

## 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.

What makes a boy steal green apples? Why does a boy like to jump?

These are some of the questions put forward when the topics of recreation came up at the All-Canada Children's Week Conference that was recently held in Toronto.

The importance of recreation for both young and old is becoming more and more apparent, but just how the recreation should be carried out is still a poser.

Dr. Lamb, Professor of Physical Education, McGill University, Montreal, says that recreation should be as far as possible supervised, else it may be carried on in a way that is not good for the individual or for the community in which he lives.

There are some interesting features of this subject. What makes a child play, for instance. The consensus of opinion is that play is an expression of the pursuits of our ancestors away back to primitive man. The child's liking for jumping, climbing and chasing things is an evidence of the savage state. The child's liking for bows and arrows indicates his ancestral associations with forest and stream, caves, hunting ground, etc. Besides, the kind of play a child is

interested in, shows something of his racial development.

Why do boys as a rule like to steal green apples? Dr. Lamb thinks it is mostly due to their love for excitement, especially if in getting the apples they have to outwit some crabby old man who guards the orchard.

One thing to be kept in mind in preparing recreation facilities for children is that some sort of supervision is best. In this way truthfulness can be encouraged instead of deceit, kindness instead of cruelty, justice instead of injustice, honesty instead of dishonesty and courage instead of cowardice.

In every kind of recreation the point to be kept in mind is participation rather than observation. In other words it is much better for all the children to take part in games than for the majority of them to watch a few of their number, such as is seen in a school football match.

In the whole domain of child development nothing is more important than recreation. It has a most powerful influence on the future man or woman, and in the building of character as well as of health, sound recreation must ever be given a foremost place.



## With The Boy Scouts

To Help Northern Scouts.

Provincial Commissioner J. F. M. Stewart addressed a special appeal to the Boy Scouts and Wolf Cubs of Ontario by asking them to help in the work of reestablishing the Haliburton, Hanbury and North Cobalt Troops which lost all their property and troop equipment in the recent fire. The plan is to have every Boy Scout Troop and Wolf Cub Pack turn over to a special fund their entire Troop and Pack dues for one week, or in cases where the weekly dues system is not in use, secure from each boy subscriptions of five or ten cents each for the same purpose. This fund would be used in forwarding to the North to be used in assisting the burnt out troops in such ways as District Commissioner H. Ellis Gridley of North Cobalt and the Executive Committee of the Temiskaming Boy Scouts Association may deem best. It is expected that the appeal will meet with a very hearty response from Scouts and Cubs all over the province. This will be a very practical demonstration of the Scout law which says, in part: "A Scout is a brother to every other Scout."

**Municipal Building for Scout Use.**  
The news that the City Council of Chatham has granted the use of a large room in the city market building for the use of the Scouts of the 1st Chatham Troop was received by the Scouts with yells of approval. This will provide a splendid winter headquarters for the troop, but the boys do not regard it as an all the year round home as their summer quarters at the Exhibition Grounds proved most satisfactory and besides offered excellent opportunities for real outdoor Scout-like close at hand.

**Scoutmaster Complimented.**  
One of the best Scout "good turns" reported recently was performed at the Burford Fall Fair. While the judging of horses was taking place an accident happened in which one of the drivers sustained a fractured arm. Scoutmaster Stopps of the 1st Burford Troop happened to be present and administered first aid, putting the arm in splints and greatly easing the intense pain. When the doctor who was called arrived he complimented Mr. Stopps upon his work, which he said was one of the best pieces of first aid he had ever seen.

**Scoutmaster Goes to West Africa.**  
Rev. A. W. Drysdale, Scoutmaster

of the 1st Westport Troop, and organizer of the Troops at Newboro and Elgin, has gone to Old Calabar, Southern Nigeria, West Africa, to take up his new duties as a missionary. Mr. Drysdale was connected with Scouting for more than ten years and before leaving was presented with the 10-year badge of the Boy Scouts Association in Canada. His Boy Scouts at Westport, together with the local Girl Guides, which he was also instrumental in having organized, tendered him a farewell banquet and presented him with a very fine wrist watch as a token of their appreciation of his work amongst them. His departure will be keenly felt by the troops in the North-eastern section of Leeds County.

**Many New Scout Troops.**  
New Scout troops recently chartered by the Provincial Council for Ontario include the 1st Gravenhurst, 2nd Acton, 1st MacTier, 1st Gravel Lake, 3rd Owen Sound, 30th Hamilton, 33rd Hamilton, 1st Wilmot (Hayville-New Hamburg), 1st Swastika and 1st Uxbridge. This means the addition of more than two hundred new boys to the Boy Scouts Association in Ontario. Many other new troops are being formed this fall. The Field Department of the Association, with offices at Bloor and Sherbourne Streets, Toronto, will be very glad to assist persons interested in Scouting to organize troops in their own communities. Full information will be forwarded to any address upon request.

**The Balm's Breaks.**  
The Duke of Atholl told this story from the Highlands the other day. "An aristocratic old lady in the Highlands," said the Duke, "hired a crofter's boy as page, and bought him a livery that was to be worn only on very special occasions."

"One day she gave a dinner party. As she entertained her guests in the difficult ten minutes before the meal was served, a tumbled head was stuck into the dining-room and the voice of the new page asked:

"Please, ma'am, am I to wear me ain breaks or yours?"

**A Clerical Corroboration.**  
A young minister was expostulating with a landlord who had raised the poor parishioners' rent over a hundred per cent.

"If I want to hear you preach," said the landlord, angrily, "I'll come to church, where you should do your preaching."

"If you were where you should be," retorted the young minister, "you would have that privilege next Sunday. I'm going to preach at the penitentiary."

**Heels should never be more than two inches high for health and safety, according to a doctor.**

## HOW TO REGAIN YOUR GOOD HEALTH

It Can be Done Through Keeping the Blood Supply Rich and Pure.

There is not a pore or corner in Canada, in the cities, the towns, the villages, on the farms and in the mines and lumber camps, where Dr. Williams' Pink Pills have not been used, and from one end of the country to the other kind words have been said for this medicine.

You have only to ask your neighbors, and they can tell you of some rheumatic or nerve-shattered man, some suffering woman, ailing youth or anaemic girl who has been benefited by Dr. Williams' Pink Pills. For more than a third of a century these pills have been known not only in Canada, but throughout the world as a reliable tonic, blood-enriching medicine.

The success of Dr. Williams' Pink Pills is due to the fact that they go to the root of the disease in the blood, and by making the vital fluid rich, they strengthen the organs and nerves of the body. Mr. A. M. Large, Victoria, B.C., adds his testimony to that of thousands of others who have found benefit through the use of this medicine. He says:—"About three years ago I became dreadfully run down. So much so that I had to stop work altogether, and being a carpenter, and busily engaged, the outlook was gloomy. I became so reduced that I would have to rest even after a short walk. My appetite almost completely failed. The doctor whom I consulted told me I would have to take a prolonged rest, and gave me a bottle of medicine, which, however, did not help me. Then a good friend urged me to try Dr. Williams' Pink Pills, and I got a supply and before long felt an improvement. From that on I continued to gain and was able to resume my employment. I continued taking the pills for some time longer and now feel as vigorous as I ever did."

You can get these pills through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**Autumn Leaves and Mushrooms.**  
"To gather mushrooms go by the high meadow. Skirt the ploughed field," they said. Such drift of November morn under impalpable skies. How should I know that they led To Aladdin's cavern For—listen—I stepped over the dank mould—

Into a woody path of sodden leaves. Hurling, as one does on November eves, And suddenly all about me flared and blazed A million jewels—scarlet, tawny, dusky red, and gold, Sour yellow and smouldering copper—stilly etching, burning.

Beyond and above and round every turning, More in the gleaming wetness and more and brighter, Till, blind with color and light, I understood: There was no sun shining in the wood.

Only rain was thickly falling On the low bushes that dripped and hissed, While the tall trees, Rearing bravely caparisoned limbs To a scattering greyiness of cloud.

Who sees Tiny white buttons in brown turf, if you please, When his eyes are filled with a crowd of clustered jewels, gay, warmer than wine? Was the fault mine? Peter Renny.

**Obedience.**  
Willie had almost finished his reading lesson when he came to a word he could not pronounce. "Barque," prompted the teacher. Willie looked at his classmates and grinned.

"Barque, Willie!" exclaimed the teacher, harshly. Willie, looking up at the teacher, finally cried out, "Bow-wow!"

### Make 'em Lay!

Your hens and pullets should be laying heavily now. If not, you can start them, and keep them at it, with **Pratts Poultry Regulator**—the natural tonic that supplies to cooped-up birds those health elements which Nature provides them in summer. "Pratts" rouses appetite, aids digestion, stirs up the sluggish egg-organs, preserves health and vigor. That means **MORE EGGS**.

PRATTS' Roup Remedy, used in the drinking water, prevents and cures colds and roup.

**Yours Money Back if YOU**

**PRATT FOOD COMPANY** of Canada, Limited  
—Carleton Place, Ontario—  
Toronto 19

**Where Was the Rest?**  
Little Tommy Taylor was visiting for the first time the house of an aunt in the city, and among the objects of interest she showed him was a bust of her grandfather, whose history she detailed to Tommy with much gusto. "And is that your grandfather?" Tommy asked, when the recital had been concluded.

"Yes, dear," said the aunt. "Is that all there was of him?" asked Tommy, very much perplexed.

**Hearing the Other Side.**  
"You have decided to stay on the farm?"

"Yes," said Mr. Cobble. "I get discouraged during the week, but I cheer up considerably on Sundays."

"How is that?"

"I listen to people who come out here from town in their automobiles. After I hear them tell their troubles I forget that I have any of my own."

**GUARD THE CHILDREN FROM AUTUMN COLDS**  
The Fall is the most severe season of the year for colds—one day warm, the next cold and wet, and unless the mother is on her guard, the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are on hand for the mother, the little ones' banishing colds. They act as a general laxative, keeping the bowels and stomach free and sweet. An occasional dose of the Tablets will prevent colds, or if it does come on suddenly their prompt use will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The fall is the time to select roots of parsnips, carrots and beets to plant for seed next year. It is a mistake to save seeds from plants that bolted this year, for they are likely to pass the tendency on to their offspring. Choose the best roots when you lift the crop, store them carefully, plant them next spring and grow them especially for seed.

### "Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 10c a box. Taste like candy.

**Navigating the Life Ship.**  
In bad weather, when there are heavy fogs and storms at sea, the navigator is obliged to take his bearings frequently to know where he is. If he doesn't do this, he cannot intelligently direct his course, and is liable to wreck his ship by running onto hidden rocks.

Every man is the navigator of a life ship, and if he doesn't early form the habit of taking his bearings, to find out where he is and whether he is going, he may, in middle life, find his ship stranded on the rocks of failure. If you would save yourself from shipwreck take your bearings frequently.

**Question and Answer.**  
The youthful naval cadet candidates were appearing before the board of examiners and were being questioned to test their knowledge.

Admiral—"How did you come here, my boy?"

Candidate—"In a taxi, sir."

Admiral—"And what was the number of the taxi?"

Candidate—"3548, sir."

Admiral—"Good; you'll do."

That evening the admiral told the story to a friend, who said, "What a very observant lad." But how did you know he was telling the truth?"

"Truth be sugar!" said the admiral; "it was devilish smart of the boy to give me any number without the slightest hesitation."

**Value of Elephants.**  
An African elephant of the largest size measures about nine cubits, or 22½ feet, in height, and is worth about \$200. For huge Ceylon elephants \$2,000 is sometimes paid.

**Careful Bobby.**  
The teacher had been explaining fractions to her class. When she had discussed the subject at length, wishing to see how much light had been shed she inquired:

"Now, Bobby, which would you rather have, one apple or two halves?"

The little chap promptly replied: "Two halves."

"Oh, Bobby," exclaimed the young woman, a little disappointed, "why should you prefer two halves?"

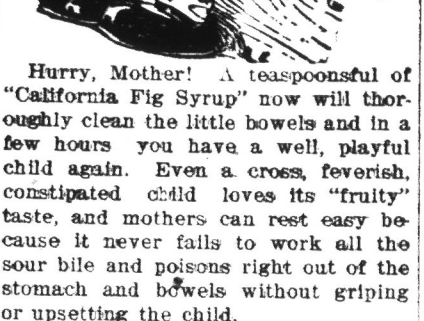
"Because then I could see if it was bad inside."

**The Meanest Man.**

The meanest man on record is said to live in Shrewsbury, Mass. He sold his son-in-law one half of a cow, and then refused to divide the milk, maintaining that he sold only the front half. The buyer was also required to feed the cow and carry water to her three times a day. Recently, the cow hooked the old man, and now he is suing his son-in-law for damages.

**MOTHER!**

Your Child's Bowels Need "California Fig Syrup"



Hurry, Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even a cross, feverish, constipated child loves its "fruit" taste, and mothers can rest easy because it never fails to work all the sour bile and poisons right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

**He Tried It and Knew.**

Patience was the subject of the teacher's discourse and to illustrate her point she drew on the blackboard a picture of a small boy sitting on the bank of a stream, fishing.

"You see this lad, children," she said, beaming on her pupils. He's fishing. Well, even the pleasure of fishing requires patience. He must be prepared to sit and wait."

For a little while longer she dilated on the beauties of being patient. Then came the time for her to test her work.

"Now, then, can any of you boys tell me what we need most when we go fishing?" she inquired.

Like one voice came a chorus from the class. "Bait!"

**DR. MINARD, Inventor of the Celebrated MINARD'S LINIMENT**

Give us to awake with smiles, give us to labor smiling. As the sun lightens the world, so let our loving kindness make bright this house of our habitation.—R. L. Stevenson.

**MONEY ORDERS.**  
Remit by Dominion Express Money Order. If lost or stolen you get your money back.

There are a lot of 8-hour men with 16-hour wives that ought to unionize their homes.

Minard's Liniment for Distemper.

Think all you speak, but speak not all you think.—DeLaune.

**COARSE SALT LAND SALT**

Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF TORONTO

**For Nervous Headaches**

IS THE RELIEF from headache or neuralgic pains worth one cent to you? That's all it costs for an application of "Vaseline" Mentholated Jelly.

With the first indication of a headache rub a small amount of it gently on the forehead and temples. So convenient, effective and economical!

**Vaseline MENTHOLATED**

Trade Mark  
PETROLEUM CITY

ISSUE No. 45-22.

## McGulloch Says It Helped Him From First

"I am glad to recommend Tanlac for it has helped me to gain twelve pounds and made me feel better than I have in many years." This clear-cut statement was made recently by David McGulloch, 43 New St., Calgary, Alberta, Canada.

"I had been in very poor health for four years, being generally run down, with no appetite to speak of, and my nerves were always more or less on edge. My strength and energy were at a very low ebb, and a good night's sleep seemed utterly out of the question. I was simply worn out all the time, and was considerably under normal weight."

"Friends of mine who had tried Tanlac urged me to take it. I began to pick up from the very first bottle, and now I have plenty of strength and energy, never seem to tire, and eat and sleep like a healthy man should. I have taken five bottles, and do not hesitate to pronounce Tanlac a fine medicine."

Tanlac is sold by all good druggists. Advt.

**The Spirit Language.**  
"How was the seance?"

"A great success. Mme. Hokus materialized Napoleon Bonaparte, Marie Antoinette and Julius Caesar. 'Quite a distinguished gathering.'"

"Yes, and I was not aware until after the seance started that all three could speak English fluently."

**Minard's Liniment for Garget in Cows.**

**Very Likely.**  
They were discussing animals, and the intelligence of dogs in particular.

Said Robinson: "There are some dogs that have more sense than their masters."

"Exactly," said young Jones, getting a word in at last. "Mine's one of that sort."

**PUT STOMACH IN ORDER AT ONCE**

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

It is to her moderate men that Great Britain owes what she has done and what she is.—Colonel E. Kison Clark.

**Minard's Liniment for Diphtheria.**

It is better to play at work than to work at play.—Dr. Frank Crane.



**CUTICURA CARES FOR YOUR HAIR**

Nothing like shampoos with Cuticura Soap and hot water, preceded by touches of Cuticura Ointment to spots of dandruff and itching, to keep the scalp and hair healthy. They are ideal for all toilet uses.

See 25c. Ointment 25c. and 50c. Taken 25c. Sold throughout the Dominion. Canadian Depot: Lymon, Limited, 344 St. Paul St., W., Montreal.

Cuticura Soap shaves without stung.

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YARN—WONDERFUL VALUES AND colors. Samples free. Geo. Gosselin, Woolen Mills, Ont.

REPAIR & MAINTENANCE KENT ST. 100  
Yonge Street, Toronto, Registered Patent Attorneys. Send for free booklet.

### BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cables, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

### DOG DISEASES

How to keep your dog healthy. Free to any dog owner. Send for free booklet. 115 West York Street, New York U.S.A.

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THE postman or express man will bring Parker service right to your home.

Whatever you send—whether it be suits, coats, dresses, lace curtains, tapestry draperies, etc., etc.—will be beautifully cleaned by the Parker process and speedily returned.

We pay carriage one way on all orders.

Write for full particulars.

**Parker's Dye Works, Limited**  
Cleaners and Dyers  
791 Yonge St.  
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**Colds in chest try Sloan's**



**It scatters congestion**

You get quick relief from a cold by applying Sloan's. By quickening circulation blood congestion is broken up. Millions have also found in Sloan's welcome relief from rheumatism. Keep it handy for sore, cramped muscles, aches and neuralgia.

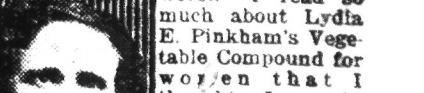
Made in Canada  
**Sloan's Liniment—kills pain!**

## SO WEAK COULD HARDLY DO ANYTHING

Now Looks After Home, Thanks to Lydia E. Pinkham's Vegetable Compound

Meaford, Ontario—"I was so weak I could hardly do anything and my back seemed the worst. I read so much about Lydia E. Pinkham's Vegetable Compound for women that I thought I would try it. I feel that it did help me for I am looking after my own home now and seem quite strong again. I have recommended your Vegetable Compound to quite a few friends and you can use my name if you wish to do so."—Mrs. H. Porter, Box 440, Meaford, Ontario.

In your own neighborhood there are doubtless women who know of the great value of Lydia E. Pinkham's Vegetable Compound. Women everywhere, either by word of mouth or by letter, recommend this splendid medicine. Those who have suffered from female weakness, change of life, and similar troubles know of the wonderful relief brought to them by the Vegetable Compound.



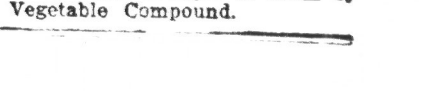
**ASPIRIN**

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 Headache Rheumatism  
Toothache Neuralgia Neuritis  
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada of Bayer Manufacturing of Monocarbonylchloride of Benzoic Acid. What it is well known that Aspirin means Bayer manufacture. To assist the public against imitations, the tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."



### Are you enjoying a harvest of health?

IN THE plump kernels of wheat and barley Nature plants the seeds of human energy; which man himself must utilize in order to enjoy a harvest of health.

These nutritious grains are carefully selected and scientifically converted into crisp, delicious Grape-Nuts, which provides the nutritive and mineral elements that Nature intended for the use of man.

The 20-hour baking process partially pre-digests the starch and makes Grape-Nuts a rich and delicious food which digests easily and assimilates quickly.

Try a dish of crisp and crunchy Grape-Nuts with good rich milk for breakfast or lunch. Grape-Nuts also makes delicious pudding for your dinner. It is wonderfully sustaining and satisfying these brisk November days.

**W. Main**

**Grape-Nuts FOR HEALTH "There's a Reason"**

It Pays to Canadian Postcard Co., Ltd., 45 Front St., E., Toronto. Factory: Windsor, Ont.

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