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If you roll your OWN ask for OGDEN'S fine cut

HEALTH EDUCATION

SMOKE

OGDEN'S

CUT PLUG

BY DR. J. J. MIDDLETON Provincial Sound 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.

leaves the hospital "cured."

Solving the Farmer's Troubles.

Hubby-"I was held up last night on

A Lawbreaker's Mixture.

To laugh at the miscarriage of an

the expense of a lawbreaker. Hence

of a wealthy bootlegger may properly

cided that his cellar was undersup-

plied. He inquired and found that a

friend stood ready to help him with a

brand-new tank truck labeled "Stand-

cleaned and filled with whiskey at

was loaded and at last arrived at its

wealthy man was equally innocent. The

truck drove to the rich man's garage

and there ran the costly contents of

the tank into the big gasoline tank,

mixing the whiskey with enough gaso-

line to make a mixture unfit either for

drinking or for runing an engine. And

what could the rich man do? Nothing.

So he did it.

about twenty-five dollars a gallon.

the way home."

all that bootleg stuff."

vestigation was prompted by the fact that a large percentage of the recent cases of sleeping sickness followed influenza.

The inmeningitis, brain abscess, acute alcoholism and other diseases.

The disease appears to be only rare-influenza.

The disease appears to be only rare-influenza.

In selecting from amongst the appli-

Uganda, Central Africa, for instance, cases studied, there were forty-six

Full particulars regarding the Trainfly, which conveys the disease from the setse and in Louisiana, Texas and finding flies, as far as is known, convey was merely a result of the spread of the the use of the term sleeping sickness, in both cases, due no doubt to the similarity of the symptoms.

after the subsidence of the acute symptoms, but in others it is prolonged and leaves its record on the mind, on certain muscles and on the which will be held in Manitoba.

Officials of the Public Health Ser- nerves of the cranium. vice admit that there is little known There has been much study given to ed in this n ness or encephalitis lethargica, as the far nothing has been found out as to been magnified. Surgeon General way will, it is hoped, shed some light Training during 1923. Cumming in this regard points out on this very important problem.

Sick Wheat in Hospital.

The other day I was asked to pass an opinion on a sack of English wheat, writes a grain doctor in London "Evening News." When I said it ought to derive assistance from the wheat hos-

Although England buys millions of drunk, "rusty" wheat, smutty and bles. stinking wheat, and wheat that suffers' from dropsy.

The first four allments are more or less due to a fungeid growth. The fifth arises through the grain being soaked by rain during baryesting. Immediately these maladies are de-

tected the grain is removed to a wheat hospital, where experts examine, prescribe, and treat the grain to render it sound. The "Dropsy" Treatment.

Wheat affected by "smut" is graded into three qualities. The cleanest is simply scoured and brushed. The dirtiest variety is washed and subsequently dried and cleaned, after which it is as good as ever.

Grain thickly covered with dirt but perfectly sound in kernel is thrown into machines which scour, brush, and burnish it between pieces of rapidly revolving metal.

Wheat suffering from "dropsy" is also graded into three qualities-namely, "tough" wheat, containing an excess of 41/2 per cent. moisture and dirt, "demp" wheat, with a 71/2 per cent. excess moisture, and "wet" wheat, able, but no one objects to laughter at this story that the Literary Digest tells

ture above the normal. In treating wheat for dropsy the grain is first washed. Passed to the amuse us: drying department, it is loaded into drying bins or boxes consisting of with which to gratify his whims descreens clothed on each side with wire

The grain is placed between these sheets and hot air is forced through. Within three hours the grain is free and Oil." The tank was carefully of excess moisture. Currents of cold

ROSEBUSHES

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Write for Catalogue D. SPENCE

1150 Bay Street - Toronto

No man can learn to enjoy life until he first learn to enjoy his work.

Has your Scoutmaster posted up the list of prizes to be given for competition amongst the Cyclist Scouts in your troop? There are first, second and third prizes for each troop denated by the Canada Cycle and Motor Co., Ltd., of Weston, Ont. Your Court of Honor and your Scoutmaster will be the judges, and general proficiency in Scouting as well as special proficiency in Cyclist work counts. Ask your

M. for particulars now. Brantford Makes Grant to Scouts. Without a dissenting voice the Brantford City Council passed a grant of \$300.00 to the Boy Scouts Council for Brant County in order to assist it in carrying on its excellent work. More than 1200 boys in Brantford are connected with the Scout Movement. Gillwell Camps, 1923.

There will be two Scout leaders training camps conducted in accordance with the Gillwell plan in Ontario this summer. They will be as follows: No. 1-Near, Ottawa, commencing on Tuesday, June 12th, and continuing until Thursday, June 21st. Assistant Chief Commissioner John A. Stiles, assisted by Assistant Provincial Comnissioner Frank C. Irwin, will be in charge of this camp.

No. 2-At Luck's Grove, on Grand River, between Brantford and Paris, commencing on Wednesday, July 4th and continuing until Friday, July 13th. Assistant Provincial Commissioner Frank C. Irwin, assisted by Scoutmaster S. A. Macdonell, 1st Stratford Troop, in charge.

Attendance at both these camps will be free to all adult applicants approved by the Acting Dominion Camp Chief. Is there any connection between that the disease is rather easy to con- in addition, the Canadian General sleeping sickness and influenza? that the disease is rather easy to consider the control of the with some other diseases. In an Council will refund to each man selective investigation made during the 1918- ed to attend the camps the amount of An interesting investigation is being carried on at present by the United States Public Health Service to cluded as being really cerebro-spinal try and establish this point. The Inmeningitis, brain abscess, acute alcomposition and object to attend the camps the amount of his full railway fare between his home town and Ottawa or Brantford as the case may be. The attendance at both camps will be limited—probably to

ondary case is known to have occurred cants those who are to attend the The type of sleeping sickness that in the immediate families of the pa-courses preference will be given to we read so much about on this contients reported in 1918-1919, although Scout leaders who will be in the best we read so much about on this continent appears to have a different some nine hundred persons were excausative agent from that of the posed. The fatality is rather high aleeping sickness of the tropics. In of the one hundred and fifty-nine ing they will receive in the camps.

there are large tracts of country now deaths. It is interesting to note that practically deserted where once there was a teeming population, the ravages was reached in New York City in Headquarters upon application. To being caused by an organism in the January, in Virginia in February, Headquarters upon application. To blood due to a bite from the tsetse and in Louisiana, Texas and Illinois all sending for it will also be sent

disease, and the tsetse not being the disease, is not known. The discourse will be crowded in any case, found at any rate in the temperate ease is slow in developing and long it is hoped that all who can possibly arrange to attend the June camp near lead responsible for the disease, which escence is variable; in some case reis comparatively prevalent here. This covery is completed within two weeks Ottawa will mark it on their application of the term electric e

Scout leaders who are at all interest so far concerning this sleeping sick- this subject in recent months but so for the special pamphlet and applicadisease is called in medical circles, the relationship between influenza tion form. These forms will present

but officials are of the opinion that and sleeping sickness. The most re- the only opportunities afforded to Onreports concerning its prevalence have cent investigation which is now under tario leaders to secure the Gillwell

air then play on the grain to cool, shrink, and harden it, after which it BARY'S OWN TABLETS

Not only does the Canadian farmer Once a mother has used Baby's Own Co., Brockville, Ont.

The House of the Trees. Ope your doors and take me in.

Spirit of the wood, Wash me clean of dust and lin, Clothe me in your mood. Take me from the noisy light

To the sunless place, Where at mid-day standeth Night Singing Toil's release.

Wifey-"No wonder-after drinking All your dusky twilight stores To my senses give; Take me in and lock the doors. Show me how to live

> Lift your leafy roof to me. Part your yielding walls; Let me wander lingeringly Through your scented halls.

Ope your doors and take me in, Spirit of the wood; Take me make me next of kin To your leafy brood.

-Ethelwynn Wetherald. Minard's Liniment for Coughs & Colds

Another Kind. The teacher had been reading to the The truck was safe out of the city, class about forests. "And now, boys," she asked, "which destination. The driver had been unone of you can tell me the pine that instructed, and the garage chief of the has the longest and sharpest needles?" Up went a hand in the front row. "Well, Tommy?"

"The porcupine." RADIO SETS AND SUPPLIES. Price List mailed on request. Gibson Radio Supply

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"Have you good neighbors?"

Generally speaking, a parson in good health can digest most foods. If not, and there is pain after eating, the stomach has lost tone and is too weak to do its work. In that case ye ach needs strengthening and the to do this is to build up your blood

with Dr. Williams' Pink Pills. There cannot be good digestion without a sufficient happly of good red blood, and there is nothing better than Dr. Williams Pink Pills to renew and enrich the blood. That is why they have proved so successful in thousands of cases of indigention. Mr. D. J. Shaw, Selkirk Road, P.E.I., has proved the value of P. Williams Pink Pills in a severe case of indigestion and relates his experience for the benefit of other sufferers. He says: Tauffered from indigestion for a number of years. My case was sh bad that words fail to describe it. My appetite was gone, constipation was present, and my nerves were all on edge. I could not sleep well at night, and the world was

a dark spot to me. I tried a number of remedies, but without any benefit. Then Dr. Williams' Pink Pills were recommended, but without much faith, after so many failures, I decided to try them. After taking three boxes I noticed a change for the better. Then I got three boxes more, and found I had a genuine remedy. I continued the treatment, took moderate exercise, could take good plain food without suffering as formerly, and proved that these pills make good blood, and that this good blood will restore the stomach and nerves. Anyone suffering from stomach or nerve troubles will

liams' Pink Pills a fair trial." You can get these pills from any

Are the beasts of burden that strive

Are they never allowed to make their And lay their wrongs at the feet

All day I've watched from my window nigh The infamous street where the horse-

whips hiss. And I ask myself,

For I saw a horse with starting eyes, With straining nerves and a throbbing flank: saw him strive till his strength gave

And he on the murderous pavement heard a curse from a lower beast. I heard his whiplash crack like shot;

watched and heard till my heart was ** **************

Thou wretch with the whip, remember Remember, thou knight of the curse and rod;

The voiceless cry of a stricken beast Is heard by the pitying ears of God. R. K. Kernighan.

The Afternoon Tea Rite. Mr. Gordon Selfridge, the Chicago be in "hospital," the farmer was shockpital, which helps him to cut his lossed. To tell the touth, his wheat was
es, but he may often obtain scientific

Once a mother has used Baby's Own
Tablets for her little ones she would
not be without them. They are the

and touches on some piquant conideal home remedy for the baby; be- trasts between his native and adopted The small acreage usually given to ing guaranteed to be absolutely free countries. He has the advantage of a bushels of Canadian wheat every year, wheat-growing in England enables the from opiates or other harmful drugs. double standard of comparison, of seescarcely one per cent. of diseased farmer to study his own conditions to They are a gentle but thorough laxaling the British through American eyes. grain succeeds in passing the vigilant a large extent. But in the great Nor-tive and have been proved of the great. To an interviewer he lays amusing eye of the Canadian shipper. And this West wheat belts it is all hands on est aid in cases of constipation, indiin spite of numercus wheat maladies. West wheat occurrence of the spite of numercus wheat maladies. deck during the harvest. The wheat gestion, colic, colds and simple fevers. termoon tea, which is the subject of There is wheat which makes you hospital helps to solve your crop trou-Beausejour, Que., writes: "I have used to the tight little island—until they Baby's Own Tablets for constipation succumb to it. Mr. Selfridge thinks and colic and have found them so suc- that if Americans would similarly recessful that I would not be without lax in the middle of the afternoon's them. I would strongly recommend work they would gain a poise and every mother to keep a box in the calm they really need and lose none of house." The Tablets are sold by medi- their famous "pep." When he opened cine dealers or by mail at 25 cents a his departmental store on Oxford box from The Dr. Williams' Medicine Street thirteen years ago it was the custom of his salespeople to snatch tea as best they could. Instead of discouraging it he accepted it as a national institution, and gave a tea interval to each of his 3,000 employees, and "since everybody else in the country

does it, no time or business was lost." He is quoted further: "Tea is brought around at matinees and movies, on railway trains and boats. Lords and commoners pause for it in parliament. You cannot enter any office, editorial den, public library, factory or shop in Great Bristumbling over cups and tea things." Mr. Selfridge confessed that, personally, he did not like tea, but he likes

tain between four or five without what it stands for a friendly getting together, a relaxing pause in the day's work, a slowing down of the American's relentless push, not to a point of becoming less active, but more balanced. The American has a breakdown at 50, he added, but the Englishman was swinging a wicked golf club

Afternoon tea has become a social function on this side of the Atlantic, but it has not seriously penetrated the market place. After all, it is not the tea hour that gives the Briton poise and calm. It is merely one expression of his unhurried habits and ways of living and of looking at life. Before work slows down in offices, factories and shops on this continent in the presence of the tea-cups, there will have to be a radical change in the mental as well as the physical habits of the business community.

Minard's Liniment forsals everywhere

Good Neighbors.

"Very. The ones on our left, mind ir own husiness and the ones on our right have the levellest recipes for



This is a practical joke to play on that meaning person who is never happy when anyone in his presence has a bit of lint on his coat. It is superior to most practical jokes because it is harmless and cannot give offense.

Thread a needle with one end of a spool of white thread. Put the spool in an inside coat pocket and run the needle from the inside of the coat between the lapel and the shoulder. Remove the needle, leaving an inch or two of the thread showing.

Some friend will see what he thinks is a bit of lint on your shoulder and will try to remove it. If he does not think that it is funny when he discovers that he has one end of a vast amount of thread he has a sense of humor entirely too high for you to try to (Clip this out and paste it, with

others of the series, in a scrapbook.) Forest Fire Fighting in

Sweden.

make no mistake in giving Dr. Wil-In Sweden every man knows how disastrous forest fires are to his counmedicine dealer or by mail at 50 cents his homeland, it is not necessary to try, and by reason of his great love for a box from The Dr. Williams' Medicine compel any man by law to fight a fire. Whenever there is a report of a fire, forthwith every farmer in the neighborhood leaves his work and offers his services to fight the plague, and if the Sadler. local ranger finds that he is not able to put out the fire with the men at his disposal, he immediately sends a telegram to the Governor of the Province (Lan) asking him to send additional help, and as soon as possible thereafter a regiment of soldiers, or more, is sent by special train to extinguish the fire. I am of the opinion that the rea son why the Swedes are so successful in their war on forest fires is that everyone has a veneration for the forest; they know their forest resources are of supreme importance and that almost half the exports from Sweden consist of forest products.-G. C. Piche. Chief of the Quebec Forest Service.

MONEY ORDERS. Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

I don't know which is worse-to inherit money, to make money, to have money and not want it, or to want money and not have it.-Lady Astor.

"The best way to keep milk from turning sour is to leave it in the sow," is the wise suggestion of a modern schoolboy.



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188UE No. 21-23.



hie, but I took Tanise four years ago and haven't had a sick day since is the remarkable statement made recently by Mrs. Themar Smith, 85 Mo-Gee St., Toronto, Ont.

The little I managed to eat simply tortured me with pains in the pit of my stomach, and gas pressed around my heart, causing it to skip beats until I thought it would stop altogether. I was as nervous as a witch, and lost so much sleep that I was dark and swollen under my eyes. I was so weak and run down I could hardly walk a block or do my housework, and was

almost in despair. "Tanlac certainly was a godsend in restoring me to such perfect health, and I think it's the greatest medicine ever made. Nearly everybody else on McGee Street seems to have used the treatment, and are praising it too." Taniac is for sale by all good drug-

gists. Accept no substitute. Over 37 million bottles sold.

My Legacy. The little tree I planted out And often muse upon May be alive to grow and thrive

And out into the sunlight strive,

When I am dead and gone. So it shall be my legacy To toilers in the sun. So sweet its shade, each man and maid May be induced to take a spade

And plant another one.

-Ethelwynn Wetherald. Minard's Liniment for Corns and Warts

The love and care of fathers and mothers, set in that most precious surrounding, a home, are the beginnings of true education.—Sir Michael

For Fascinating Eyes make the use of Murine a daily habit. This refreshing MURINE.



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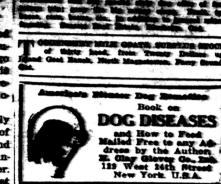


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Keep Kendall's always in the barn. A strained muscle, a

sprung tendon, a jolt or a knock demands imm attention. A few hours' delay will result in a long lameness perhap in the loss of the horse. Kendall's Spavin Treatment has saved more horseflesh than all the other known remedies. Under the name of Kendall's Spavin Cure, it is the forty-year-old standby of horsemen

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Ask, too, for the Free Book or

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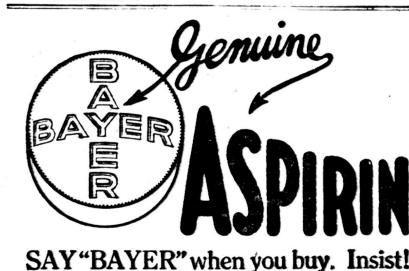
MRS.BUDGE **SO WEAK COULD** HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

River Desert, Que. - 'I used to have a vere pain in my side. I would be unabie to walk fast and could not stand for any length of time to do my ironing or washing, but 1 would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pink-mar Vogetable Company as she had ham's Vegetable Compound as she had had good results. I certainly got good results from it. too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. Budge, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable

Compound. Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Wo-men" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.



Unless you see the name "Bayer" on | neuralgia, lumbago, rheumatism, neurpackage or on tablets you are not get- itis, and for pain in general. Accept ting the genuine Bayer product pre- only "Bayer" package which contains scribed by physicians over twenty- proper directions. Handy boxes of

three years and proved safe by millions twelve tablets cost few cents. Drugfor headache, colds, toothache, earache, gists also seil bottles of 24 and 100.