

How cool and dim below

Where ferns and mosses grow.

And well their forms i know.

The choppers' blows resound.

Lies white upon the ground.

Deep in whose murmuring tide,

Whose dark, abundant soil,

When daylight darkly wanes?

Shines bright across the plains.

Minard's Liniment for Garget in Cows.

In cheery homes I see.

Abundant, fair and free.

per 100,000 of population.

of the greatest service to society.

their industry and thrift, might

cocurs when the man or woman, from

wise have had years of ease and com-

cracing facts such as the following:

(2) That the early signs are:

of a man forty-five years of age.

man or woman after forty years.

Any sore on the tongue of a man of

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health mat-

ters through this column. Address him at Spadina House, Spadina

strong, true heart is hard to child

now

Dark pine and birch drooped lew.

leaves.

wenves

Carrying 13,000 people, the liners When, seen afar, the home light still Majestic, Olympic, and Homeric require 440,000 pieces of household and The robust life of Canada table linen, including 110,000 table napkins, 35,000 sheets and 17,000 Tho' gold nor jewels fill the band. tablecloths. 'Tis nature's self has blessed the land,

Minard's Linimert for Distemper.

Crescent, Toronto

a death ratio of 88 out of every 100,-

000 of the population, the highest yet

recorded for the province. The number

of deaths for cancer in 1921 exceeded

In Michigan the death rate from

cancer this year is 86.5 per 100,000 of

the population. In Ontario during

1921 the rate was even higher. Cancer

is now killing one out of every ten

persons over 40 years of age. Many

of these deaths are preventable since

cancer is frequent'y curable if recog-

nized and properly treated in its early

1,048 1,156

1,253 1,224

1,411 1,329

1,597 1,587

1,778 1,803

1,982 2,012

2,182

2.464

There is very little difference be-

tween the city death rate for cancer

and the country rate. During 1920 the rate was 85 per 100,000 of the

show 1,204 deaths or 48.9 per cent. of

the total number, and a rate per 100,-

000 of 88.4; the towns of 5,000 popu-

The city municipalities

47.3

63.8

73.8

79.3

74.9

Ill-health.

breast after forty.

the change of life.

forty-five years.

Year 1902 1903

1904

 $\frac{1905}{1906}$

1908

1909

1910

1913

1914

1916

1918

1919

1920

A comparative table showing the

Most disease germs enter the body through the mouth. Keep the mouth

RICH, RED BLOOD

Weak, Watery Blood Needs a Tonic to Build it Anew.

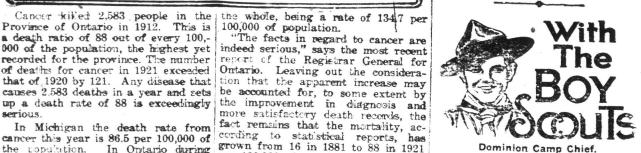
Why are we continually told that health-giving blood must be bright red? What has color to do with the quality? Just this the oxygen in the air is the great supporter of all organic life. One function of the blood is to take the exygen from the airwhich it meets in the lungs and delivers to the tissues of the body. When the blood, filled with life-sustaining oxygen, is sent out by the heart, it is bright red. When it returns, impure and deprived of oxygen it is dark. You will see, therefore, that there

are two prime requisites of health, pure air and bright red blood-the pure air to furnish the cxygen, the rich red blood carry it where it is needed.

Pale, anaemic people, whose nerves are on edge, who tire out easily, and who suffer from frequent headaches, do so because their blood is thin and watery. All such people can improve their condition through a fair use of Dr. Williams' Pink Pills, which enrich the blood, thus enabling it to carry oxygen to the system. Among those who have benefitted from the use of this medicine is Mr. Charles A. Stayner, Glenholme, N. S. who says: Some four years ago I found myself badly run down. I tired very easily, and found it difficult to do my work. My appetite failed and I slept badly at night. I was taking medicine, but it was not helping me, and I was growing weaker and weaker. A friend who called to see me advised me to try Dr. brightness to darkness, and a head-Williams' Pink Pills. I got six boxes and before these were done I felt bet-

ter. Then I got six more boxes, and strong as ever. Four years have passed since that time, and I have conthe time. I have recommended these

These pills are sold by all medicine dealers or will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.



Mr. Rodney C. Wood, Assistant Hoffman, who has made an exten- Camp Chief at Gillwell Park, the Brisive study of this subject, points out tish Scout Officer Training Centre in that his investigations prove that England, has been appointed Dominion real menace to all civilized mankind. Camp Chief with responsibility for all It is probable that the number of future Scout officer training projects deaths yearly in Canada would be not in Canada. Mr. Wood was loaned to less than 7,000. Cancer comes fourth the Canadian General Coupel to intro-A comparative table showing the man 7,000. Cancer comes fourth the canadian definition of deaths per year from canoning our table of mortality. At ages duce Gillwell methods to Canada and death rate per 100,000 of the population death rate per 100,000 of the points out that men. It is a disease of adult life, and were so successful that it was decided while one or two of the years' figures show a shight decrease, the general tendency is towards a gradual but men. It is a disease of adult fire, and at ages over forty is more destructive of life than either tubercure or tendency is towards a gradual but men. It is a disease of adult fire, and were so successful that it was decided to ask Mr. Wood to remain here pertendency is towards a gradual but pre-umonia. Its insidious onset often duties at once

cocurs at the most useful period of duties at once.

life when the father and mother are

More More Scout Heroes.

Six more awards to Ontario Boy Scouts for life saving have just been authorized by His Excellency Lord fort before them. Discovered in the Byng of Vimy, Chief Scout for Canacarliest stages it is usually readily da.

To Scout Adrenic Lemelin, age 15, in headlest and compared to the stages of the stage

The chief hope of controlling the land Troop, His Excellency has grantdisease seems to lie in a well-planned campaign of public education, emed a Gilt Cross. Adronic heard that a boy had gone down in a lock-pit after (1) That cancer in the early stages falling from a plank on which he was gives rise to no pain or symptoms of playing. He immediately ran to the scene, jumped into the water, and after diving and swimming around came Any lump or mass in a woman's into contact with the drowning boy Any bleeding, however trivial, after then found that the boy he had resand brought him to the surface. He Any wart or sore on the lower lip

cued was his own 12-year-old brother. Assistant Scoutmaster Cecil G. Bowman of the 8th B antford Troop is to receive the Boy Scout Gilt Cross for Any bleeding from the bowel in a his act in rescuing one of the boys of his troop from drowning in a flooded (3) It should be pointed out that section of the Grand River. The boy warts, moles cr growths on the skin had accidentally fallen into the river Warrs, mores et ground be removed while doing some of his Scout tests.

NECESSARY TO HELLTH becomes jumped into the river and af-

brought the boy to safety.

Scout Richard Keene, age 12, of the 10th Brantford Troop, has been awarded a Certificate of Merit signed by Lord Byng for his work in rescuing That stoops from sky to sod. two boys from drowning in a canal. Little personal risk was involved in this rescue, but the Scout's presence of mind and quick action undoubtedly saved the boys' lives.

Scout Canniff Ashley, age 12, and Scout Lorne Morton, age 14, of the 1st Foxboro Troop, will receive Certificates of Merit for their action in rescuing a companion from drowning in a stream near their home.

Scout Leo. H. Rozell, age 13, of the 1st Ridgetown Troop, saw a little child fall into a cesspool while playing near its home. The child was too young to help itself and only the quick action of the Scout was responsible for the little tot's life being saved. A Certificate of Merit has been forwarded to Scout Rozell.

Medals of Merit in recognition of long and faithful service to their troops and to the Scout Movement in their district have been awarded to Assistant Scoutmester E. Bonneville and Clarence Jones of the 6th Ottawa Troop.

The above awards bring the total issued in Ontario during the present year up to fifteen. Final decisions in several more cases will probably be announced shortly.

Headlight Controller Dims Lights Gradually.

Too abrupt dimming of automobile headlights is a menace to the driver on account of the sudden change from light centroller is now being manufactured that enables the driver to dim after taking them felt as well and necessary. The hands of the driver the lights gradually to any degree never being off the steering wheel, a tinued in good health and working all the steering post is all that is necestouch with one finger of a lever on sary to dim the lights as gradually as pills to others and shall continue to do desired. The controller can be install- gave her the flowers?" ed on any steering post in five or ten

GUARD THE BABY

mail at 25 cents a box from The Dr Williams' Medfeine Co., Brockville,

Crude-oil Airplane Engine Developed in England.

It is reported that a manufacturing concern, in confinction with the Bri-tish air ministry, has produced a promising type of crude-oil air engine. For the present details of its construction are withheld, but it is understood to be a six-cylinder motor developing from 750 to 1,000 horsepower. It is known that, at the royal air-craft establishment, experiments have been in progress for a long time on engines of the Diesel type using shale oil.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

to clean out your bowels without cramping or overacting, take Casca-Sick headache, biliousness. gases, indigeston, 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.

Miner's Luck. Luck seems to thrive best among

the precious metals. From the gold mines and the diamond fields come many strange stories that illustrate the uncertainties of fortune. California, the Yukon, South Africa, all have their share of tales of extraordinary finds and losses, but from New Guinea comes one of the most remarkable. On many of the islands off that coast gold is found. At one time, says tongue coated, breath bad, remember Capt. C. A. W. Monekton in his book, a good cleansing of the little bowels is Some Experiences of a New Guinea Resident Magistrate, Woodlark Island was crowded with prospectors.

were returning in a small cutter to printed on bottle. Mother! You must Samarai. The separate parcels of say "California" or you may get an gold belonging to the individual men imitation fig syrup. were "shammies," as the bullion bags are called, and the whole quantity was sewn together in a large belt of canvas and lay upon the hatch.

When the vessel entered China Strait a sudden squall struck her, and as she beeled over the gold shot into the scuppers and disappeared. As scon as the skipper could get his vessel in hand he took soundings and bearings and, running hastily to Samarai, gathered such pearlers as were working there and offered half the gold to any of them who recovered it. Several pearlers at once sailed for the spot. Diver after diver descended and toiled; diver after diver ascended and reported a soft mud bottom and a hopeless quest; pearler after pearler lifted his anchor and went back to Samarai; and at last the cutter also hoisted her anchor preparatory to taking the miners back to the gold fields. A disconsolate group of men they were as they watched the anchor coming up; but I leave it to the imagination the change in their faces when in the mud that clung to the fluke of it they saw their canvas helt of gold.

Liniment for Colds, etc.

Trouble 1s New Ended

That stcops from sky to sod, Receiving earth's treasured sweetness Then giving it back to God?

Oh, fold us close in your shadows, Sons of the earth and sky! Here 'neath your leafy splendor We feel that heaven is nigh. We seem to forget our heartache, And stroke of sorrow's rod. For here in your soft shade resting, We tell it all to God.

And when, as the years are spreading We turn us back again To the woods we sought in childhood, To soothe us in our pain. In your tender, shadowed stillness When the soul within us sees,

We shall find as life's joys fall us God's place among the trees. -Camilla Sanderso

IF STOMACH IS

TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin"

As soon as you eat a tablet or two of "Pape's Diapepsin" your indigestion is gone! Heavy pain, heartburn, flatulence, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist.

Not Very Encouraging.

Young man (to massenger boy)-'What did Miss Brown say when you Boy-"She asked the fellow who was sitting with her if he would like one for a buttonhole."

GUARD THE BABY

AGAINST COLDS

Minard's Liniment Co., Ltd.:, Gentlemen—I have used Minard's Liniment and have found it a good remedy. After the explosion I was pretty well shaken up, having quite a number of bruises and cuts, but thanks to Minard's Liniment and have found it a good remedy. After the explosion I was pretty well shaken up, having quite a number of bruises and cuts, but thanks to Minard's Liniment I am my old self again. It healed the sores and bruises and gave much relief. It is true to its name as the King of Pain, for it stopped the pain almost at once. I first noticed the ad in the Montreal Standard and decided to invest in a bottle, for which I am not sorry, but can say with truth that I am thankful for it having done all it claimed to do, and in my case much more, and a satisfied customer is the best ad one can possibly find. That is my view of it gind I think you will agree with me too.

Yours very truly, (Signed) ALFRED BLAIN, Halifax, N.S.

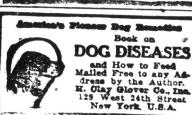
His Birthday Teeth.

His Birthday Teeth. Visitor-"How old are you, grand-

Old Man-'Eighty-two, I be, and I have every tooth in my head the same as the day I was born.

INVENTIONS

HAROLD C. SHIPMAN & CO. PATENT ATTORNEYS



MOTHER!

Open Child's Bowels with



loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour. often all that is necessary.

Ask your druggist for genuine "Cali-One day a party of successful miners for babies and children of all ages fornia Fig Syrup" which has directions

THE postman or express man will bring Parker service right to

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 re-

> We pay carriage one way on all orders. Write for full particulars.

Parker's Dye Works, Limited

Cleaners and Dyers 791 Yonge St. Toronto

ISSUE No. 47-22.

Thirty Years Of

"For the past thirty years," said Mrs. Malvina O'Dess, of 1089 Ether St., Verdun, P.Q., "I have hardly seen a well day. I seemed to suffer from almost everything, indigestion, headaches, nervousness, loss of appetite and even the little I managed to eat and even the little I managed to eat bloated me ail up with gas until I could hardly breathe. I was so restless I could scarcely sleep, and I would get up mornings so tired and dizzy it was all I could do to get around. I was simply in a miserable around. I was simply in a miserable condition, and nothing I took seemed BELTING FOR SALE

to do me any good. "I heard so much good about Tanlac that I made up my mind to try it, and I'm pleased to say that it has only taken five bottles to make me feel like an entirely different person. My ample 115 York St., Toronto. I'm pleased to say that it has only an entirely different person. My appetite is so good now that I can hardly get enough to eat and my troubles have all disappeared, so that I'm feeling just fine all the time. Why, I feel every bit of twenty years younger and can never praise Tanlac enough for the good health it has given me." Tanlac is sold by all good druggists.

A hen attains her best laying capacity in her third year. She will lay in an average lifetime from 300 to 500 eggs.

Minard's Liniment for Diphtheria.



nose? If so, give them A valuable remedy for Coughs, Colds, Distemper, Influenza Pink Eye and Worms amons horses and mules. An occasional dose "tones" them up. At all drug stores SPOHN MEDICAL CO. COSHEN IND. U.S.A.

How to Prevent Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Gurative Syrup, has no dope or strong ingredients; it chases away indigestion, biliousness and constipation. Can be had at my drug store." Get the genuine. 50c. and \$1.00 Bottles.



Cuticura Talcum Is Soothing For Baby's Skin After a bath with warm wa-

ter and Cuticura Soap there is nothing more cooling and refreshing for baby's tender skin than Cuticura Talcum. Seap 25c. Oistment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot

care of me told me to try Lydia E. Pinkham's Vege-table Compound and now I am geting strong: I rec mmend your mediine to my friends, and you may use mp testir nial."— Mrs. D. Market

COARSE SALT

LAND SALT

Bulk Carlots

TORONTO SALT WORKS

C. J. CLIFF . TORONTO

Bruises & strains

Sloan's

It works this way:

It starts circulation. This

scatters congestion. The in-

flammation disappears—and along with it the pain.

TO WOME

was nervous. The

Relieves painful rheumatic twinges too. Warms and eases backaches, neuralgia, colds in chest. Keep it handy.

Sloan's Liniment-kills bain!

Nurse Recommended Use of

Lydia E. Pinkham's Vege-

table Compound

Bothwell, Ontario.—"I was weak

and run down, had no appetite and

OF INTEREST

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good oldfashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics nor harmful drugs it is a safe medicine for

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass.

SACRIFICE WHEELOCK ENGINE LATEST TYPE. VALVE MOTION

In good operating condition. Engine 18"x42" Fly-wheel 15' diameter x 26" face. NO REASONABLE OFFER REFUSED

WE MUST HAVE THIS SPACE FOR OTHER PURPOSES REAL ESTATES CORPORATION, LIMITED 73 West Adelaide St., Toronto. 'Phone Adelaide 3100

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 Toothache Neuralgia Lumbago Earache

Neuritis Pain, Pain

Rheumatism

Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100 -Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufa ture of aceticacideater of Salleylicacid. While it is well-known that Aspirin means manufacture, to assist the public against imitations, the Tailetta of Bayer Cawill be stamped with their general trade mark, the Bayer Cross."



and coffee without suffering from the effects

of the caffeine these beverages contain, have found health and satisfaction in the daily use of fragrant, delicious Instant Postum.

If you find that you are nervous and restless—that you lie awake at night-your own good sense will tell you that tea and coffee are not good for you.

Then quit tea and coffee for awhile and use Instant Postum instead. You'll find it wholesome, healthful and delightful, with a fall, rich flavor and a delicate aroma that never fail to please and satisfy.

At your Grocer's in sealed, air-tight tins.

"There's a Reason"

for Instant Postum

A generous sample tin of Instant Postum in stamps. Write:

POSTUM

Canadian Postum Coreal Co., Ltd., 45 Front St., E., Toronto. Factory: Windsor, Ontario