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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 matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

HEALTHY CONFESSIONS OF BUSINESS GIRLS—ANNOUNCEMENT OF PRIZE WINNERS.

Out of the 200 entries for this competition the judges, Dr. Edna Guest, Miss Mary MacMahon (President, Business Women's Club), and Miss Jessie M. Robson (Welfare Department of the T. Eaton Co.), have awarded the prizes as follows:

First Prize (\$10) Sara Taylor, Business Secretary of the Standard Medical and Surgical Clinic of Peterborough, Ont., Peterborough. (Pen-name, "Eloise.")

Second Prize (\$10) Lillie Targart, private secretary and bookkeeper, 19 Browning Ave., Toronto. (Pen-name, "Gashki-tow," the Indian for "winner.")

Third Prize (\$5) Helena Driscoll, Toronto. (Pen-name, "Experience.")

Standards Used in Judging.

In making their decision the judges aimed at selecting letters containing the most valuable information on how to keep physically well and mentally alert and happy and such would be of more use to other girls. Thus letters which of a certain suggestion applied to all temperaments.

Number of points covered was not taken into account except that where two letters emphasized suggestions of equal value preference had to be given to the one which gave additional good points.

Realizing that the aim of the competition was to get advice from the girls themselves, all the judges did was to weigh each suggestion in terms of its practical value and its scientific basis. The division of industrial hygiene in the view of business girls health is dependent not only on keeping the body well fed, exercised and rested, but chiefly on keeping the mind healthy and active.

Winning Points in the First Prize Letter.

The prize letter was given first place on account of its two key-words—points on which the whole letter was based. One of these was "mental health." It is essential to mental health to have time for recreation. These are obvious points, so obvious and so big that many girls realize them. However, many girls realize the importance of mental health to the extent of going to considerable trouble to find work which they enjoy, even possibly at a lower salary. Again, how many who could afford to do so, they might be well and wisely spent in getting a rest.

105th Annual Meeting of Bank of Montreal

Sir Vincent Meredith, President, Takes View That on the Whole Trade Conditions More Satisfactory than a Year Ago.

Sir Frederick Williams-Taylor, General Manager, Shows Necessity for Bringing Down Cost of Living in Canada—Reviews Features of Annual Statement.

At the annual meeting of the Bank of Montreal, Sir Vincent Meredith, Bart., president, in his address, gave a comprehensive review of Canadian and world conditions and said the outlook was in many respects profitable.

Year's Developments.

He said that some of the developments of the year, Sir Vincent said in his address, were:

"Statements have been made in the public press by influential people that in the future, especially in the West, are being subjected to undue pressure by the banks. Logic and common sense should be used. So far as this Bank is concerned, every consideration and great encouragement has been given to our customers. We have never had a moment's hesitation in meeting their obligations. This we do at all times and never have the policy of the bank, and never have that policy more forcibly impressed upon our managers."

Bank Act.

Banking business, he pointed out, is a business. They are expected to pay their shareholders a reasonable return on their investment, which includes the cost of their operations. The rate of interest on deposits is not a matter of public policy, but a matter of fact. The rate of interest on deposits is not a matter of public policy, but a matter of fact. The rate of interest on deposits is not a matter of public policy, but a matter of fact.

Cost of Living.

Sir Frederick Williams-Taylor, the general manager, in dealing more particularly with domestic conditions, said that if Canada were to make the progress which they all hoped for it was

The Positive Versus the Negative Man.

The negative mind never gets anywhere. It can only destroy, tear down. It is very easy to develop a negative state of mind, and it is very fatal to success. We must get rid of it before we can attract prosperity or develop energy.

We cannot act negatively without getting negative results.

The "vacillating" man, however strong in other respects, is always pushed aside in the race of life by the determined, positive, decisive man who knows what he wants to do, and does it. Even brains must give way to decision.

Even if sometimes wrong, it is better to decide positively and carry out your decision with energy than to be forever hanging in the balance, contemplating, and procrastinating.

Every important decision involves the letting go of something, and the more one tries to get away from the difficulty, the more he thinks over it, the more he is decided, the more he enters the whole situation.

It is not only necessary to keep your mind positive, but to be immune from all the enemies of vigor and happiness. It must be vigorously positive. It is the positive, vigorous mentality that does things, that makes things move. The negative character is always a weakling, a nobody, who follows in the beaten path.—Success.

A SPLENDID MEDICINE FOR THE CHILDREN

Baby's Own Tablets are the best medicine a mother can give her little ones. They are a mild laxative which acts and are guaranteed to be entirely free from any injurious drugs. Condemned by Mrs. A. D. West, Larchburn, Sask., writes: "Baby's Own Tablets have given me more satisfaction than anything else I have ever given my children. They are easily taken, always work well and though they seem to work a few to my baby first, which is something out of the ordinary, they seldom do." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Thousand Million Fish Eggs Collected.

Fish eggs of different species to the number of more than 1,122,000,000 were collected by the hatcheries branch of the Department of Marine and Fisheries during 1921, according to a report made by the Deputy Minister of Fisheries. In addition to the eggs collected by the department, 600,000 rainbow trout eggs and 980,000 eggs of commercial firms, 507,000 rainbow trout eggs, 200,000 cut-throat trout eggs, 500,000 speckled trout eggs, and 35,000 brown trout eggs were received from federal and state departments of the United States in exchange for Atlantic salmon eggs.

Under an arrangement between the Canadian and United States Governments, the offices of the United States hatchery at Vincent, N.Y., collected whitefish and lake herring eggs in Canadian waters on the Ontario side of the international boundary line. Of these eggs, 25,215,000 were placed in the Kingsville, Ontario, hatchery. The Dominion Department is also indebted to the Ontario Department of Game and Fisheries for 18,750,000 pickered eggs collected in Hay Bay, Bay of Quinte. These eggs were placed in the hatchery at Kingsville, Ontario, and a portion of the resulting fry were placed at the disposal of the provincial department for stocking waters that are not as readily accessible from its own hatcheries.

A surplus collection of 1,568,000 salmon trout eggs included in the above statement of Dominion Hatcheries, from the hatchery at Warton, was turned over to the provincial hatchery at Sault Ste. Marie.

These eggs were hatched in the fish hatcheries in a recent part of Canada and the fry distributed in the waters which are in process of being restocked or where new species are being introduced.

Always keep in mind the man at the other end of the bargain. If he does not make a good bargain you will lose in the end, no matter how much you may sell him.

With The Boy Scouts

One-third of the boy population of the city of Brantford is enrolled in active membership in the Boy Scouts and Wolf Cubs. Perhaps no city in Canada the size of Brantford or larger has a record such as this.

The ladies of the Dufferin Rifles Chapter of the I. O. D. E. have presented a very fine silver cup to the annual competition in first aid.

At a recent meeting of the 2nd Guelph Troop had a practical demonstration of the workings of the modern telephone together with switch-board operation. Also, through the courtesy of the local branch of the Bell Telephone Company they saw a five reel motion picture illustrating the development of communication systems from the day of smoke-fire signals to the modern telephones of today.

Senior Scouts attending the public schools of Hamilton will probably undertake the work of traffic regulation in the vicinity of their schools before long, this work to be carried out under the direction of the regular traffic officers of the city police force. Alderman Bert MacKay has introduced the proposal to the City Council and District Scout Commissioner Lloyd W. Sharpe has given it his approval. The Scouts for some organized plan to busy younger school children across busy thoroughfares has come as a result of a conference of serious accidents.—one fatal—to school children recently.

The Niagara Falls Troop has a champion baseball team. In a recent series played with other city teams in a special class they won every game they played.

The Owen Sound troops do not believe in "hating." Not even when taken to the city of Owen Sound. The 3rd Owen Sound (St. George's) Troop has built a little hut. It weighs a few miles from the city and the Scouts are following suit. These huts will be centres of troop out-of-door activities all through the winter months.

The fund being raised by the Scouts of Ontario for the benefit of the Scouts of Hatterbury, Hanbury and North Cobalt who lost all their troop property in the big fire is growing steadily. The first report published shows a total of upwards of three hundred dollars in aid. An unexpected contribution of \$88.85 came from the Scouts and Cubs of Montreal—unexpected because only Ontario Scouts were appealed to for this fund. One subscription also came from a troop in Regina, Saskatchewan and it is understood that the Scouts of Winnipeg, Manitoba, are also raising a fund to augment that of the Ontario Council.

Here is a novel advertisement copied from a London (England) paper: "For sale, by a Boy Scout Troop recently re-equipped with bivouac shelters, four

EARN BIG MONEY
EARN THE AUTOMOBILE BUSINESS

The modern service of automobiles is making big money in the automobile business. Thousands of automobiles are being sold every day. The automobile business is the most profitable business in the world. You can make big money in the automobile business. You can make big money in the automobile business. You can make big money in the automobile business.

Searching for Stars.

Canada is to possess the largest of all telescopes. It will have a mirror 120 inches in diameter. It has already been cast, and is now being ground and polished. The latter task is expected to occupy at least five or six years.

The largest existing telescope is the 100-inch instrument at Mount Wilson, in California. It took four years to grind and polish the mirror, and in doing so over a ton of glass was removed.

Now the wonderful success of the 100-inch telescope that has led Canadian astronomers in a ten-foot mirror. The new telescope will be set up in an observatory on the Pacific Coast of British Columbia.

It will make a star appear 300,000 times as bright as the eye sees it. The number of stars seen throughout the entire sphere of the heavens by the naked eye is about 5,000. The 120-inch instrument is expected to reveal at least 400 millions, or a million more than can be seen by any other existing telescope.

Wips of Wisdom.

It is the fear-not, the worry-not, the fret-not man who wins.

If life is hard for you, try to make it easier for somebody else.

A man whose only motive for action is his wages does a bad piece of work. High authority should be regarded as a high explosive—and handled with care.

What you earn is yours in trust only. It is what you do with it that really matters.

There are many half-hour men with six-hour wives who ought to unite.

The time and energy you devote to grumbling at another's error would often be sufficient to readjust it.

Is your goal in life such that the reaching of it would win you a place in the hearts, the affections, the esteem of others? Or would it please only yourself? If so, it wouldn't do even that.

PALE AND SICKLY GIRLS AND BOYS

Need All the Strength That Rich, Red Blood Can Give Them.

Youth is the time to lay the foundation for health. Every girl and every boy should have plenty of pure, red blood and strong nerves. With thin, impure blood they start life with a handicap too great to win success and happiness. Rich, red blood means health, full growth, strong nerves, a clear brain and good digestion. In a word pure blood is the foundation of health.

The signs of weak, watery blood are unmistakable. The pale, irritable girl or boy, who has no appetite or ambition, is always tired out, a victim of anaemia—the greatest enemy of youth. There is just one thing to do for these girls and boys—Pink Pills. You can't afford to experiment with other remedies, for there must be a firm basis in the treatment of anaemia. Dr. Williams' Pink Pills act directly on the blood, giving it the elements it lacks, thus developing strong, healthy girls and boys. Mrs. R. Kinch, Hephworth, Ont., tells us as follows: "These pills did for her daughter. I think it a duty to let others know the benefit which Dr. Williams' Pink Pills have been to my daughter, and I hope this may be the means of inducing some other sufferer to try them. She was weak, nervous and badly run down. She took medicine from the doctor but got no benefit, and finally she was unable to go to school. I was advised to give her Dr. Williams' Pink Pills, which I did, and after taking them for a time she was restored to perfect health. I cannot speak too highly of these pills."

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 Dr. Williams' Medicine Co., Brockville, Ont.

Queen and Princess Sew for London Poor.

Princess Mary has joined the Queen in making knitted quilts and jumpers, which were sent to 45,000 poor people in London. The work was done at the London Needlework Guild at the Imperial Institute.

The Queen's quilts were made with her own hands in red, white and blue, and the jumpers were made with white and blue. The work was done at the London Needlework Guild at the Imperial Institute.

Minard's Liniment for Garglet in Cows.

Some raw foods such as fruits and salads have things in them that are good for you. These things are in some cases lost in cooking. For this reason you should eat some raw foods each day.

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

Mary a man complains of his poor memory, but did you ever hear one complain of his poor judgment?



Luscious—Made With Raisins—and already baked for you

SAVE the trouble and the time of baking pies at home, yet give your men folks pies that are exactly to their taste.

Made with finest seeded Sun-Maid Raisins.

1560 calories of energizing nutriment per pound in practically predigested form. Rich in iron, also—good food for the blood.

Make cakes, puddings and other good foods with them.

You may be offered other brands that you know less well than Sun-Maid, but the kind you want is the kind you know is good. Insist, therefore, on Sun-Maid brand. They cost no more than ordinary raisins. Mail coupon now for free book of tested Sun-Maid recipes.

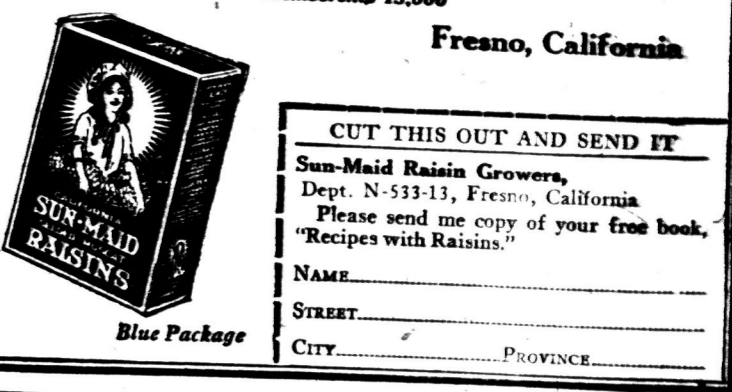
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Self Control.

Sandy Mackay was anxious to take his wife for an airplane trip. After much haggling he agreed to pay the aviator a guinea fee, and, in addition, one shilling for every exclamation or word uttered during the flight.

Having gone up a few thousand feet the aviator indulged in a number of hilarious stunts, finishing up by cooping the loop and saying, "As he would, he Scotsman utter of."

When they returned he congratulated Sandy.

"Why, mon," was the reply, "it was not so great a feat, but it nearly cost me a job when the wife fell out!"

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Use Cuticura and Have Lustrous Hair

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