

## 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.

New healing cults are springing up all around us. Some base their claims on auto-suggestion, some on faith healing, some on a movement or adjustment of the spine. Deep below all these superficial requirements one great fact stands out supreme. One must live a natural, healthy life. All the auto-suggestions in Christendom or out of it will not cure a headache brought about by a stuffy atmosphere if the patient cannot get fresh air. And all his associates cannot remove one case of constipation if the patient persists in eating the food combinations of food that cause the condition.

There has been impressed on me of late very forcibly that the reason for the coming into being of all these cults and healers is because we as a nation have not followed nature's laws or practiced the rules of life that will bring good health in their train. The catchword, the auto-suggestion, is merely an inspiration, but first of all we've got to practice the simple and fundamental health rules, otherwise the auto-suggestions or the adjustments will bring no permanent relief.

There was once a tramp who called at a farm house, and told the residents he could make stone-broth. Yes, he could make broth out of a stone. The farmer and his wife were impressed. They were inclined to be skeptical but thought they would like to see such an interesting thing attempted. So the tramp was provided with a large saucepan and into this he put some water and a large flat stone that he carried in his pocket. The watchers were deeply interested, but as is usual in such cases it took an unusually long time for the water to come to the boil. The tramp was anxious to finish his

demonstration as soon as possible so he asked if, to hurry matters and get the stone-broth developing, he could be given some old scraps of meat. This was willingly provided and the little party anxiously gazed at the contents of the saucepan. The water was beginning to bubble and the tramp was quite pleased. If only he had a hand-fork or so of barley he said he could make the experiment go twice as fast, so the barley was added. He even managed to help the wonderful stone by putting some scraps of lettuce, onions and potatoes that had been left over into the saucepan and very soon the mixture got quite tasty and the honest farm people looked on in wonder as the marvellous tramp produced a pot full of very good soup.

There is a moral here that seekers after health might do well to study. It was not the stone that made the soup, but the stone was needed to attract and hold the attention. If we could only get the public impressed with the importance of right living, eating the right kinds of food and the right combinations of food, sleeping in well-ventilated bedrooms, keeping the body clean by frequent bathing, spending as much time as possible out-of-doors, and taking healthful exercise, and avoiding excesses of all kinds, there would be no need for new cults.

Mothers would give their infants at a good start in life by feeding them at the breast, and as they grow older, having their health kept under supervision at the baby clinics. If the health rules are then practiced and children taught hygienic habits, there is every hope that the coming generation will be better physically, mentally and morally than the present generation or those that have gone before.



## With The Boy Scouts

Scouting Through a Mother's Eyes.

One of the finest addresses delivered at the Provincial Scout Leaders' Conference held in Hamilton recently was that of Mrs. George Aykroyd, Scout-Mother of the 66th Toronto Troop, on the subject "The Relationship of the Scoutmaster to the Home." It was a wonderful testimony of the value of Scouting to the home, and coming from the mother of a Toronto boy who has passed through all stages of Scouting until he is now in charge of a troop of his own was all the more impressive.

Since Mrs. Aykroyd's address another mother, Mrs. E. Duff Williamson, has added her testimony as to the value of Scouting to the home in the

## PASSING OF FLOWER GIRLS OF OLD LONDON

PICTURESQUE FEATURE OF STREET LIFE.

Altered Conditions Reduce the Profits—Five Hundred Parade at Funeral.

Another of the picturesque features of London street life seems doomed to pass. The flower girls are an expiring race and their total extinction is threatened by changed economic and social conditions which have come about in these post-war days.

This was emphasized grimly the other day when a mere remnant of the "girls" gathered in fashionable St. Clement Danes Church in the Strand to pay funeral honors to one of their number, "Fanny," a rare personality who for thirty years had offered her face daily under the shadow of St.

## Canadian Seed Grain Best on the Continent.

Farmers living in the Prairie Provinces have for so many years carried off the first prizes for wheat and oats at the great international seed grain exhibition held in Chicago that Canadians have come to accept this as a matter of course, without realizing what it means as a testimony to this natural resource—the high quality of our grain for seed purposes.

The results at the exhibition held during the present winter show that Canada not only maintains but is steadily increasing her lead in this respect. The list of grains in which Canada is pre-eminent is no longer confined to wheat and oats, but includes barley, rye, peas, and alfalfa seed. The following figures from the records of the Canadian Seed Growers Association show how western Canada fared in the judging in large fields of contestants representing the whole continent: Hard red spring wheat, 19 prizes out of 25; white oats, 24 prizes out of 35; field peas, 4 prizes out of 5. All Canadian contestants won prizes in barley and alfalfa seed. The list of top prizes includes the following: the grand championship in wheat and oats and first prizes in two rowed barley, fall rye, and field peas. The second prize was obtained for alfalfa seed.

These prize grains were not grown in small garden plots but each sample represents hundreds or thousands of bushels in the hands of the prize winner, and in most cases thousands of bushels more of seed almost as good in the hands of neighbors of the prize winners.

These results are causing alert farmers all over the continent to see that, as in Europe, so in America, they must look to northern grown seed to increase the quantity and quality of their crops. Naturally, too, farmers are looking toward the provinces and the districts which produce such high class seed as desirable places in which to locate.

## STORMY WEATHER HARD ON BABY

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep its stomach and bowels working regularly. This will not fail to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Banff-Windermere Road

## HEALTH FOR WEAK DESPONDENT PEOPLE

From End to End of Canada Dr. Williams' Pink Pills Doing Good Work.

There is not a nook or corner in Canada, in the cities, towns, villages and on the farms, where Dr. Williams' Pink Pills have not been used and from one end of the country to the other people sound their praise. You have only to ask your neighbors and they can tell you of some run down man, suffering woman, ailing youth or unhappy anaemic girl who owes their present health and strength to Dr. Williams' Pink Pills. The success of this medicine is due to the fact that it acts directly upon the blood, making it rich and pure, and thus brings new strength to every organ and nerve in the body. Mr. Andrew F. Webb, Melanson, N.S., tells what Dr. Williams' Pink Pills have done for him as follows: "I was in a run down condition from overwork and what the doctor called a nervous breakdown. My sister urged me to try Dr. Williams' Pink Pills. After taking several boxes I improved wonderfully and feel like a different person. I sleep well, eat well, and my nerves are stronger and with confidence I can recommend these pills to all weak, run down people."

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or they will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## Monument and Tablet for Fort Moncton.

The historic site of Fort Moncton at the mouth of the Gaspereau river, near Port Elgin, N.B., known before the year 1755 as Fort Gaspareau, and one of the strongholds of French Acadia, is to be redeemed from oblivion by the erection of a monument and tablet bearing record of the historic interest of the site. The capture of Fort Gaspareau and Beausejour by the British and New England forces was the prelude to the fall of Acadia as a French colony and was immediately succeeded by the dispersal of the Acadians. Beyond a few soldiers' graves there is little now on the site of Fort Moncton to mark the momentous events of 1755. The Canadian National Parks Branch, on the recommendation of the Historic Sites and Monuments Board, has decided to take immediate steps to place there on a permanent memorial of this ancient battle ground.

## MOTHER! MOVE

## Tribute to a Good and Wise Mule.

Old Jude, a mule which gains her daily oats and hay by pulling back empty tram cars in the quarry of the Arkansas Lime Company, has been with the company since it started operations years ago, and she knows her business. The cars run down to the dump by gravity. A man dumps the car, connects Old Jude with it and she hauls it back. In the quarry she is relieved of her load and returns to the dump-pile. She does this without a driver. In the morning she is let out of the lot and she goes to the kilns. When the bell rings to start work she starts up the hill with the men. When the bell rings for dinner she ambles off down the hill again. No one has to tell her to get out of the way of a blast. When they holler "Fire in the hole," she knows what it means and runs to cover behind a tree or a big rock. After the explosion she ambles back to her job again. In Old Jude are exemplified the fundamental principles of success—brains and a dogged determination to do her best.

Contentment may be better than wealth, but they ought to go together.

## "Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Do not make a friend of a man whom you would regret to see married to your sister, if you had one.

Minard's Liniment for sale everywhere

Much of the wrongdoing of the world results from busying oneself with things that don't matter.

MONEY ORDERS. When ordering goods by mail send a Dominion Express Money Order.

When the average man picks up the newspapers he has scattered he thinks he's a great help about the house.

## Cough?

Take half a teaspoon of Minard's Liniment internally in molasses. Heat liniment and rub well into affected parts for external treatment. Soothes—penetrates—prevents.

Minard's Liniment

## WILLIAMS TELLS OF WASTED CASH

Declares He Spent Hundreds But Wife Continued to Suffer Until Tanlac Ended Stomach Trouble.

"I never saw such a change as Tanlac has made in my wife and she says she is feeling like a girl of sixteen now," declared Howard Williams, a well-known shoemaker of 28 Cornwall St., Toronto, Ont., recently.

"For years she had suffered from indigestion and was so weak and run-down I often thought she would fall in her tracks. Nearly everything she ate disagreed with her and at times she was simply in agony. Her nerves were so unstrung the least little thing would worry and upset her for hours and she could scarcely get any sleep."

"Well, after spending hundreds of dollars on different medicines, I didn't have much hope that Tanlac would help her, but, it's a fact, when she finished the treatment, every ailment was gone and she was eating, sleeping and feeling fine. That was several months ago and since then her health has been splendid. Hereafter we will always pin our faith to Tanlac."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

The word "alibi" is usually wrongly used, as it means "elsewhere."

Minard's Liniment for Coughs & Colds



This Farm Mixer Operates at a Low Cost. This sturdy double-action Bradford Concrete Mixer is easily loaded and unloaded. It discharges directly into a hopper or truck. Economical to operate, makes concrete for floors, sidewalks, etc. Hand or power, mounted on skids or trucks. Use your own engine or our Type "X" Kerosene engine. Our booklet is free. Good Shepherd & Mott Company, Limited 290 Wellington Street, Toronto, Ontario

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## PETRIE'S MACHINERY TORONTO

YOUNG DAUGHTER MADE WELL

Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B.C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who had heard of a woman who was taking it for the same trouble, we were told of Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was represented to do and we have told a number of friends. I am never without it for myself."