

# HEALTH EDUCATION

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Good health is the greatest thing in the world. Without it life means little to anyone. Up till very recently we have accepted our state of health almost as a gift from God, but now we are beginning to see that it is to a large extent of our own making. A new philosophy of life is taking hold of us, and as education spreads we begin to see how much we actually can do to keep ourselves well and to avoid those excesses and habits of life that tend to break up our physical machine, so to speak, and bring on infirmities. A whole lot of forces are at work to help us in our efforts to keep well. There is the increasing interest being taken in Child Welfare, and I would like to impress on everyone who reads these lines the value of Child Welfare work to the whole community. If we get a good start in life, if we are brought up through infancy and childhood under intelligent supervision, if any little physical defects we may develop are corrected early, if we are privileged to have in our early years common sense methods used in our upbringing, there is

no doubt but that we will be the better for it and that we will grow up healthier men and women. Think what child welfare work has done in New Zealand and other countries where it has been given a fair and reasonable try-out. The infant death rate has been more than cut in half, and those who survive are being given medical and nursing supervision as never before. Little ailments, little defects of teeth, eyes, ears, tonsils, etc., are being attended to before they become chronic and are allowed to poison the system, thus bringing on heart disease, rheumatism, debility and other troubles later on in life. In this Dominion the work of Child Welfare is only just beginning. The ground has hardly been scratched. If a large proportion of the physical defects found in men and women had been corrected in early life, instead of growing up into adult life handicapped, they might have been normal healthy human beings, able to do a man's or woman's work in the world, and enjoy the blessings of good health and full vigor.

## EASY TRICKS

No. 59  
The Cards You Selected



This is a mystifying card trick that any amateur can perform without skill.

Four persons select four cards each and remember the cards. If they have difficulty in remembering, they may make notes to help their memories. The performer now gathers the cards. Taking the pack of sixteen cards in his hands (holding the cards face down, of course) he deals the cards into two heaps. The heap on which the top card was placed, is put on the other heap. The sixteen cards are again dealt into two heaps and taken up as before. This is done twice more (four times in all). The cards are now dealt into four heaps, dealing the first four cards on one heap, etc. The first heap is the cards selected by the first man, the second heap selected by the second man, and so on.

A more effective finish is for the magician to hold the cards behind his back and take out the cards as requested by each of the spectators. This is just as easy as the other method as the cards are in the exact order that they were in after the cards were gathered from the spectators.

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

To keep mutton from having a peculiar flavor and bad odor, do not let the wool side of pelt come in contact with the flesh, nor handle the flesh when the hands smell of wool.

A specimen of the great auk was captured alive off St. Kilda in 1821 and a later one in 1840. One or two specimens may have lingered on in Iceland or the Faroe Islands, but the auk evidently disappeared from the earth entirely about 1844 or 1845.

## ASPIRIN

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians over twenty-three years for

**Toothache** **Headache**  
**Earache** **Rheumatism**  
**Neuralgia** **Pain, Pain**

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Drug-gists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetioester of Salicylic Acid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their special trade mark, the "Sugar Cross".

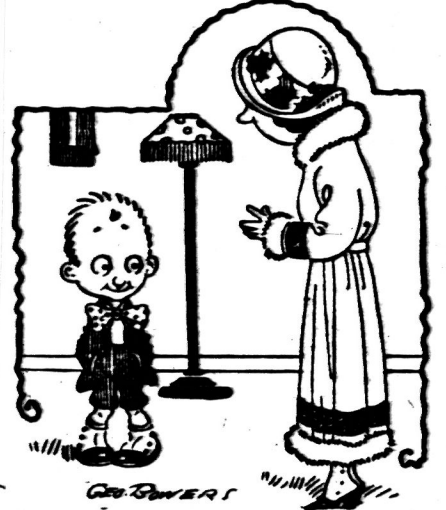
## PAIN IN THE JOINTS

Is An Indication That the Blood is Thick and Watery.

The first sign of rheumatism is frequently a pain and swelling of one of the joints. If this is not treated through the blood, which is the seat of the disease, the poison spreads, affecting other joints and tissues—sometimes rheumatism attacks the heart and is fatal.

A remedy that has corrected many cases of rheumatism is Dr. Williams' Pink Pills. These pills enrich and purify the blood so that the poisonous rheumatic matter is driven out of the system as nature intended. Miss Gertrude Denne, Washago, Ont., was attacked with rheumatism and found relief through Dr. Williams' Pink Pills. She says: "About a year ago I was attacked by rheumatism and for two weeks was confined to my bed. The trouble was so painful, affecting the joints of my limbs so that I could not stand alone. Mother had a box of Dr. Williams' Pink Pills in the house and thought they might help me. I began taking them, and when I had taken these pills got a further supply, with the result that the rheumatism vanished and I was a well girl. I may add that my mother and two of my sisters have also used the pills for various ailments with equal success, and now we are never without them in the house."

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 by mail, at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Not Lost At All.

Visitor—"My, Bobbie, you've lost nearly all your front teeth, haven't you?"  
Bobbie—"No, I ain't, ma'am—got 'em all in a little box put away."

### The Old Irish Yard Man.

The number of his years no creature knows;  
They must have had the fortune to begin  
Before the doctrine of original sin.  
For even when he takes a stick and throws  
To stop a noisy conference of crows,  
The eyes of him, deep-set in wrinkled skin,  
Are lighted from such innocence within  
That all the pureness of his nature shows.

And when, at feeding time, the yard fowls chase  
Each other in a wild and reckless race  
To where he stands and calls, and ducks and geese  
And hens and cockerels are told to cease  
Their greedy chatter, in his Gaelic words  
I hear St. Francis preaching to the birds.

—Charles Dalmon.

### Compulsory Labor.

Bulgaria has a compulsory labor law which provides that all persons of both sexes, namely, men of 20 or over and girls of 16 or over, shall be liable to compulsory labor service, lasting a total of 12 months in the case of men and six months for girls.

## MR. HENRY THORNTON'S MESSAGE TO EMPLOYEES

Appreciation of Year's Work and His Confidence in Future.

The following signed message from Sir Henry W. Thornton, K.C.M.G., President and Chairman of the Boards of Directors of the Canadian National Railways, to officers and employees of the System, is published in the December issue of the Canadian National Railway Magazine.

To Officers and Employees:  
I wish you all a Merry Christmas and a Happy New Year. For twelve months we have been engaged in a joint enterprise and any success we have met with has been largely due to the fine spirit and efficient service rendered by officers and employees.

I thank you one and all for the way you have responded to the demands upon you and for the excellent service you have given the Company. Especially, I wish to thank those employees who come in contact with the travelling public for the courtesy they have displayed. They have, indeed, treated every passenger on our railway as a guest of the Company, with the result that not only have our men found satisfaction in their work but they have materially added to the good opinion of our undertaking existing in the minds of the public.

We will face the oncoming year with enthusiasm, courage, and a determination to establish still higher our standard of service.

With your continued co-operation and support, I am confident the day is not far distant when we shall justify the wisdom of those who were responsible for our National Railway System and make that System a source of profit and pride to the people of our Dominion.

(Signed) H. W. THORNTON, President.

## The Lone Baby of the Loneliest Island.

"Britain's loneliest island" is what the Rev. H. M. Rogers, in the London Times, recently called Tristan da Cunha, that little island midway between South Africa and South America, which possesses neither trade nor manufactures, and which is rarely visited by vessels. The inhabitants used to be certain of a visit once a year from an official gunboat with stores, mail and a doctor and a minister on board; but the tiny colony did not warrant the expense, and after due warning and after the people had been given an opportunity to leave the place, the boat was withdrawn. Despite certain hardships and the chance of famine most of the people elected to remain on the island, for they are simple folk who dearly love their homes.

"An opportunity for a gala day came to them in October," records Mr. Rogers, "for there was a unique christening; the first and only English baby ever born on Tristan was baptized in the tiny island's church room. At day-break all the union jacks on the island, some five of them, were hoisted at various flag poles and on the roof of the tiniest parsonage in the world—the missionary resides in a small two-roomed wooden hut. The day was fine and the people had put on their smartest clothes, which, having been procured from passing ships years ago, were curious and wonderful. Soldiers' and sailors' uniforms, dress suits, corduroys, dungarees and early Victorian ladies' garments gave the impression that a fancy-dress ball was going on. The people like bright colors, and most of them wore a rosette of colored ribbon or carried a bouquet."

"The little school room at St. Mary's Church was decorated with flowers, and at three o'clock every one who could squeeze in to it entered to watch the missionary baptize his own baby. Leading Tristanites stood as sponsors. The whole population was eager to act in that capacity, but it was decided to limit the number to six—four for Tristan and two for England. As soon as the service was over there was tea drinking, and about a hundred people shook hands and gave the health in tea. A cake had been made, but, owing to the shortage of flour and raisins and the difficulty of getting milk, it was so small that it sufficed only for the sponsors and the parsonage folk. Every one else was promised a piece of cake when the next ship comes."

"Those who could find anything to give made us presents for the baby, and he was soon the possessor of almost half the money on the island—namely, an English half-crown and a sixpence. He received also several pairs of Tristan socks, some colored 'picture' handkerchiefs and several strange articles of headgear known as Tristan 'cappies,' worn by the children there. A metal teaspoon and an egg cup of elaborate pattern completed the collection."

The baby was named Edward, after the Prince of Wales, who is extremely popular on that forgotten dot of British soil.

### MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five Dollars costs three cents.

It only cost four or five cents per day to feed the sailors on Columbus' ships.

Out of the fifteen and a half million Jews in the world, only 33,794 live in Palestine.

Ask for Minard's and take no other.



## "DOUG. HAINS" PALS UP WITH LEADING CHATEAU FRONTENAC DOG TEAM.

Quebec will this year be the winter sport centre of the world. During the past four or five years its equable climate and exceptional sporting facilities have attracted even those who in previous years went to winter in Switzerland and Norway, and during that season, the capital of French Canada is perhaps the most cosmopolitan and fashionable of cities in the Dominion. The great International Dog Derby, on February 21, 22 and 23, will be one of the chief features of this season's program. Thirteen teams, ten Canadian and three American, will enter for the gold cup which was won last season by Jean Lebell of the Brown Corporation.

## CHILDHOOD CONSTIPATION

Constipated children can find prompt relief through the use of Baby's Own Tablets. The Tablets are mild but thorough laxative which never fail to regulate the bowels and stomach, thus driving out constipation and indigestion, colds and simple fevers. Concerning them Mrs. Gaspard Daigle, Demain, Que., writes: "Baby's Own Tablets have been of great benefit to my little boy, who was suffering from constipation and indigestion. They quickly relieved him and now he is in the best of health." The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### I AM —

I am a power ethical.  
I am the chrysalis of eternity.  
I bring the truth to light, detect the ill.  
I never turn back. "Always onward" is my motto.  
I am the most valuable thing in life—its very essence.  
I am as constant as law itself, as certain as principle.  
I am an ever-moving point in life, eternity for my past, eternity for my future.

Some would mortgage me to the future, but it is impossible. You cannot use me to-day instead of to-morrow. I am the past and the future, and the present is mine also, even to the passing second.

I am the beautifier of the dead, adorning of the ruin, comforter and only healer when the heart hath bled. Many thoughtless people are trying to kill me in idle talk and shiftless ways, but they only work their own destruction.

I show no favoritism. I give of myself to each impartially, without price or condition, to do as he pleases in the passing seconds, moments, hours.

I give myself unreservedly to humanity. I am so necessary to your existence that it is impossible for you to separate yourself from me. To kill me is to kill your own life, your power to do and to be; to waste me is to ruin your possibilities, to wreck your career.

Once passed you cannot recall me; nor do I hold myself in reserve for your profligate abuse of me, your temptation to waste me, to squander the treasures I put within your grasp. No potentate or leader is powerful enough to bribe me. No fortune is big enough to redeem me. Rich men would give millions for a little more of me, but I am not for sale. No amount of wealth can buy me.

Those who have been true to me have made fame and fortune, while untold millions who have been false to me, who have tried to kill me, have lost out in life, have lost their characters, their opportunities, their chances to make good.

### I AM — TIME.

—New Success.

### Turf is Used as a Filter.

Experiments in France have shown that natural turf is an excellent material from which to form beds for the filtering of sewage. A volume of between three and four cubic meters of sewage can be purified every day for every square meter of the surface of the turf. An experimental turf filter that has been in use for more than seven months shows no diminution of efficiency. If a larger proportion of sewage than that mentioned is employed the filter proves less effective, but it recovers its power when the amount of sewage is reduced to the proper proportion. Chemical analysis and the effects upon fish put into the filtered water unite in testifying to the efficiency of the process.

The giraffe does not thrive in captivity in America.

## Not Guilty of Profiteering.

Four years ago, said Mr. Charles Vezin, the landscape painter, in one of his confidential moments, I gave up the double life of commerce and art for the single blessedness of painting. While exploring rural New England for a sketching ground I injured my shoulder and called on a country practitioner. He was a man of culture and of real professional attainments. When I left that part of the country I asked the good doctor to send me his bill. He did not do so until a year and a half later. When I received a bill for one hundred and fifty dollars for professional services I looked at it aghast and thought: "Well, that is pretty steep! A hundred and fifty dollars for three visits to the office of a country practitioner."

I said to myself: "You confounded medical profiteer, I'd like to see you get it!" I was about to write him what our English friends call a "snarky" letter, but on pondering the matter I decided to pretend to think that he meant to write fifteen instead of a hundred and fifty, and mailed a cheque for fifteen dollars with his bill. Three days later I opened a letter from him, returning my cheque. I murmured: "So you are going to insist on payment. Well, you can sue me!"

But on opening his letter I was astonished to find these words: "Dear Mr. Vezin: I herewith return your cheque. You made a mistake. My bill is one dollar and fifty cents."

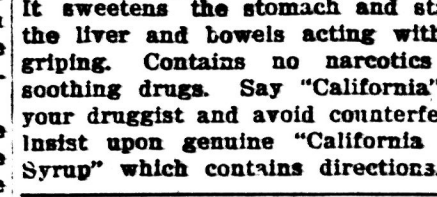
It has been proved possible for the heart-beats of a patient to be transmitted by wireless to a doctor many miles away.

There is no defeat except from within. There is really no insurmountable barrier save your own inherent weakness of purpose.—Emerson.

## Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Billious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, colic babies and children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without gripping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.



## Improve Your Appearance

More Phosphate if you want your complexion to clear, eyes to brighten, and skin to become soft and smooth. Thin, nerve-exhausted people grow strong on Bitro-Phosphate and druggists guarantee it. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

## HOARSE

Gargle several times a day with Minard's in water. It cuts the fungus and gives relief.



## Old Zeph.

Old Zeph was deeply schooled in timber lore. One stroll through woodlands and his figures told. How many logs were there, trees young and old. The kinds, their worth—all this and sometimes more. He cut his logs a little short, but swore them right; thus saved much wood that turned to gold. When in the rush of business logs were sold—Such was his method through his years threescore.

But in a dream one night in fear he stood Upon a rock above a flaming hell. With safety waiting just a cliff away He placed a log to cross and thought he could. But it was short, and down to death he fell. Since then his legs are extra length, they say.

—Arthur Wallace Peach.

## Keep Minard's Liniment in the house.

To Test the Oven.

Try your oven by means of a piece of white paper. When the paper becomes the color of meat pie crust, the oven is suitable for small-pastry. When the paper turns light brown, the oven is ready for pies, etc. When dark yellow, you can bake bread of large pound cakes. If the paper is just tinged the oven is suitable for meringues and sponge cake.

Luther's three-fold rule: Stand up straightly, speak out boldly, and sit down quickly.



## MURINE FOR EYES

IRRITATED BY SUN, WIND, DUST & CINDERS. RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS. KEYS FOR PALE EYE CARE BOOK, MURINE CO. OFFICIALLY.

## INDIGESTION, GAS, STOMACH TROUBLE

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

## SUFFERED FROM SEVERE PIMPLES

On Face. Caused Intense Itching. Cuticura Heals.

"I suffered great annoyance from severe pimples on my face, which I attributed to the use of poor soap. The pimples were hard, red and rather large, and feasted. They were scattered all over my face and caused intense itching and burning. My face looked unattractive. This condition lasted about two months."

"I read an advertisement for Cuticura Soap and Ointment and purchased some. I could see an improvement, and in two months I was healed." (Signed) Miss H. F. McArthur, Missoula, Prince Edward Island.

Beautifully your skin by daily use of Cuticura Soap, Ointment and Talcum. Sample Book Free by Mail. Address: "Cuticura," Manufacturers, P.O. Box 103, St. Louis, Mo., U.S.A. Beware of cheap imitations. Cuticura Soap always without fail.