

After Every Meal

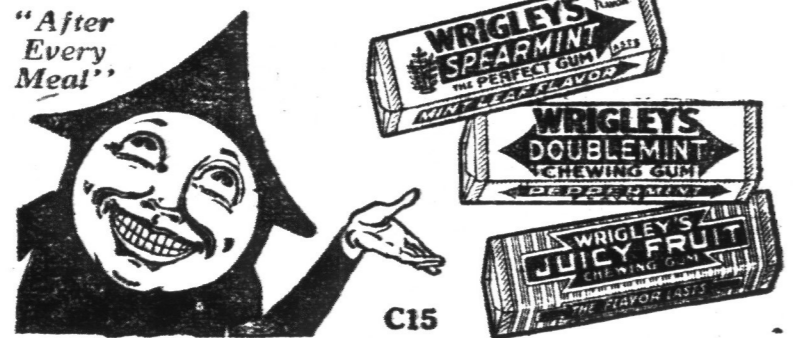
WRIGLEYS NIPS



This new candy-coated gum delights young and old.

It "melts in your mouth" and the gum in the center remains to aid digestion, brighten teeth and soothe mouth and throat.

There are the other WRIGLEY friends to choose from, too:



With The Boy Scouts

A World Scout Conference. Gentlemen of the world. Be seated. We are going to have a one minute conference here right now and hear a few words about the activities of some of our troops in different parts of Scouting. Each Scout or Scout officer must state his case in a few words as everyone seems anxious to get up and have his little say. We will give the first chance to

Our Saskatchewan Brother! "Well, 'Old Scout,' things are booming out our way in fine style. At a conference of the School Trustees' Association the entire gathering of 1,100 delegates went on record as approving the Boy Scout program. Besides that forty pupils in the Normal School troop in order to study the fundamentals of Scoutmastering. They will start troops in their own schools after they graduate. Guess my minute is up so I'll sit down."

Fine work, Saskatchewan. Shows you know how to win the hearts of the grown-ups. Now how about a word from the English troop that won the picture of B.P. for the best report in the "Scout" last week? Scout scribe of the

9th Chichester Troop, England. "Doing Good Turns has been the chief activity of the 9th Chichester Troop. During December the boys gave a concert, and nearly the whole

proceeds were handed over to the local hospital. About two dozen non-Scouts were invited to the Troop headquarters at Christmas. Our fellows gave them a jolly fine time, Scouting games, crackers, and plenty of good things to eat kept the guests in fine spirits."

You sure have a fine motto, Chichester. Don't I see a fellow from Toronto over there near the back of the room? I thought so. Tell us, Toronto, why the Scouts of your city are called

Good Listeners. "Well, 'Old Scout,' it was this way. Over 600 of our fellows were entertained at the Headquarters of Troop 27 with a Wireless Concert given by the 'Toronto Daily Star' and the operator in charge declared he had never had such a well behaved and interested audience since the starting of the 'Star' Radio Concert series."

Glad to hear you boys know how to keep quiet. Wish that little chap sitting by you from Argentine would learn how. He seems anxious to tell us

How Their Jamboree Went. "You bet I do, 'Old Scout.' Why it was a success from start to finish. Crowds attended it and over 800 boys joined our brotherhood within a week of the event."

Big pardon, Argentine. Don't blame you for wanting to tell us about such a successful affair as that. But how about our American friend from

Meriden, Connecticut? "Got a fine new stunt for you, 'Old Scout.' Haven't seen much about mobilization signals for Boy Scouts lately. We have arranged with the International Silver Company to sound the regulation SOS—three short blasts, three long ones, and three shorts, on one of their factory whistles

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.

A vein of silver was struck in one of the Northern Ontario mines some time ago, and extra men were rushed in to speed up the work. As a result the accommodation in the camp was rather poor. One morning a workman appeared in the manager's office and asked for a bed.

"What is your name?" inquired the manager. "Jones, sir," was the reply. Looking down the list of employees the manager noticed that Jones had been working at the camp for five days.

"But where have you been sleeping up till now?" he inquired from the workman.

"Oh, up till now I've been sleeping on the top of a sick man," said Jones, "but he's getting better and won't put up with me any more."

Luckily such a state of affairs does not exist to-day in Ontario; it could not exist, on account of the new regulations of the Provincial Board of Health for the sanitary control of lumber, timber and mining camps. Before these regulations were drafted, there was nothing to prevent the building of a camp according to any plan that came into the buick's mind. Now there must be standardization, of which there are four distinct classes, the regulations being sufficiently comprehensive to include all sizes of camps.

One of the reasons for the variety of plans in camp-building was the different interpretations that were possible regarding the building regulation. Under the old laws the camps merely typified the character and ability of the builder, and consequently among the 1,000 camps which operate annually there was to be found anything from a doghouse to a palace, so that between these two extremes. These objectionable features are eliminated by the four distinct classes of standardization provided by the new laws.

In case of any calamity requiring mobilization of Scouts. A code word will be used in notifying the Company to sound the signal so as to prevent false alarms by unauthorized persons.

Great idea, Meriden. We will try to arrange for some such signal in our town and perhaps some of the other fellows here will do the same. Hello, here comes a fellow from the

Eighth London Troop. "Excuse me for being late, 'Old Scout.' You see we have just finished up our Troop Rummage Sale business to-night. Gathered up all kinds of stuff from our friends all over the town, and last week we sold the lot for nearly a hundred dollars. We're going to invest most of it in instruments for a bugle and drum band, and then we'll soon aren't the only stars in the band line in these parts."

Enough from you, London. And time's nearly up. If there is no objection we will give the last chance to

The Man From Vancouver. "Old Scout," we had a great parade the other week. More than a thousand boys lined up previous to the evening display of Scout work. The music was furnished by a Scout brass band and by the fine band of the Boy Scouts of Everett, Washington. In Greater Vancouver our numbers have jumped in a year from 400 to 1,400."

Great work, Vancouver. Keep it up. Gentlemen the time for adjournment has arrived. We will meet here again at the call of the chair.

Distributing Population. Why is China crowded? Her population is nearly four times as great as that of the United States, says a Philadelphia newspaper. But would this country be crowded if our people numbered 400,000,000? Surely not. And China, be it realized, is one-fourth larger than the United States.

Julian Arnold, our commercial attaché at Peking, explains the matter by saying that there is really plenty of elbow-room and to spare in China. The Chinese are crowded because they are huddled together in a comparatively small area, leaving vast regions, abounding in rich resources, undeveloped and sparsely populated. It is this fact that has created the impression that the country is over-peopled. The chief reason why the Chinese are thus crowded is lack of railways, and other means of transport and communication. Six-sevenths of the population of China to-day lives in one-third of its area. There are in that country 2,000,000 square miles of territory with an average of less than four persons to the square mile. But China is building railways, and they are altering this condition of affairs. The iron horse is opening up Inner Mongolia, a region which until recently was sparsely populated, and the Chinese are flocking thither by tens of thousands. Building of railways in Manchuria has been followed by the migration of millions from over-populated Shantung, who are transforming the Manchurian province into a granary for a very large part of Asia.

The most strangely situated people in the world are 70,000,000 in West China (embracing the province of Szechwan, Shensi, Shansi and Kansu), who are virtually cut off from economic communication with the rest of China, and hence with the world. But, for this very reason, West China is the cheapest part of the world to live in. Wheat costs twenty-five cents a bushel, and six cents is the price of a dozen eggs.

About one-eighth of an iceberg appears above water.

These standards, while primitive from the city man's viewpoint, embody the highest and greatest sanitary principles possible under temporary conditions, and as 35,000 people live in the lumber camps alone, the importance of keeping these sanitary is at once apparent.

The Provincial Board of Health has now an augmented system of inspection thus enabling officers to be placed at Fort William, South St. Marie, Sudbury, Coburne and North Bay. By this means the territory known as Northern Ontario is divided into districts which may be reached by these officials within 24 hours.

To Dr. R. W. Bell, Medical Inspector, and Mr. A. White, Sanitary Inspector, is due much of the credit for drafting up these camp regulations which should prove invaluable from a health point of view to the thousands who live in camps.

The main objects kept in view are improved housing conditions, which include light and ventilation, and the provision of sanitary conveniences and a pure water supply, thus increasing the margin of safety. To enforce these conditions the regulations require every employer of labor in unorganized districts to contract with a legally qualified physician for the sanitary supervision and monthly inspection of all camps, works or premises under his control. After a contract is made between an employer and a physician, the physician may not be dismissed by the employer without the approval of the Provincial Board of Health.

Owing to the nature of the work, lumber camps seldom operate continuously for more than two years. In consequence it is hoped that within five years all the camps now in operation will either be rebuilt or remodelled to comply with the new standards. The very highest pinnacle in camp sanitation on the American continent will thus be reached.

The Blue Rose. I saw a pretty wedding in the early morning hours. While most of folks were till asleep a wedding of the flowers; The white rose was the dainty bride, a spider wore her veil, 'Twas spangled o'er with drops of dew like moonstones milky pale. The red rose was the happy groom, the bridesmaids sweet were two Moss rosebuds wearing satin frocks and bright green bonnets pale. The bluebells sang the wedding chimes, the buttercup, behold! Had wrought the shining wedding ring of its own yellow gold. A daisy from the meadow spread her tablecloth of white And put a pat of butter on she moulded over night, And to complete the wedding feast a lingering dandelion Presented on a golden tray his finest home made wine. A breeze came up the garden path and boldly blew aside The filmy veil of gossamer that quite concealed the bride, And lo! her petals, once as white as snowy pearls that link Their loveliness on beauty's neck, were all a glowing pink. —Mina Irving.

Watch Your Weight. Next time you weigh yourself, have a look at the scale on the machine, and see it you "go" your correct weight. The chances are that you will err a little on the heavy side!

Now a certain amount of fat is useful—indeed, necessary. The fat beneath our skin acts as a sort of elastic padding to save us from shocks and jars. It also maintains the body heat. It is a store of energy, and people who are too thin cannot stand prolonged strains as well as those who are plump.

But fat in excess is bad, and the trouble is that so many people, who in their youth were very athletic, find themselves running to fat as soon as they are too old to keep up strong exercise.

They get short of breath, suffer from palpitation of the heart, and the increased weight of the body tells on the legs, producing pains which are often—but wrongly—called rheumatic.

Fat is a disease which can be cured, but the curing requires self-denial and the exercise of will-power. Drugs are useless. Diet is everything in such cases.

The foods the fat person must give up are those that are sugary and starchy. Thick soups; sardines, salmon, and other oily fish; rice, macaroni, sago, peas, beans, potatoes, sweets of all sorts, pastry, and beer, spirits, and cocoa—all these must be abandoned.

There is, however, no need to give up butter, for butter gives energy, not fat. Lean meat, poultry, game, white fish, green vegetables, digestive biscuits, and tea form the diet for reducing fat.

Exercise is essential. Walking at first; then, as the fat diminishes, rowing and riding.

Wireless Voice for Films. A new method of producing talking films has been tried successfully in a Chicago studio.

An actor talked into a wireless telephone while watching his movements in a film on the screen. The film was a "master reel," which controlled the projection of a number of identical films at various other places. All the films were running at the same moment under a new system of electrical timing.

At the same time the wireless telephone transmitted, the actor's voice, and sounds, such as those of revolver shots, bells, and whistles, as they occurred in the picture.

The inventors predict that the time will come when every picture theatre will be fitted with wireless telephones and electrically-timed films.

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In the Sahara and Gobi deserts, and in parts of Mexico and Peru, it never rains at all.

Minard's Liniment for Burns, etc. Teacher (to class in chemistry): "What does sea-water contain besides the sodium chloride we have mentioned?" Small Boy: "Fish, sir."

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

Now is the time of the year to start the crusade against the fly. Put your screens in early and the battle is half won. Sweep every fly you see—they are nothing but germ-brooders.

Minard's Liniment Relieves Neuralgia. A rising barometer indicates good weather approaching.

Minard's Liniment for Glandular. plain to no one, least of all to your employer. Fill the place as it never was filled before. Crowd it to overflowing. Make yourself bigger than your job.

SALESMAN GETS BACK HIS OLD GRIP

BOYER ASTONISHED AT THE WAY TANLAC BUILT HIM UP.

Stomach Trouble Ended, He Sleeps Like a Top and Always Feels Fine.

"Tanlac put me on the road to good health and I don't remember the time I felt better than I do now," said Rene Boyer, 450 Amherst St., Montreal, well known travelling salesman for the Constantineau Printing Establishment.

"About two years ago my appetite went back on me and I began to suffer from stomach trouble. I felt sick and worried all the time and it was all I could do to keep plugging along. I had terrible cramps in my stomach that lasted for hours and I bloated so with gas I could hardly get my breath. My nerves were on edge all the time and my sleep was always restless.

But Tanlac has rid me entirely of stomach trouble. I now eat whatever I want, my sleep is restful and I feel fine and ready for a good day's work. Tanlac certainly delivered the goods for me and I am glad to give it the highest recommendation."

Tanlac is sold by all good druggists. Advt.

Seeds That Use Glue. Natural glue, which they use to stick themselves to the ground, is secreted by some seeds. In neighborhoods which are subject to long dry spells, it is important for plants to get their seeds underground quickly, especially if the spot is a windy one.

One of the ways in which they manage to do this is by exuding a sort of natural gum as soon as they obtain any water. A botanist, while studying plants in North-West Africa, found that out of 906 varieties more than 36 per cent. were marked by this feature. The plants, after being wetted and then dried, adhered to whatever was beneath them.

The first rainfall gives them to their places, giving them an opportunity to start their struggle for life. Even a heavy dew will suffice to glue them to the spot!

This ability to stick to the ground also serves the purpose of assisting the young root to make its way into the soil, as well as helping the sprouting plant to escape from its imprisonment inside the seed.

Reflect upon your present blessings of which every man has many, not on your past misfortunes of which all men have some.—Dickens.

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The Remedy your Grandmother used to get. Sure Relief. On Sale Everywhere. A Good Thing. Rub it in.

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Remove Pimples and Blackheads With Cuticura. Bathe with Cuticura Soap and hot water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. Cuticura Talcum is ideal for powdering and perfuming.

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