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### HEALTH EDUCATION

BY DR. J. J. MIDDLETON Provincial Board of Health, Ontario

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

If the intelligence of the child is to about your child's progress and de In many cases the parents will have ority? noticed some peculiarity about the Do you send your child to bed in child in its early years, about which time, so that he will be rested and fit the teacher should be informed when for study? the child starts going to school. This Do you provide plain nourishing would at once draw attention to traits food and see that your child is up in of character and both physical and time to eat a good breakfast? an organization, the Winchester public affairs? Home and School Association, which Do you avoid gossip and the telling is trying to bring about this much of incidents which they may misin diried co-operation between home terpret before your children? and school. At its annual meeting held Do you encourage helpful cor recently, this Association decided to sation at table? send out a questionaire to parents, Do you interest yourself in you containing nineteen questions such as child's sports, amusements and friendthe following, in order that the school ships? authorities may know that the parents One can readify see how

be determined early, and its work at portment, and to see if you can help school is to make satisfactory pro- the teacher to help the child?

gress, there must be co-operation be-tween the parents and school teachers. spect for teachers and others in auth-

mental conditions which would be of Do you teach your child to read the great value in grading the child for papers and find out the best in them. school studies. There is in Toronto and do you encourage an interest in

are taking an active, intelligent in mutual benefit the co-operation of terest in their clildren's condition home and school will be in bringing and carrying out supervision of the up children in the right way and pre-child's life and habits that will be con-paring them for useful citizenship. ducive to its mental and physical betMay the day soon come when this
terment:—
co-operation will be generally adopted Do you visit the school to inquire all over the province.

### SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. medicine. They saved my baby's life ent stations, one on the Petawawa and I can highly recommend them to Military Resrve in the white pine reall mothers." Mrs. Tranchemonands of other mothers who have test-The Tablets are a sure and safe medicine for little ones and never fail to children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Opt.

### Grazing on Western Forest Reserves.

Owing to various causes, some per-Dominion forest reserves in the West, thusiastic assistance to the work. not only without injury to the forest but with a positive benefit to the same. The number of horses, cattle and sheep grazed on the reserves for the serve may carry its full complement spoken." of stock without being over-grazed. One of his colleagues devised some it has been found possible to accomon the reserves is of great benefit to spcken." the farmers and ranchers of the different prairie districts.

### Some Consolation.

Timid Lady (about to buy a ticket for Europe): "And is the boat that sails on Thursday perfectly safe?"

she gone to the bottom." Timid Lady (reassured): "Oh, then

### tt must be all right. What cabins have you vacant?"

Steering the Ship. The profiteer's wife had never been to sea before. For a treat, her husband took her for a voyage in a big

there?" she asked a sailor.

"Steerage, mum," he replied. does it take all those people to keep two thousand pounds on every square professor, speaking in the amphi-

Almost as Easy as Wishing

Your breakfast cup is ready without trouble or delay when

**INSTANT POSTUM** 

is the table beverage.

Instant Postum in the cup

add hot water, stir, and you

have a satisfying, comfort-

ing drink, delightful in taste—

and with no harm to nerves or

digestion. As many cups as

you like, without regret.

"There's a Reason"

Your grocer sells Postum in two forms,

POSTUM CEREAL (in packages)

INSTANT POSTUM (in tins)

made by boiling full 20 minutes.

Canadian Postum Cereal Co. Ltd., Windsor, Ont.

made instantly in the cup by adding hot water.

To a teaspoonful of

### Canada's Forest Experiment Stations.

The field work on the Dominion Forestry Branch forest experiment Michel des Saints, Que., writes: stations is being vigorously pushed "Baby's Own Tablets are an excellent this season. There are two permangion of Ontario, the other at Lake Edtagne's experience is that of thous- ward in the pulp lands of Quebec, on the Laurentide Company's holdings. ed the worth of Baby's Own Tablets. The main object of the work is to discover the proper means of securing a continuous crop of timber on cut-over regulate the bowels and stomach, thus lands, and of putting lands at present relieving all the minor ills from which unproductive on a productive basis. The two experiment stations form the nucleus of the Dominion forest re search organization. This organization embraces work on the Dominion forest reserves in the West and similar work in various parts of the East; the latter in co-operation with lumber men and pulp companies, who, in commanent, some temporary, a large mon with provincial foresters and number of stock can be grazed on the many others, are lending their en-

### "American Spoken."

Some time ago the chauffeur of last few years has averaged about one Parisian taxicab conceived the great bundred thousand and this number is idea of pasting on his vehicle a bill increasing. In order that each ne- with the alluring inscription: "English

modate considerably more stock than asked, "there are now in Paris more by the grazing methods formerly in Americans than English, and they feel

"So you speak it?" Brazil!" was his confident reply.

### British Ships Idle.

One day, during her wanderings the waves as "mountain high." Ex- with Darwin's theory of the descent round the ship, she saw far below tensive and careful observations show of man might get some comfort from her a mass of people, and was struck that storm waves do sometimes at- Professor Courtiere, of the French by the contrast of their surround- tain a vertical height of forty feet Academy of Medicine, who has reings with her own luxurious cabin. and "tidal" waves a height of from viewed the recent discoveries of fos-"Who are those people down sixty to eighty feet. The smashing sils and the various theories of de-"Fancy that, now," she said, "and twenty feet high exert a pressure of "At all events," said the smir mi foot opposed to them.

"Because," said the chauffeur when

nage laid up at present puts the figure men. They think of self too much, Agent (gravely): "Madam, I can nage last up at present puts the last men. They think of sen too much, at 2,225,000 gross tons, while the and often get quite miscrable about themselves for no reason whatever. now a number of years, not once has dition to privately owned ships and The thing is, if you are becoming a excluding wooden and composite ves- man-BE A MAN; chuck your own sells, has 1,021 boats ione of about 4, selfish inclination and do what is right 000,000 gross tons. Other maritime and what is honorable. Remember countries are in the same position. It your Scout promise and stick to it. is estimated that 30,000 British marine officers and seamen are unem-

Those who have been caught in a great storm at sea usually describe Those persons who do not agree force of such stupendous waves can scent applied to man. Is man "only be judged from the fast that seas only a religious animal"?

# With The

boyish ideals. Many letters have the face and head, is caused by ters with reference to his welcome maily carries nourishment to the by the Scouts, but the following, from nerves, for some reason no longer does Scoutmaster Rev. S. A. Macdonell of so and the excruciating pain you feel Stratford is perhaps one of the most is the cry of the narres for food. The

and gone. Last Wednesday he in-spected the Stratford Scouts and When you build up the thin blood Cubs. He took a very real interest in with Dr. Williams' Plak Pills, you are the Scout work going on here and attacking neuralgia, sciation and kinspoke to the boys and to me in a dred diseases at the root. The value most kind and whole-hearted way. of these pills in cases of this kind is gathered fresh, and boiled in beer, are His conversation during the inspec-tion and after was marked strongly lah M. Fairweather, Cumberland Bay, with a sense of comradeship. For half an hour or so, though his stay in Stratford was brief, he was only a Scout with a Scout's interest in was weak and very fierwous, and had Scouting. I only wish it were possible no appetite. A doctor was called in for my boys to have 'Scout Byng' beto time, that they might see him, hands and my feet were always cold. Then to add to my misery I was at opportunity of speaking with him.

for the Scouts of the capital. the time and energy I have personpression 'Byng Boys.' They have a for many more years I may be priof 'Byng's Scouts.'"

"B.-P." Tells Scout to Stick. The following letter was recently received by a prominent Scout worker from Sir Robert Baden-Powell, the Imperial Chief Scout and

founder of the Boy Scout Movement: "The other day I had a letter from a Scoutmaster who asked my advice about one of the Scouts who had reached the age of fifteen or sixteen and was troubled about remaining a Scout. I wrote to the boy the followwhen temptation comes: 'My dear Scout,

about remaining on as a Scout. chuck Secuting. By doing so they cu'y doubled in size. prove that they are well, I won't

work as a Scout, and I can't believe lars on a single sale? that this is the case with you. It is a selfish feeling that comes over fellows just at the time when they are An estimate of the British ton- changing from boyhood into young

ROBERT BADEN-POWEL.

### Man Was Always Man.

theatre of the Faculty of Pharmacy, "man alone is preoccupied with his

modern science and the most recent Your druggist sells a tiny bottle of discoveries, the old question, "Does man descend from the age?" has no onger any sense.

There are, to be sure, anthropoid apes so near to us that "they only wanted money" to resemble us, according to a witty Parisienne; "but why did there animals Ed they never fearn to cheak?"

There is no doubt that about the there existed three great species, the asked. lemurs, the apes and man; and that wonder why he didn't make it fourwhatever to one another. However, it and get back to the side where his seems well proved that man of that time was far from resembling that of to-day. The physical conformation of the human body shows this. Why are our kidneys suspended without protection, without any support, in and illiterate persons use about 300. a vertical position? Why is the liver so badly fastened? It can be shown Minard's Liniment Relieves Neuralgla that in the position of quadrupeds all these organs were naturally protected.

ruped. We, therefore, walked on four two end teeth; the grass or leaves feet. This is all the resemblance we can easily be raked off without pullhave with the apes. The latter are not ing the scd. our direct ancestors; we have evolved only parallel with them. Man does not descend from the ape, of which there are innumerable species, while Deminion Express Money Order. Five with man there has always been but Dollars costs three cents. one species, the Homo sapiens, divided into different races.

Plants grow faster between 4 a. m. is. and 6 a.m. than at any other time dur-

# NEER ALGU

to Weak, Watery Blood.

During his recent tour of a couple of dozen Ontario cities Lord Byng of Vimy, Governor-General and Chief Scout for Camada again and again demonstrated his keen interest in the work of the Boy Scouts, troops of which met him at almost every point visited. And the Scout efficers and boys too were wonderfully impressed with his insight into Scouting and boyish ideals. Many letters have been received at Provincial Headquar- starved nerves. The blood, which norreason why the blood falls to properly "The Chief Scout has been here nourish the nerves is usually because

fore them as an example from time help me. My blood was thin and my This, of necessity, is a privilege only suffered greatly. I was reduced to a properties, and mullein leaves boiled mere skeleton, and did not care "His Excellency's kind words and whether I lived or not. I was in this nanner last Wednesday with his deplorable condition when I began taksincere interest as a true Scout him- ing Dr. Williams' Pink Pills. It was self repaid me many times over for some time before I could notice any benefit from the pills, but before a half a dozen boxes were used there was ally put into Scouting. I can now half a dozen boxes were used there was understand what lies behind the ex-Then I got six more boxes, and before title to be proud of. I only hope that they were done, I was once more enjoying good health and am now strong vileged to carry on my work as one and healthy. I shall always feel grateful for what the pills have done for me, and urge all weak people to give

them a trial." You can get these pills through any dealer in medicine or by mail at 50 Brockville, Ont.

### Newspaper Advertising Pays Dividends to Wrigley

Wrigley's chewing gum has started its fourteenth year of advertising in the ing letter, which may help some other Canadian newspapers. When they bechaps stick to their Scout promise gan very few people used chewing gum. To-day, few people do not get the pleasure and benefit of using "'I hear that you are troubled Wrigley's "after every meal."

Regular consistent newspaper 'May I tell you that humireds of vertising convinced the Canadian pub-Scouts when they come to your age lic that Wrigley's is good and good derage surveys are here made by thing better. He put on the auto deer get the same idea, and some of them for them. It has built the modern grazing experts, with the result that in royal blue: "American spoken."

If newspaper advertising will do say rotters, but they have never real- this for the manufacturer of a single use. This opportunity to graze stock, flattered when hearing their language ly grasped Scouting and their project item selling for the small cost of five mise of honor and duty of being un- cents how much more can it do for the selfish has all been a lie. At the local purveyors of general merchandise who are selling many items, some "'But I have heard of your good of them running into hundreds of dol-

Lift Off with Fingers



Doesn't hurt a bit! Drop a little Now traces of the latter are found "Freezone" on an aching corn, instantin the geological strata which the sa- is that corn stops hurting, then shortly vant studies. Studied in the light of you lift it right off with fingers. Truly! or corn between the tce, and the calluses, without soreness or irritation.

Why Jimmy Giggled. Jimmy giggled when the teacher

read the story of the man who swam mover know how to make fire? Why across the Tiber three times before breakfast. "You do not doubt that a trained

swimmer could do that, do you?" he "No, sir," answered Jimmy, "but I

clothes were." Use of Words. Persons of superior culture are

familiar with more than 5,000 words. ordinary persons know 2,000 to 3,000

To rake a lawn: Take an ordinary Our organs are those of a quad- iron-toothed rake, slip spools over the

> MONEY ORDERS. Pay your cut-of-town accounts by

There is a time to be proui; but Int somebody else tall you when that

Minard's Linimant for Candruit.

### Physic in Plants.

We have all become so acc to go round to the chemist's shop when we require medicine of any kind that we quite forget that our grandmon complaint in the hederows, says an English writer.

I have been reading an old manu script book, written, I think, by a great aunt nearly a hundred years ago, which tells of many of these sim ple remedies.

For tonics for spring use she recon camomile. Of wild mint she made an infusion which was a useful stomachic a stomach medicine, but adds that the plant should come from chalky soil. Gentian is another common plant recommended for the tonic properties of its roots.

Instead of pills, she made an in-fusion of the inner bark of the common elder. She says that this must not be used too strong. The yellow inner bark of the black elder is also

water, and to this was added a small amount of ginger and some caraway seeds. Roots of the hemp agrimony, equally efficacious. For children suffering from worms the flowers of the common tansy were

gathered, dried, powdered, and mixed a great reputation with herbalists to make a drink which is said to have and ulcers.

lent for poultices, having soothing down she used for a liniment for hrnises and appains.

### Economic Value of Paint.

The life and usefulness of practicaly all buildings, farm machinery and application of suitable Paint or Var- have the ability. nish. It has been estimated that the loss suffered yearly through the decay the annual fire loss. The best extheir wings. amples of the value of Paint as a prestill existing throughout the country which are over a century old and are cents a box or six boxes for \$2.50 still in splendid condition. It is tary, although a form of it may result from The Dr. Williams' Medicine Co., actually true that wood will last in- from the over-use of tobacco. definitely if kept well painted.

Paint saves by protecting and at the same time it fosters self respect. through improving the appearance of our property. Farmers who doubt the value of Paint may gain enlightenment from the fact that bankers will loan from 10 to 50% more on land where farm buildings are well painted and kent in good condition than on land where they are not. The bankers' action is based not merely on the simple idea that the farmer's house and barns are likely to last longer through the use of a protective coating but upon the truth that the man who uses Paint and Varnish gives clear evidence that he is wise and thrifty

# "KING OF PAIN"

YARMOUTH, N.S.
The Original and Only Genuine Beware of imitations sold on the MINARD'S LINIMENT

Ascension Island between Africa and South America, like St. Helena one of the most isolated spots in the world, has a unique government. A British naval captain under the authority of the Gibraltar admiralty administers the affairs of the island as if it were a ship and the two or three hundred inhabitants were members of

Minard's Liniment for Burns, etc.

Boy: "Say, Pop! If we are made out of dust, how is it that we don't turn to mud when we go in swim-



### **CUTICURA HEALS WATER BLISTERS**

On Face and Hands. itched and Burned. Face Disfigured, Lost Rest. "My trouble came in tiny water

plisters which would break and form core cruptions. My face and hands were affected, and the skin was seround red. The eruptions it had and burned so that I scraighed them, and my face was disfigured. Host rest at night. "The trouble lasted of cut three months. A friend asked me to try Cutienta Scap and Oints out, and chier unlag three canes of Soap and two boxes of Sintment was he ded." Signed) Liss Agailla Tyler, R. P. D. 1, Fox 59, West Labor, Mr. Culibra Cosp, Ointment and Tallcomme dealfor every-day to list sees. Sarrie Back Freeby Mall. Address: "Legional Ma-itel, 541 St. Rad Mt., W., Hentten!" Suid every-waere, Seep 25c. Gintment 25 and 50c. Taloum 25c.

## RAILROAD WAR WAS CHEATED

incouraging Stomach Trouble Had L. N. Gagnon Going Down Hill Rapidly Until He Took Tanine Like New

"I was cheated out of a good many meals while I had stomach trouble but I'm making up for lost time now," said L. Napoleon Gagnon, 53½ Sala-berry St., Quebec, a well-known Canadian Pacific Railroad man. "For a long time I had been unable to get any satisfaction about eating

and felt tired and worn out so I could hardly work. I was very discouraged, too, because I could see I was going down hill every day and there was no relief in sight. way Tanlac came to my aid. I am-

feeling like a new man now, have the appetite of a woodchopper and everyly never intend to miss a chance to put in a good word for Taniac." Tanlac is sold by all good druggists

### Pearls of Wisdom.

Those who waste time waste life. Give us your best, and you'll get the

is himself. He who swells in prosperity will shrink in adversity.

Promises may get friends, but parformance keeps them. He that persists in going the con trary way must go over it twice

"Tis etrange but true that you mus take trouble to avoid trouble. It's a great thing to have confidence implements can be prolonged by the in your own ability, and a greater to

In every hive are been whose duty of wooden surfaces is far in excess of it is to keep it ventilated by fanning

servative are the many farm buildings | Minard's Liniment for sale everywhere Color-blindness is usually heredi-

> No need to lose chicks. Raise every one into strong profitable trymen.ererywbo

Pratts Buttermilk Baby Chick Food Sold everywhere on our maney back guarantee. ADVICE FRIER. Tell ye your trouble.

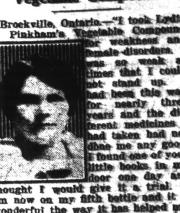
PRATT POOD CO. OF

CANADA, LIMITED

LANDSAL Bulk Carlots TORONTO GALT WORKS C A GLIFF . P



So Writes Mer Lemery of Brockville, Onneis, Regards ing Lydin E. Pinkhamb Vegetable Compound



ments and has a record of mach years behing it.

# Women should Insist

No matter what you buy in kitchen utensile. mand that each article carry the SMP trade mark shown below. SMP Enameled Ware is safe to use: acids or alkalis will not affect it; it cannot absorb odors; cleans like china; wears for years. Tell the storekeeper you want either

# Por Pearl W

sky blue and white outside with a snown ing. Pearl Ware is cnameled steel with the pearl grey enamel inside and out.

THE SHEET METAL PRODUCTS CO LIMITED MONTREAL TORONTO



WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by

Headache Neuralgia Toothache

Handy "Bayer" boxes of 12 tablets-Also bottles of 21 and 100 Aspirin is the trade marit (registered in Canada) of the aceticacidester of salicylicacid. White it is wall than a trade of the canada of the



physicians during 22 years and proved safe by millions for

Lumbago Earache -