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**BITS OF HUMOR FROM HERE & THERE**

**Dad Knew.**  
Old Robinson was inspecting his son's "personal account" for last college term.  
"What do you mean by \$40 for tennis?"  
"Oh, that's for a couple of rackets I had to have," replied the son.  
"Yes, I understand, but I think we used to call them bats."

**Taking Precautions.**  
The composer appeared in the office of his publisher one morning, and with calm assurance returned a cheque for \$200.  
"You can destroy that," he told the publisher, "and make cut one to my credit for \$500."  
"Nonsense," came the reply. "That's your royalty" to date for your last song."  
"Oh, no, it isn't," said the composer.  
"Do you mean to insinuate that the firm is —?"  
"I insinuate nothing. I make the simple statement that I want \$500 in royalties. For the first time in my life I can be positive as to the amount. I married your bookkeeper yesterday."

**He Who Laughs Last.**  
"Pennyworth of cobbler's wax, please, sir!" said a tiny boy, as he stretched his hand to a level with the counter.  
"Wouldn't shoemaker's wax do as well?" asked the facetious shopman.  
"Don't know," replied the small boy; "but I'll ask pa."  
Five minutes later he was back again, with the announcement that shoemaker's wax would do all right. The shopman grinned.  
"And did your pa tell you what the difference was?" he asked.  
"Yes, sir," said the little boy. "He said there's the same difference as between you and a donkey!"  
Though small, the child was intelligent, and he made a record sprint for the door.

**Only a Detail.**  
Little Jackie was spending a holiday in the country, and was highly entertained by everything he saw in the barn and farmyard.  
The old red hen's cackle to announce that she had laid an egg was a never-failing source of delight. He always wanted someone to get the egg immediately.  
One day he was allowed the privilege of going all by himself to fetch the treasure.  
In a few minutes he came running back excitedly, but his eagerness was too great. He tripped and fell.  
In a minute his hands and blouse were smeared with yellow as he clutched bits of broken shell.  
But he came up smiling to his mother.  
"Oh, mummy," he cried, as he held up the fragments, "I had a fall, but it's all right, 'cause I didn't lose anything, only the juice!"

**The Newest Thing in Famines.**  
In order to provide the paper for only one issue of a big daily newspaper fifty acres of forest must be cleared of its trees.  
Great Britain alone uses something like five million tons of paper every year. This sounds—and is—a lot; but it is small in comparison with the United States, whose average consumption is nearly forty million tons per annum.  
Canada and Newfoundland supply much of the timber consumed in the paper mills. England used to get large quantities from Russia, but this source of supply is now cut off. Hence the paper famine from which the Old Land is suffering.  
This shortage has opened the eyes of the Canadian Government to the value of its forests, which, vast though they are in extent, are being rapidly depleted. Laws have therefore been passed compelling the lumbermen to plant as they cut down.  
"Once a spruce forest, always a spruce forest," is the order that has now gone forth.  
An hour's industry will do more to produce cheerfulness, suppress evil humors, and retrieve your affairs, than a month's moaning.

**Who's to Blame?**  
My friend, if you are dissatisfied with what you have so far done in life, who's to blame? Do you think you have been cheated because you haven't achieved the success you thought you would? Do you not know that you have gotten what you have paid for, and that there would have been a much larger success for you if you had paid the larger price? For every effort you have made the law of cause and effect has paid you accordingly. If you are dissatisfied with your bargain, you can blame no one but yourself.  
You cannot have achievement without paying the price. You cannot get anything without paying the price. Perhaps once in a million times, luck may strike you—just as lightning sometimes strikes an individual. But what are the chances of your ever being struck by lightning? An insurance company would regard the chance as practically infinitesimal. A similar thing is true of luck.  
Luck is such a negligible quantity that men do not regard it. Can you imagine Charles M. Schwab or Thomas A. Edison waiting around for luck to give them a push or a pull? No, they never waited one minute for luck to help them.  
If you are dissatisfied with what has come to you in life, don't complain. The very energy you are now expending in grumbling and finding fault would help you to make your life a success. Just think how much you might have achieved, how much better off you might have been if you had used energetically and efficiently all the time that you have wasted waiting around for someone to help you, for some outside influence to give you assistance! Think of the time and energy you have wasted in grumbling and finding fault!  
My friend, what you call your unlucky fate has paid you exactly for all that you have done. If your pay seems small, inadequate, your work has been small and inadequate. Do your best and largest and fate will give you her best and largest rewards.—O. S. Marden.  
While Bibles are smuggled into many "forbidden" countries, Russia is absolutely closed to the Scriptures.  
Marriage has in it less of beauty, but more of safety, than the single life; it hath not more ease, but less danger; it is more merry and more sad; it is fuller of sorrows and fuller of joys; it lies under more burdens, but is supported by all the strength of love and charity; and those burdens are delightful.—Jeremy Taylor.


**When Nights Are Sleepless**  
—the trouble is often due to the effects of caffeine on nerves and muscles, from the use of coffee or tea.

Thousands have turned to

**POSTUM CEREAL**

and found complete satisfaction, with freedom from irritation to nerves or digestion

"There's a Reason"  
Sold by all grocers



**STERN REMINDERS OF RHEUMATISM**

**The Trouble Must be Treated Through the Blood.**  
Every rheumatic sufferer should realize that rheumatism is rooted in the blood and that to get rid of it it must be treated through the blood. The old belief that rheumatism was caused by cold, damp weather, is now exploded. Such weather conditions may start the pains, but it is not the cause. Liniments and outward applications may give temporary relief, but that is all they can do because they do not reach its sources in the blood. The sufferer from rheumatism who experiments is only wasting time and money in depending upon such treatment; the trouble still remains, and it is all the time becoming more firmly rooted. Treat this disease through the blood and you will soon find relief. Dr. Williams' Pink Pills act directly on impure, weak blood; they purify and strengthen it, and so act on the cause of the rheumatism. Mr. P. J. MacPherson, R.R. No. 5, Cardigan, P.E.I., says: "About three years ago I was attacked with rheumatism. I began taking Dr. Williams' Pink Pills and soon the trouble disappeared and I am in better health than before. I also know of an old lady acquaintance who was badly crippled with rheumatism in her arms and legs, and who suffered very much. She, too, took Dr. Williams' Pink Pills and is now able to do her housework. I tell you this in the hope it may be of benefit to some other sufferer."  
You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

**What the Boy Scouts Are Doing.**  
Scout officers of the counties of Hastings, Northumberland, Lennox and Addington held a conference in Trenton recently. Dr. James W. Robertson and other Dominion and Provincial Scout officers were present.  
Five hundred Hamilton Boy Scouts and Wolf Cubs took part in the largest Scout parade Hamilton has ever had last Saturday. After passing in review order before district and provincial officers they marched to a park where the rest of the afternoon was spent in games and field day sports.  
If the Town Foreman of Cochrane has his way the Town Council will call one of the public squares of the town "Scout Park." He says the boys cleaned the place up and for the first time made it look like something real, and that they have done enough other good things around Cochrane to warrant such recognition. The local Troop and Wolf Cub Pack charters are to hang in the Town Hall, as up there Scouting and Cubbing are officially sponsored by the municipal organization.  
In competition with Cadets, Junior rifle corps from schools and colleges, Girl Guides and other organizations, Boy Scouts carried off first prizes in the Wallace Nesbitt Junior First Aid Competitions of the St. John Ambulance Association in five provinces. The Ontario winners were the 2nd Ottawa Troop of Boy Scouts. The 1921 competition announcements are now out and Scouts are expected to again make a big showing.  
A very systematic, but nevertheless quickly planned, search conducted by Scoutmaster W. N. Norrie of the 23rd Toronto Troop and eleven of his Scouts resulted in the finding of a little four-year-old girl very soon after her disappearance had been reported. This is the third lost child hunt this troop has been called upon to take part in during the past two years and each time they have restored the little folks to their worried parents.  
Wolf Cubs Donald Robertson and Herman McInnes of the 1st Fort William Pack of Wolf Cubs have been recommended for special life-saving awards in recognition of their successful efforts to save a fellow Cub—older than either of them—from drowning when he fell through the ice on the McIntyre River. Instead of running for help when they saw their companion in danger they tore a log out of an old bridge, pushed it out over the ice, and one of the boys, Robertson, crept out on it and managed to bring the drowning boy to safety.

**WELL SATISFIED WITH BABY'S OWN TABLETS**

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Her use of them leads her to believe there is no other medicine to equal them for any of the many minor ailments of childhood. Concerning them Mrs. Eugene Boisvert, East Aidsfield, Que., writes: "My baby was terribly constipated, but after the use of Baby's Own Tablets he is entirely well again. I am so well satisfied with the Tablets that I lose no opportunity in recommending them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**Lullabies From Other Lands.**  
The following are some translations of lullabies sung to little children in other lands:  
**Danish.**  
Sleep, sleep, little mouse!  
The field your father ploughs;  
Your mother feeds pigs in the sty,  
She'll come and slap you when you cry.  
**Spanish.**  
The moon shines bright,  
And the snake darts swift and light;  
I see five baby bullocks,  
And a calf young and white.  
**Swedish.**  
Hush, hush, baby mine;  
Pussy climbs the big green pine;  
Mother turns the millstone;  
Father to kill the pig has gone.  
Minard's Liniment Relieves Neuralgia

**Ships Destroyed by Glass.**  
The production of fire by means of a lens or reflecting mirror is due to the fact that the rays of the sun are concentrated upon a comparatively small area, producing a degree of heat limited only by the size of the glass and the perfection of its reflecting surface.  
The most famous burning-glass in history is the one used by Archimedes to destroy the Roman ships which were besieging Syracuse. But a Mr. Parker, of London, perfected a glass far more powerful than that used by the ancient scientist.  
He constructed a lens of flint-glass, three feet in diameter and with double convex sides, each of which was an arc of a circle with a radius of eighteen feet. This glass increased the heat of the rays of the sun 105,626 times, or, taking an average temperature of seventy degrees, was able to produce a heat equivalent to 73,938 degrees over the entire surface of the focus. An application of a second lens increased this heat to 166,362 degrees.  
A ten-grain diamond, exposed to the heat of this lens for thirty minutes, was reduced to six grains.

**HEALTH EDUCATION**  
BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldg., Toronto.


People of low or defective mentality are a problem, no matter from what viewpoint we regard them. In school this type of child is a continual worry to the teacher, especially in the majority of schools where there is little or no provision made for grading the children according to their general intelligence or the progress they make in their studies. Happily our Public Health and Education authorities, in conjunction with the Canadian National Committee for Mental Hygiene, are taking active measures at present to deal with mental defectives at every stage of life. Through the medium of physicians and trained nurses, surveys of the mental condition of school children are being made all through Ontario in co-operation with the Department of Education, and the Public Health Nurses stationed throughout the Province are also reporting all cases of mental defectives of pre-school age, with notes as to the mental condition of the parents, home influences and surroundings, etc. In Toronto, important work along these lines is being carried on by such agencies as the psychiatric clinic at the Toronto General Hospital, medical inspection of schools and social workers, while mental hygiene committees are actively engaged in Ottawa, St. Catharines, London, Woodstock, Windsor, St. Thomas, Guelph and Kingston. The main purpose at present is to get an approximate estimate of the number of mentally defective children and adults in the province, and from this a general idea of the organization that is necessary to effectively grapple with the situation. It has already been definitely found out that thousands of mentally defective people are at large throughout this Province, many of whom are earning their own living. These people cannot be kept in institutions, nor do they come under the jurisdiction of Homes for the Feeble-minded such as at Orillia, but nevertheless they are in great need of supervision and education. The great question is to know just where these mental defectives are employed, at what kind of work they are engaged, how efficient they are in carrying out their duties, or whether their mentality suits the particular work they are doing. Accidents often happen through carelessness or careless people not realizing the danger of certain kinds of machinery, and getting caught in belting, gears, etc. I have often seen people of low mentality who have lost fingers at a punching machine, when one glance or word would teach any observer that such a workman should never have been put to such dangerous work.  
Industrial statistics show that many of these mental defectives are employed at biscuit making, chocolate dipping, etc., and here the chief danger lies in their not understanding or appreciating the value of personal cleanliness, especially the need for washing the hands regularly and thoroughly when they have to touch articles that may be afterwards used for food.  
Vocational and Extension Education is one of the most needed reforms. In an up-to-date scheme for any education of this kind that the Government may undertake, there are four measures that should be given special attention. The first is that of the rehabilitation of industrial cripples; the second is to care for boys and girls between 14 and 18 years of age, who are compelled to go to work but are entitled to a greater amount of education; the third is the training of special teachers to take charge of part-time and other vocational schools; the fourth measure is to train foremen in industrial plants, and this can be done through evening schools if properly qualified teachers can be obtained.  
By such a comprehensive scheme, at least a beginning will be made in dealing with a social problem that needs the earnest attention of all good citizens, and which will require the united efforts of both Government and people if the race standard is to be improved.  
The record of crime at the present time is some indication of what has to be done in mental hygiene.

**MINARD'S LINIMENT RELIEVES NEURALGIA**

Minard's Liniment Relieves Neuralgia

**Try a Bottle To-day**  
C. A. Nash, of Toronto, records an experiment with the robin as a cutworm destroyer. One young robin, kept in confinement, ate 165 cutworms in a day. Had he been compelled to find his own food he would probably have varied it somewhat, as he would not likely find so many cutworms. What he could do when he had the opportunity was clearly demonstrated.  
Krupps are now employing 12,000 people more than in July, 1914.  
We believe in a man in proportion to his immovableness from principle, the fixity of his faith in his mission.

**ASPIRIN**  
Only "Bayer" is Genuine



Warning—Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoacetic acid ester of Salicylic acid.

**MONEY ORDERS.**  
Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Buy Canadian products.

**Gives Tanlac Credit For Splendid Health**



T. J. PARKER  
4246 Juneau Street, Seattle, Wash., U.S.A.

"I used to think all the Tanlac testimonials were exaggerated, but I have felt thankful a thousand times I ever believed in it strong enough to give the medicine a trial," said T. J. Parker, well-known salesman for Gately's Clothing Store, residing at 4246 Juneau St., Seattle, Wash., U.S.A. "Several years ago I commenced having periodic spells of sickness and a few months ago I had an attack that I thought would finish me. When I did finally get up, I was scarcely able to go. I had no appetite and what little I forced myself to eat caused so much gas on my stomach I could hardly get my breath.  
"At night I was often so bloated I couldn't breathe while lying down and just had to sit up and struggle for air. At times I had cramps so bad I could hardly endure it.  
"My liver was sluggish and sometimes I got so dizzy I would nearly fall. I felt tired and miserable all the time, couldn't even sleep and for days at a time I wasn't able to go to work.  
"Well, a friend of mine finally got me to try Tanlac, and it certainly has done a good job for me. My appetite is fine now and although I am eating just anything I want and as much as I please, my stomach never gives me the least trouble. I have picked up in weight, my strength has come back to me, and I am now enjoying the best of health.  
"All the men at the store know Tanlac put me back on my feet, and I am glad to give this statement for what it may be worth to others."  
Tanlac is sold by leading druggists everywhere.—Adv't.

**A Building Slogan.**  
Own Your Own Home  
Be a wise bird  
Ere Your coin is spent;  
Even a sparrow  
Doesn't pay rent.  
The crying evil of the young man who enters the business world to-day is the lack of application, preparation, thoroughness, with ambition but without the willingness to struggle to gain his desired end.—Theodore N. Vail.  
Ask for Minard's and take no other.  
The first pair of silk stockings ever woven in England was made at Cochrane, Surrey, and presented to Queen Elizabeth.  
Canada has an important whaling industry along the Pacific coast, a thousand being the catch in 1920 off British Columbia and Alaska.  
The eucalyptus tree often grows to a height of four hundred feet. It is a native of Australia, and is generally spoken of as a gum tree.  
Canada pays the following yearly pensions to her soldiers: totally disabled men, \$900; wife, \$300; first child, \$180; second child, \$144; third, \$120, or \$1,644 for a family of this size. Great Britain pays \$879, Australia \$854, New Zealand \$1,138, South Africa \$769, France \$660, Italy \$372. Total disability pensions, to March 31, 1920, 69,583; of pensions of all classes, 87,000.

**MINARD'S LINIMENT**  
America's Pioneer Dog Remedies  
Book on  
**DOG DISEASES**  
and How to Feed Mailed Free to any Address by the Author, H. Clay Glover, Co., Inc., 119 West 51st Street, New York, U.S.A.

**ITCHING RASH ALL OVER BODY**  
Burned Dreadfully. Lost Rest. Cuticura Heals.  
"I had an itching rash on my back and shoulders which was very irritating and tiresome. It kept spreading all over my body and broke out into sore eruptions. They caused itching, and when I would rub or press them they burned dreadfully and I could give up hope when I tried Cuticura Soap and Ointment, and it was about four to six weeks before I was healed, after using eight cakes of Soap and three boxes of Ointment." (Signed) Miss Marie Bennett, Valley, Washington.  
Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.  
See 25c. Ointment 25 and 50c. Tablets 25c. Sold throughout the Dominion, Canadian Drug Stores, Limited, 346 St. Paul St., W. Montreal.  
\*Cuticura Soap shaves without soap.