" " accept"

Poison of

n produced by polson. Dr g the healing les de Made prolonged oxraise of light the poleons her system and the same that cover for the body rown by ag

ne time, and day to day " ome part A She air The dames Darter." the or dir on C 300011 3 Villing"

0.5 SIMD. or on en 1636 1 ics and the c mis of gran in who likes off-red ar get much 'z it' in the thile every mber of the

li hus-

it the same

reason why

oliday at the pital reports to enforce the nurses. nes, often reke offense at in authority The best sort is the one drilling and

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 Crescent, Toronto.

Provincial Board of Health, Ontario

ment for the upbringing of healthy amination of children carried cut, so vantage from which to look back and children than the farm? Does it not that medical advice and attention can compare the Montreal which existed seem apparent that the healthy life be secured where needed. plenty of fresh air and out-door extions for the normal growth and dedisturber of the peace. Farmers' wives Montreal of 1822, when the Committee velopment of the young? One would told the nurse she was making a nuis- of Trade was formed, was a small think so, and yet with all the advan- ance of herself, and worst of all, says town, destitute of the facilities, the tages of a natural, healthy environ- a writer in the "Outlook," two or three comforts, and conveniences which ment it has been found that there is doctors objected to the examination, visitors of to-day would consider indefective teeth, adenoids and diseased the homes of their parents, knew every Canadian metropolis, and it is doubttonsils among children in rural dis-child in them by its first name, and ful if many cities of the world have

some months ago where a public meeting was held for the purpose of exing was held for the purpose of exing was held for the purpose of exwas found in their wholesale diagdid not exceed 20,000; horse vehicles and my system very much run down.

| Says:—"My blood was thin and watery and in their wholesale diagwas found in the found public health nurses. A kindly-faced child health, says the writer:the physical condition of the children Only 878 children (24 per cent.) were attending school in his district, and normal and without physical defects.

Candaa's first bank, established. Thus even before the Board of Trade was the figures were extending the figures were extended by the figures were latered for the figures were extended by the figures were extended by the figures were latered for the figures were latered for the figures were extended by the figures were latered for the figures were latered for the figures were extended by the figures were latered for the figures were latered for the figures were extended for the figures were latered for the figures were later ages ranging from 6 to 12 years, all per cent.) of defective vision; 23 cases (1 ance of Montreal. At this time there cents a box or six boxes for \$2.50 by brother Scouts all over Canada and the "That Oi am," answered Mike. "Oi ages ranging from 6 to 12 years, all per cent.) of defective hearing; 125 allow of montreal. At this time date of montreal, the attending school, only about 80 were cases (4 per cent.) of adenoids; 819 allow of montreal, the Laching canal not being opened to the case of montreal and the case of or another. And not one of these chilsis; 1,071 cases (37 per cent.) of deor another. And not one of these cmidren had had a previous examination,
nor apparently did their parents know than that the home physician and
of Montreal go back to the year 1833,
in which year it was constituted a Port
lane:

Statistics of the foreign commerce
of Montreal go back to the year 1833,
in which year it was constituted a Port
lane: cal condition left to haphazard with- where was the fault? The fault lies out any thought of what the result in the point of view, and this applies 234.544 and of experts \$800,076. A With a tidy bit put by, I'll lay. is that a large percentage of these on this continent, or in the world for defects could be put right in early life that matter. if attention was drawn to them and The farm, as this writer says, is they were given medical and nursing regarded as a health resort, and the attention. But the parents did not doctor is called in only when there is know, and some of these parents scricus illness. So-called minor de-\$173.011.000. In 1921, 4,577 vessels of "Ah, Passen," says Farmer, "and so I chillren be i physical defets that were into serious ailments, and often are the Lachine Canal. In 1920 Montreal My pleasure be this, for to work and tion that this prejudice can be entirely removed, and no parent, once the condition is realized, would leave a severe headaches, with occasional stone undurned to give the young child sickness of the stomach. She should stone undurned to give the young child sickness of the stomach. She should vested in these industries, which had

Mushrooms Grown on Trees.

In anticipation of the "mushroom-

tree," the Japanese have adopted a

system of tree culture for these de-

The Japanese method of securing a

licacies.

close to nature, with plenty of food, nurse recently sprend the gospel of been for Montreal, decade by decade, ercise would constitute ideal condi- the people actually regarded her as a steady commercial expansion. The a large percentage of defective vision, on the ground that they frequented separable from their conception of the tricts. It is hard to believe this, until would know if anything were wrong. experienced such metamorphosis in so brief a negrical risting from virtual inwas made by a physician and a dentist significance to continental and interas an example the case of Miss Mary better acquaintance, competitive no improvement I felt like giving up.

The charlette to the continent and interas an example the case of Miss Mary better acquaintance, competitive no improvement I felt like giving up.

"Tanks brought hack my health and I was in a rural district in Ontario of 123 country and town schools, and national importance. some months ago where a public meet- reports sent to the parents of what The population of Montreal in 1822

old elergyman sat next to me during "The examiners made records of munication with the rest of Canada. the meeting and he intimated that 3,632 children, and they found that A brief ten years before John Moison there was very little sickness in that 2,317 were defective—over 63 per cent. had fitted out the first steamer to liams' Pink Pills and in a short time neighborhood and that the children Of the defectives 836 were underplough the waters of the St. Lawrence, the results showed they were just the were all strong, healthy youngsters weight, with other defects, and 1,237 and it is recorded that the second medicine I needed. I only used six and did not need medical or nursing were suffering from mainutrition. steamer to be built on the continent and did not need medical or nursing were suffering from mainutrition. See amer to be built on the children of was launched at Montreal in 1817. The better than I have done for several a "good turn" when an opportunity him, he was sitting beside the track. the figures were astonishing. Out of There were reported 216 cases (7 per organized were pledges given of the 375 supposedly healthy children of cent.) of defective vision; 23 cases (1 future maritime and financial import dealers or will be sent by mail at 50

the best possible chance in life. It is consult her doctor and dentist, have because they do not know, that parher tonsils and teach carefully exhibit endustries, we her tonsils and teach carefully exhibit the century since the ents seem neglectful, and in rural disents seem nagrectius, and in rural dis-tricts and on farms there is very little infection causing the headaches and to and from the port have grown in

Nature, by cross fertilization, has

this system will readily suggest a bet- land port of the world. In 1921 it These fungi, if not ealble, are at ter method of culture. least very interesting. Their beauty The growth of mushrooms is inbrilliancy of color readily arrest at the moon.

However, it might be well to warn know that at full moon the crop in- 453,980 bushels of various grains. much com hunters to give these vrainbly shows itself, but when on the growths on tree; a wide berth. The wane there is a perceptible decline. time may be at hand when Nature will

> "When the moon is at the full, Mushrooms you may freely pull; When the moon is on the wane, Wait before you pluck again."

Not Canny Enough.

crop is unique in many ways, and is An expedition was moving through characteristic of their mental acute reputedly unexplored African bush. ness. Muchroom growing is one of They emerged one day from the dense Japan's many industries, and several tropical undergrowth into a small million dollars' worth reach the clearing, where they were astonished ment as any prospect presented in the During the visit recently by the "There's been a Scotsman here," re-Prince of Wales to the peoples of Jap- marked one of the party, himself a an, he manifested keen interest in Scot, and proud to think that one of their unique methods of mushroom his nation had been first in this lonely Under the apple trees' faint scented spot. His pride was soon turned to Trees, of huge growth, which have anger, for another voice broke in:

adorred the fere as for many decades. "Nenserie! If that had been a Dear patient horse with his work all the fire. are cut down, and allowed to lie a year. Scotsman he'd have taken the bottles or two. Large holes are then bored back!"



#### The world's good judgment approves this cup

RICH, refreshing and satisfying, Postum brings the endorsement of discriminating people every where.

Postum meets all the demands of a table drink—it imposes no penalties upon nerves or digestion.

Made instantly in the cup at the table An economical drink for health and

#### Instant Postum

"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd., Windows

Montreal's Century of Trade

The city of Montreal in May cele brated the hundredth anniversary of Could one imagine a better environ- munity nurse, to have a physical ex- the event forms a convenient point of at that time with the bustling city In a rural community in Kansas a which exists to-day. The century has

borhood the need for community or seemed on the surface to be ideal for port; and during the winter season the stairs without resting. I suffered city was virtually isolated from com-

> of 1921 fairly illustrates the commercial progress of the great inland sea- Why don't you leave off and take your port. The total temnage of vessels last year was 2.891.956; the extent of Other folk do it. Why shouldn't you?"

size from the 335 and 350 ton midgets into the tree trunks and spawn insert- which to-day put Montread into touch to thie 15,000 and 16,000 ton leviathans produced many freaks and monstrosipractically a continuous crop, and until thirty years after the Board of with every part of the globe. Railties. Every now and then we hear of grow with a "muchroom growth rapidi- Trade came into existence. Now it some new prank she has played. As ty." To anyone familiar with the has a population of three quarters of a rule, men den't elimb trees to gather somewhat crude methods of producing a million, is the fifth city in size on mushrooms, though many of the mushmushrooms in tunnels and other dark the continent, the third port of the recesser, adopted in our own country, continent, and the most important inachieved the proud distinction, which of structure, rapadity of growth, and fluenced considerably by changes of leading all ports of the Atlantic seait will doubtless never relinquish, of Observers of these night growths out from its wharves a total of 138,-

The Board of Trade to-day com-There is an old folk-lore rhyme in politan city of Canada, the first in prises the business men of the metro-

and the future of the city is as big brated remedy.

blossoms. completed. Sleeping so still by the friends he loved best.

speeding. Filling the air with their noise and Suddenly he felt a tug at his ankle,

their blare. But never a sound will awaken old man. Debbin.

Trusty old Dobbin, who rests from P.C. 49. his care.

ended. Still are the patient and tireless old feet.

Love like old Dobbin's is worth more to treasure Than cars without number which

line up the street. -Mary G. Tarr.

Pulling Apart. The Flying Bullet arrived at her dectination some six hours late, and the engineer said complacently to the new brakeman

"Well, son, how's that for railroad-

"Fine," said the new brakeman. 'We're a little late, though, ain't we?" "Yes," the engineer agreed, "we are little late—six hours or so, not more. It's that blamed Hospital Hill," he contimued excitedly. "Never in all my life

did I have such trouble to get the old

Flyin' Budlet up that hill as I had to-"Yes," said the new brakeman, "and she'd have slipped back, too, if I hadn't had the brakes on tight."

The Source of Ermine.

### THERE IS DANGER IN WATERY BLOOD

If Not Corrected Serious Results May Follow.

In no trouble is delay or neglect more dangerous than anaemia, a poverty of the blood. It is very common It makes its approach in so stealthy a manner that it is often well developed before its presence is recognized.

But taken in time there is a tonic medicine which increases the number of red blood corpuscles, thus enabling the blood to carry the life-giving oxygen to all the tissues of the body. Dr. Williams' Pink Pills have had much success in the treatment of this stub- Boy Scouts, like all other people, like My appetite was so poor I barely ate

greatly from headaches, my appetite

going vessels arriving at the port was "Hullo, then, Farmer, to work again? 20.259 tons, the value of imports \$2,- You're sixty-seven now if you're a day,

worked full measure; pleasure?

and spend it As 'tis to me for to make and tend it, In the century since the formation They'm pleased, and I'm pleased, and

we'm all content.

"Good-day to ee, Passen." And off hie went.

An Awkward Question.

daddy?"

Daddy's patience gave way. nothing," he said. Gertrude pondered over this answer

climicate the noxicus elements, and Essex. England, with a considerable trade, in manufactures, in finance and letic Association, who were the chamin transportation. That Board has pions for 1920 of the South Shore are now in camp, and before the sumbeen presided over and directed by a League and Western Nova Scotia Base mer is over it is expected that many succession of great merchants of ex- Ball, states that during the summer thousands of the "boys in khaki" will emplary character, fine ability and the boys used MINARD'S LINIMENT have enjoyed such a summer outing. proven business capacity. The mem- with very beneficial results, for sore And Scout camps are not just recreamuscles, bruises and sprains. It is tion camps either. They are training terprise, the faith, and the public considered by the players the best camps—places where Scouts not only spirit of those who laid the foundation white liminent on the market. Every have the very best possible opportuni-

> (Signed) JOSEPH L. LeBLANC, Sec'y Y. A. A. A.,

#### Journalism Made Easy. The fire-engines came roaring and

rattling up the street to the scene of It was a big blaze, and the crowd

watching was enormous. The journalist who had to do a repet of it could not get near enough to Out on the highway the autos are see, so he climbed a lamppost to get a better view.

and, looking down, saw an trate police not be without them. They are the

"Oh, that's all right, constable! I'm a journalist, and I've got to do a re-

Years of good service and labor are port of the fire." "Can't help that!' said the policeman. "Down you come! You can read all about it in to-morrow's papers!"

#### An All-Inclusive Charity.

were not on the best terms with each mend every mother to keep a box in cther. The clergymen were friendly, the house." The Tablets are sold by but a spirit of rivalry animated most medicine dealers or by mail at 25 of the members, and the two societies cents a box from The Dr. Williams' seldom united for any purpose, religious, charitable, social.

Mrs. Hicks, a recent acqusiton to the town, joined the West Church, where she speedily proved herself valuable in many ways. "She's got what I call a wonderful

lot of grace," said one of the other members to her tusband. "Why, if where "B" Company were at dinner. you'll believe me, Henry, she seems to love everybody. "Tisn't only her friends in her church and the neighbors; but she actually speaks as if she felt real pleasant toward the members of the East Church. I couldn't get her to say a word against any of them!"

Minard's Liniment for Burns, etc.

The men whom I have seen succeed best in life have always been cheerful that was seventy years ago, and it The white fur with black tipped and hopeful men, who went about their might have been fresh then! tail known as "ermine" comes from business with a smile on their faces the mountain wensel, an animal which and took their changes and chances of this mortal life like men. Kings-



Scouts) assisted by a couple of Girl in young girls and in persons who are from drowning in a mill-race near St. Catharines recently. They formed a "human rope" by catching hold of hands, the eldest boy on the end (unable to swim) going out into the water and after frantic efforts managing to grab the little fellow as he was carried down by the water.

Being "friends to all" and, particular-I could not do any work or walk up- from the two troops there, from Sea- did me a good turn and I want to pass forth and by a big party of Boy Scouts the good word along." was poor and I was also troubled with ter being motored over in cars loaned and Woif Cubs from Stratford, the latby members of the Rotary Club.

The Kiwanians have always been boxes but am now feeling stronger and the Scouts never begrudge doing them very serious. When his friend found presents itself. During the Kiwanis supporting his head with one hand Toronto there were lets of good turns "How are you feeling, Mike?" asked themselves as "the little helpers." between a road-roller and a mule." Over four hundred of them participated in one event-the spectatular etically replied the other. "It is not tattoo before 27,000 people at the Ex- as bad as it might have been, and you hibition Grounds, while others acted will get damages you know." as guides, escorts for important offi- "Damages!" exclaimed Mike. "Sure,

> Lord Byng is now touring Western | Minard's Liniment for Dandruff. Canada, and as in Ontario, is being greeted by the familiar Boy Scout smile everywhere he goes. And he is worth living are those who cling to taking just as keen an interest in the it most.-Judge Parritt. boys of the prairies as he did in those of the East. In each of the Western Provinces he will conduct a training class for Scout leaders and will hold Dominton Express Money Order. Five conferences with Scout officers on Dollars costs three cents. problems relative to their work. Onthe way west he met groups of Boy Scouts at Sudbury, Port Arthur, Fort United States, but a population less William and Kenora, and when he rethan New York State. turns he will meet others at several points in the Temiskaming district.

vention messengers.

The Boy Scouts of Pert Huron, The Boy Scouts of Port Huron, Dyeing and mining are Britain's Mich., where they have some twelve oddest industries. troops, have a splendidly equipped -L. A. G. Strong. camp in Papst Grove on the shore of Lake Huron, three miles south of Lexington. An invitation: has been ex-Gertrude had been inquisitive all the tended by the Port Huron Scouts to evening. Her father had answered her the Boy Scouts of Sarnia to spend questions patiently, but he was becom- several days with them at this camp. ing exasperated. Finally size said: This is another illustration of the "What do you do at the office all day, splendid feeling of comradeship fast developing between the Boy Scouts on either side of the American-Canadian border line. Another instance was the "International Scout Rally" held at for a moment. Then she returned Fort Erie, Ont., on June 3rd, when Boy valiantly to the charge. "But how do Scouts from the city of Buffalo and you know when you have finished?" Eric County, N.Y., spent a whole day with Boy Scouts representing various Scout towns and cities in the Niagara Peninsula from Hamilton east.

team should be supplied with this cele- ties to put into practice hosts of the things they learned in their thoop meetings during the long fall, winter and spring menths, but also where Champions N. S. South Shore League, they learn much about the things of nature at first hand, learn to live together and cultivate some of the great qualities of healthy, manly citizenship.

#### WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would ideal home remedy for the baby; being "Now, then, down you come," said guaranteed to be absolutely free from opiates or other harmful drugs. They are a gentle but thorough laxative and have been proved of the greatest aid in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them Mrs. Ernest Gagne, Beausejour, Que., writes: "I have used Baby's Own Tablets for constipation and colic and have found them so successful that I would not be with-The two churches of Klinkerville out them. I would strongly recom-Medicine Co., Breckville, Ont.

#### ---Fresh!

The food at a certain military camp "somewhere in England" was of rather mixed quality. The orderly officer was going the

rounds, and passed through the mess "Any complaints?" he asked. "Yes, sir!" Private Thomas said swiftly.

"What is it?" "The beef is bad, sir!"

"Bad?" said the officer. "Nonsense! It's nothing of the sort. Why, man, do you knew in the Crimean war, officers and generals would have been thankful to have that meat."

Minard's Liniment Relieves Neuralgia ISSUE No. 27-'22.

### With MILNE SAYS HE FEELS GOOD AS

After Effects of 'Flu' Over New Life and Energy Since
Taking Tanlac, Declares

THREASHIRE BELTS AND SUCCESSION OF THE SUBJECT TO Approval at lowest article I canada. York Belting Co., 115 Yer St., Toronto, Ont. Taking Tanlac, Declares Halifax Citizen.

"Taniac built me up right from the start and I don't believe there is a man in Halifax who feels better than I do," sadd William Milne, expert motor mechanic, 65 1/2 Birmingham St., Halifax, N.S.

"I had the 'flu' a year ago and it left

Tamlac is sold by all good druggists.

#### Repairs Needed.

Mike had been caught in a railway

to be done and the Boy Secuts of To- one of the party, stooping to help the "Never mind, old fellow," sympath-

cers of the organization, and as con- an' Oi've enough av them. It's repairs Oim nadin' now."

People who say that life is no

Canada has a greater area than the

MONEY ORDERS.

Pay your out-of-town accounts by

Minard's Liniment for sale everywhere



reduct direct to consumer. This rench is the best ever made and has been endorsed by good mechanics This is a sure f seller, and profits are good and fast Only responsible parties considered as agents. Replies held confidential.

Universal Wrench Co. WINDSOR, ONTARIO



# Cuticura Is Wonderful

Classified Adv

WERELY DEWELLIS WAS

WE HAVE A CASH PURCHASE for a weekly newspaper in On tarlo. Price must be attractive. Sen full information to Wilson Publishin Co., Ltd., 73 Adelaide St. W., Toronto

BELTING FOR SAL

COARSE SALT LANDESALT

Bulk Carlots

TORONTO CALT WORK

G. A. CLIFF . TORONTO

DOG DISEASES

had How to Peak dealed From to any As drain by the Author in they deered the had 118 West 14th Hugan

For Your Hair On retiring rub spots of dandruff and itching with Cuncura O'ntment. Next morning champoo with Cuticura Soap and het water. This cleanses the scalp of dandruff and promotes hair health. Soap 25c. Gintment 25 and 58c. Talcum 25c. Sold

## WOMAN TAKES

To Recommend Lydia E. Pinkham's Vegetable Compound, for It Helped Her So Much

Fredericton, N. B.-"I was weak and had some troubles women often have, and usually I was unfit for my work. I saw your advertisements and decided to try Lydia E. Pinkham's Vegetable Compound. I am very much pleased with the result and recommend your Vegetable Compound, whenever I have a chance. You may use this letter for the benechurch St., Fredericton, N. B.

Mrs. Wandless, like many, many other women who have found relief

by taking Lydia E. Pinkham's Vegetable Compound, is anxious to let other women know of this splendid medicine. So by word of month and by letter one woman to virtues are made known Women suffering from female al-ments, indicated by such symptoms backache, nervous troubles, bot flashes, pain in the side and a seneral ran-down condition of the whole cystem, should take Lydia E. Pink-ham's Vegetable Compound. For nearly fifty years it has beca-helping women. Let it help you.

Lydia E. Pinkham's Text-Book upon

"Ailments Peculiar to Women" will

be sent you free upon request. Write

to Lydia E. Pinkham Medicine Co.,

# ASPIRIN

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 millions for

Colds Toothache Earache

Headache Neuralgia Lumbago

Rheumatism Neuritis Pain, Pain

Early "Bayer" Lones of 12 tablets -Also bottles of 24 and 100-Drugglets. Aspiring is the (rade mark tradistant in Canada) of Payer Manufacture of Monarchitectilester of Sasicyleared. While it is well known that Aspirin means manufacture, to exist the public against imitations, the Tablets of Bayer Community of the Community of the Canada with their general trade mark, the "linyer Cross."