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Friend of the Family

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 Avenue, Toronto.

Keeping school children up to a normal standard of health and efficiency is an important part of public health work at the present time. One reason for the urgent necessity of this work would seem to be due to the fact that, as a rule, very little medical or nursing supervision is given to the pre-school child, and consequently it arrives at school age with its physical defects, if any, uncorrected. The medical supervision of school children is at the present time much more in vogue than the supervision of the pre-school child. This is, in a sense, regrettable, because if the defects were corrected earlier, they would not cause so much trouble, and it often happens that when the child has arrived at school age, the defects have already caused irreparable damage. A squint, for instance, unattended to in early childhood, will result in defective vision which often cannot be successfully treated after the child has reached the age of five or six years. Numerous cases have come to the attention of child welfare workers where a squint was allowed "to right itself," and in consequence the child a year or two later has practically the use of only one eye.

Within the past year or two, an attempt has been made in all well-organized health centres, to continue the work of child welfare through the pre-school period. In the early days of the movement, the scope of the work was largely limited to infants and the period from birth to the attainment of one year of age. It is now recognized, however, that the child between infancy and school age cannot be excluded from any system of control and supervision if the best results are to be obtained. It is, consequently, now the aim of all complete schemes for the workers to keep in touch with the children aged one year to five years and to endeavor to conserve their health during the early years of growth and development, when so many chronic and disabling diseases are apt to originate, if there is a failure to observe the early signs of perverted health.

The movement in favor of conserving infant and child life is now viewed on even broader grounds. The desirability of watching over the health of the expectant mother, of bringing to full term the large number of premature births that are known to occur, and of providing skilled attention at the time of birth is everywhere recognized. The solution of the problem of infant mortality is to be found through a variety of means. One is increased educational facilities for mothers, and especially young mothers, to learn the art of child-care, another is breast-feeding, another is regular and periodic examination by the family physician. Some means must be found for providing the necessities of life in the way of wholesome food and healthful surroundings for the mothers of the poorer classes who are fighting year in and year out against destitution and want.

Minard's Liniment for Rheumatism.

Jasper Park, 4,400 square miles, is the biggest "playground" in the world. Next comes the Yellowstone National Park in the United States, 3,348 square miles.

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Every one can now have beautifully polished floors and linoleum with little effort—no stooping and at small expense. All you require is Johnson's Liquid Wax and a Johnson Liquid Wax Mop.

For centuries wax has been recognized as the most artistic, sanitary and durable finish for floors and this is the new easy way to apply it.

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It's a small compact lamb-wool mop especially adapted for applying wax to floors and linoleum. Will prove a great time and labor saver.

Just pour a small amount of wax on the mop and apply to the floor with a natural mopping motion, being sure to spread the wax well.

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Johnson's Liquid Wax is the most satisfactory finish for all kinds of floors—wood, linoleum, tile or composition. It not only beautifies, but also protects and makes floors easy to care for, giving a hard, sanitary, dust-proof surface. Johnson's Liquid Wax cleans, polishes, preserves and floors beautiful, easy to care for—they won't be slippery—and will not heel print.

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It's the new, easy way to have beautiful floors and linoleum.

This Offer Consists of

- 1—Johnson Liquid Wax Mop \$1.50 (For Applying the Wax)
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This Offer is Good at All Stores.

This offer is good at department, drug, grocery, hardware and paint stores. If your dealer cannot furnish this outfit, mail your order and \$3.00 direct to us and we will make immediate shipment—prompt.

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"The Wood Finishing Authority"
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If the Comet Came.

The astronomical hunters of the sky are after big game. They are looking for the arrival of a monster comet.

Not one of the "hairy stars" (as the ancients call them) that journey around the sun in vast elliptical orbits, returning to our neighborhood at regular intervals, but a visitor from the outer void of space.

Just about once in every ten years such a stranger comet of large size makes its appearance in the heavens. The next one is almost due, and the comet-hunters are watching for it. Some astronomers specialize in hunting for comets. They use for this purpose a peculiar kind of telescope, of low power but wide field of view.

There is more than a purely scientific interest in the discovery of a new comet. Astronomers have long since concluded by purely mathematical reckoning that a comet is likely to hit the earth "head on" sooner or later. Novelists have dealt with this possibility and have drawn fantastic pictures of what would happen to our earth if it collided with a comet. And scientists agree that in the event of such a catastrophe the entire population of the world might be destroyed by the poisoning of our atmosphere from the gas carried by the comet.

The head of a comet is gas. It consists of a relatively solid "nucleus" which looks like a star—in some cases thousands of miles in diameter, surrounded by an immense envelope of burning gas.

The quantity of gas carried by a big comet may not probably be greater than the earth's entire atmosphere. One can imagine then what might be the result of a "profound" mixing of this gas, very probably unbreathable, with our air.

THE FALL WEATHER—HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Just the Thing.

Bug Marathon Runner—"Gee, but this is a dandy track to train on for those Olympic tryouts!"

Wanted—A National Anthem

The Government of the Irish Free State is seeking a national anthem for Ireland, and a competition has been suggested as the best means of finding one.

Curtly enough, the only European national anthem written to order was the Norwegian, composed by the poet Bjornson. The old Portuguese national hymn is unique in that it was written by an emperor, Dom Pedro of Brazil; although the ex-Kaiser announced during the war that he had written a new hymn for the German nation. Apparently, however, it was never published.

The famous Russian national anthem is noteworthy in that, the tune, by the composer Lvov, was written before the words, which were composed afterwards by command of the Czar.

The authorship of our own National Anthem has never been definitely settled. Its tune has been appropriated by both Germany and Denmark for national hymns.

Whatever his vocation or station in life, the thing which each should strive for most earnestly is the unqualified approval of his own soul. This will outweigh all honors, all riches, all fame, and will give him that power and courage which will enable him to outlive in safety all the storms which may assail him on life's voyage.

BEECHAM'S PILLS
For Sick Headaches

TOILET FIXTURES FOR SALE

Basins, tanks, wash-basins, also heating equipment, including piping, coils, 125 h.p. tube boiler, used lighting equipment, such as conductors, switch boxes, etc., all in building being disposed of at 75 Adelaide Street West. This material must be sold at once. Rube Estate Corporation, Limited, Top Floor, 75 Adelaide St. West, Toronto. Telephone Eight 5101.

The Rebel

I looked into the sky, at night,
And saw how, heads-on horde,
The stars came forth, in ordered bands
Obedient to their Lord.

Then, further down the slope of blue,
Along the West, I saw
A fiery meteor pass—a fool
That sins against the Law.

He left a line of sputtering red
To vex the quiet skies.
Brief as an atheist's doubt of God
That makes a show and dies.

—Claribel Weeks Avery.

NEW STRENGTH FOR WEAK STOMACHS

Indigestion Disappears When the Blood is Enriched.

The urgent need of all who suffer from indigestion is a tonic to enrich the blood. Pain and distress after eating is the way the stomach shows that it is too weak to perform the work of digesting the food taken. In this condition some people foolishly resort to purgatives, but these only further aggravate the trouble.

New strength is given weak stomachs by Dr. Williams' Pink Pills because these pills enrich and purify the blood. This is the natural process of giving strength and tone to the stomach, and it accounts for the speedy relief in stomach disorders that follow the use of Dr. Williams' Pink Pills. The appetite revives, food can be taken without discomfort and the burden and pains of indigestion are dispelled. Miss Mollie Averill, Clanton, Mass., proves the value of these pills in cases of this kind. She says: "Some years ago I had a terrible attack of stomach trouble. My stomach rejected all food and I could not even keep down a light custard. I tried some tablets recommended for dyspepsia, but they did not do me a particle of good. Then I got medicine from a doctor, but with no better results. By this time I had changed from a robust, healthy girl to a complete skeleton, losing flesh daily. Then my parents asked me to try Dr. Williams' Pink Pills and I began their use. After taking them for a short time I began to feel better and continued the treatment until I was completely restored to health. Since, on rare occasions when I have felt the need of a tonic, I turn to Dr. Williams' Pink Pills and they never disappoint me. Most members of our family have at some time taken the pills with good results, so I now always recommend them to all in need of a reliable tonic."

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

Demand for Bible Proves People's Real Need.

At the moment of writing I read in the newspapers that the presses which print the Bible cannot keep pace with the demand. How did this demand arise? What maintains it? Why do people buy and read this ancient book, when they can buy and read so much that is newer, fresher and on the surface at least, more directly suited to their twentieth century needs? writes Basil King in "Harper's."

Of one thing we can be certain, that unless these books supplied something which the heart of Europe and America craves for its sustenance, no such demand would continue. Nowhere else in history, to my knowledge, do we find a group of people, extremely diverse among themselves, appropriating a whole literature not their own, which they had no part in producing, and living on it as they never live on the most vital works of their own children.

The phenomenon calls attention to itself, and is perhaps its own best explanation.

Demand is always in proportion to the quality of the supply. That is all. There is no further mystery. It is with the Bible as with everything else. Where there is that which meets a need, those who feel the need will turn to it. No fustian sentiment would keep the printing presses of the Bible working overtime. No pietistic or sectarian or ecclesiastical incitement could, year in and year out, support a sale which possibly equals that of all the rest of the books of the world put together.

Life does not work that way. Nothing is continually and eagerly bought and paid for which is not worth its price to the purchaser. Deception or overestimation may rule for a time, but it is discovered in the long run. If in the long run the demand for any article is greater than it ever was, we may depend upon it that there is a value in that article which is not to be found elsewhere.

There, then, is the basic reason for the Bible's authority—its value. Make all the allowances you like for the unread Bibles on the shelves of homes, schools and churches, and there still must remain a vast number of persons in the world studying these books and finding in them truths essential to their welfare.

Payment for articles advertised in this column should be made with Dominion Express Money Orders—a safe way of sending money by mail.

Great men have purposes; others have wishes.

RED ROSE
TEA "is good tea"

Folk who want the very best use
RED ROSE ORANGE PEKOE

EASY TRICKS
No. 340
Three Squares

Arrange four matches as in Figure 1 and tell your friends that that is the easiest way to form a square by using four matches. Tell them that another square can be formed by using four matches only. They will not have much difficulty in discovering that the matches may be arranged as in Figure 2. Tell them, however, that the matches may be arranged in an entirely different way and another square formed. They will have difficulty in finding the third method which is that illustrated in Figure 3. The square is formed by the ends of the matches.

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

Milk From Trees

It is generally supposed that only animals give milk, but in tropical countries the dairyman has competition from the vegetable kingdom.

A tree in the West Indies, known to the natives as the hyakya, yields from its bark and pith a juice richer and thicker than cow's milk. The people who live where the hyakya grows use its juice as we use milk.

When full grown is almost 40 ft. high and 18 in. in circumference.

The Cingalese have a tree, the kiriguma, which yields a milky fluid, while in the forests of Para grows the massendendron, another species of milk-tree. The milk of the massendendron can be kept for an indefinite length of time and shows no tendency to sour.

Success is usually due to holding on, and failure to letting go.



Cuticura Will Help You Have Beautiful Hair

Shampoo with Cuticura Soap, preceded by light applications of Cuticura Ointment to the scalp skin, do much to cleanse the scalp of dandruff, allay itching and irritation, stimulate the circulation and promote the healthy condition necessary to produce luxuriant hair.

Prepared by Dr. Williams' Medicine Co., Brockville, Ont.

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SHORTHAND OR BOOKKEEPING taught in twenty hours lessons. Proficiency guaranteed. Diploma given. Empire Business College, 240 Broadview Ave., Toronto.

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CLEAN CLEAR AND HEALTHY

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Care-worn, nerve-exhausted women need Bitro-Phosphate, a pure organic phosphate dispensed by druggists that New York and Paris physicians prescribe to increase weight and strength and to revive youthful looks and feelings. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Back Sore?

Rub well with Minard's. It penetrates and takes out stiffness.

MINARD'S
"KING OF PAIN"
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ASK THIS HALIFAX NURSE

She Is Willing to Answer Letters from Women Asking About Lydia E. Pinkham's Vegetable Compound

Halifax, Nova Scotia.—"I am a maternity nurse and have recommended Lydia E. Pinkham's Vegetable Compound to many women who were childless, also to women who need a good tonic. I am English and my husband is American, and he told me of Lydia E. Pinkham while in England. I would appreciate a copy or two of your little books on women's ailments, have one which I keep to lend. I will willingly answer letters from any woman asking about the Vegetable Compound."—Mrs. B. M. COLEMAN, 24 Uniacke Street, Halifax, Nova Scotia.

Could Not Sleep Nights

Dublin, Ontario.—"I was weak and irregular, with pains and headaches, and could not sleep nights. I learned about Lydia E. Pinkham's Vegetable Compound by reading the letters in the newspapers and tried it because I wanted to get better. I have got good results from it and I feel a lot stronger and am not troubled with such bad headaches as I used to be and am more regular. I am gaining in weight all the time and I tell my friends what kind of medicine I am taking. You may use my letter as a help to others."—Mrs. JAMES RACHO, Box 12, Dublin, Ontario.

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Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Brockville.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing Co. of Germany. It is the name of the active principle (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin is made by Bayer Manufacturing Co., to protect the public against imitations, the name of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."