int—

e dirt is groundnds, cuff edges a light rubbing neo rubbed of makes the dist was a faithful a all grocers

sen from the dead

nds us that death in the miracle of ife has triumphed

eg trees and openg. we look upward rd; if we live the ork-every Kaster

EA is gott Next time try the finest grade RED ROSE ORANGE PEKOE

# HEALTH EDUCATION

BY DR. J. J. MIDDLETON Provincial Board of Health, Ontario

through this column. Address him at Spadina House, Spadina

The Health Almanac for 1922 as the face of 500 to 600 per that. Wo now ready and a copy or number of men's Institutes, Mothers' Clubs, so copies can be had for the asking. This states of various kinds have all expublication serves a useful purpose, pressed their approval of this published information of a various cation and are asking for additional It contains information on a variety cation and are asking for additional of subjects and tries ever to keep in copies for distribution to their friends the foreground the idea of good health and acquaintances.

That is the way most people feel in the spring. Hastly tired, appeting touches all phases of public health planned in the foreword, as follows:

Work and therefore proves all the Wiket is the world to a man when feeling of depression. Pimples 100. work and therefore proves all the "What is the world to a man when more interesting and instructive to a his wife is a widow? This is an old eruptions may appear on the skin, or large number of people in various induiry, but like many an adage, it there may be twinges of rheumatism.

spersed with health mottoes and notes on disease prevention. There are talks all of us. Without health, life means on goitre, periodic health examina little. Wealth, influence, worldly postions, the Schick Test for Diphtheria, sessions rightly used for the benefit ventilation, longevity, the value of of mankind are powerful adjuncts to cooking, caneer, the production of happiness if the possessor also has clean milk, insulin, the need for health. Without the latter, education, and a host of other tonics, wealth, and nower are meaningless weaken instead of rights strength. education, and a host of other topics, wealth and power are meaningless wealen instead of giving strength said that his main object in attempting all of which are instructive and inter- terms, mere sounding brass and tinkl- Any dector will tell you that this is not able and tangible membral of him.

for the purpose of weights and measures, and use to you, may help you to maintain at the back of the back is a series of and promote your health and hap health pictures for confiden which are piness. That is the reason for this and children bright, active and strong.

The constraint distribution of spare time and took twenty two years to confident two years to confident two years to confident two years to confident the sain strengthens the appetite and makes fired, depressed men, women and children bright, active and strong.

# Near Neighbors.

THE SPRING who live and work side by side merely all who are feeling unwell."

You can get these pills through any are too well aware of peculiarities and dealer in medicine, or by mail, at 50 of Wales, who showed great interest shortcomings which each descries in cents a box from The Dr. Williams in it when he was in Montreal. The Spring is a time of anxiety to the other.

mothers who have little ones in the It is so in families. If the real test conditions make it necessary came, it might be found that love to the baby indoors. He is often abides: But in the ordinary contacts contined to overheated, badly venti-lated rooms and catches colds which each day brings there is triction Our might-have beens lie all along rack his whole system. To guard simple fact of proximity.

against this a box of Baby's Own Tabless should be kept in the house and have been enraged at each other for an eccasional dose given the baby to no reason except that silence and isokeep his stomach and bowels working lation preyed on the nerves. Fights regularly. This will prevent colds, were born of the long, lonely darkness, constipation or colic and keep baby which the modern miracle of the farwell. The Tablets are sold by medi-flung voices of the radio will do much cine dealers or by mail at 25 cents a to dispel. Presently each man knew box from The Dr. Williams' Medicine all there was to know about the rest.

There were no surprises left. Monetony bred discord. Neighborliness ought to mean lowing kindness. It should be the synonym And memory brings a pleasure still, if one happens to be born at the moves into the "neighborhood" those The sweetest hours we ever know

Baby Without a Birthday!

Keeping a Town Well.

On OLICINO as the light

This happened to a baby born during a voyage from You hama to San Truncisco, in 1804.

Is well known that in order to make the actual number of sunrises and sunsets experience during a vayage tound the world correspond with the calendary and extra day must be in the calendary and extra day must be into the "neighborhood" those which was ever know that sort of heighborhood that the sweetest hours we ever know that sort of heighborhood that the calendary winder what sort of heighborhood that the sweetest hours we ever know that sort of heighborhood. The sweetest hours we ever know that sort of heighborhood that the continuous control of the calendary winder what are called the calendary winder what are called the calendary winder what the calendary winder what are called the calendary winder what the calendary winder when we extra the calendary winder what the calendary winder when we extra the calendary winder when we extr age cound the warld correspond with the calendar; on extra day must be inside with their own homes, is found troduced or got rid of, according to the to be constituted of generous, kindly souls who take thought for others.

crossing the 180th meridian, which do us the most mischief or the most crossing the 180th meridian, which do us the most mischief or the most runs to the west of the midway point good. More pitiful than any other statement and California, and the best of higher than the closeness of wife who use the closeness of their relation to make each other miserable inetwad of happy. They should The Chinese custom of paying the tended to be everything that is helpful to each other.

alth has been adopted on a whole. People may be physically near each to scale by the Mayor of (Tuffer) & other and spirittally worlds spart. The meall town in the department of man sitting next you on the train or ?//
for the, France. The functionary is trolley may be as distant as if he lived on the banks of a canal in Mars. If 

shown the grant property who the ancient peoples. Although very primihuman system of purity and uniform tive to begin with, it was improved to be a stationary of the billion of the station of the billion of the well as tea and coffee can be proposed to the big David's harp, sometimes in time and sealed metal packages. Called the big David's harp, which is the big David's harp, which is pure food products to hecome widely.

tea fresh and delicious. Skillul blend- tones were originally produced by

First Newspaper "Gazette."

published in Bayaria in 1457

£ 100,000 for Wemaley. The Empire Exhibition and Stadium of to-day. -"I still say you're light-head- at Wembley Park have been assessed

Bend a Watch

cent men to the scaffold.

Witty, too, is this frank announce ment, which graces a solicitor's office a provincial town: "I study the law who stated. "There are no complaints from my customers," had apparently mistaken his vocation.

## A GOOD MEDICINE FOR SPRINGTIME

walks of life. The calendar itself is has a perpetual ring of truth and or neuralgie. Any of these indicate an odd but attractive arrangement of thoughtfulness connected with it. We historical and important events inter- all went to be alive and well."

esting from the good health point of ing cymbals.

This little Almanac is prepared for taxes, rates of postage, eclipses of the one purpose, and one purpose only build up the nerves. Dr. Williams of his family.

The work, which is wonderfully done les, etc., during 1924, and the value of will aid is keeping you well. It consists the purpose in Canadian currency tains health hints on many subjects.

There is also Something you read herein may be of helps to earlier the blood, which clears ments of spare time and took twentyhearth pictures for enfloren which are piness. That is the reason for the so franked that they can be cut out Almanac being printed.

Copies can be obtained free of heavy demand is being made charge by applying to the Provincial Board of Health, Spadina House, Spathur order and I was nervous and run down I got a supply of Dr. Williams' Pink Pilks and after taking them for Pink Pills and after taking them for this wonderful book are the title pages, a while they fully restored my health. which are exquisitely illuminated, the I am now feeling fine and have no hesi-Many quarrels arise, among those tation in recommending these pills to-

Medicine Co., Brockville, Ont.

### Our Might-Have-Beens.

rooms and catches colds which that is due first of all to the mere. The road of like; the plans gone wrong Because we did not chance to de Some certain things some certain way, The dreams that never did come true.

The loves that died, or went astray. Not merely things accomplished mark

dark: Our failures also we recall. Not only smiles but also tears;

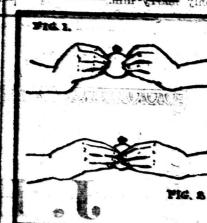
1110 . alling to talue to the commun

es that might have

Douglas Mallach.



Careful, research made in recent the warp was one of the favorite years in land of dicteties has string instrumente among most of the last Now to Lose pure food products to become widely which the strings are plucked by the fine of both hands, has a range maintain the piano. The half eau edT . salood gaiter or against edt to and qualified Druggist mrollinu of pedals for this purpose first came in in 1820, five, and later seven, being the number. The pedals are also used to produce different tone qualities, and to make the tone louder or softer. Old as it is, however, the harp is one of the least company aruments



This is not an infallible trick. To some folks it is extremely puzalling but to others it presents no illusion at all. However, in every party there are two or three persons who find it perplexing, so it

A watch is held as in Figure 1. The finger tips are brought close together (Fig. 2), and then returned to the position of Figure 1. This is repeated, the harm's acting just as if the watch was being

To many people, the eptical illusion is perfect, the watch appearing just as if it were bent and straightened. As has been said, other folks are unable to see any-(Clip this out and pasts it, with other at the series, in a samphoak.)

### Rewriting the Bible.

The most wonderful manuscript Bible in the world is owned by a Mr. Russell, of Montreal. With infinite buttenre he carried out this great work with his own hand.

said that his main object in attempting

page, and was written without a single error or omission all them are 1,987 pages.

Among the distinctive features of delicate permananto, and the hand some morocco binding. The weight of the Bible is about eighteen pounds, and it contains an autograph of the Prince

The Organist's Opportunity Every organist should be a leader or leading factor for the advancement of music, in his community, independently and outside of his church. While his position in the church should have a certan value to any outside musical work in which he may be engaged, he should aid the cause of music through

any other available channels.

So many things are possible, and Our progress through the dawn and there are so many ways of going at them. He should, in co-operation with other enthusiasts, examine a chorus or singing club. It matters not wheth-They are the milesees after at er it be of men, wamen, children, or Gray peaks that rise about the years. all three combined, so long as it is of

> Organists and plants is inwho have safe by millions and prescribed by never done this the of work and are physicians over twenty-three years for not sure they could, will find out that, just as they play muste in three and four parts on the plane of organ, and listen to each voice in its correct relation to the other for the proper blending of the parts they can do the same with voice. If you have not done it and want to learn how, go to it and you will succeed.

Remit by Dominion Express Money Order. If lost an stolen you get your Imeet bill apadiment

To Change Leap-Year Day?

eap day. The International Fixed Calendar League hopes to persuade he league of nations to enforce an international change, which would put nto effect the league's four-week menths and goodd timesfer leap day to June 29.

Here is a simple method of cleaning aucepan in which milk has been builed. After pouring out the boiling 

> a Pound & Day this delightful, simple way.

this delightful, simple way. No structs, erous thyrolds, no back-breaking wardises. cing Vitamines. ALEXANDER LABORATOR-

### **B**ad Breath Overcome Bad breath is a sign of decayed

seth, foul stomach or unclean sowels." If your teeth are good, not buy substi-Get the genuine.



always fresh Ogden's Liverpool. "ginem Hall

Portrait. Schind the windows of her eyes The older generations mat, () Cool, greedy and alert and wise,

With caution of the springing cat. Her little white hands had no claws That one who spoke with her could

But some our instruct made no pause. Watchful, when she spoke to me. Louise Driscott

Striving to better, oft we mar

He who goes out to hunt deer some-

times rouses tigers.

Beware of Imitations!



Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved

Toothache Lumbaro Neuritia Rhenmatism Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proves directions. Handy boxes of twelve tablets cost few cents. Drugrists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tab-This year may be the last February lets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

> DON'T DO THIS Soothing, Effective, Penetrating Oil

Interesting descriptive falter sent upon request

olled any place

SPRAINS. Milerd's Aooth Dept 11

Twelve Things to Remember.

The Value of Time The Success of Perseverance The Pleasure of Working.

The Denity of Simplicia.
The Worth of Characte
The Power of Kindness The Influence of Example. The Obligation of Duty.

The Wisdom of Economy. The Virtue of Putience The Improvement of Talent. The Joy of Originating.

Classified Advertisements

DURE, BEAUTIFULLY FLUFFY, carded wool; sample, enough light comforter; one dollar. Woollen Mills Georgetown, Ont.

Write Murine Co., Chicago, for Eye Care Bool



## Keep Your Hands Soft and White With Cuticura

The daily use of the Soap, with occasional touches of the Ointment, is very effective for keeping the hands soft and smooth. For red, rough or sore hands: On retiring bathe in hot water and Cuticura Soap. diy, and rub in Cuticura Ointment. Seap 25c. Ointment 25 and 10c. Talcam 25c. Sold Lymna Limited, 344 St. Paul St., W., Me

# 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 severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lidown to get relief from the pain. I shad this for about two years, then a friend told me to try Lydia E. Pinkham'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.

distance of the continue of th in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable

Medicine Co., Cobourg, Ontario, This book contsins valuable info

every woman should know.