

# SMOKE OLD CHUM

The Tobacco of Quality  
**1/2 LB. TINS**  
and in packages

## 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.

Let our thoughts turn for a few minutes to the problem of the preservation of child life, especially of the white races among our native-born population. In considering this problem the most advisable way is in all probability to look at the subject from the standpoint "Is it worth while?" Those who know, think that it is worth while, and they have facts and figures to back up their beliefs.

In the first place, this Dominion, and even the Province of Ontario, needs more settlers of the right kind. Now there are two kinds of settlers that increase our population—those that come to our shores as immigrants and those that are born here—our own children. A record of efficiency tests was made in the United States during the war to test the physical and mental efficiency of drafts of recruits required for war service. A comparison of the mental capacity of these recruits was made with similar recruits from Canada, and it was found that the Canadians were superior in intelligence to even the white recruits of the United States army. What is the reason for this? One reason is that in the United States there is a heavy influx every year of immigrants from South Eastern Europe and other parts of the earth. There is also a large negro population, native born, but this latter group need not be considered here, for their mentality ranks far below that of the whites. To be specific, the mean mental age of the negro drafts in the United States army was 10.37 years. That means that the intelligence of the average negro soldier is that of a boy a little over ten years of age and a little less than an average boy of eleven years. On the other hand, the mean mental age of the white drafts in the United States army was 13.98 years and that of Canada 13.29 years.

Now, a comparison of these figures with the actual age of the boy himself would seem to indicate that after a certain age, the average youth ceases to learn anything that would qualify him as being called intelligent.

### RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Two bone harpoons, found under peat in East Yorkshire, are stated to date back from 10,000 to 12,000 B.C.; they are the earliest traces of man's presence in Yorkshire.

**MONEY ORDERS.**  
Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Spain's famous bullfights are suffering from trade union strikes and "rings"; the latter are formed by the breeders to inflate the price of bulls.



### Caught Off Montreal Island

The guide under whose directions these muscalunge were caught in Lake St. Louis, about two and a half miles from Ste. Anne's, claims that there are no finer muscalunge fishing grounds in the Province. He makes a specialty of this kind of fishing and guarantees one fish per day or no pay. There is also good fishing for small mouth bass, pickerel and pike and in the fall, Lake St. Louis is visited by flights of duck Southward bound. Mr. Pilon, the guide, conducts parties for duck shooting also, in season, from Ste. Anne's. Perhaps the reason for the plentiful supply of large fish is that Ste. Anne's is too close to Montreal, the sportsmen preferring to go further a field, but whatever the reason is, there they are.

### EASY TRICKS No. 36 The Clothes Brush

To-night beside the pasture bars  
I heard the whippoorwill  
While, one by one, the early stars  
Came out above the hill.

I heard the tinkle of the spring,  
I heard the cattle pass  
Slow through the dusk, and lingering  
To crop the wayside grass. . .  
—Henry A. Beers.

### A MOTHER'S HEALTH NEEDS GREAT CARE

#### Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the care of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and relief at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one way to get this blood necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. Mrs. W. T. Riley, R.R. No. 1, Apple Hill, Ont., has proved the great value of Dr. Williams' Pink Pills to mothers, and tells her story as follows: "Two years ago, after the birth of my boy, I became very weak and run down. Gradually I lost weight and energy until I was unable to do my housework. I could not sleep, my nerves would twitch and jump so that I arose in the morning with heavy aching limbs and head. Indigestion helped to make the misery worse, and my heart would palpitate terribly. I doctored steadily for a year without getting better, but just dragged along feeling that I would never be well again. But one lucky day, on the advice of a friend, I began treatment with Dr. Williams' Pink Pills. I have taken only six boxes, but I wish you could see the difference. I am now able to do my work, go about and enjoy myself. I feel so entirely like a new woman that I advise every weak or ailing woman to try Dr. Williams' Pink Pills and I know they will get beneficial results."

If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you. You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### Commandments for Brides.

On her wedding day the Japanese bride is given eleven commandments by her mother. These are rules of conduct which have been handed down from generation to generation, and all self-respecting brides are expected to live up to them.

"The moment you are married you are no longer my daughter. Therefore you must obey your parents-in-law as once you obeyed your father and your mother.

"When you are married your husband will be your sole master. Be humble and polite. Strict obedience to a husband is the noblest virtue a wife can possess.

"Remember to be always amiable to your mother-in-law.

"Never be jealous. Jealousy will kill your husband's affection for you.

"Do not get angry, even though your husband may do wrong. Be patient, and when he has calmed down speak gently to him.

"Do not speak much. Do not speak evil of your neighbors. Tell no lies.

"Do not consult fortune-tellers.

"Be economical in your household and manage carefully.

"Do not boast of your father's rank or fortune. Never allude to his riches before your husband's relations.

"Do not frequent too youthful society, even though you may be young yourself.

Always be neatly and modestly dressed. Do not wear very bright-colored garments."

### Keep Stomach and Bowels Right

By giving baby the harmless, purely vegetable, infants' and children's regulator.

#### MRS. WIGGON'S SYRUP

Being soothing, gratifying results in making baby's stomach digest food and bowels move as they should at soothing times. Guaranteed free from narcotics, opiates, alcohol and all other harmful ingredients. Satisfactory.

At All Druggists

Coal Et Cetera

The Landsman—"Does the enforcement of the dry ruling cause much complaint among the passengers?"

The Ship's Officer—"Hardly any; although it takes twice as long as formerly to coal at Bermuda."

The forests of the Canadian Rockies form one of the most beautiful of the landscape. For the most part they are coniferous and their myriad tall, straight trunks and pointing spires harmonize perfectly with the towering peaks.

Minard's Liniment for sale everywhere

### SHIP OPERATOR OUT WITH FACTS

"Tanlac did so much for me a year ago that right now I am feeling even better than before I got sick," declared John Croydell, 8 Haldimand St., Quebec, P.Q. Mr. Croydell, a ship telegraph operator, is well known in Quebec, having been for four years operator at the Citadel.

"For two solid years I suffered from stomach trouble. My appetite was so poor I couldn't eat much, but even then, after meals, my heart palpitated so badly from the pressure of gas on my stomach I would be miserable nearly all day and couldn't half sleep at night. The result was I felt tired and worn out most of the time.

"It wasn't long after I began taking Tanlac that my appetite had a new start and the stomach trouble was losing its grip, and now I'm always eager for mealtime to come, nothing distresses me, I sleep soundly and feel fine all the time. Tanlac is a splendid, reliable medicine."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

### A "world record" in washing dishes

is claimed by a hotel employee in a Philadelphia hotel, who "washed up" for thirty-one hours without stopping.

Canals to irrigate the Plain of Jordan, round the Dead Sea, are proposed; wide areas covered with fertile soil could then be cultivated.

The Irish Sea is nowhere more than 710 feet deep.

There are more women than men voters in Sweden.

### DOG DISEASES

How to Feed Mailed Free to any Address by the Author, Dr. G. W. C. C. 125 West 24th Street New York U.S.A.

### BACK AGHED TERRIBLY

Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do."

—Mrs. J. R. McMAHON, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book, upon "Ailments Peculiar to Women."

### 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 Manufacture of Monoaceticester of Salicylic Acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Compound will be stamped with their general trade mark, the "Bayer Cross."

### Classified Advertisements

M. R. FORD OWNER, A. S. FORDAL OWNER Investment with some fine lots, each. Answer this ad. Immediate response necessary. With Auto Specialty Co., Peterboro, Ont.

ONE MAN—IN EACH COUNTY TO APPOINT agents to sell our "Made Gas," a guaranteed product. It has over 200 sales daily on globe. \$500 monthly cash. Write quick. Lebara Bros., Alexandria, Ont.

WASHINGTON HAND PRESS. WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take 2 pages of 1 column, line. Wilson Publishing Co., Ltd., 78 Adelaide St. W., Toronto.

### Her Rosary.

The nestlings now have found their wings.  
The grass is thick and sunned hang  
And thunder clouds at sunset hang  
Dark curtains in the sky.  
The larkspur's vivid blue succeeds  
The poppy's brilliant blaze,  
And Father Time begins to elp  
The coupons from the days.

Summer has reached its noon, the roose  
Is drooping in the sun,  
And on the garden mold lets fall  
Her petals one by one,  
Till at her roots a little heap  
Of fragrant crimson lies.  
The rosary of scented beads  
She tells before she dies.

—Mina Irving.

### MURINE You Cannot Buy New Eyes

Did you see Promote a Clean, Healthy Condition YOUR EYES. The Murine Eye Remedy "Night and Morning." Keep your Eyes Clean, Clear and Healthy. Write for Free Eye Care Book. Murine Eye Remedy Co., 9 East Ohio Street, Chicago

### Attractive Proposition

For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

### A Minards-King of Pain?

Excellent for Rheumatism, Neuralgia, Backache and kindred ills.

### MINARD'S "KING OF PAIN" LINIMENT

### ECZEMA IN RASH FOR 9 YEARS

On Scalp, Arms and Limbs. Lost Rest. Cuticura Heals.

"Eczema broke out in a rash on my scalp, arms and limbs. The itching and burning were terrible. My hair became lifeless and dry and fell out in handfuls. My clothing aggravated the breaking out, and I could not rest at night on account of the irritation.

"The trouble lasted about nine years. My mother tried many different remedies but they did no good. We began using Cuticura Soap and Ointment which completely healed me." (Signed) Miss Beatrice M. Closson, No. Sedgwick, Maine, Feb. 20, 1922.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Sample Each Free by Mail. Address: "Cuticura, Limited, 215 St. Paul St., W. Montreal. Send every where Soap, Ointment 25 and 50c. Talcum 50c. Cuticura Soap shaves without lather."

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