

farewell to the City of London constituency that he represented so long in the House of Commons at Westminster. His address was noticeable from several aspects but particularly from that of his faith in the coming generation.

"We are not less capable of sustaining the burden of Empire than were our fathers before us," said Balfour. "The task is now one of great difficulty, but let us not lose faith or courage. I look forward with unflinching faith to the success of the labors of those who are going to follow the generation to which I belong, and the generation that is to succeed that, for I know that they will not fail short of the example which we have endeavored to set them, and which our fathers set us. To be an optimist is to be a believer in youth. It is after all, the young people who are going to do this work. Let us believe in them—I believe in them. If it was not for the young, how would the world go on, and how would it live, how would new ideas come in?"

"A nation's greatest assets is its children. If the physical, mental and moral condition of the rising generation is left to haphazard, the nation will suffer. We will gradually fall away in world prestige and like some of the great nations of the past be relegated to a place of minor importance in the councils of the world. Surely it is the solemn duty of every

good citizen, every man and woman who takes an interest in the country's welfare to do something that may help to bring about an improvement of the race.

"One thing is certain, we are not at present doing nearly enough to prevent or curtail the terrible record of infant mortality, and physical defects among the young. These young people, growing up uncared for, unsupervised, sometimes poorly nourished and oftentimes not up to standard in health, will be the men and women of the future. It is on the children of to-day that will have to rest in days to come, the civil, business and domestic burdens of the Empire. Will these young people be equal to the task? Will their health be so safeguarded in youth that they may grow up strong, virile and fit to carry on, when those who come before them hand over the reins?"

"Records show that at present we are only on the threshold of what can be done—what must be done to safeguard the race, and improve the surroundings and influences among which the great majority of the people live. Personal and community hygiene must be practiced by all classes of the community, for after all, the basis of all health work rests with the individual. In work of this kind there are many discouragements, but when one gets the goal in view, the struggle for better citizenship and a healthier race of people is worth while.

The brain is being mapped so minutely that doctors are hopeful, and it is in what they call the "silent area" that they hope to perform the greatest miracles. The "silent area," which lies towards the forehead, has so far baffled them, and makes no response yet to surgical and electrical devices.

It is regarded as the seat of the higher intelligence, however, and for this reason it should produce the greatest results.

If hopes are justified, future generations will all have quick, intelligent brains, and geniuses will be as common as buttercups and daisies!

Cement Floor Blocks Serve as Measure in Store.

A most convenient measure, 32 feet long and 2 feet wide, is available at a hardware store in Los Angeles, as a result of a contractor's foresight in laying the floor. Realizing that great lengths could not easily be measured on the counter, he laid the cement floor with blocks exactly 2 feet square. An aisle immediately in front of the counter is now always kept clear, and wire netting, rope, clothesline, chicken wire, and other bulky things sold by the foot or yard, are simply laid on the floor and measured by the squares. The government inspector of measures for the district has officially approved the method.

Other items on the programme include discussions of such subjects as the "Relation of the Scoutmaster to the Home, the School, the Church and the Troop Committee," "The Patrol System and the Court of Honor," "Outdoor Scouting, Hikes and Camps," "Scout Games," and "Troop Programmes." A special luncheon is being arranged for Wolf Cub officers in order that they may discuss problems peculiar to their own branch of Scouting.

A Scout dinner on the evening of February 8th will be addressed by two or three of the most prominent men in Scouting. Entertainment features will be put on by Scout troops of Hamilton, and it is expected that a new moving picture illustrating activities at Gillwell Park, the Imperial Scout Leaders' Training School near London, England, will be exhibited.

Scouts—make sure that your Scoutmaster attends the Hamilton Conference. Here he will meet a great group of leaders in Canadian Scouting and will be sure to return to you afterwards with bushels of new ideas to put into action in your troop.

A Shut-in Speaks.

All who have loved the pathos of the dew
Weeping for daybreak on some dreaming rose,
All who have watched a seascape still and blue,
And young trees bending with each breeze that blows,
All who have hungered for a twilight lane
Grown intimate and sweet with lilac bloom,
Or felt the far flung kiss of falling rain
Know how I light the darkness of this room.

Walls that were bare are strangely beautified,
Days that were dark, with sudden glory shine,
Since these I loved, whose memory has not died,
Consent to share this loneliness of mine—
And like old friends from some remembered land,
Slip through the dusk, and stoop and take my hand.

—Helen Frazee-Bower.

Tennis Balls Are Carried on Racket by Spring.

Tennis players will appreciate an appliance introduced for the purpose of carrying that extra set of balls to and from the courts during the summer months when pocket space is usually limited. The contrivance consists of a spiral spring of brass wire, wound in such a manner that it may be fastened to the side of a racket by its own tension, and containing two ball-holding loops.

(spelled alike), and of distinct meaning. This is a dictionary with the obsolete and archaic words left out, a true twentieth century dictionary that shall be fool proof.

Minard's Liniment for Burns & Scalds.

The Arab's Qualities.

Visitors to Mesopotamia marvel at the vigor and endurance shown by the Arab workman and by his quick adaptability to modern methods. Especially do foreigners find his energy amazing, because a large part of the year he subsists on little besides dates.

However, such persons forget the vital and nourishing qualities of the date, rich in sugar, mine of energy and nutrition. Physicians have declared dates and milk an excellent diet.

Therefore it is not surprising that the Arabs are able to perform severe tasks in the heat of the desert sun. To the efficiency of these workmen a British commission has testified. In addition, it is said that the Arab is cheerful, uncomplaining and willing, that he does more work than the average East Indian Coolie, and is easy to handle if properly treated.

MOTHER!

Move Child's Bowels with "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 "fruity" 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.

A real salesman is one part talk and nine parts judgment; and he uses the nine parts of judgment to tell when to use the one part of talk.

Minard's Liniment for Coughs & Colds.

ISSUE No. 1—23.

cracked lips, chapped skin. Makes your skin soft, white, clear and smooth. DRUGGISTS SELL IT

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

America's Pioneer Dog Remedy
Book on
DOG DISEASES
and how to cure them
Mailed Free to any Address by the Author,
H. Clay Glover Co., Inc.
129 West 24th Street
New York, U.S.A.

PETRIE'S MACHINERY TORONTO

Tells Women How She Restored to Perfect Health Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"not speak too highly of what Lydia E. Pinkham's Vegetable Compound done for me. I was a nervous wreck just had to foist off the sound of my children. I feel a scream in my throat. I could speak right to my husband."



said he could do nothing for me. My husband's mother advised me to take Vegetable Compound and I started once. I was able to do my work more and it was a pleasure, not a burden. Now I have a fine bouncing baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. EMILY DAVIS, 721 McGee Street, Winnipeg, Man.

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., Cobourg, Ont. This book contains valuable information.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



OK

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 Manufacture of Monocarbolic acid of Salicylic acid. Well known that Aspirin is a Bayer manufacture, to assist the public again in their purchases, the Bayer mark, the "Bayer" mark, will be stamped with their general



Off to school on a winter morning

Fresh and rosy—or pinched and chilly? That's a matter for Mother to decide.

Children, as well as grown-ups, need a hot mealtime beverage that is wholesome, invigorating, and free from harmful after-effects.

Childhood is the period when nervous activity is at its height. The brain is ever busy receiving new impressions; the nerves, muscles and senses are alert and actively developing.

Tea and coffee are harmful, especially for children. Instant Postum is the one best beverage to give them needed warmth and comfort, these cold and frosty mornings. It is made of roasted wheat, has a delightful flavor and aroma, is free from any harmful element whatever, and is wholesome, healthful and invigorating.

Order a tin from your grocer TODAY. You will enjoy it as much as the kiddies do.

Instant Postum FOR HEALTH

"There's a Reason"

Canadian Postum Cereal Company, Limited,

120 West Street, E., Toronto

A generous sample tin of Instant Postum will be sent, postpaid, for 4 cents in stamps. Write: Factory: Windsor, Ontario

