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### HEALTH EDUCATION

BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario

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

Ill-health in various forms, and cer-  
tain definite diseases can be prevented  
if more attention is paid to the kinds  
of food we eat. This is becoming  
more and more clearly understood and  
appreciated as a result of recent  
studies on what are known as access-  
ory food-products or "vitamines."

On account of the absence of these  
substances many so-called deficiency  
diseases, such as rickets in this coun-  
try, and beri-beri in the East, result.  
As long as there is a sufficient vari-  
ety of foods, and the food in its nat-  
ural state there is little danger of  
any such disease developing. But when  
the variety is limited, or the natural  
qualities have been impaired or  
changed through boiling, heating or  
preserving, as in canned foods, then it  
is that deficiency diseases may take  
their appearance.

Errors in diet often result in stom-  
ach troubles, due to over-eating or the  
use of too many meats and starchy  
foods such as potatoes, bread, etc.  
Other errors of diet include a too free  
use of foods fried in gravy, or of  
sauces, candies, etc., which often pro-  
duce indigestion.

It is not, however, with over-eating  
or with indigestion in diet that this  
article deals. It is rather with the  
nature and ingredients of the food  
used as regards the presence or ab-  
sence of vitamins in its composition.

The question is:—What are vitam-  
ines? I will answer in a somewhat  
round-about way:

Science for a long time has be-  
lieved that the essential composition  
of food that maintains life consists of  
carbohydrates, fats and proteins in  
certain proportions, with due admi-  
nistration of salts and water. Though this  
is theoretically correct, modern re-  
search on metabolism has shown that  
a pure diet of carbohydrates, fats, pro-  
teins, salts and water is not sufficient  
to maintain health. Something else  
must be present, although by compar-  
ison it is infinitesimal in amount, and  
this something is described as a vita-  
mine.

A professor at Cambridge who has  
done much work on this subject, re-  
cently fed a number of rats and puppy  
dogs on an artificial diet of protein,  
fat, starch and sugar; and by carefully  
watching the animals he found that  
they ceased to grow, although the amount  
of food they consumed was actu-  
ally more than what was necessary to  
maintain normal growth. On adding  
a small quantity of raw, fresh milk  
to this diet a marvellous improvement  
in the health and growth of the ani-  
mals became evident. The improve-  
ment was not due to the lactalbumin  
or salts in the milk, as an equal rate  
of growth was obtained from protein  
and ash-free extracts of the milk  
solids, and from yeast, in exceedingly  
small quantities. This Cambridge  
professor therefore came to the con-  
clusion that there was some other es-  
sential factor in food, in addition to the  
protein, fat and sugar, that is essen-  
tial to growth.

The next question is "Are there  
more vitamins than one?" Yes, up  
to the present there are three kinds  
described, viz:—

- (1) The Fat Soluble A, or anti-rickets  
vitamine, present in fresh milk, butter, animal  
fats, etc.
- (2) The Water Soluble B, or anti-  
beri-beri vitamine.
- (3) The Water Soluble C, or anti-  
scurvy vitamine present in fresh  
fruits, vegetables, etc.

Nor are those carrying on the re-  
searches by any means certain that  
these three are the only ones.

#### Baths by Order.

In the near future baths on board  
ship may become compulsory for all  
steerage passengers. This knowledge  
has struck terror in the hearts of  
some of those emigrants who prefer  
to be warm in the winter time.

This sudden attack of cleanliness is  
due to the fact that a steamship of the  
Holland-American line possesses a  
very particular physician who used to  
be with the United States Public  
Health Service. After inspecting the  
immigrants in his boat he immedi-  
ately made daily baths compulsory, much  
to the surprise and indignation of  
many of the passengers, some of  
whom had not been out of their  
clothes for months!

Every day during a recent voyage  
the steerage passengers were invited  
to bathe. If they protested they were  
seized and scrubbed, free of charge,  
by the doctor's bathing battalion,  
which consisted of stewards, ser-  
geants-at-arms, and a few of the more  
intelligent immigrants.

The fact that no diseases broke out  
during this voyage speaks for itself.

## Let This Food Help You to Health

Sound nourishment for body and brain  
with no overloading and no tax upon the  
digestion, is secured from

### Grape-Nuts

It embodies the nutrition of the field  
grains, and it makes for better health  
and bodily efficiency.

Ready to serve—an ideal break-  
fast or lunch. "There's a Reason"

#### With the Boy Scouts.

"Gee! I wish I could belong to that  
troop," said a young Toronto Scout  
the other day when he heard of the  
plans the First Penetanguishene Troop  
is making for its summer outing. It  
is one of the most interesting enter-  
prises yet attempted by Ontario  
Scouts and takes the form of an ex-  
pedition from Penetanguishene down  
to Ottawa and perhaps Montreal by  
the route followed by Champlain and  
his fleet of two hundred war canoes  
in 1615. The boys will make the trip  
in canoes by way of the Georgian Bay  
and French River, across Lake Nipis-  
sing, down the Mattawa and the Ot-  
tawa, and if they go to Montreal, down  
the St. Lawrence too. The Hudson's  
Bay Company officers in North Bay  
and Mattawa are endeavoring to se-  
cure the old-time large voyageur birch-  
bark canoe of the Chasse-Galerie type,  
in order that the trip may be made as  
realistically historical as possible.

At the Victoria County Boy Scout  
Rally held in Fenelon Falls on Victoria  
Day the 1st Fenelon Falls Troop cap-  
tured the George Beale 800 yard pa-  
trol relay race trophy which is one  
of the big incentives to Scout athletic  
work in that part of the province.  
In the other field day events, Fenelon  
Falls captured five first prizes and  
three seconds, while Lindsay took  
home four seconds.

The Scout Movement "keeps mov-  
ing." Grimby had one troop last fall.  
Since then it has grown so large that  
it has been found necessary to reor-  
ganize it as three separate troops un-  
der a District Scoutmaster, Mr. J. A.  
M. Livingston. And that is not all,  
because two whole patrols of boys  
who came from Beamsville have be-  
come the nucleus of a new troop with  
headquarters in their own town. Ren-  
frew, too, has experienced a similar  
growth in Scout interest, and Kincardine  
has a troop which is also suffer-  
ing from growing pains and plans are  
being made to divide it into two.

Preparations for the summer camps  
are proceeding wherever there are  
Scouts, according to Provincial Head-  
quarters in Toronto. A recent double  
number of "The Trail," the Ontario  
Scout officers' paper, was devoted en-  
tirely to the subject of Camping and  
Camp Management.

### WHEN BABY IS ILL

When baby is ill; when he cries  
a great deal and no amount of atten-  
tion or petting makes him happy,  
Baby's Own Tablets should be given  
him without delay. The Tablets are  
a mild but thorough laxative which re-  
gulate the bowels and sweeten the  
stomach and thus drive out constipa-  
tion and indigestion; break up colds  
and simple fevers and make teething  
easy. Concerning them Mrs. Desire,  
Theberge, Trois Pistols, Que., writes:  
I am well satisfied with my use of  
Baby's Own Tablets. I have found  
them of great benefit to my baby when  
he was suffering from constipation  
and I can strongly recommend them  
to other mothers." The Tablets are  
sold by all medicine dealers or by mail  
at 25 cents a box from The Dr. Williams'  
Medicine Co., Brockville, Ont.

#### Miser.

I have seen many things,  
Too beautiful for words;  
Twilight tremulous with mist—  
Birds.

I have heard music  
That was to me—  
Soft as the clinging fingers  
Of the sea.

I have known many things;  
Now I am old—  
I am a miser  
Counting my gold.

#### MONEY ORDERS.

It is always safe to send a Dominion  
Express Money Order. Five dollars  
costs three cents.

#### Allowing Plenty of Time.

Parcel Post Clerk—"On that live  
turkey the postage will be a dollar  
and thirty cents."

The Poultryman—"Guess I'll start  
him on four bits' worth of stamps. I  
expect he'll lose enough weight on the  
way to make that about right before  
he's delivered."

#### Ask for Minard's and take no other.

#### Dressed Like Adam.

In the wilds of the Chichibu dis-  
trict of Japan live a group of moun-  
tainers clad only in the costume of  
Adam. Their existence was unknown  
until the taking of a recent census re-  
vealed their whereabouts.

Passing through the Crystal Val-  
ley, census officials were amazed to  
meet human beings, wearing long  
hair, whose only covering was leaves.  
They made no response when spoken to.  
Their chief occupation seems to be  
hunting with the bow and arrow  
and the making of charcoal, which  
they exchange in the neighboring dis-  
tricts for necessities.

It is thought that the ancestors of  
these weird folk were refugees of the  
Samurai class, who, defeated in bat-  
tle hundreds of years ago, fled for  
safety to the lonely heights which sur-  
round the Crystal Valley.

Uruguay has about 1,600 miles of  
railroads, but only one tunnel.

Sufferers from rheumatism should  
eat celery; while bananas are useful  
in the case of those suffering from  
chest complaints.

### PALE AND NERVOUS SCHOOL CHILDREN

Need Rich, Red Blood to Regain  
Health and Strength.

Many children start school in excel-  
lent health, but after a short time  
home work, examinations, hurried  
meals and crowded school rooms  
cause their blood to become weak,  
their nerves over-wrought and their  
color and spirits lost. It is a mistake  
to let matters drift when boys and  
girls show symptoms of nervousness  
or weak blood. They are almost sure  
to fall victims of St. Vitus dance, or  
drift into debility that leads to other  
troubles. Regular meals, out-door  
exercise and plenty of sleep are nec-  
essary to combat the nervous wear of  
school life. But it is still more im-  
portant that parents should pay im-  
portance to the school child's blood supply.  
Keep this rich and red by giving Dr.  
Williams' Pink Pills and the boy or  
girl will be sturdy and fit for school.  
The value of Dr. Williams' Pink Pills  
in cases of this kind is shown by the  
statement of Mrs. Watson, Grand  
Falls, N.B., who says: "In the spring  
of 1919 my daughter Thistle, then 12  
years of age, began to show symptoms  
of nervousness which developed into  
St. Vitus dance. She seemed to lose  
control of her limbs and at times every  
muscle in her body seemed to be  
twitching and jerking, and the trouble  
seemed to be growing worse. We  
finally decided to give Dr. Williams'  
Pink Pills, and the result was better  
even than we had hoped for, and she  
is now enjoying the best of health."  
You can get Dr. Williams' Pink  
Pills through any dealer in medicine  
or by mail at 50 cents a box or six  
boxes for \$2.50 from The Dr. Williams'  
Medicine Co., Brockville, Ont.

#### Truth.

When I must die I shall not fear the  
going;  
There will be daybreak somewhere,  
a new dawn  
Spreading before me and new strength  
bestowing,  
And I shall be no more an earth-  
bound pawn.

There will be life enriching, pulses  
leaping,  
Vision unveiled before my eager  
eyes;  
And I shall still be loving, learning,  
keeping  
The zest of life in some fair para-  
dise.

I have no fear that I shall be but  
blended  
With Being infinite and undefined;  
Only the service of the body's ended,  
I shall not lose my eager soul, my  
mind;

I shall not lose my love, and you, O  
dearest,  
Seeking your way, will meet once  
more my own  
And when you fear me farthest find  
me nearest;  
All that is true, though each must go  
alone.

All that is true—but truth does not de-  
ceive me;  
These poor wise words no shield of  
comfort make;  
If it were you, and death did thus  
bereave me,—  
If it were you—were you—my heart  
would break.

Minard's Liniment Relieves Neuralgia

#### How Tall Are You?

Most men are quite positive as to  
their exact height and would become  
indignant if you questioned the ac-  
curacy of their statements in that re-  
spect, but, as a matter of fact, no man  
can say, unless he has just then been  
measured, exactly how tall he is at  
any particular time. If the original  
measurement on which he bases his  
statement was made early in the morn-  
ing, he has been crediting himself  
with too much height most of the time,  
while he has not given himself all the  
height to which he is entitled if the  
measurement was made in the evening.  
This for the reason that all per-  
sons are taller in the morning.

The disks of cartilage between the  
twenty-four vertebrae of the backbone  
yield considerably to the pressure due  
to the weight of the body when it is  
erect, and expand themselves while  
the body is in a recumbent position.  
The effect in the case of a fairly heavy  
man of average height may amount to  
a half-inch, and in the case of a police-  
man or postman who walks upon pave-  
ments all day, the difference in height  
at morning and night might amount to  
three-quarters of an inch.

These are facts worth keeping in  
mind if you contemplate a physical  
examination for some appointment re-  
quiring a certain height, and you are  
very near the minimum. Do not stand  
or walk much before the examination  
—and take it in the early morning.

In Germany there are now only 813  
men between the ages of twenty and  
thirty to every 1,000 women.

#### AUTO REPAIR PARTS

for most makes and models of cars.  
Your old, broken or worn-out parts  
replaced. Write or wire us describ-  
ing what you want. We carry the  
largest and most complete stock in  
Canada of slightly used or new parts  
and automobile equipment. We ship  
C.O.D. anywhere in Canada. Satis-  
factory or refund in full our motto.  
Shaw's Auto Salvage Part Supply,  
523-521 Dundas St., Toronto, Ont.

### BITS OF HUMOR FROM HERE & THERE

Right Description.  
Tenderfoot—"Gee, that dog has a  
long tail. It must be about three feet."  
First Class Scout—"Yes, that's his  
back yard."

Habit.  
Maid (reporting)—"There's a man  
at the door with a wooden leg, mum."  
"Thank you, Maggie; we don't need  
any."

Right Description.  
Poor Suitor—"Is it true that your  
father has lost his fortune?"  
His Lady Love (sighing)—"Yes, all  
is swept away, but you are left, dear!"  
"Great Scott! I should say I am  
left!"

Dividing It.  
A case came before a court involv-  
ing the ownership of an eight-day  
clock. After listening to both sides,  
the judge turned to the plaintiff:  
"You get the clock."  
"And what do I get?" complained  
the defendant.  
"You get the eight days," replied  
the judge.

Adding Class.  
A family named Stubbs, which be-  
came very rich during the war, pur-  
chased a stately home.  
It happened that someone who had  
known them in less prosperous days  
was in the neighborhood, and thought  
he would call. He did so, and asked  
for "Mr. Stubbs."

The butler regarded him with a per-  
fectly straight face. "There must be  
some mistake, sir," he said. "This is  
the house of Mr. St. Ubb's."

Quite True.  
A pompous manufacturer of machin-  
ery was showing a stranger over his  
factory.  
"Fine piece of work, isn't it?" he  
said, when they were looking at a very  
ingenious machine.  
"Yes," said the visitor, "but you  
cannot hold a candle to the goods we  
turn out."

"Indeed!" said the chagrined manu-  
facturer. "What is your line?"  
"Gunpowder," was the reply.

His Title.  
The nine-year-old son of a New York  
doctor recently sought out his father  
and put to him this question:  
"Dad, do you know what nickname  
they gave to Napoleon Bonaparte?"  
Now the father desired that his son  
should have the pleasure of bestow-  
ing this information; so he evaded  
the reply by an interrogatory on his  
own part:  
"What was it, my son?"  
Whereupon, to the great astonish-  
ment of the physician, the lad replied  
very proudly:  
"The Little Corpuscule."

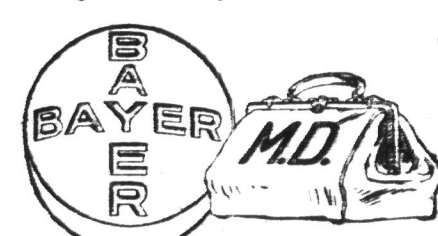
His Hearing Restored.  
The invisible ear drum invented by  
magaphone, fitting inside the ear en-  
tirely out of sight, is restoring the  
hearing of hundreds of people in New  
York City. Mr. Leonard invented this  
drum to relieve himself of deafness  
and head noises, and it does this so  
successfully that no one could tell he  
is a deaf man. It is effective when  
deafness is caused by catarrh or by  
perforated, or wholly destroyed natu-  
ral drums. A request for information  
to A. O. Leonard, Suite 437, 70 Fifth  
Avenue, New York City, will be given  
a prompt reply.

Magie! Drop a little "Freezone" on  
an aching corn, instantly that corn  
stops hurting, then shortly you lift it  
right off with fingers. Doesn't hurt a  
bit.  
Your druggist sells a tiny bottle of  
"Freezone" for a few cents, sufficient  
to remove every hard corn, soft corn,  
or corn between the toes, and calluses.

Salt mixed with starch will prevent  
it from sticking.  
Forest fires benefit no one and they  
rob the workingman, the merchant,  
the farmer, and indirectly every citi-  
zen. Forest fires are fought not only  
in the bush, but in towns and cities.  
When Canadians of town and farm  
and forest are all determined to stop  
forest fires, then our forests will be  
freed from the ravages of this fiend.

### ASPIRIN

"Bayer" only is Genuine



Warning! Take no chances with  
substitutes for genuine "Bayer Tab-  
lets of Aspirin." Unless you see the  
name "Bayer" on package or on tab-  
lets you are not getting Aspirin at all.  
In every Bayer package are directions  
for Colds, Headache, Neuralgia, Rheu-  
matism, Earache, Toothache, Lumbago  
and for Pain. Handy tin boxes of  
twelve tablets cost few cents. Drug-  
gists also sell larger packages. Made  
in Canada. Aspirin is the trade mark  
(registered in Canada), of Bayer  
Manufacture of Monoaceticacidester  
of Salicylicacid.

JOSEPH-DROUIN, of Montreal,  
declares he suffered six years  
with dyspepsia but six bottles of  
Tanlac made a new man of him—  
Gained 35 pounds.



"I could hardly believe my eyes  
when I stepped on the scales after  
taking six bottles of Tanlac and found  
that I had actually gained thirty-five  
pounds in weight," said Joseph  
Drouin, 2194 St. Denis St., Montreal,  
who, for the past twenty-six years,  
has been passenger conductor on the  
Canadian Pacific Railway and is well  
and favorably known along the line  
of his run between Montreal and  
Mount Laurier.

"Before I started on this medicine  
I was in a bad way. For years I'd had  
to take my meals here, there and  
everywhere and, as the result of this  
irregular eating, my internal machin-  
ery got all out of working order. I  
lost all desire for food and what little  
I ate would form gas and bloated me up  
until I could hardly breathe. I be-  
came so nervous I couldn't sleep at  
all well at night and was often so  
tired in the mornings I didn't care  
whether I took my train out or not.  
I fell off twenty-five pounds in weight  
and became alarmed about my condi-  
tion, for I had tried all sorts of medi-  
cine without getting any relief.

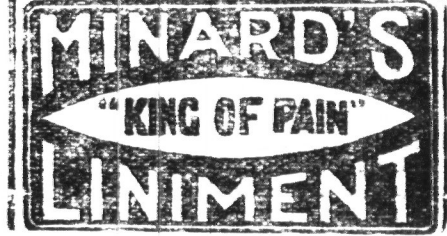
"Then, one day I read a statement  
in the paper that decided me to give  
Tanlac a thorough trial. Well, I never  
would have believed any medicine  
could do a man so much good in such  
a short time. It quickly settled my  
stomach and gave me such an appetite  
that I could eat three good square  
meals a day and no longer have any  
trouble with indigestion or gas and  
I sleep so well at night, even when on  
the road, that I think it would take  
a collision to wake me up. I now turn  
the scales at two hundred and ten  
pounds, which is ten pounds more  
than I ever weighed in my life and  
feel better in every way than I have  
for a very long time. Tanlac is the  
best medicine I ever tried."

Tanlac is sold by leading druggists  
everywhere. Adv.

#### An Easy Thing.

Next to making his own mistakes  
the easiest thing in the world is to  
criticize the mistakes of others.

To clean a photograph wipe with a  
soft cloth wrung out in warm water  
and a little ammonia. Dry with an-  
other cloth.



For Sprains and Bruises

The first thing to do when you have an  
injury is to apply Minard's famous Lin-  
iment. It is antiseptic, soothing, healing,  
and gives quick relief.

#### Nothing to Equal

MINARD'S  
"KING OF PAIN"  
LINIMENT

America's Pioneer Dog Remedies  
Book on  
DOG DISEASES  
and How to Feed  
Mailed Free to any Ad-  
dress by the Author,  
H. Clay Glover, Co., Inc.,  
115 West 11th Street,  
New York, U.S.A.



CUTICURA  
FOR THE DAILY TOILET

Use Cuticura Soap daily for the toi-  
let and have a healthy clear complex-  
ion, soft white hands and good hair.  
Assist when necessary by touches of  
Cuticura Ointment. The Cuticura  
Talcum is also ideal for the skin.