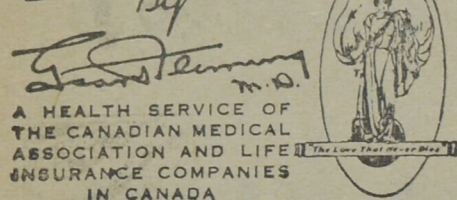


HEALTH



A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

Questions concerning health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

YOUR RESPONSIBILITY

The departments of public health of this country are doing a great deal with the money you place at their disposal to protect you against disease and to give you information concerning those health practices which are the basis of your personal health.

What you do with the information you receive is your personal responsibility. There is no particular merit in the possession of a vast store of health information. The only value of its possession comes from its use. That is the sole way in which results can be obtained.

The diabetic, under regular medical supervision, can live a practically normal life if he will adhere to his diet and (if it is indicated in his case) use insulin in the manner prescribed. This is his responsibility; no one else can do it for him.

A damaged heart, provided it is not called upon to do more than it is capable of doing, may function adequately for many years. To live a somewhat restricted life, to stop before becoming tired, to conserve heart beats—these are the sole responsibility of the individual whose heart is damaged.

Nature has been generous in some ways. We can get along, for example, quite well with one kidney or one lung. It is possible to collapse one tuberculous lung and place it at complete rest so as to have a better chance to heal. It depends upon the individual,

WHAT ONE GIRL WORE

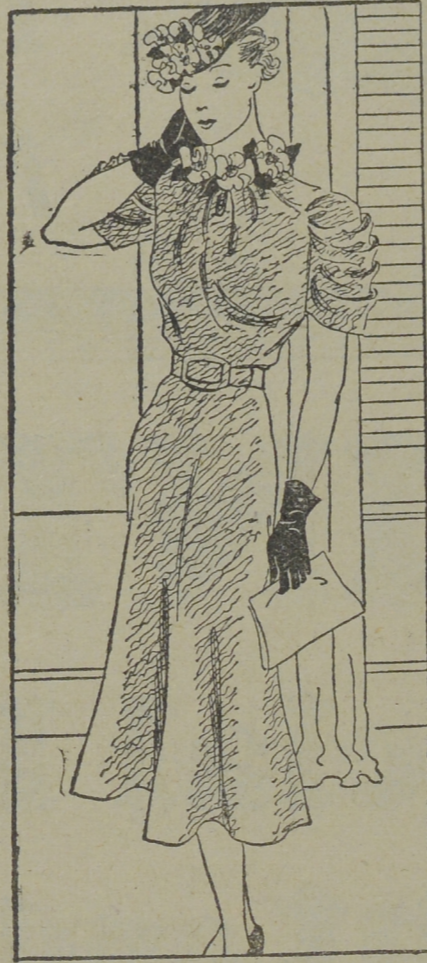
By BETTY BROWNLEE

Flowers, an ideal May motif, adorn this pretty daytime dress, forming a gay garland around the neck and perching forward in a colorful cluster on a shapely spring chapeau. White and red, these blossoms find a telling background in the soft grey of the crinkly taffeta in which this simple but smart affair is developed. They are posed on a band which gathers the folds of the bodice at the neck, creating a pretty effect of shadowy stems and tendrils.

Hardly less interesting are the sleeves, short ones, which are draped in graceful undulations on the outer arm but are straight underneath, thus assuring unhampered swing and flexion.

The skirt is circular and plain with a graceful flare. It is provided with a self-belt, and a wide buckle is recommended for effect. Buttons are in back, down to the waist.

Shoes, gloves, bits of the ribbon that show between the flowers and the hat offer a uniform or nearly uniform shade of contrast to the soft grey tone of the material, and these come at such well spaced intervals that they serve to accentuate the simplicity of the lines and treatment of this creation—an asset always in revealing the personality of the wearer.



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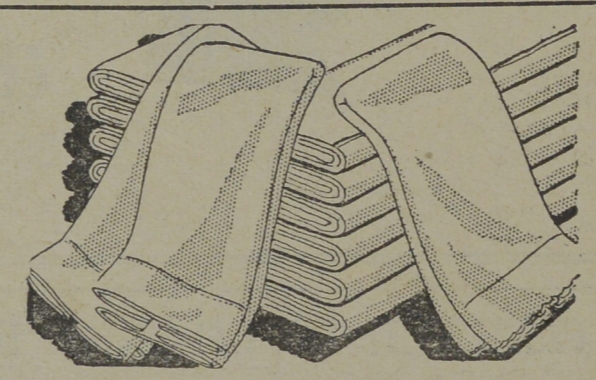
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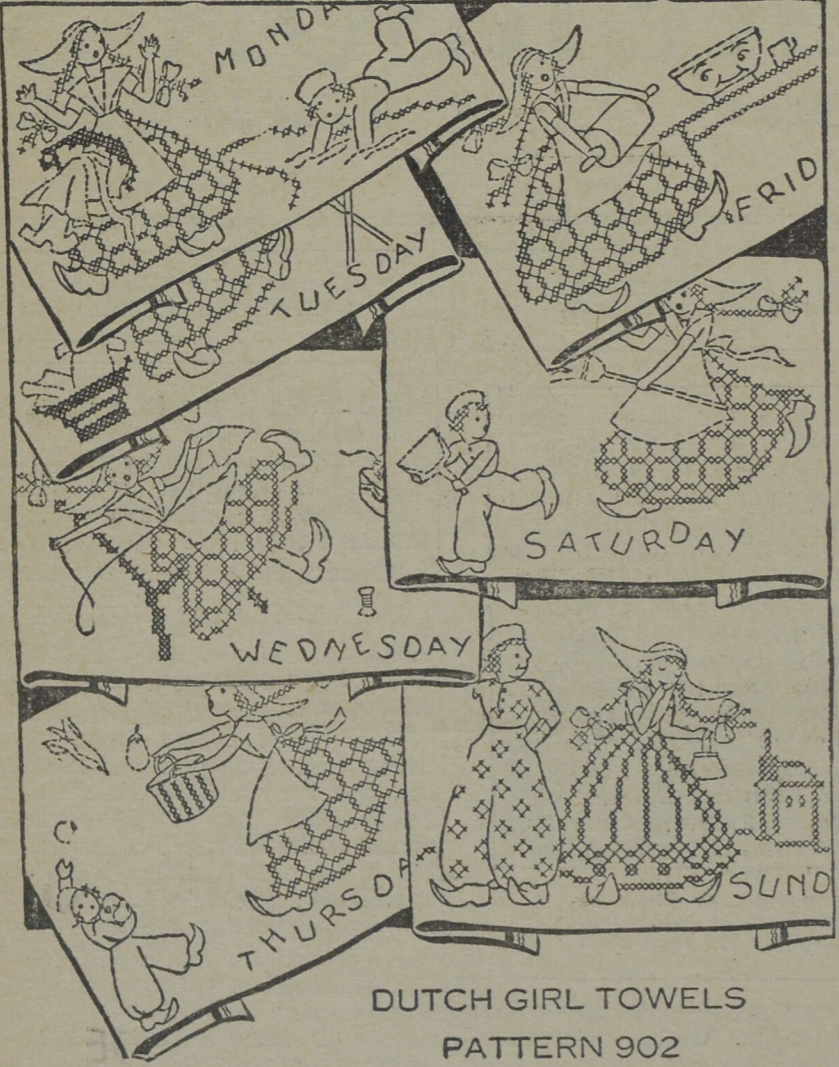
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Write plainly PATTERN NUMBER, your NAME and Address.

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