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HEALTH EDUCATION

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

or. Middleton will be glad to answer questions on Public Health mas which now stands the Church of St. ters through this column. Address him at the Parliament Bldgs.

Children as a rule do not get and inclined to muscular activity and are incapable of learning. Occasionally children showing such signs are found in the upper standards of the school. They are often hard-working, play and activity their little frames get physically exhausted and need plenty of rest. Only during sleep is absolute rest obtained for the brain and nervous system generally. The given to study, and more to recreation and sleep will often work wonders in fant should spend most of its time.

St. Peter should be encased in silver, within a sarcophagus of brass. The this happy condition, because all within a sarcophagus of brass. The this happy condition, because all people cannot ent the same things weighing 150 pounds, on which was inscribed the name of his mother and himself. The tomb was then decorpated with jewels, while the altar and walls were hung with silver larges. When the stomach lacks tone there is no quicker way to restore it than to build up the blood. Good digestion within a sarcophagus of brass. The this happy condition, because all people cannot ent the same things weighing 150 pounds, on which was inscribed the name of his mother and himself. The tomb was then decorpant the provided with jewels, while the altar and walls were hung with silver larges. When the stomach lacks tone there is no quicker way to restore it than to build up the blood. Good digestion within a sarcophagus of brass. The this happy condition, because all people cannot ent the same things with equally satisfactory results. But it is possible to so tone up the digestion was then altar and walls were hung with silver larges. The brass sarcophagus was then placed in a chamber, which was faced with jewels, while the altar and walls were hung with silver larges. The brass sarcophagus was then placed in a chamber, which was faced with jewels, while the altar and walls were hung with silver larges. When the store it is no quicker way to restore it than to build up the blood. Good digestion with the provided in the same thi

ter than in summer, and this necessity of home work. Teachers, of course, whether the sacrophagus was dese Williams' Pink Pills in cases of indi-

right way as it is the wrong. To let sleep. a child stay up late at night is a The bedroom should be kept airy practice that has nothing to commend and well ventilated. The body will lieve this casual chronicler, especially it. It is allowed by some parents as not suffer if well and properly clothas Father Torrigo, in 1594, when the s matter of expediency or personal ed. If consumptives and babies can basilica was being demolished to make comfort, because they will say the sleep in the open air and thrive on it way for the present church of St. child, if it goes to bed early at night, there is no reason why healthy adults Peter, writes that the architect of the wakes up the whole household at day and children should not do so also. | Peter, writes that the architect of the and by the time they were used I new church, Della Porta, opened a land by the time they were used I break next morning. This, however, Children should also be taught to hole in the pavement and sent for the was eating my meals with regularity house mixed up with the boarding house mixed up with the boarding true to hole in the pavement and sent for the have at least ten hours sleep.

of rest, no less than the stomach from tion with its attendant ills arising saw below the church a marble sarregularity in meals. The signs of in- from general lowering of tone and loss cophagus with a cross of gold on top. sufficient sleep are mainly mental, of appetite. but largely physical as well. They are Plenty of restful sleep, and the the Emperor Constantine placed there, most marked in the case of the child, right kind of out-door exercise, to- but the brass was gone. and children who get too little sleep gether with good nourishing food, are The Pope was so overawed that he are readily recognized. They are the essentials for a healthy active ordered the cardinals to cover up the anaemic, languid, dull, drowsy and childhood. With these supplied, the hole with rubbish and rubble. The stupid. The appetite is poor, the growing child may be expected to architect also saw the tomb. The spot growth is stunted. The face is pale; make the best progress at home and would have been exactly where, in the the eyelids are heavy; the eyes sunken at school provided its general health present St. Peter's, is venerated the and dark ringed. These children are is good.

FIND ROMAN HOUSE

OF PETER AND PAUL

OF THE APOSTLES.

Saints Were Once Guests.

family of wealth, turned Christian dur-

Tonius Coelius refriucarm feci."

150 invocations to Peter and Paul, all

now carefully put together, which will

be carried away to some museum.

The ancient walls with their paintings

: tors to see. The old pavement of the

St. Peter Lived in Rome.

Saves Time - Saves Health

made as quickly as you can

pour hot water into the cup

INSTANT POSTUM

delights the taste, and

There's a Reason

Here is a table drink

thurch will not be replaced.

Children as a rule do not get not inclined to muscular activity and within a gargenhagus of brane This bears to restore any stomach to manly!' whenever I did anything; now infant should spend most of its time and sleep will often work wonders in The disappearance of all these without rich, red blood is impossible, in sleep; the child of four at least such cases. In cities, children of the jewels and plates occurred during the and Dr. Williams' Pink Pills offer the half of its time. The child of seven very poor often show the effects of sacking of Rome in 847 A.D., when the best way to enrich the blood. For should have at least eleven hours, and lack of sleep through selling papers, old Church of St. Peter, erected in his this reason these pills are especially the child of nine as much as ten hours sometimes till midnight. In the coun-honor by Constantine, was resecuted, good in stomach trouble attended by try districts children often suffer un- and this also happened later, in 1527. thin blood, and in attacks of nervous Children require more sleep in win- necessary fatigue through the strain No reputable writer of that time tells dyspepsia. Proof of the value of Dr.

should be recognized; they should go insist that the junior pupils do a cer- crated. Only an old letter discovered gestion is given by Mr. John A. Mcto bed early, for the most refreshing tain amount of homework, and rightly fifteen years ago, written on June 17, Donald, Tarbot, N.S., who says: sleep is obtained in the first few hours so, but the nature of the study and after going to bed.

I have sleep is obtained in the first few hours so, but the nature of the study and time required to master it should be "the tomb in which the bones of the my heartfelt sympathy, as I was once the study and time required to master it should be "the tomb in which the bones of the my heartfelt sympathy, as I was once the study and the st The child will readily adopt these carefully arranged. In no case should holy Peter and Paul were laid, they, myself a bond slave to it. Eating at habits if it is trained to them, and the work given children at home inter- the imperial troops, broke and pro- all became a trial, and as time went It is just as easy to teach a child the fere with their time for recreation or fanated."

is again a matter of habit, for up till go to the lavatory at the same time Pope, Clement VIII., to view it. The nine years of age the child should each day. This arrangement if con- Pope, clement viii, by two cardinals, sistently carried out makes for health, Bellarmine and Sfondrati, visited old The brain benefits from regularity in that it tends to prevent constipa- St. Peter's, and with a lowered candle

Christian monuments, because they story was made public.

had filled them in and covered them aid the excavations. cient Dwelling Show That with plaster. Outside the are ornaspostles Peter and Paul may soon be light stucco.

settled, if the excavations under the Near by has been discovered a per-Church of San Sebastian, begun in fectly preserved colomrium, while to joy giver to the little ones—they have been busy recently assisting loare completed successfully, the other side is what is supposed to never fail to make the cross baby cal committees having the Red Cross There have been many delays, owing have been the baptistry of some holy happy. When baby is cross and fret- and National Sanitarium Association to lack of funds and, during the war, shrine. It is for this reason that Pro- ful the mother may be sure something Campaigns in charge. Toronto Scouts to lack of men. In the last six years fessor Marucchi argues that the tomb is the matter for it is not baby's na- alone distributed contribution envelonly about one year's work has been of the apostles St. Peter and St. Paul ture to be cross unless he is ailing. open to 75,000 homes and a few days I have laid the foundation of every must be near by.

The excavations already have Tradition tells us that Peter and brouht to light the remains of a villa Paul were martyred on the same day, which apparently belonged to a pagan June 18, A.D. 66 or 67.

St. Peter was crucified in Nero's ing the time of St. Peter. It is a first Circus on the Vatican Hill, while Paul century building, and on its walls are was beheaded on the site of the pregraffites which prove that Peter and sent Church of St. Paul. Then their Paul lived here and were entertained bodies were taken by some holy by the family of Tonius Coelius, An people, washed carefully, embalmed Inscription reads: "Petro et Paulus in fine linen and buried on the Via Cornelia, close to the Circus of Nero. In those days inscriptions were all and the spot marked with an inscripways scratched on the walls with a tion. Whenever there was trouble. sharp instrument, and on the day that persecution or invasion the Christians Petre and Paulus were entertained hastened to the burial spot of the some guest or attendant attested in appostles and carried the bodies to One doesn't care much fer politics. writing to this great event. Besides some safe place in the catacombs of this inscripion there are more than San Sebastian.

Hidden for a Century.

Soon after their martyrdom the Ori- He doesn't think of sickness. ental Christians decided to come to Rome and carry the bodies back to the When he feels the line a-tuggin' will be left in the church for all visi- East for burial. They succeeded in taking the bodies of both apostles, and started on their homeward journey. They had reached the Appian Way Professor Marucchi, the well known when a terrible thunder storm came archaeologist, who has visited the ex- up and they sought shelter from the cavations and watched the work dur- storm. While they were waiting the ing the last two months, insists that Roman Christians discovered the theft the discoveries of Professor Styger, of the bodies and started after them. as well as those of more recent date, They caught up with them and took

the bodies away, hiding them in a secret burial place.

Here the bodies remained for more than a century, when they were removed to the original tomb. During the Velerian persecution they were hidden again and afterward St. Paul's remains were buried in the spot on Stomachs Can be Restored to a

The Liber Pontificalis tells us that Not to be limited in diet, but to eat the Emperor Constantine, after his whatever he pleases is the dream of conversion ordered that the body of every dyspeptic. No one can honestly ried me you used to say, 'How wo-

.Completing the Excavations.

This cross evidently was that which

tomb of the Apostles. Torrigo writes that the Pope bound the cardinals to have unearthed the most important secrecy of what they had seen, but the

provide absolute proof that St. Feter Visitors to the church are many and stayed and lived in Rome. This proof the sacristan, Frate Damiano, an aris offered by the many inscriptions dent archaeologist, enjoys showing uncovered. Heretofore first-hand evi- every one the new finds. It was due dence of St. Peter's stay in Rome was to his passion for digging in the cellar ALSO TEMPORARY TOMB based on writings and manuscripts. In the last few days three tombs brought to light before the official exhave been found, unique in that they cavations were undertaken. As he probably are the only ones which re- wishes to see the tomb of the Apostles Inscriptions on Walls of An main undesecrated. The Christians before he dies he is working hard to

mented with arches of travertine; in-side are marble sarcophagi still con-

Baby's Own Tablets are a regular Mothers, if your baby is cross; if he later returned to gather them up again. fortune. cries a great deal and needs your constant attention day and night, give will quickly regulate the bowels and tion and indigestion, colds and simple of 8 to 6. fevers and make baby happy-there. surely is a smile in every dose of the Tablets. Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Jest Fishin'.

Or questions big and great, When his mind is on the minny pail Or a place to dig his bait.

Ah! he never could be ill With that joyous sort of thrill!

The place to lay aside your cares, Yer yearnin' and yer ishin', Is in a boat beneath the sky: Jest sittin' there a-fishin'.

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

thought that beauty . wos forever Until I saw a daffedil abloom And two bright tulips in my garden

And silver spills beyond my room. thought that grief would never go from me.

Yet how wonderful are all the days; Lam no longer hurt by misery But wild with joy and tremulous with

fall. Nor let your bushes bloom in one

ing been disclosed in 1839.

A DESIRE TO EAT

Healthy Condition.

on I became a mere skeleton of my former self. I took all sorts of recommended medicines, doctors' and advertised, but to no avail. Then a friend said to try Dr. Williams' Pink, your house?" Pills. I got a box and I thought before they were done I could feel a who answered the ring. change. Then I got six boxes more, now good, and it is no wonder that I there. am an enthusiastic advocate of Dr. Williams' Pink Pills."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 streets of Paris for the first time and cents a box or six boxes for \$2.50 by watched two Sisters of Mercy pass, portant part in rehabilitating the counwriting direct to The Dr. Williams' Medicine Co., Brockville, Ont.

What the Boy Scouts Are Doing.

County Engineer, is a former Scout- turies." master and a member of the Troop Committee of the present 1st Walkerton Troop. His son, Treve James, is Scoutmaster, and three younger sons are members of the Troop. A daughter is Captain of the local company of Girl Guides and the youngest in the family, a little girl, is a member of the "Brownies"—the junior branch of the Girl Guides.

The 51st Toronto Troop has a Women's Auxiliary with Mrs. William Kay, mother of the Troop Leader, as ent The auxiliary is arranging for a garden fete for the Troop to be The vexing question of the exact taining the bones of the holy ones, of BABY'S OWN TABLETS held on the grounds of Beech Avenue locality of the temporary tomb of the and the ceilings are decorated with OF BABY'S OWN TABLETS. Held on the grounds of Beech Avenue Methodist Church on June 18th.

Boy Scouts throughout the province

him a dose of Baby's Own Tablets. They ball team which is the talk of the wealthy. are a mild but thorough laxative which, whole county. On Victoria Day they journeyed to Lanark and defeated the stomach and thus relieve constipa- Lanark crack junior team to the tune greatest ends.

> Most Ontario troops were on the trek on Victoria Day and a great many also on the King's Birthday. Lindsay Scouts held a field day with Fenelon Falls at the latter place. The 1st Whitby and the 3rd Oshawa Troops hiked together to Quigley's Woods for games, camp cooking and other exercises. The two Belleville Troops journeved to Foxboro to help the Foxboro Troop with their sports, and the Westport Troop spent the day with their brother scouts of Brockville. As the Scout Movement spreads throughout the province similar get-togethers will no doubt be much more frequent.

The only part of the King's Birthday programme carried through at ing cancelled because of bad weather. There are just a whole lot of different whole world over is unusual. kinds of good weather.

During the month of May new troops were formed or old troops reorganized alone. at St. Thomas, Cayuga, Caistorville, Deseronto, Belleville, Lawrence, Marmora, Enterprise, Tamworth, Chesterville, Iroquois, Cardinal, Kingston, Osgoode, Metcalfe, Russell, Verona and Avonmore through the efforts of the two special field representatives of the Provincial Council for Ontario. O God, let not too many white stars If your town is not a "Scout Town" yet, drop a line to the Boy Scouts Association, Bloor and Sherbourne Sts.,

my lips.

growing regions. Nevertheless, their value for fur outweighs the damage regions. Nevertheless, their value for fur outweighs the damage regions. Nevertheless, their value for fur outweighs the damage regions. Watermelons, the secret of the give them every chance to breed in first pictures, those of Daguerre, have the forested regions. Watermelons, the forested regions. Watermelons, the forested regions and am hoping for some results.

That they had been cut fifteen years ago, that they had been cut fifteen years ago, that they had been cut fifteen years ago, the they had been cut fifteen years ago, they would be seen. I have not been asked for this testimonial and you can use it as you see fit.

Signed) FRED C. ROBINSON.

P.S.—I am a farmer and intend using Minard's Liniment on mare for a strained tendon, and am hoping for some results. too, grow in New Zealand.



Sad Difference.

Harold-"What's in a phrase?" Margaret-"Well, before you marit's, 'That's just like a woman!'

How He Wanted It. "Any special way you want your

hair trimmed?" asked the barber.

"Yes, with the scissors," replied the

wing I'd have gone to a milliner." Not Possible.

When a lady who was "burning up the road" on the boulevard was overtaken by a traffic officer and motioned to stop, she indignantly asked:

"What do you want with me?" "You were running forty miles an hour," answered the officer.

"Forty miles an hour? Why, officer, I haven't been out an hour," said the

"Go ahead," said the officer. "That's new one on me."

Wrong House:

The book agent rang the bell. "Have you a Charles Dickens in "No, we haven't," said the woman

"Or a Nathaniel Hawthorne?" "No. I guess, mister, you got our and enjoyment. My general health is house two doors further along. Try

And she shut the door.

Not His Sisters.

"I say," he asked, as he stood in the "what kind of wimmen is them I seen try. Belgium has been famous for its go along, all in black, with a white glassmaking for many centuries, and thing round their face and neck?" "they're Sisters of St. John the Bap- Belgium to all other countries. There

"Get out!" was the sneering an-Has Walkerton got the "Scoutiest" swer. "You can't fool me. Why, John ant upon Belgium for window glass, family in Ontario? Mr. Fred B. James, the Baptist has been dead for cen-

They Was Walls.

After a block of new houses had been partly finished, the builder and of trout streams! To push through his foreman went on a tour of inspective the tall ferns, crawling foot by foot to tion. The former left his assistant in within reach of the deep, quiet pool one house and went into the adjoining just under the bank, there to steeple one, when the following conversation a cast over the willow bush and have

"Can you 'ear me, James?"

"Yes." "Can you see me?"

"No."

The builder rejoined the foreman, from brooks. and remarked, with a self-satisfied air: "Now, them's what you can call

Work, the Solution.

am the foundation of all business. I am the source of all prosperity., I am the parent of genius. I am the salt that gives life its

I can do more to advance youth

than his own parents be they ever so "Baver" is only Genuine

I must be loved before I can bestow my greatest blessings, and achieve my

Loved, I make life sweet, purpose-

ful and fruitful. I am represented in the humblest savings, in the highest stack of bonds. All progress springs from me.

Who am I? I am WORK.

MONEY ORDERS. Send a Dominion Express Money Order. They are payable everywhere.

The distinctive scientific fact in the that it literally made the whole world and for Pain. Handy tin boxes of tremble. Most earthquakes are local. They usually originate in the ocean near an island or a continent and radiate inland. The crust of the earth, facture of Monoaceticacidester of Saliwhich is estimated to be from fifty to cylicacid. Lindsay was a demonstration by the one hundred miles in thickness, must Boy Scouts of Lindsay, Fenelon Falls from time to time undergo readjustand Cannington, the other events be ment to changes in internal heat and to other internal happenings, but a To Scouts there is no "bad" weather. quake that is felt and recorded the

Women who play golf number more than 50,000 in England and Wales

To a lover there are but two places in the world-one where his sweetheart is and the other where she isn't.

Rural Route No. 1, Mascouche, Quebec.

The Minard's Liniment People, Sirs,—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago, but they grew again till about three months ago I had one as large and shaped like a lady's thimble on the very place where my hair I could not bear the beauty of it all,

For I would pause with awe before each flower

And touch each blossom with my finger-tips

And feel the wind's first sweetness on my lips.

And the pause with awe before each flower

And touch each blossom with my finger-tips

And feel the wind's first sweetness on my lips.

For I would pause with awe before each flower

Opposums, which were introduced into New Zealand from Australia many years ago, have icreased until the result that it has entirely removed the pause where my hair should be parted, and it was getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your liniment for another purpose and saw on the label good for tumors. Well, I tried it and kept at it for exactly two months, with the result that it has entirely removed all trace of the tumor, and were it not that they had been cut fifteen years ago, no mark would be seen. I have not been

AFRAID TO GO OUT ON STREET ALONE

MRS. BEVERAGE LIVED IN FEAR OF ATTACKS.

Dizzy Spells Overcome After Taking Tanlac and Doesn't Feel Like Same Person.

"Tanlac has relieved me of my suffering and I just can't praise it enough," said Mrs. Margaret Beverage, 305 Hughson St. North, Hamilton, Onta

"For two years my appetite was very poor and I suffered a great deal crusty patron. "If I wanted it trimmed with passementerie and a bird's from formation of gas on my stomach. I was also troubled with frequent attacks of dizziness and was actually afraid to go out or even get away from something to hold on to. One of these dizzy spells came on while I was calling on one of my grandchildren one day and I just fell right down on the lawn. Last spring, when I started taking Tanlac, I had been confined to my bed for a month and was so weak I could not walk.

"Tanlac helped me from the very start, as I have not had a weak spell since I started taking it and I feel so good I can hardly realize that I'm the same woman. The dizzy spells are gone, my appetite is fine and everything I eat agrees with me perfectly. I have recommended Taniac to any number of my friends and, I am giad to say, it has benefitted them all. I just wish I could tell everybody who suffers as I did what Tanlac did for

Tanlac is sold by leading druggists everywhere.

Glassmaking in Belgium.

Glassmaking is one of the great national industries of Belgium. Even before the war it was a source of large wealth, and to-day it is playing an imat the present time glass holds first "Oh," replied the man addressed, rank among the general exports from is scarcely a civilized nation in the world that is not more or less dependmirrors and table glass.

Minard's Liniment Relieves Neuralgia

Lucky the boy who lives in the land the fly light neatly on the glassy surface: then to feel it spin away at the strike of some lusty patriarch of the river-that is for boyish delight and for lasting memories in places remote





Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago gists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manu-

All over baby's face. Came in water blisters and then formed a solid scale. Began to itch and burn so had to bandage his hands as he wanted to scratch. Face was badly disfigured. Trouble lasted 4 months. Began using Cuticura Scap and Ointment. Used one cake Soap and one box Ointment when he was healed. From signed statement of Mrs. Albert Ellis, Wettenberg, N. S.

For every purpose of the toilet Cuticura Soap, Ointment and Tal-

Soap 25c, Cintment 25 and 50e throughout the Dominion. Canadian

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