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nd, refreshing sleeps bougra. nada has many such

strict in the province ed with an interesting s which provide unitles for extended every direction, and an be . Péc ed local

rate as for nearly as through the heart ontains much of in nally fine fishing for it, lake trout, bass, and 10 pound pike places it is almost he beautiful spray nd roaming in sullen of mist, surging . 40 splendid miles single portage; these many attractions of oe irip in Canada. River, with the fleshat pecklad troat, and its other trip which is

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found that Two terial had been reviously passive while making Valley of Ter Augustine Mouness than 100 miles long noted for its top of suddenly a jagged stump. volcanie chain is a ion, and it is alwhere the next

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and types of rock ntains of the Alasthe Aleutian Iseither the Himaest ims which are picanoes. It does that volcanic an ge, for the Appa-

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina

century way. Lloyd George had this themselves. Home conditions have to they live.

method in view last summer in dealbe taken into account in the question. Because birds supply food for the trouble is to tone up the stomach and his historic appeal for the warring ill-health in the young that the mother pansion of the human species, as well of gas, are steps on the road to health factions in Ireland to "Forgive and or father does not realize until the as because they appeal to the aesthetic that those who have tried the tonic during the past few days shows the the only way. wisdom of the Prime Minister's proerigin and attack the conditions and ing hand to those in need.

tween the Ulsterists, and Sinn Fein- follow-up is now being adopted in able numbers. This now involves helpful in building up the digestive orers and the British Government. The every department of Public Health legal protection for many birds, be gans, and therefore the best remedy momentous happenings in Ireland activity. It is the logical way—it is cause otherwise they would be serious for simple or chronic cases of stomach

cedure. Not only in affairs of State, place among English cities in this cupidity of many unsocial or ignorant Joseph Leclere, Wellington, P.E.I. in safeguarding the civil and religi- very important work and the health human individuals. ous rights of the people, but in the nurse in that city not only supervises! In Canada the birds receive protection and stomach no less important work of safeguard- the health of school chadren, but also then both from the provincial Governtrouble, and nothing that I took for ing the health of the people is follow- visits the home, sees the conditions ment and from the Dominion Governing up necessary. In all efforts to under which people live, offers sugeliminate communicable diseases it is gestions to the mother or prospective Government this protection is given that I did not want to eat, and when I eminate communicative observes it is gestions to the mouner or prospective; under authority of the Migratory Birds did take food it lay like a weight on ease itself but to follow it to its the good Samaritan in lending a help. Convention Act and the regulations my stomach, often causing me much

activities for the Public Health nurse at the present time.

CANADA'S BIRDS

000,000 DUE TO INSECTS.

Both the Provincial and Dominion Governments Afford Protection to Birds.

Each of the various forms of animal and plant life in the world is endeavoring, consciously or unconsciously, not enly to perpetuate its kind but to inuads of its species, writes Harrison F. Officer for Ontario and Quebec. As a result, each form struggles with other forms, with which it comes into contact, for food, space, and other essentials of life. This struggle tends to fill all available positions in which life can exist and to limit the increase of the various forms. The quasi-equilibrium now resulting from this opposition between the life-forms is termed Forests provide many things now the balance of nature. It is an unstable condition in which movements. usually fluctuating, take place cease- are always being attacked by insects. kessly, but in general rather slowly.

the inter-specific conflict. At present consumption by birds is a very imporour species enjoys advantage, because tant part of the pressure which holds of the superior intelligence and the them in place. Here also the natural mmble and adaptable physical structure which it has developed. In the lel to our own. pressing of this advantage and the Still other wild birds, known as consequent shifting of balance in favor of our species, use is constantly manity because of the food which they made of assistance derived from the furnish directly, in their bodies, to development or direction of the activi- mankind, and because the sport of ties of other forms of life with which hunting them is an attraction suffiwe are in contact. Among the forms eient to lure great numbers of men to which are thus useful to humanity the take physical exercise in the open air, birds occupy a prominent place.

and injure domestic animals is of undoubtedly seldom realized. Reports humanity through this relation is comincluding 139,216 wild ducks, 36,828 over the axies is obtained by placing The fox's odor is unmistakable; but minich Entomologist, has recently es- nearly an equal number of birds were tender at each end. timated that the annual loss in Cana- killed but not reported, but if the total da to field orchard, and garden crops, given be accepted, and the very low due to destructive insects, is more average value of 50 cents apiece be althan \$200,000,000. The consumption of lowed for the brids, it appears that the Persons who object to having the insects by birds prevents this loss game birds killed in Manitoba alone phone around in sight may house the from being far greater. The fact that in 1920 were worth \$91,904. Similar instrument in a new piece of furnibirds are very mobile forms enables figures are, unfortunately, not availthem to congregate much more readily able for the entire Dominion of Cana- table. The phone is entirely hidden than can most organisms at points da, but the game birds actually taken in a tiny closet when not in use

Let this

good food

AND AGRICULTURE perform exceptional service in pre-tween Canada and the United States. The venting unduly rapid and unfavorable tween Canada and the United States. ANNUAL LOSS OF \$200,- bers of parasitic insects, and thus aparantery non-game birds. The pear at times to exert pressure unfavorable to man, it is probable that even their destruction of parasitic insects, viewed as a part of their total activities, generally assists in maintaining such a beneficial balance as is most favorable for the expansion of

Some birds eat habitually such forms as field mice and other rodents, which are injurious to that part of ed by this convention, the administraman's food supply obtained from agrition of the provisions of which is, in ensity to perpetuate its kind but to inculture. Some eat and in part destroy culture tion of the provisions of which is, in crease the existing number of individthe seeds of plants inimical to man's Lewis, Chief Federal Migratory Bird through their influence on agriculture scner of Dominion Parks, the protectthrough their influence on agriculture. a relation to man essentially similar to that of the insectivorous birds, and ply of Canada's birds is, under present and proportionate to the nature and extent of their beneficial activities.

The most important relations of many arboreal insectivorcus birds to When I lie awake in the silent night humanity are through their influence, necessary to the unchecked development of our species. These forests Man, as one of the forms of life on our great injury, were their natural expansive efforts successful. This avtan forces are being applied paral-

game birds, are of importance to huwhich prolongs their lives and makes The relation of birds to agriculture them more efficient. The value, exthrough their feeding upon insect pressed in dollars, of the human food

in the Dominion each year must be worth, as food, at least \$1,000,000. Birds also assist the development

and expansion of the human species by restricting the spread of disease. This they do by acting as seavengers as in the case of vnitures and gulls. and by destroying asease-bearing insects, as is done by swallows, flycatchers, sand-pipers, and others.

Some sea-bird colonies aid mankind by heaping up guano which is utuilzed "Follow-up work" is a twentieth to carry out in her efforts on behalf to nerease the agricultural production century phrase. It is the way of de- of Child Welfare. Her efforts are not of food, and others are of use because scribing methods of attacking twen-tieth century problems in a twentieth the children too young to attend to the mothers tion of the rocks or sand-bars on which

The modern method of treating in-

King George at the opening of the must be brought into play, because many of their activities, decrease re-Ulster Parliament in June last, made there are many conditions leading to sistance to the continuance and example and example of pain after eating, the absence Ferget," Lloyd George promptly matter is brought to his or her attendand sentimental part of man's nature, treatment remember distinctly. Dr. started "follow-up work" by arrangtion by the Public Health nurse. it is in the interest of mankind that
Williams' Pink Pills are a tonic which
through their action on the blood are

made thereunder. This act is based pain and misery. I saw in an adversurroundings that help to produce the Similar work is urgently needed upon a Convention between His Britisement what Dr. Williams Pink Pills disease. There must be a net-work of everywhere throughout this province tannic Majestic and the United States had done in a similar case and began of America, which was signed at taking them, with the result that after Washington in 1916. The Act author taking the pills for five or six weeks, izes protection of various species of I am feeling better than I have done where food is most plentiful, that is birds of which a greater or less num-(in the case of insectivorous birds), ber of individuals habitually migrate help other similar sufferers." where insects most abound. Thus they twice a year across the border beventing unduly rapid and unfavorable The protected birds are divided into mail, post paid, at 50 cants a box or disturbances of the balance of nature three groups, viz., migratory insectiby insects. Although they eat numvorous birds, migratory game birds, liams' Medicine Co., Brockville, Ont. insectivorous and non-game groups are afforded protection throughout the year. Certain of the game birds have been given a closed season for a period of years, but for most of the game

> three and a half months a year, in the autumn or winter, in which hunting is allowed, under certain restrictions. scner of Dominion Parks, the protectincreased in numbers, and the satisfactory continuation of a plentiful sup-

Moonlight.

conditions, assured

And the clock ticks loud in the hall, h brush that is dipped in silver light Paints pictures rare on my wall; Dark clustering heaves are sharply etched.

And delicate tangles of vines. Faces of dryads and fauns are sketched And feathery branches of pines.

The night wind blows and the dryads dance. And the pointed hoofs of the fauns

In and out of the shadows glance On the turf of woodland lawns, And the snowy arms of a najad shin From the foam of a waterfall. For the man in the moon is an artist

And draws on my chamber wall.

Double-Drive Locomotive With

Boiler in Centre.

Very unusual in design, at least as as "thymallus." forms which destroy cultivated plants obtained annually from game birds, is far as this country is concerned, is a Some insects have their own scents. sistance received from the birds by birds killed in that province in 1920. A very even distribution of the weight smelling-salts. paratively direct, yet it is but poorly prairie chickens, 5,682 partridge (Ruf- the boiler between two driving sys- it seems strange that Nature has en-

Hidden Phone.

HOW TO BEST TREAT STOMACH TROUBLE

A Tonic Medicine is Needed to Strengthen the Stomach.

The old-fashioned methods of trent ing stomach discuses are being discarded. The trouble with the oldfashioned methods was that when the

ing with the Irish question. When of safeguarding the young. Education nourishment of humanity and, by glands to their normal work. The recovery of the appetite, the disappearly reduced in numbers or wholly destrouble. The success of the treatment Birkenhead is taking a foremost troyed for present profit, owing to the is shown by cases like that of Mrs. who says: -"I have been a great suf-

Animals With Strange Scents.

I shall never forget the first time birds there is a period, not exceeding that I encountered a rattlesnake. I was at work with another man on a Florida melon patch one hot morning, odor pervading the warm, still air

"I can smell cucumber." I said. "Then watch out!" replied my comanion. "Most like it's a rattler." ing of a giant grasshopper came from among the thick green leaves. Up went the American's hoe, and down port, but of every one of the over three bed till you've took it all! with a force that cut the dangerous hundred Boy Scout organizations in reptile clean in two.

fresh-cut eucumber," h explained. "I Prepared to Help Other People at All don't know whether it's the poison or Times." what, but they're all alike."

Everyone has heard of the skunk

scents of which are less easily explained. Alligators have a strange, musk-like odor, which is never forgotten by those who smell it.

themselves, and I have heard fishermen say that they can, even in the beautiful beach property near Selkirk,

W. E. McPherson,
Secretary of Armstrong High School dark, distinguish one fish from another on Lake Erie. any sea fish

locomotive built in England for use in The little brown wood ants smell of great importance. In Canada, where received by the Department of Agri- South Africa. The object of the de- formic acid, and so strong is the scent agriculture is the occupation of a very culture and Immigration of the prosign is to obtain the greatest possible when a nest is stirred up that it affects Targe part of the population, the as- vince of Manitoba show 183,808 game power for any given weight allowance. the eyes like a whilf from a bottle of

realized. Mr. Arthur Gibson, Do- fled Grouse), and 478 goese. Probably tems, which are in connection with a dowed the creature with this peculiar property. Without it he would be much safer from hounds; though here, most entirely the dangerous scent.

Develop Sense of Phythm Through the Pronograph.

The hall was filled to full capacity ville, Ont. and the audience of teachers and friends listened with intense interest as it was shown how children in the junior grades could be introduced to the best music through the use of reproducing machines.

Mr. Duncan McKenzie, director of music of the Toronto schools, suggested to those in attendance that they tell others of these demonstrations, as this one had been an inspiration to him, and he knew that the course would be a joy and an inspiration to all teachers

Dr. Hughes, ex-Chief Inspector of Toronto schools, spoke of the need of spiritualizing the body through physical culture, by having it develop beauty as well as physical strength. The suggestion in beautiful music could be used to bring this about.

Dr. Vogt, Principal of the Toronto runner of his village in England was Conservatory of Music, expressed his unfortunate enough to have a very appreciation of the movement to de dilatory laun lress. velop the sense of rhythm in young children through the phonograph. He practice run in his rather airy and ab also pointed out that if Canadian breviated track costume, he chanced children had the opportunity of hearing the interpretation of the great the time was a couple of weeks in armasters, they would be as musical as any children in the world.

The ticking of a clock in a wireless station in Bordeaux, France, can be heard distinctly in Wellington, New Zealand, where Dominion time is synchronized daily with Greenwich time vin France.

With ' The

In Oncario every Boy Scout Troop is required to apply for registration ence each year and when this application is made an annual report on the work of the Troop is submitted for the information of Headquarters. One section of this report calls for a state my way to recommend Tanlac," dement of significant individual or community "good turns" done by the boys and the following are quoted from reports received during the past few

"Delivered Scoutgrams and collected same for the Muskoka Hospital for Consumptives. Organized a new troop for the boys at Port Whithy. One boy helped to save a life."-1st Whitby Troop.

in fire alarms, he having been the first to locate the fire."-2nd Sarnia Troop. "Rendered assistance at garden parties, sales, etc., proceeds of which went to the poor at Christmas time. Conducted bird house competition."-1st Winena Troop.

"Helped at dedication of war memor tal and gave display of Scout work at Agricultural Show."-1st Fort William

"Assisted local firemen to man hose until others arrived. Helped an aged recently given by a warm-hearted home. Assisted Daughters of the Empire several times by carrying wood. etc. Other aged and sick people helped by boys during the winter months when they were not able to get out so Mrs. Callahan and me could be for chores."-1st Napanee Troop.

"Conducted a skating rink all winter. Kept church lawn mowed through summer."—1st Foxbore Troop.

"Raised \$400 for the Muskoka Free Hospital for Consumptives. Raised about \$700 for the Elliott Family Fund, Brockville. Distributed literature on for the 1st Prescott Troop of Boy Scouts."-1st Brockville Troop.

"Splitting wood for a sick secut. One Scout found the Scoutmaster's watch when I became conscious of a curious which had been lost, and although a reward was offered, would not take the reward."-1st Westport Troop.

"This troop is at the call of the town ready to turn out for service when-Next moment a sound like the whire ever needed."-1st Wiarton Troop. Ontario. The Boy Scout interprets "Yes, rattlers do smell just like his motto "Be Prepared," to mean "Be

Big Camps Open Soon. The three largest Boy Scout Camps and its frightfully offensive odor. But in Ontario this year will be those of in the skunk family Nature has pro- the Ottawa, Hamilton and Brant vided the gland from which the ill- County Local Associations. Each camp smelling fluid is ejected, simply as a will open on July 3rd and remain open means of defence. The polecat is also until the end of August. All three are possessed of a most detestable smell. equipped to care for from 200 to 250 But there are other creatures the boys at a time. The usual stay of an etc., but just as soon as we started individual boy at the camps will be

about two weeks. The Ottawa camp is located at Black ended. Every baseball player should Rapids on the Ottawa River, a few Most fish have odors peculiar to miles from the Capital.

by their scent. The herring, they de- The Brant County camp will occupy clare, has the most pleasant smell of a section of a 220-acre site at Normandale, on Lake Erie. This whole pro- Love that would only pluck the rose That excellent fish, the grayling, has perty, which is admirably suited for -Mina Irving. That excellent fish, the grayling, has a distinct and quite strong odor of Boy Scout Training Camp purposes, Who but on thornless pathways goes thyme, when fresh caught. This is so has been secured by the Brant County well recognized that the grayling is Boy Scouts Association for a long classified in the natural history books | term of years and the boys themselves | But love, that torn, shuns not thethern will make extensive improvements on

WORDS OF PRAISE FOR BABY'S OWN TABLETS

No medicine receives such great praise from thankful mothers as do Baby's Own Tablets. Once a mother world, Tulagi, the administrative and I had to be carried up and down has used them for her little ones she centre of the Solomon Islands, constairs. After other medicines had again, Nature works wonderfully, for will use nothing else. The Tablets tains thirty white people and a few failed a friend advised me to take are a mild but thorough laxative. They | Chinese. regulate the bowels and stomach: drive out constipation and indigesMinard's Liniment for sale everywhers fore the first bottle was taken I promote healthful sleep and make That a great musical movement is Omer LeBleu. Maddington Falls, Que. fuller terms of self-trust, is my real now six weeks old and is a big fat afoot in Canada was affirmed by Dr. writes:—"I am well satisfied with helper, for he assists me in the birth healthy fellow. I am sure Lyula 5. A. S. Vogt, Dr. James L. Hughes, and Baby's Own Tablets and will always of those things which he knows are done wonders for me and 1 recom-Mr. Duncan McKenzie, at the close of use them for my little ones." The in me and in all men.—W. John mend it."—Mas. Murray J. Barron. a fascinating demonstration of educa- Tablets are sold by medicine dealers Murray. tional phonograph records at the To- or by mail at 25 cents a box from The ronto Conservatory of Music recently. Dr. Williams' Medicine Co., Breck

A Private Affair.

Mother-"Did you tell God how naughty you have been?" Elsie-"No, mamma; I thought it better not to let it get out of the family.

No Rush. "Mother, our school has a new class on deportment."

"Indeed! Then what is your arm doing on the supper table?" "Oh, but we don't start till next week.'

Minard's Liniment for Burns, etc.

Aroused At Last.

A young fellow who was the crack One evening when he was out for a

to pass the laundry woman who a rears with his washing. He had scarcely reached home again

when the bell rang furiously and an

excited voice was wafted in from the porch: "Please tell Master Bob not to go

out no more till I can get his ciothes round to him!"

Minard's Liniment Relieves Neuralet

READS TELL LAHUE HOW FINE HE IS LOOKING

Electrician Had Stomach Trouble So Bad He Could Not Eat Enough to Work Regularly—Tanlac Restores Him.

"I am one man who will go out of clared James Lahue, 22 Monet St., Montreal, Quebec, electrician for the Montreal Light, Heat and Power Co.

"I don't believe indigestion can get much worse than I had it. I had such awful attacks I had to take to my bed and I was forced to lose considerable time from my work. The gas on my stomach was awful, and I reached the point where I was almost afraid to eat and was losing weight night along.

"But things took a turn for the better before I finished my first bottle of Tamiac and in a month's time I was feeling like a different person. I have been built up in every way and my friends all tell me I am the very pic-

Taniac is sold by all good druggists.

Reason Enough. A novel and ingenious explanation of the cause of a singer's cough was

Irishman. "And how is Misther Jones?" he inquired of one of the singer's friends. "I was hoping he'd be giving a concert in the town hall whilst he was here, favored to hear some more of his foine songs."

"He has a bad cough now," said the friend.

"Oh, now, that's too bad," said Mr. McIntyre, with feeling; "but it's no wonder, all the same. That sthrong voice he has pressing on his loongs, fire prevention. Assisted in program would be apt to give him a cough now and then, it's loikely."

Economy.

"Now, Gretty," feebly began the invalid, "I'm feeling considerably better this morning, and I recken I'll get up for a spell."

"Lond o' Gideon, no!" ejaculated his "There's mighty nigh half of The last statement is not only true that bottle of medicine left that I paid of the Troop which put it into its re- a dollar for. You stay right there in Cuts Own Thread.

> The inventor of a new machine screw claims it will cut its own thread in cast iron or any softer metal without requiring the metal to b ' tapped.

Furniture Dealer, Undertaker. Armstrong, B.C. Minard's Liniment Co., Ltd. Yarmouth, N.S.: Dear Sirs. - Since the start of baseball season we have been hindered

keep a bottle of your liniment handy. Yours truly. W. E. McPherson.

using Minard's Liniment our troubles

Forgiveness. So short of sight, forsooth,

Knows nothing beyond youth. That 'midst most roses lives, Finds joy, both ageless and newborn.

Each time that he forgives! -Charlotte Becker. MONEY ORDERS.

Order, If lost or stolen you get your spells and pains in my back and money back. Claimed as the tiniest capital in the fresh air from morning until night

He who reveals to me what is in with it I got stronger, until I was teething easy. Concerning them Mrs. me and helps me to externalize it in able to do all my work. My baby in

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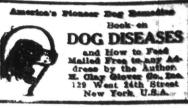
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THREASHIRE BELTS AND BU TION hose, new and used, shippessubject to approval at lowest prices in Canada. York Reiting Co., 115 Turkst. Turento On.

Royal Ontario Museum 253 Bloor St. West, Mar Avenue See Largest permanent exhibition in Canada Archaeology, Geology, Mineralogy, Pal aeontology, Zoology, Open daily, to 5 p.m. Sunday, 2 to 6 p.m. Bloom Belt Line, Dupont and Avenue Rd. cara

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TORONTO SALT WORKS G. J. CLIFF . TORONTO



Miss M. Bayington Tells How Cuticura Healed Her Scalp

"I was troubled with a scalp trouble for several weeks. It broke out in pimples and my hair fell out. My head itched and burned a great deal. I tried different remedies w out success. I saw Cuticura Scap and Ointment advertised and sent for a free sample which helped me. I purchased more, and after using one cake of Cuticura Scapand one box of Cuticura Cintment I was completely healed." (Signed) Miss Marian Bayington, Prentice, Maine, Feb. 27, 1921.

Keep your skin clear by using Cuticura Soap and Ointm every-day toilet purposes and Cuticura Talcum to powder and perfume.
Bathe with Cuticura Soap and hot water. Before bathing, touch plus ples and itching, if any, with Cuticura Cintment. Dry and dust lightly with Cuticura Talcum, a powder of fascinating fragmance. Sampie Each Prechy Mail. Address: "Lymane, Lin ited, 344 St. Paul St., W., Mentreal." Sold every where, Soap 25c. Optoment 25 and 50c. Through 25c Cuticura Soap shawes without man

Watchful Care Necessary

Lydia E. Pinkham's Vegetable Compound is a splendid medicine and should be taken by the expectant mother. It will assist her in keep ing well and strong. This is very necessary, not only for her own comfort but for the future as well.

Read the experience of Mrs. Barton of New Brunswick, and please bear in mind that every letter published recommending Lydia E. Pink ham's Vegetable Compound is genuine and unsolicited. It is the expression of gratitude from women who have

Cumberland Bay, N. B.-"I was troubled with weak feelings, head-Remit by Dominion Express Money ache, all the time, a cough, fainting I could not do a single bit of work and had to be helped out to Lydia E. Pinkham's Vegetable Compound as she said it was excellent could walk alone and as I kept en R. R. No. 1, Cumberland Bay, N. B.



Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by

Colds Toothache

Neuralgia

Rheumatism **Neuritis** Pain, Pain

Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Dr Aspirin is the traa mark (registered in Canada) of Bayer Mun aceticacidester of Salicylicacid. While it is well known that As manufacture, to assist the public against instations, the Tablette will be stamped with their general trade mark, the "Baser"

Lumbago

WARNING! Say "Bayer" when you buy Aspirin,

millions for Headache

Earache

That famous ready-to-eat food, Grape-Nuts, charms the appetite with its rich, sweet flavor-1 But it is more than an appetizing food. Grape-Nuts is the perfected goodness of whole wheat and maled barley flours, scientifically prepared to provide tissue, bone and nerve with the needed food elements. Served with cream or milk, Grape-Nuts is completely nourishing. the same of the sa Splendid as a breakfast dish, delightful and sustaining at lunch—always ready when you're ready. You can have this economical, health-building food, by an order to your grocer today.

Grape-Nuts—the Body Builder
"There's a Reason"

build strength for you