

## HEALTH EDUCATION

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

A little girl ran away from home recently to avoid taking lessons on the piano. Her parents tried to make a musician out of her, although she had no taste for music. It is thus forcing the child to take music lessons they were spending money foolishly and bringing much unhappiness to the whole family. At the same time they were showing to their friends and to the whole country how little they knew of psychology.

Psychology, to many people, is a strange word, a word about which little is known. In reality it is a word that should be well understood by everybody, because it is of tremendous importance. Every human being has tastes and dislikes, has a leaning towards some particular occupation or hobby. You cannot find two people exactly alike, it is claimed, either in looks or in personality. Well, then, to get the best out of people of whatever age, but particularly among the young, to help them to help themselves along the lines to which they are best suited by temperament, education or natural bent, is what is meant by psychology.

Twenty leading American psychologists, including President Angell of Yale University, have formed an incorporated company known as the Psychological Corporation. The first practical application of psychology made by the corporation was the selection of its own force of stenographers. Applicants in response to an advertisement in the newspapers were confronted by a set of psychological tests instead of the usual questions. "The girls selected by the tests have proved thoroughly competent," declared the secretary of the corporation. "I can tell more about a girl in half an hour by such a test than I could by having her work in the office for three weeks."

Gradually the work is being extended to apply tests for different ages and conditions. How often we see the need of this in our own little circle of acquaintances where a man or woman is doing some kind of work they are not interested in, just because somebody else thought it would be the best thing to do. I personally know a civil engineer who always regrets he did not study medicine, even though his father had urged him to take engineering. He is only doing his doctor work in consequence because his heart is not in his occupation. Similarly I know a manufacturer who carried on the business left him by his father, although he was always keen to be a lawyer. It is in circumstances like these, and they apply to practically everybody in all walks of life, that we see the need of psychology. When it becomes more widely extended there will be less restlessness in the economic world, and work instead of being a boredom will become a labor of love.

## VANCOUVER ISLAND OF EXQUISITE CHARM

ONE OF CANADA'S FAIREST SPOTS.

Richly Dowered by Nature This Lovely Isle Awaits a More Wonderful Future.

Vanouver Island is widely known as one of the fairest spots in Canada, a region where the wild majestic grandeur of the Canada west of the Rockies, blends in harmony with a calmer beauty that, in its charming simplicity, is reminiscent of rural England. As such it is extremely popular with the tourist, the sportsman, the fisherman, and the general holiday-maker who yearly set out in numbers over the fine roads which lead out of Victoria, the gateway to the interior. During last June, July and August about twenty-five thousand tourists passed through the city of Victoria and on a very conservative estimation they left on the island the sum of \$500,000. The hundreds of miles of splendid roads available for motorists attract numbers of people holidaying in this manner and from April 1st to the end of 1921 a total of 627 automobiles from the United States toured the island.

The beauty of the island is so striking, its appeal to the holiday-maker so alluring, its atmosphere so suggestive of leisurely, untroubled existence that the tourist, whizzing through in his car over its comfortable roads, receives only a dim enshadowed impression of its tremendous economic importance. He probably does not realize that the picturesque little homesteads he flashes past are for the main part self-supporting and accounting each year for a substantial agricultural output. He does not take into consideration the prosperous farms and the resources of commercial timber existing back of the motor roads. Where a turn in the trail gives him a glimpse of the ocean he perhaps has no definite knowledge of the great wealth of the fisheries of the waters surrounding the island.

Area and Population.

Vanouver Island is 285 miles in length and averages in width 60 miles, its area being more than twice that of the country of Wales or the state of Massachusetts, and nearly twice the area of the states of New Hampshire or Vermont. Nature endowed it with a great and varied wealth the basis of which is the island's rich and fertile agricultural land which makes possible the production of a wide variety of crops and fruit growing and mixed farming such profitable pursuits.

The population of the island was returned at the 1921 census as 116,730, an increase of nearly 300 per cent. over that of 1911.

The enormous agricultural acreage of Vanouver Island has yet largely to be settled and rendered productive. Though there are many fine and prosperous farms only 34,000 acres was under cultivation last year, being given over to the varied crops of mixed farms and to fruit growing and berry culture. The island's yield of grains, peas and beans was 409,583 bushels; of hay, clover and alfalfa 28,700 tons, and of potatoes and vegetables 27,221 tons. Strawberries accounted for a revenue to the island of \$173,344; loganberries \$29,587; cherries 23,102; plums and prunes \$10,950; gooseberries, currants, raspberries, etc., \$29,379. In 1921 there were 506 apiaries on the island with 1,738 hives which produced 17,510 pounds of honey, a production considerably below the average year.

Minerals and Fisheries.

The minerals comprise an extensive variety among them being coal, copper, iron, gold, silver, quicksilver, marble, limestone, and other building materials. Coal is the most valuable of these minerals in point of present-day production. It has been mined for seventy years and has come to represent about eight-ninths of the island's total mineral production. There were 8,500 men employed in coal

## Minor Cruelties.

I believe there is only one sin that God will not forgive, and that is cruelty.—Stephen Graham.

I named upon those words. Could one be sure That one had not been cruel, it were well; But, since I heard them, certainty departs— There are so many ways of cruelty! There is one way of loving kindness— one, And easy 'tis to know it, and to take; All Powers of God that round about us move Do counsel to it, and incline our mood.

There are so many ways of cruelty, So many bypaths, where we stumble on, And, in the dark, such lingering mischiefs of, Unobvious harm, which but the hurt one knows, While he who wrought the hurt knows all too late, Or knows not even save some memory wake, (Or, call it other-consciousness—his own, That ambushed lay, and watched upon his course, To speak, and harrow him—in after-time.) Who suffers cruelty oft cruel proves, For induration of the hurt succeeds.

Sometimes I think, for lesser cruelties The less remission we may hope to win; Great passions bear along great cruelties; The wild beast fang that bit down through the quick Transmits a venom to the sufferer's blood, Who shall, in turn, a wound in kind inflict. Some lighter cruelties more wanton seem.

And such do I remember, from young years; Though you might trivial call them—I do not, Who have a keen, if very tardy, grief For certain acts of mine done long ago, That now look large, because remediless; As, on that summer day I would not take My little sister with me—flung her hand, With warm and tight locked fingers, from my own; "No, no, you shall not come with me—go home!" Her blue eyes swim with tears—I see them now,— And once (O Youth!), my heady arrogance, With words, pulled down the simple faith of one To whom, such as I had I could not give: This now I know for prideful wantonness— And once—ah, once, my friend's friend turned my way . . . I was not kind: There was a moment when the power I had To leave the tide at full between those two.

That power I did not use. Is selfish In friendship but a minor cruelty? —Edith M. Thomas.

## Salute to the Trees.

Many a tree is found in the wood And every tree for its use is good: Some for the strength of the gnarled root, Some for the sweetness of flower or fruit; Some for shelter against the storm, And some to keep the hearth-stone warm; Some for the roof and some for the beam, And some for a boat to breast the stream— In the wealth of the wood since the world began The trees have offered their gifts to man.

But the glory of trees is more than their gifts: 'Tis a beautiful wonder of life that lifts, From a wrinkled seed in an earth-bound clod, A column, an arch in the temple of God, A pillar of power, a dome of delight, A shrine of song, and a joy of sight! Their roots are the nurses of rivers in birth; Their leaves are alive with the breath of the earth; They shelter the dwellings of man; Or his grave with the look of a friend.

## Salvaging the Lusitania.

Count Zanerdt Landi, of the Ayr-roedy Salvage Syndicate, expects to begin his attempt to raise the Lusitania's cargo next month, the date depending upon the cessation of the National Engineers' strike, says a London despatch.

Landi spent many years in Canada and raised a number of ships in the Pacific and elsewhere. He is now in London in the possession of a salvage contract with underwriters whereby his syndicate will take 80 per cent. of the value of whatever is raised from the Lusitania.

Landi has already received bids for the film rights of the expedition. He says he is satisfied there is enough bullion, jewels and furs in the wreck to make operations commercially sound.

In order to remove the valuables from the ship and make the hull buoyant he will employ forty divers wearing special suits which will enable them to work 280 feet beneath the surface of the water, which is the depth of the Lusitania's keel.

Landi is finding that few experts agree with him that it is possible to salvage the liner. Captain Bostic, third officer aboard when the ship was torpedoed says the operation is commercially and technically impossible.

"The specie room is practically empty," he said. "The cargo was of no special value. Even if the vessel after being submerged seven years isn't now covered with sand, she was probably broken in two by the enormous impact with which the bows must have struck the bottom. Certainly every rivet was strained and the boilers probably tumbled into the bows."

## England's Last Invasion.

Although we have lately passed through the greatest war in history, we must go farther back to find the last time that our island was actually invaded by a foreign enemy—that is to say, the last time a foreign invader actually stepped on British soil, says a London newspaper.

The man who led the invasion was an American adventurer, named Colonel Tate. His force of fifteen hundred men—most of them French ex-convicts and marauders—landed in Cardigan Bay, without opposition on our part, on one spring day in 1171.

They were merely a "side-show" in France's unsuccessful attempt to land troops in Ireland, and they did no damage. After twenty-four hours, our own troops were hurried up to engage them, and Colonel Tate offered to surrender on terms.

His offer was not accepted. He then surrendered unconditionally. No foe has succeeded in landing on British soil since.

And let us hope no foe ever will.

## With The Boy Scouts

Nothing Military About It.

The writer of these weekly notes, having been associated with the Boy Scout Movement in one capacity and another for many years and having attended and participated in the meetings of many of the higher councils of Scouting both in this and other countries, feels no hesitation in discussing the statement frequently made that the organization savors of militarism, nor in contradicting the statement unqualifiedly.

The main argument used to substantiate such a statement is that Scouts wear a uniform, but that makes those familiar with Scouting smile. We never think of the better carrier, the elevator or bell boy in a hotel, the Red Cap in a railway station nor the gallant fireman on his hook and ladder truck, as a soldier. And when the knights of something-or-other parade all dressed alike, who is so foolish as to raise hands in holy horror and cry, "Look, the soldiers are upon us!"

The Scout uniform is merely one of its badges of service and utility. A boy can be a good Scout and never own or wear a uniform, but he feels better if he wears the badge on a uniform or some award of accomplishment on his hat. And more than that, the lads in khaki shirts feel more democratic if none of them are wearing better clothing than any other. It brings them all to a real level of independence and opportunity and ends forever any competition as to who is better dressed than his brother.

Another indictment of the Boy Scout is that he marches, and keeps step; in fact he acts as if he were under strict discipline! People march in the Grand March at a ball, children march into the assembly hall and the prizes are awarded usually to the best marchers when the carnival parade is held. It is merely system such as ought to obtain in any methodical business, and the making of worthwhile men out of boys is a very important piece of business.

There never has been nor never will be such a thing as a gun or revolver in Boy Scouting. Scouts are not trained to kill anything except their own wrong impulses. The word "Scout" really means "a lookout"; so one who is sent somewhere to get the lay of the land, to find out what is what, and profit by the knowledge thus gained. The only ammunition which Scouts use is the brain, body and soul, furnished to them in unstinted measure by God, the Great Commissary. These they are taught to use methodically but gloriously for their own welfare and that of the rest of their fellow citizens.

There is nothing better for the boy than Scouting, and nothing better for the community than Boy Scouting; unless the day shall come when human beings are broad and splendid enough to agree that for boys to strive and work and play and, together, under proper supervision, will produce the right sort of patriots and citizenship among them, and the sort of manhood which our forefathers anticipated when they established the beginnings of our glorious Empire.

## Duke of Richmond to Sell Huntley Estate.

Owing to the pressure of increased rates and taxes, the Duke of Richmond and Gordon has announced that he intends to sell the entire famous Huntley estate, comprising 60,000 acres in Aberdeenshire. The Duke says that from his property, in many cases, that comes to him out of a pound rental are two shillings, with which he must meet the cost of upkeep and build new houses. A year ago the Duke intimated that he was ready to sell, but his tenants asked him to reconsider, and said they were prepared to give financial assistance—which was regarded as remarkable testimony to his popularity.

The sale will bring to end one of the most historical territorial connections in the British Isles. The name Huntley was attached to the castle very early in the sixteenth century, when the third Earl Huntley obtained a charter from James IV.

## That See-Saw Sea.

Why are some animals and birds immune from sea-sickness, while human beings and dogs are often "bad sailors"? A scientist in France, probably with dreadful recollections of a rough cross Channel trip, has set himself to understand the complaint and, if possible, to devise a preventive. M. Pzorski is experimenting with animals at the Pasteur Institute, which swings a cage with the motion of a ship at sea.

## CHILDHOOD INDIGESTION

Nothing is more common in childhood than indigestion. Nothing is more dangerous to proper growth, more likely to pave the way to dangerous diseases. Fully nine-tenths of all the minor ills of childhood have their root in indigestion. There is no medicine for little ones so equal to Baby's Own Tablets in relieving this trouble. They have proved of benefit to thousands of homes. Concerning them Mrs. Jos. Lunette, Immaculate Conception, Que., writes: "My baby was a great sufferer from indigestion, but the Tablets soon set her right and now I would not be without them." 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.

## MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

Oil prospecting is about to begin in the Hay River region. The Montreal syndicate, under whose direction a survey of that region was made last year, has completed arrangements to take up an active development program during the coming summer, and a practical test of the field will be made. The work planned for will be on a more extensive scale than any yet done in the Great Slave Lake or Athabasca areas.

The publisher of the best Farmers' paper in the Maritime Provinces in writing to us states: "I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

In all the novels written by Jane Austen, there is not a single lover's kiss mentioned.

ISSUE No. 22-22

## SAYS THE MEDICINE IS ENTIRELY GONE

MRS. CHAPLEAU COULD GET ABOUT ONLY BY PAINFUL EFFORT.

"It used to be the most painful effort for me to move about the house, but since taking Tanlac I am so well and strong my housework is like a pastime," said Mrs. S. Chapleau, 325 Mount Royal East, Montreal. "For three years I suffered constantly from rheumatism. My appetite was almost very poor and what little I ate caused me no end of trouble from indigestion. I became so thin and weak I almost lost all hope. My nerves and kidneys bothered me a great deal and I always had a pain across the back that kept me miserable. "Tanlac helped me just like it had been made especially for my case. My mind now all agrees with me and my nerves and kidneys never bother me any more. I owe my good health entirely to Tanlac."

Tanlac is sold by all good druggists. Advt.

## Baiting the Fishing Hole.

Most river fish like a regular place to feed, where they can get their food at certain hours of the day, especially in the early morning. In choosing a place to bait, pick one where it is easy to land your catch, where the water is from five to fifteen feet deep, with low banks. You have a better chance then to fight it out with a big fellow and can get to him after he is exhausted. The very best fighters in the stream, the buffalo fish and the carp, the drum and the cat, are among those that visit a place that has been baited; so you must prepare for the big ones. In baiting a place to fish you can throw the feed into the water to sink, or put it into a bag. Putting it into a bag is the better way. The fish suck round a sunken bag and feed upon the waste as it oozes out. If the feed is thrown loose into the water, it may spread over too much area, and it does not last long enough.

Such things as bread, potatoes, corn meal or beans can be used for bait, particularly in the early spring. In the summer, when corn is in the roasting ear, there is nothing better. Roasting ear, when corn is in the roasting ear, there is nothing better. Roasting ear, when corn is in the roasting ear, there is nothing better. Roasting ear, when corn is in the roasting ear, there is nothing better.

## COARSE SALT LANDSALT

Bulk Carrels

TORONTO SALT WORKS

G. J. GLIFF TORONTO

## TROUBLED WITH ECZEMA 2 YEARS

On Face and Arms. Last Sleep. Cuticura Heals.

"I was troubled for about two years with eczema. It first came on my face and arms in patches and itched and burned so badly that I lost much sleep on account of it. My face and arms were covered with pimples, and I was ashamed to appear out of the house. "I began using Cuticura Soap and Ointment and immediately found relief, and after using one can of Soap and one box of Ointment I was healed." (Signed) Miss Helen Mark, 4259 Maryland St., San Diego, Calif., April 18, 1921.

Use Cuticura Soap, Ointment and Tablets exclusively for every-day toilet purposes.

50c. 10c. 25c. 50c. 1.00. 2.00. 5.00. 10.00. 20.00. 50.00. 100.00. 200.00. 500.00. 1000.00.

## WHAT IS A LETTER

Many Times It's a Guide to Health as in This One

Women—Read It

Marmion, Ontario.—"Before getting Lydia E. Pinkham's Vegetable Compound I was a total wreck. I had terrible pain in my sides and was not regular. Finally I got so weak I could not go up stairs without stopping to rest half-way up. I saw your medicine advertised in the newspapers and gave it a trial. I took four bottles of the Vegetable Compound and was restored to health. I am married, and the mother of two children and do all my household work and enjoy the best of health. I also found the Vegetable Compound a great help for my weak back before my babies were born. I recommend it to all my friends."—Mrs. HENRY JANKO, Marmion, Ontario.

Letters which you read in the newspapers recommending Lydia E. Pinkham's Vegetable Compound are genuine expressions of the splendid medicine. They are anxious for other women, who may be suffering as they did, to know of the great merit of this medicine. Each one, with her reputation, stands by the word, and out to sick women the best of health. Lydia E. Pinkham's Vegetable Compound will be sent you free upon request. Write Lydia E. Pinkham, Medicine Co., Lynn, Mass.

## CORNS

Lift Off with Fingers

"Doesn't hurt a bit! Drop a little 'Freezone' on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!"

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toe, and the calluses, without soreness or irritation.

One curious remedy suggested for leprosy, a plague of the East, was eating pythons.

Minard's Liniment for Oandruff.

## Genuine BAYER Aspirin

WARNING! Say "Bayer" when you buy 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 does work out by physicians during 22 years and proved safe by millions for

Colds, Toothache, Earache, Headache, Neuralgia, Lumbago, Rheumatism, Neuritis, Pain, Pain.

Twenty "Bayer" Tablets of 12 tablets—Also bottles of 24 and 100—Dissolve in water.

Aspirin is the trade mark registered in Canada of Bayer Manufacturing Co. of Germany. It is well known that Aspirin means Bayer Manufacturing Co. and the public against imitations. The Bayer Manufacturing Co. will be stamped with their general trade mark, the "Bayer Cross."

Minard's Liniment for Burns, etc.