachers.

"Discussion is invited at our Sunday morning services," states a notice outside a Camden Town Chapel.

Five degrees of frost have been recorded at Troyes, in Champagne, and the grape harvest is threatened with disaster.

The price of bread in Paris from September 1 has been fixed at 1 fr. 30 c. per kilogramme (roughly 5d. a lb.).

FATHER'S ACCUSATION.

REMARKABLE LETTER LEFT BY SUICIDE.

"I am now going to solve the great problem, and if I accuse you of being my murderer I shall not be far out."

This passage in a letter stated to have been written by Henry James Hirst, of White Hart Hotel, Battersea, to his son, was read at the inquest on the father, who committed suicide by coal-gas poisoning.

The letter continued: "You have accused me of being mad. Perhaps I am, but not mad enough to go on like this any longer. . . . You came here uninvited, and I agreed to let bygones be bygones. How have you treated me? . . . I can only see the workhouse in front of me if this goes on.

Arthur George Hirst, the son referred to, said he had been carrying on his father's business, and had recently borrowed £50 to pay betting debts, but he intended to repay the money.

Recording a verdict of "Suicide whilst of unsound mind," the coroner remarked that the son could not be entirely exonerated, as he had been "unkind and impatient."

DANGEROUS DRUGS.

ENDEAVOUR TO PUT A STOP TO THE DRUG HABIT.

The Dangerous Drugs Act, which is now in force, is designed to put a stop to the drug habit, which has grown rapidly in the last few years.

In future licences will be required for the import and export of opium, medicinal opium, morphia, cocaine, diamorphine (heroin), and ecgonine.

The prohibition also extends to salts of morphine, diamorphine, cocaine, ecgonine, and preparations or extracts in which these drugs are used.

Import licences will be issued by the Home Office and export licences by the Board of Trade, and holders of import licences under the cocaine and opium proclamation will be required to apply for new licences.

London and Liverpool are the only ports through which raw opium may be imported and exported, while the manufacture, sale, or possession of opium prepared for smoking is prohibited.

THE WOMAN IN THE CASE.

MAN HAS TO FIND 5s. OR BE LATE FOR HIS WEDDING.

When a diminutive and elderly man of unkempt appearance was charged at Marlborough-street, London, with insulting behaviour in Regent-street, he told the magistrate (Mr. Mead) that he had some important information to give him.

Mr. Mead: Very well. What it is?

Defendant: I am going to be married in Birmingham to-morrow; do you understand?

Mr. Mead: Well, I try to comprehend.

Defendant: To that end I don't want to stop in your society. There's a lady in the case, sir, so let me go.

On the magistrate being informed that defendant had no money on him, the man excitedly exclaimed, "Yes, I have; you're wrong. Yes, I have, God save the King. Here's the money I've got on me."

At the same time he banged a farthing on the front of the dock.

Fined five shillings.

MILLIONAIRE'S BEQUESTS.

WILL OF THE LATE W. K. VANDERBILT.

Particulars are now available of the will of the late Mr. W. K. Vanderbilt, who has made bequests of 1,000,000 dollars each £200,000) to his grandsons, the Marquis of Blandford and Lord Ivor Churchill, the sons of the Duke and Duchess of Marlborough. The Duchess herself receives 2,500,000 dollars (£500,000) in execution of her marriage settlement. On the death of the widow she will also inherit the Paris house and three farms and a chateau in Normandy. Mr. Vanderbilt, the millionaire racehorse owner, who died in Paris, had already been very generous to Lord Blandford. His wedding present to the 22-year-old heir to the Dukedom of Marlborough and to Blenheim, when he married the Hon. Mary Cadogan last February, was an investment producing £10,000 a year.

"SPARE THE ROD——"

CLERGYMAN RECOMMENDS SLIPPER CORRECTION FOR GIRLS.

"The hand that wields the slipper wisely and well is more likely to rule the world than the hand that rocks the cradle," is the opinion of the Rev. T. H. Taylor, of Mexborough (Yorkshire).

He believes that the world would be a happier place if more fathers used the slipper on the girls as well as the boys.

MURDERED IN A BUNGALOW.

BRITISH OFFICIAL KILLED BY FANATICS.

It is reported that Mr. R. W. Willoughby, Deputy Commissioner for Kheri (Oudh), was killed during the absence of his servants at mosque.

Mr. Willoughby was quite alone when the assassin entered his room and murdered him, assisted by two others.

The crime is said to be political, the murderer alleging oppression of the Mussulmans. The men were arrested.

CLERGYMAN DIES IN CHURCH.

A wish often expressed by the Rev. Thomas Haworth, 71, of St. Leonard's-on-Sea, to die in church has been fulfilled at Eastbourne.

He attended a service at St. Saviour's Church following a heart attack. His valet tried to persuade him not to go, but Mr. Haworth, who was holidaying in the town, replied, "I must." He went and was again taken ill, dying inside the church porch.

BILLY CARLETON CASE ECHO.

Although reputed to be immensely wealthy during his lifetime, Mr. John Darlington Marsh, of Savile-row, W., one of the witnesses at the inquest on Miss Billie Carleton, the actress and drug victim, left only £244.

At the inquest Mr. Marsh said he had frequently supplied Miss Carleton with large sums of money.

WORLD'S SCULLING CHAMPIONSHIP.

BARRY DEFEATS FELTON BY TEN LENGTHS.

Ernest Barry has recovered at Sydney the Sculling Championship of the world by defeating Alfred Felton, the champion of barely a year, by ten lengths.

As the length of a "best" boat is usually 30 feet, a win by ten lengths means a clear 100 yards victory, a runaway triumph.

By this victory Barry now regains the title which he had held for seven years before his defeat by Felton on the Thames in October last.

SUICIDE IN THE BLOOD.

MAN FOLLOWS EXAMPLE OF HIS FATHER AND GRANDFATHER.

An extraordinary case of hereditary suicide covering three generations is reported from a colliery village near Atherstone, North Warwickshire.

A nine-year-old girl found her father hanging from a ceiling.

No reason except natural despondency could be assigned for the act, but it is stated that both the man's father and grandfather committed suicide.

WHERE STRIKERS WORK.

NO STOPPAGE IN BUILDING AT BURY ST. EDMUNDS.

In spite of the fact that there has been, and still is, a builders' strike in Bury St. Edmund's, work goes on as if nothing had happened.

The strike started over two months ago, but the strikers are most of them at work somewhere in the district, having made individual bargains. Non-union labour is being employed, and nobody worries.

"A Suffolk strike is the most courteous affair I know," said a Yorkshire visitor to the town.

CHAR-A-BANC OVERTURNS.

About 30 supporters of the Glasgow Rangers were injured in a char-a-banc accident near Kilmarnock.

The char-a-banc was conveying 50 men from Glasgow to witness the match between the Rangers and Kilmarnock, and when four miles from the latter town a wheel was caught in a ditch. The vehicle overturned and threw the passengers into a field, while some were pinned beneath the motor.

The injured were taken to Glasgow and Kilmarnock infirmaries, but only one was detained.

HALF-MILE BURGLAR CHASE.

Police are searching for five men who broke into the premises of Messrs. Berryman Bros., hosiers and outfitters, of Greenstreet, Upton Park.

A constable saw two of them coming from the shop with a heavy bag, and chased them for half a mile; but the thieves, after throwing the bag over a wall, escaped. The contents of the bag have been recovered, but the other men got away with a considerable quantity of goods.

PONY AND TRAP FALL OVER CLIFF

A number of excursionists had a remarkable escape in an extraordinary accident at Southerndown, a Glamorganshire watering-place.

While they were picnicking at the bottom of a great cliff a pony and trap came over the top, and crashed within a few feet of them.

The pony, which had bolted, was instantly killed.

CARDINAL AMETTE DEAD.

The death is announced of Cardinal Amette, who frowned on modern fashions.

He was Archbishop of Paris, and died suddenly in a convent at Antony as the result of a heart attack. He was 70 years of age.

Recently a stir was caused by Cardinal Amette's denunciation of modern fashions. His pastoral letter on the subject led to a Paris pries' postponing a wedding because the bride's short dress showed too much silk stocking.

BUTTER AT 3/4 A LB.

Another increase in the price of Government butter is likely to take place within a very short time.

A contract has been placed for butter from Australia at 274s. per cwt., which will necessitate an increase in the price to the consumer of 4d. per lb.

Thus in the near future Government-controlled butter will cost 3s. 4d. per lb.

CANADA'S FUTURE.

Speaking at the opening of the Canadian National Exhibition, Sir Auckland Geddes predicted that within a century Canada would number her population not by millions but by tens or perhaps hundreds of millions.

He urged Canada to seize the opportunity to "interpret Great Britain to America and America to Great Britain.

BRITISH-ITALIAN RAIL DEAL.

Under the auspices of the Banca Commerciale Italiana an important financial group has been formed to buy over 900 miles of Argentine railways now controlled by British capital.

More than 170,000 people have paid one penny each for admission to see the great vine at Hampton Court Palace since Good Friday.

Skegness Council have decided to purchase the seashore, gardens, parades, and beach pavilion from the Earl of Scarborough for £15,100.

A man named Deguin, of Boulogne, will attempt to cross the Channel to Folkestone in a rowing boat.

Sir Cecil E. Chubb, who presented Stonehenge to the nation, has bought Silverlands mansion and estate, Chertsey.

Beatrice Rutland, aged six, was killed at Cheltenham by an electric standard which was knocked down by a motor-lorry.

A GOLDEN REWARD

will be found by persons suffering from all kinds of kidney and liver troubles, indigestion, constipation and complaints arising from indigestion, by taking Lewis's Golden Herbal Receipt, which is made of pure herbs without harmful drugs, price 3/- per bottle, post free, 3/9. Sold only by F. LEWIS, 27, New Oxford-street, Stoke-on-Trent, Staffs.

Minute to Strop

CLEMAK Safety Razor 76

Moment to Clean

MOTHERS will find this unequalled for keeping the children's hair in a clean and healthy condition.

RANKIN'S HEAD Ointment

instantly kills all nits and vermin in the hair and is pleasant in use.

In 6d. and 1/- sizes of all chemists.

RANKIN & CO., Kilmarnock, Scotland.

D *Established over 100 years.*

UNPAID INCOME TAX.

WELL-PAID WORKERS SENT TO PRISON.

At West Ham a number of working men were summoned for non-payment of income-tax. In twenty-five of the cases the men were sent to prison for terms varying from seven to twenty-one days. The men summoned included a riveter who earned £236 in six months, coal porters who earned between £124 and £137 in six months, and an engineer's fitter, whose income for six months was £179.

DRIVEN INSANE.

HUSBAND'S BREAKDOWN CAUSED BY WIFE'S ARREST.

When Mrs. Katherine Meale, 26, was sentenced at London Sessions to three months' imprisonment for stealing a wallet containing £8 from a man in a Tube station lift, it was stated that her husband, an ex-officer, was in very poor health, and had lost his reason as a result of her arrest.

VASE CAUSES DEATH.

A heavy vase, which fell from the mantelpiece on the head of Catherine Cordier, 40, wife of a publican, of Ledbury-road, Bayswater, caused injuries from which she died the same day.

Sent to Palestine on a special mission by the Italian Government, Commandant Bianchini, former member of the Zionist Commission, was among those murdered by revolutionary Arabs in a Damascus train a few days ago.

"I saved enough coal last year to do me for the coming winter," said a woman at Ealing Police-court.

CORONER BELIEVED THE GIRL.

A verdict of murder against a single girl, Maud Elizabeth Jeffery, was returned at an inquest at Poplar on her 13-months-old child. The mother was found unconscious, with the baby lying dead beside her, in a room filled with gas.

Evidence showed that the girl had been visited by the wife of a man who, she alleged, was the father of the child. William Duffy, of East Ham, the man referred to, denied that the girl believed him to be single. The girl repudiated this, and the coroner said he thought the jury, like himself, would rather believe her story.

BOLSHEVISTS RETREAT IN DISORDER.

On the south coast of the Caspian the British forces at Kazvin have again moved forward and re-entered Menjil.

This movement was the result of an advance by the Persian Cossacks under Staroselski, who re-captured Menjil.

At Rustamabad (15 miles north of Menjil) the Bolshevists resisted stubbornly in a strongly prepared position, but have now been defeated with a loss of 122 prisoners, and are retreating in disorder towards Resht.

Mr. E. Jones, of Briew, Llangedwyn, near Oswestry, who fought in the American Civil War, has died at the age of 81.

M. Venizelos has left Paris for Greece. He appears to have recovered completely from his recent injuries.

Two children who ate deadly nightshade in mistake for blackberries, and became seriously ill, were admitted to Dover Hospital.

Lucien Viney, of France, drew with Teddy Jones, of Bermondsey, in a boxing contest of twenty rounds at the London Ring.

Miscellaneous Sales and Wants.

CHARACTER FROM HANDWRITING. Scientific reading by experienced Graphologist. 1/3. Carslake, 8, Notte street, Plymouth.

AGENTS Wanted to Sell Suit and Costume Lengths direct from the Manufacturer. No risk or outlay. Liberal commission. Every assistance given.—(C Dept.) Williamson, Ltd., Chapel Hill, Huddersfield.

BRICKLAYERS and Carpenters wanted. 2/4 per hour; 4/- bonus. Overtime worked.—Grant, Cotteridge, Birmingham.

WOOLLEN BLANKETS, brown and grey. Carriage free. Sound. 10/6. Men's Woollen Blanket Coats, Raglan and Chesterfield, direct from manufacturers, 35/-. C. Bourn & Sons, 9, Friday-street, E.C.

FOUP WROUGHT-IRON WHEELS AND AXLES as new, wheels bushed, 3-ft. 6-in. high, 6-in. wide; axles 2½-in. Set complete, £49.—Henry Lewis, Caversham-road, Reading.

WOOLLEN BLANKETS, direct from manufacturers, 9/6 each. Also Army Blankets, 9/6 and 7/6 each; slightly damaged, 6/-; twelve, 6d. each less. All offers. Carriage paid. Cash with order.—Taylor, 188, Fitzwilliam-street, Huddersfield.

IRELAND. All interested in the Irish situation should read "Ireland's Fairy Tale reduced to History" and "Mr. Devlin's Plea answered by 'Searchlight.'" Just published, 4d. each, post paid.—Wightman & Co., Ltd., Regency-street, Westminster, London, S.W. 1.

PRIVATE GREETING CARD AGENTS.—If you are tired of showing the usual class of sample book year after year, why not give your customers a choice of our selection of really high-grade cards, unsurpassed for artistic worth and workmanship. Book free. Handsome commission. Everything carriage paid. Write for terms.—AVONDALE CARD CO., SHIPLEY, YORKSHIRE.

64-PAGE BOOK ABOUT HERBS and HOW TO USE THEM. 2d. Send for one. — TRIMNELL, The Herbalist, 144, Richmond-road, Cardiff. Established 1879.

WASTE FATS, Greases, Rancid Bacon and Trimmings, Margarine, Dripping, wanted for Cash.—James T. Greenwood, Brookside Works, Oswaldtwistle, Lancs.

ECONOMY CAMPAIGN.

OXFORD MAN (1895-1899), buys direct from Manufacturers all kinds of goods at proved great saving to purchaser. Large or small orders, any matter. Highest credentials, Real requirements to R.B.A., 14, Adam-street, London, W.1.

INSURANCE SURPRISE.

Don't pay published rates of any Insurance Office (Life, Fire, Accident, Motor, etc.). University Man represents all leading companies and offers Special Terms. Post requirements to M.B.H., 14, Adam-street, London, W.1.

100 SHEET Cream-laid Writing Tablet, 8 × 5, lined with address, 2s. 4d. post free, or 10 × 8, 3s. 9d. Memos, Billheads, Trade or Visiting Cards, cheap rates.—Brodie, 62, High-street, Folkestone.

AGENTS WANTED FOR GENUINE, EASY, SPARE-TIME WORK. No Cash required. Shop Stewards and Factory Workers Specially Invited. Stamped envelope, "Elite," 5A, Newton Road, Cricklewood, London.

SEND YOUR BOOTS to have them fitted with Revolite Patent Rubber Soles. Immovably fixed to the boot without nails or screws, they are considerably on your outlay for repairs to footwear. Gents, 4/9 pair; ladies', 3/9. Heels, gents', 2/6; ladies', 2/-.—SUPERSOLES, LTD., 51, Queen's-road, Bayswater.

AGENTS WANTED.—Ladies or Gentlemen. £5 a Week Easily Earned by selling on commission an extraordinary bargain in Ladies' Gold Chain Bracelet design expanding Wrist Watches, perfect timekeepers, gold dials, jewelled works, finest Swiss make. First watch supplied free on approval to Agents. Sale price 30s., price to Agents 20s. Job lot, cost treble to make.—Write, Messrs. Hall, Mark & Co., 16, Cambridge-street, South Belgravia, London, S.W. 1.

THE HOUSEHOLD LINEN SUPPLY CO. 63, PETHERTON ROAD, LONDON, N5.

Are offering their Surplus Stock to the public at wholesale prices to avoid Profiteering.

Irish Damask Tablecloths, 58-in. square, at 10/9.
" " " 66-in. × 84-in., at 14/6
Irish Hemstitched Sheets, 2 × 2½ yards, 17/9 pair.

Carriage Paid. Satisfaction assured. Order at once as quantity is limited. P.O. with order.

£5 for 2s. 6d.

I will send for 2s. 6d. a copy of Prescription for a renowned Hair Specialist. Original cost £5. It will not grow hair on a billiard ball, but it will strengthen weak and falling hair, cleanse and soothe all irritation of the scalp, and none need be bald, only, USE this prescription. Send P.O. for 2s. 6d. to BERRYMAN, 3, Victoria-street, Wolverhampton.

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Hand Carts, Wheelbarrows, Sack Trucks,

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WIDOW WELCH'S PILLS

Prompt and reliable. The only genuine. AWARDED CERTIFICATE of MERIT at the Tasmanian Exhibition, 1891. 100 Years' Reputation. Ordered by Specialists for the cure of all Female Complaints. 8/4 in boxes, 1/3 and 3/- of all Chemists, or post free, 1/4 and 3/2, from CATHERINE KEARSLEY, (Dept. C.C.P.), 42, Waterloo Road, London, S.E.1.

Woman's Unfailing Friend.

TOWLE'S PILLS

Immediately you notice any irregularity of the system take Towle's Pills. They will quickly remove all suffering. Boxes 1/3 and 3/-, of all Chemists, or sent anywhere on receipt of P.O. for 1/4 or 3/2 from

E. T. TOWLE & CO., Ltd., 11, LONG ROW, NOTTINGHAM.

(Established 1826)

Write for Booklet containing most invaluable information for Married Women. Post Free.

Charged at Willesden with travelling without paying their fares, it was stated that Willie Roberts and Robbie Williams came from Liverpool to London with penny platform tickets.

Police-sergeant Morgan, of Ealing, has summoned 600 motorists since March.

FOR QUALITY **BOURNVILLE COCOA** MADE BY CADBURY

TALKS O[F]

By A FAMI[LY]

'WARE THE[M]

If a fish-bone stick[s] are convicted of a [...] the lump of fish with[...] to bite it. If you h[ad] they were meant to b[e] discovered the bone a[t] Slosh goes the food [...] slosh it goes down t[he] "molar" comes from [...] ing "to grind." No [...] detection if the fish [...] powder as it ought to [...] no pity from me if [...] throat; it serves you [...] shall have to consent [...] —I am always doing [...] and rescuing you fro[m] plesant, results of [...] still, there must be a[...] I cannot go on extra[...] tonsils all my life; [...] worn out as it is. [...] After this you must m[ake] reasonable beings.

FERMENTATION

To cure a sore place [...] hot food and drinks; [...] an ulcer of the tong[ue] covery. Pepper and p[...] all bad and should be[...] mouth should be caref[ul] every meal; any sim[...] do; the chief thing is [...] of food. When small [...] lect in hollow teeth [...] mentation and unple[a]s healing is delayed. T[...] directed to giving the [...] liness. If a sharp toot[h] the offending tusker [...] moved. So long as a [...] ing the tongue night [...] impossible. The tongu[e] for cancer, and a sore [...] of a simple and curabl[e] become cancerous if i[t] sist. The older the p[...] for care.

DON'T STRAIN

Nothing strains the e[...] ing in a bad light. [...] doing their homework [...] sometimes they lie on [...] read their books by fli[ck] nerves of the eye are [...] they are very plucky. [...] whatever job is given [...] refuse to work by a l[...] carry on and suffer [...] rather than give in. [...] years, five years, they [...] announce that they a[re] cannot do any more [...] they become red, they [...] of the nerves that co[n]trol brain, they cause h[...] should always be watch[ed] are not abusing their [...] think for themselves. [...] should think for th[em] derive much pleasure [...] fairy-tales and stories [...] they go on reading un[til] chapter, even though [...] and their eyes are beg[...] good example of the ha[bit] to eyes by working in [...] condition known as Mi[ner] chief sign is a constant [...] to and fro from side [...] troublesome complaint to [...] to give up work and [...] better the light he w[ill] likely is he to suffer fr[om] it is still far too commo[n] steps should be taken t[o]

EAT TO S[LEEP]

One cause of sleeplessn[ess] a small tin of biscuits [...] bed, and eat one or two [...] at three in the morning [...] sleep again. The blood [...] you lie awake thinking; [...] food in the stomach th[e] stomach, and that make[s] That is why father alw[ays] after his Sunday dinner. [...] not be too sweet. If th[ey] will all be gobbled up [...] shall have to leave the [...] you. But all I know [...] product of the baker's [...] few more hours' sleep [...] deserted your pillow.

FRUIT JUICE

Fruit juice is strongly [...] infants and young child[ren] a few grapes is a most [...] a milk diet; the fruit j[uice] ately from the milk. [...] tains our old friends th[e] which we hear so much [...] is recommended for those [...] a tendency to rickets, [...] sweating round the head [...] leg-bones or any other [...] vigour. Whatever fruit [...] best. Orange juice is [...] dren like it, and that is [...] force a child to take [...] trial to the mother as w[ell] But what joy when the [...] juice and the child ask[s] almost impossible to giv[e] worth the money if the c[hild] fatter and more rosy.

KNOW YOUR MEDIC[INE]

You cannot be too car[eful] ing of medicine. You [...] but nearly every week so[me] of a mistake being made. [...] bottles, say, a cough m[ix]ment to rub on the ch[est] these two bottles in diff[er]room. You must not put [...] the table or on the mant[el] you will come in the ro[om] night when it is dark [...] wrong bottle. A drink of [...] ally fatal; it may make [...] when he will be saved; [...] taining medicaments for [...] tion only are generally p[ut] medicine bottles out of [...] You know that in hospit[als] board is kept locked, an[d] sisters are allowed access [...] low their good example [...] poisons about in a sick-ro[om]