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.

"Citizenship" was the theme of an address by Lady Baden-Powell during her recent visit to Toronto. She said that although the viewpoints of citizenship differed greatly, hers were first the mode of living, and second the mode of doing. That was where Lady Baden-Powell's hobby of girl guiding came into play.

There is no reason at all, however, for applying this viewpoint solely to girls and boys. It can and does apply to everybody, and from the standpoint of health it is most important.

The mode of living means much to every grown-up just as it does to every child. How often this mode or manner of living is at fault! In our daily lives we see ourselves doing the things that the good fairy called "Health" warns us we should not do, and similarly we leave undone many things that from a health standpoint we should do.

People often bring ill-health to themselves through neglect, or delay in putting matters right that need attention. Even such a simple thing as a neglected tooth may cause untold suffering. Not only is the personal inconvenience distressing, but it may lead to poisoning of the system with the common result—rheumatism, indigestion, and similar complaints.

Our daily habits of life have a profound bearing on our state of health, for it is the routine that counts in the long run. Some people are not particular about a daily bath, others forget or are averse to sleeping with their bed-room windows open at night, others are neglectful of their personal habits, and fail to get sufficient sleep to keep their general body mechanism in perfect tone. Some people on the other hand are quite careful about their personal hygiene, but neglect to regulate their dieting and often overeat or eat the wrong combinations of food, thus paving the way for constipation, indigestion and all their attendant evils.

Another fault of many people is indifference. They know the right things to do to keep the body and mind active and alert but fail to carry out the actual duties that are necessary to maintain health. Not knowing what a profound influence daily habits have on their future health and happiness they treat good habits with indifference and often drift into slip-shod methods that bring ill-health sooner or later in their train.

Our mental attitude has a lot to do with how we feel. If we are easily irritated, or have a tendency to lose our temper on account of trifling annoyances, there is something wrong with our nervous system, that may lead to other and more severe symptoms as time goes on.

In this regard the value of self-control is all important. Much can be done if we realize our position towards our neighbors, and appreciate the fact that our neighbor has troubles of his or her own. A perpetual grouch, a tendency to fault-finding and a lack of sympathy for the viewpoint of others will offset the benefits that come from an observance of the ordinary principles of hygiene and sanitation as they apply to each of us in our daily life and conduct.

With The Boy Scouts

Two hundred Scouts on one hike! Well, that's going some!

You don't read about that kind of thing every day, nor is it perhaps desirable that many hikes of that kind be undertaken. But the Brantford Scouts say that once in a while it is great sport. Two hundred of them hiked from Brantford to Mount Pleasant recently, prepared their lunches by patrols, visited the big fish hatchery, learning all of its mysteries from Manager Jerry Edwards, participated in a great big treasure hunt and generally had a wonderful time.

About six hundred boys of the Hamilton district participated in a parade and inspection by former Lieutenant-Governor Sir John Gibson on Saturday, April 21st. It was a fine afternoon and the boys, both Scouts and Cubs, made a fine showing. After the inspection Sir John presented a Certificate of Merit, signed by Lord Byng of Vimy, Chief Scout for Canada, to Scout John Milroy of the 8th Hamilton Troop. Scout Milroy was successful in his efforts to apply artificial respiration to a man who was rescued from drowning last summer.

Stratford will be Ontario's next city to have a fully organized Local Association for the conduct of Boy Scout work. At a meeting held in the Chamber of Commerce a few days ago preliminary steps towards forming such an association to co-ordinate the work of the four existing troops and to provide for the extension of Scouting in the city were taken. Rev. S. A. Macdonell is the senior Scoutmaster of the city and largely through his efforts Scouting in Stratford is in excellent shape.

The Boy Scouts of Chatham are making arrangements to publish a little magazine of their own. Though the proposed publication has not been given a name as yet, it is likely that it will be known as the "Pathfinder" or some other name typical of Scouting. Chatham has three active Scout troops. These were formed through the interest taken in boys' work by the Chatham Rotary Club and at the present time are in a thriving condition.

Scout troops all over Ontario are busy planning field days, short camps, and other outdoor events to be held on Victoria Day and on the King's Birthday—the latter a Dominion holiday for the first time this year. Field days of more than usual interest which have already been announced will be held at London, Thorold, Petrolia and Foxboro, troops from surrounding districts participating in each. The London programme is part of the big London Boys' Week being staged by the local Rotary Club.

What might have been a serious fire was recently averted by Scouts of the West Hamilton Troop. Some small boys playing around the ball field set the grass on fire, and high winds which were blowing made things look pretty serious just about the time the Scouts, who had been out on a hike, arrived on the scent. After an hour's hard work under direction of Scoutmaster Cameron, the Scouts succeeded in getting the flames under control, thus preventing the possibility of damage to property. The thanks of the whole community has since been extended to the Scouts.

An Aristocrat.

1st Mouse—"Is he exclusive?"

2nd Mouse—"I should say so. He lives in a coat bin!"

Minard's Liniment for Corns and Warts

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Georges Lefebvre, St. Zenon, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colds, colic, etc. They are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

From Toronto to Trinidad.

Many animals in the course of the year, or in the course of their lives, undertake regular migrations.

The eel, born in the sea, returns to the sea to breed and die; other fishes visit the sea yearly; seals, walruses, bisons, bats, all have their seasonal journeyings; and even insects and toads have their periodical flittings.

But the most wonderful migrations are by birds, who in autumn flit from temperate to tropical zones, and in the spring return to the temperate zones. Their migration may be due to the food question, and year by year they may have learned to fly rather afield; but it is strange that they always migrate from the tropics to the north temperate, never to the south temperate zone; and there are many other things about their migration very difficult to explain.

For some years investigations have been made at Washington to determine how far birds travel in their long migrations. More than 200 birds have been caught and labelled, and sent off on their travels from a lake near Toronto, and thus the distance of their migrations has been measured.

So far the record for speed and distance is held by a blue-winged teal. It was labelled and set free on September 24, 1920, and it was killed nine weeks later in a swamp on the island of Trinidad. The distance as a bird flies between Toronto and Trinidad is 3,000 miles. So that bird must have flown about 50 miles a day for nine weeks.

History of Lights.

Here are some interesting facts in regard to the progress of lighting. The earliest form of lighting was a wood fire in a cave.

5000 B.C.—Torches or lighted splinters placed in holders of stone or clay.

300 B.C.—Lamps, made of brass or bronze, became highly artistic.

50 B.C.—Romans used rushes soaked in grease—forerunners of the candle.

300 A.D. — Phoenicians introduced candles in Constantinople.

400 to 1700 A.D.—The candle, tallow or wax, vies with lamps and lanterns.

1700 Oil lamps, with wicks, began to be used.

1780—Oil lamps were equipped with round wicks and glass chimney.

1800—Gas lighting perfected, but candle still most universal light.

1850—Discovery of petroleum, revolutionizing oil lamp lighting.

1879—Edison, apostle of light, produces incandescent electric lamp.

1885—Auer Von Welsbach produced incandescent gas mantle.

1895—Incandescent electric lights made with carbon filament, in growing use.

1922—Incandescent electric light, using Tungsten filament, in high state of perfection.

What will be the next?

A Jack of All Trades.

A quaint notice appeared in a local paper of a New England town, wherein the name of the versatile advertiser is the only thing here changed.

"Notice—I have opened a shop on Front Street and am prepared to file and set saws. I carry a line of Cigars, Tobacco and Confectionery and can furnish hot oyster stews, boiled eggs, etc., at short notice. Repairing umbrellas and sewing machines, also bottoming chairs. Shooting gallery in connection. Henry Moss."

Your Heritage

How can you say that life's a weary game,
Monotonous and drugged with pain and care,
When the great realm of thought so glorious
Lies all about you beckoning everywhere?

Unhindered and unfettered you may go
Each morning down some rapturous unknown trail;
Each evening when the day's last task is done
Drink fresh from out some jeweled holy grail.

How can you say that life's a weary game,
When you are heir to kingdoms so sublime;
To wondrous spheres in which God's angels keep
Your heritage which shall outlast all time?

—Kate Randle Menefee.

"BIG BERTHA" MADE TO BOMBARD LONDON

FAMOUS LONG RANGE GUN WHICH SHELLED PARIS.

Cast in Essen, Not in Austrian Plant, Director Told Belgian Envoy After Armistice.

One phase of the controversy anent the famous "Big Bertha," which is filling columns in the French press, has been cleared up by a Belgian—former Lieutenant Maurice Berger, who, shortly after the armistice, was sent officially to Germany by the Belgian General Staff, says a Brussels despatch. While there, Lieutenant Berger visited Essen, where he was told by Herr Wittfeld, director-general of the Krupp works, that the famous long range cannon was made there.

This is contrary to the general belief that "Big Bertha" was made at the Skoda works in Austria, where American officers are reported to have seen it. What they saw, according to Allied officers who were in charge of the Skoda works after the armistice, was along range gun resembling the "Big Bertha." Pictures of the gun at the Skoda works were published in a well-known French magazine, in the belief that the Bertha had been discovered.

Development of 1915 Gun.

Lieutenant Berger was told at Krupps that the long-range cannon which fired on Paris was but a development of the big gun which the Germans trained on Dunkirk in 1915.

The Paris Bertha "was born of a desire to fire upon London in case Calais was captured." No new theory was employed in its construction. It was like the other super cannon, only longer and more resistant.

Berger said its calibre was 8½ inches, its length 89 feet, and its muzzle velocity about 5000 feet a second. The manufacture of the gun was so closely guarded that most of the directors of the Krupp works did not know of its existence until Paris was fired on the first time.

It was designed principally by Herr Rosenberger, an artillery engineer, who is said to have felt such remorse over the gun killing so many women and children that they refused to let anyone speak to him of this masterpiece of ordnance.

How to Keep on Topping Your Last Success.

Mary Roberts Rinehart says: "The most difficult thing about writing is that one must always top his last success, and, when one thinks it is a real success, it is almost impossible to top it.

The most progressive souls, those who have left their mark upon their age, always tried to top their last success—to "beat their last batch of rails," as Andrew Carnegie used to express it, in conection with his steel plant.

From the start we should form the habit of always trying our best, to make the to-days a little better than the yesterdays, and the to-morrows a little better than the to-days. It was this habit that made possible the achievements of the great masters of the past.

Unless the habit has been firmly established in youth, few people have the stability of aim, the persistence of effort, the intensity of determination to keep on topping their last success after they have reached middle life. Then the great majority of those who have had brilliant careers up to that time begin to slow down; they do not put out anythink like the same amount of effort they did before. They do their greatest work before they are fifty, and some before they are forty-five. After that, as a rule, their ambitions are not quite the same, their ideals are not quite so clear cut and vivid, and there is a falling off all along the line.

Now, a man should keep growing clear to the end of his life, and one reason why his work begins to lose some of its snap around the forties or fifties is that most of us expect to deteriorate about that time, and we stop trying to better our best. We don't put the same vim into our effort. We don't start each day with the determination to put the best of ourselves into the day, to better the best we did yesterday, to excel everything we have ever done before.

There is only one way to keep topping your last success, and that is, to make it a life rule to try to better your best every day.—O. S. Marden.

Difficulties Surmounted.

"He tried everything on earth and met only obstacles."

"Well, since he took up flying he seems to have risen above all his difficulties."

TORTURING SCIATICA

A Nerve Trouble Due to a Watery Condition of the Blood.

Fierce darting pains. Pains like red hot needles being driven through the flesh—in the thigh, perhaps down the leg to the angle—that's sciatica. None but the victim can realize the torture of this trouble. But the sufferer need not grow discouraged; the trouble is due to the fact that the nerves are being starved by poor, watery blood, and when the blood is enriched the pains of sciatica will disappear. As a blood enricher and purifier no other medicine can equal Dr. Williams' Pink Pills. They bring to the blood just the elements necessary to restore it to normal richness and redness. That is why so many sufferers from sciatica, and other forms of nerve trouble, have found relief through taking these pills. Mr. D. M. Anderson, Beachburg, Ont., tells what Dr. Williams' Pink Pills have done for him as follows:—"Some years ago I was badly afflicted with sciatica. I could hardly walk and suffered great pain when I did so. I went to a doctor, but his medicine did not seem to do me any good. A man who was working with me told me he had once been like that and that Dr. Williams' Pink Pills had made him all right. I began to take them, continuing to work, and the trouble disappeared, and I did not lose a day, although sometimes I suffered terribly. Later I had another attack, and again the pills came to my relief. Now I take three boxes of Dr. Williams' Pink Pills every spring and fall, and I have had no attack of the trouble since that time."

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

Divers and Dogfish Fight Over Gold of Sunken Laurentic.

The Racer, a salvage ship, has just left Portsmouth, England, for Lough Swilly, where the Laurentic was torpedoed and sunk in January, 1917. The Laurentic carried a cargo of bullion for the United States amounting to £5,000,000, and of this just over £1,500,000 has been recovered.

The other £3,500,000 of gold lies scattered about the bed of the sea off the north coast of Ireland, about fifteen miles off the entrance to Lough Swilly. The Racer had been working until August of last year, but the weather then was so rough that operations had to be stopped. The gold lies at a depth of twenty fathoms (120 feet), and as the rough Atlantic has beaten the wreckage into fragments it is mostly hidden under sand, which makes the divers' work more difficult.

The decks of the Laurentic are now settled on the sea bottom and cover an area of several hundred feet. Steam suction pipes operated from the Racer remove the sand. During the breeding season male dogfish are a great trouble to the divers and attack them furiously, but in spite of all difficulties the greater part of the gold is expected to be recovered.

1,800 Miles of Ribbon in British Decorations.

It took more than 1,800 miles of ribbon for the 14,000,000 medals which the British War Office has issued since 1919, says a London despatch. The most common token is the medal signifying service in the British army in war time, of which 4,700,000 were issued here and 600,000 in the dominions. There were also 110,000 bronze medals for service in the native labor corps and victory medals, of which 4,550,000 were issued here and 450,000 in the dominions.

Largest Dam in World.

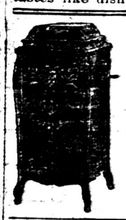
Quebec has the largest dam in the world, the Loutre Dam and the Government has induced capitalists to develop a million horsepower at Lake St. John "Grande Lecharg" which will cost over $200,000.

Minard's Liniment for sale everywhere

Poor Soup.

Waiter (serving soup)—"Looks like rain sir."

Guest (with scorn)—"Yes, and tastes like dishwater."



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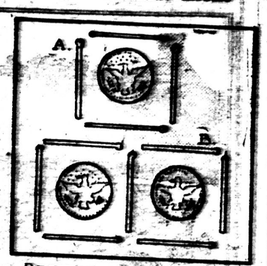
With cuts and wounds. Prevent poison by applying Minard's. It cleanses, heals.

MINARD'S "KING OF PAIN" LINIMENT

EASY TRICKS

The Ferocious Lions



Do not scorn this little trick because of its apparent simplicity. It is a catch that is almost certain to puzzle your friends if you present it as if it were a difficult problem.

Put a half dollar on the table and around it place four matches (or toothpicks) in the form of a square (Figue A.)

"This half dollar is supposed to be a lion. He is very ferocious and this cage is just big enough to hold him."

Throw another half dollar and a handful of matches on the table. "Here is another ferocious lion. How many more matches do I need to make a cage for him?"

If the answer is "four," the trick is successful — from your viewpoint. Figure B shows how the second cage may be made with three additional matches.

(Clip this out and paste it, with others of the series, in a scrapbook.)

Plant a Tree.

He who plants a tree
Plants hope.
Rootlets up through fibres blindly grope;
Leaves unfold into horizons free.
So man's life must climb
From the clods of time
Unto heavens sublime.
Canst thou prophesy, thou little tree,
What the glory of thy boughs shall be?

He who plants a tree
Plants a joy;
Plants a comfort that will never cloy.
Every day a fresh reality,
Beautiful and strong,
To whose shelter throng
Creatures blithe with song.
If thou couldst but know, thou happy tree,
Of the bliss that shall inhabit thee!

He who plants a tree
He plants peace.
Under its green curtains jargons cease;
Leaf and zephyr murmur soothingly;
Shadows soft with sleep
Down tired eyelids creep,
Balm of slumber deep.
Never hast thou dreamed, thou blessed tree,
Of the benediction thou shalt be.

—Lucy Larcom.

Beware of Strangers.

Kate, the cook, had an inherent distrust of mankind in general and of banks in particular. Being of a frugal nature, she saved a certain proportion of her wages every week and stored it up under her mattress.

For some time past she had been "walking out" with the gardener, and so her mistress was not surprised to hear one day that she was going to marry him.

"I want to ask you, mum," said Kate, "the best way to put my money into the bank."

"Put your money in the bank," exclaimed the lady in astonishment. "Why, Kate, I thought you did not believe in banks?"

"Ah, that's all right, mum; that's all right," replied the cook. "But you know I'm going to get married next week, and I think the money would be safer in the bank than in the house with a strange man about."

Minard's Liniment used by Physicians.

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Keep Your Shoes Neat

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HOW TO FIGHT TO GET HIS BREATH

Read Dodson Grove Ware Sr. Had He Nearly Choked to Death.

"The best I can say is not half good enough for Tanlac," states Frederick H. Read, 284 Roxborough Ave., Hamilton, Ont., well-known business man.

"Last winter grippe and tonsilitis confined me to my home for weeks and left me so thin and frail it looked like I could never get back to my business again. I would choke up with gas until I had to fight for breath, was so nauseated I could scarcely retain a thing, and pains in my stomach and sides would double me up. I could scarcely sleep a wink, and my hands were so trembly I couldn't even arrange my tie.

"However, the Tanlac treatment suited my case so well it ended my troubles, increased my weight, and fixed me up to where I felt as fine as I ever did. I feel right all the time now, and haven't missed a day from my business since I finished the treatment. Tanlac has no equal."

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

Woodstone.

Woodstone is the name of a material made of sawdust mixed with magnesia cement and compressed under enormous pressure. This woodstone is very like ordinary wood, save that it has no grain.

MONEY ORDERS.

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

Constantly force to the surface the best of that which is in you. Think and speak only those things you wish to become true.

Minard's Liniment for Coughs & Colds

If you greatly admire a quality, you have at least a trace of it yourself.

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RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS

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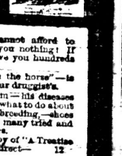

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Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

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FOR SALE—Two Hundred Acres of Land in the Township of Gillies, Province of Ontario, Canada. Stand for full information and free sketch map. Price of free return trip; grow the big money crops. Fruit, tobacco, cereal lands, etc., in addition to general mixed farming. Success Real Estate, Blenheim, Ont.

AGENTS WANTED—$60.00 WEEKLY SELLING hosiery direct to wearer. Experience unnecessary. Particulars sent free. Dept. 37, Box 2503, Montreal.

STRAWBERRY PLANTS FOR SALE—SENATOR Dunlap only—splendid roots, well packed; $8.00 per thousand, $2.00 per 500, or $1.00 per hundred. Laurens Orchards, Bloomfield, Ont.

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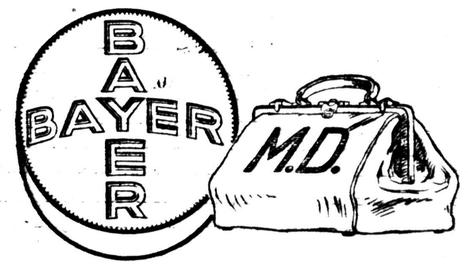

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