## HEALTH EDUCATION

BY DR. I. I. MEDDLE FON

Provinced Board of Health Outpris. will be gird to emission qui

In country districts a case of contagious disease sametimes break out like a boil from the blue, without any apparent cause. On the surface it whooping cough.

It is a different state of affairs in apparent cause. On the surface it whooping cough.

It is a different state of affairs in apparent cause. On the surface it whooping cough.

It is a different state of affairs in apparent cause. On the surface it the surface it the surface and spontaneously, but on prying desperation to the history of the outbreak, a disease as measles, dightheria, and more significant reason is often found, searlet fever are present all the time, and as a result, the diplitheria. Occasionally a fresh case may givelop among people who are not very clean, and as a result, the theory gains ground that diplitheria is a filth disease. No case had been in counter with any one suffering from diplatheria, saying that, as no cat was included in the design. There is an interesting legand concerning the manner in which Causda got its mame. Spanish adventurers, were the first, so far as he mown; to visit the American shores in search of the visits as filth disease. Carriers may result, the theory gains symptoms at all, and as ground that diplitheria is a filth disease. No case had been in counter with any one suffering from diplatheria. Stripping the visits and it is next to impossible to trace the first, so far as he mown; to visit the American shores in search of the country disappointing. The soil was sterile and ungledding. The Spanishing were heard by the natives to make frequent on the neighbour hood, and to as the root of the trouble, and if the country disappointing. The soil was sterile and ungledding. The Spanishing were heard by the natives to make frequent of the disastence of the expression to their disastence on the first, meaning it is barren. It was noted that after giving expression to their disastence on their disastence on the inhabitants gathered on the scene, the inhabitants gathered. In country districts a case of con- the disease had been diagnosed as

taken by his parents to visit at a setic health officer is an effective home where there were children, all agency in any community for preventunder ten years of age. The eldest boy played a good deal with the visitboy played a good deal with boy played a good deal with the visit active, steps to impose quarantine the name of Lincoln is inseparably tonic qualities of Dr. Williams Pink ing baby, and at times would burst active steps to impose quarantine the name of Lincoln is inseparably tonic qualities of Dr. Williams Pink check its spread. In the absence of aster there has been much talk of Empthe baby developed a persistent cough, communicable disease by reporting to the name of Lincoln is inseparably tonic qualities of Dr. Williams Pink connected. Ever since that great distance the name of Lincoln is inseparably tonic qualities of Dr. Williams Pink connected. Ever since that great distance to maintain the health of growing girls and women of mature years.

Then praise the dews and the showers and women of mature years.

Or the long, hot summer days with About ten days or two weeks later, the baby developed a persistent cough, which in spite of treatment, gradually grew worse. The mother, having her suspicions aroused that it might be whooping cough, communicated by telephone with the lady whom she had visited two weeks previously, and on visiting among visiting visiting among visiting visitin visited two weeks previously, and on functioning as to the health of the children, she was greeted with the remark, "Oh, we are quarantined. The public meetings should be cancelled and all children kent from playing on as twenty years ago!

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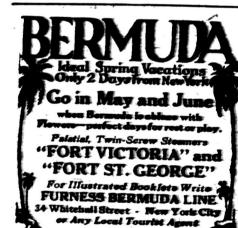
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FREIGHT

PREPAID IN

it must be the result of uncleanliness. A little investigation, however, will diseases in rural districts if the neelikely reveal the fact that some child essary precautions are taken to prevent its spread. No child suspected on the scene, the inhabitants gathered on the scene in the scene I have in mind a case of whooping the sick one, and likely to spread the cough resulting from direct infection. A baby of eighteen months was gle with other children. An energies of the children of the chil

As the baby had not been visiting at any house but this one, it was apparently a case of direct infection, and the infection took place before and all contacts should also be quarantined until the danger of or more. Such an increase may have Only by mutual co-operation between a great bearing on the cotton trade. the public and the health authorities can infectious diseases in a rural com-munity be effectively stamped out. If MAKE CARE OF there is co-operation, the efforts should be crowned with success.

### Pope's Crown of Gems.

must be free from bad flavors and felt covered with silver mesh, on so-called soothing mixtures to correct contain not less than 30 per cent. which there are three crowns. Each the trouble for in the majority of cases

emeralds, a sapphire and eight gold

The second crown has ten emeralds, aquamarines, six small rubies and hree sapphires.

Ninteen balas rubies, four sapphires, three hyacinths, three aquamarines. one garnet, eight gold floral ornaments -each set with two emeralds, one balas ruby, and a chrysolite—and eight gold points each trimmed with a garnet, adorn the third crown.

The top of the crown is covered with a thin layer of gold in which eight rubies and eight emeralds are set. This covering is surmounted by a golden globe, on top of which is a cross composed of eleven brilliants.

### NURSES

Training to grow reason, having the lead offsettion, and desirons of becoming on. This Weightel like adopted the eighthear quine. The popule regime unthropy the Caberl, a mostly allougher and Profit expenses to and from the York. For furth

spreading the infection has passed or more. Such an increase may have

# **BARIES EASIER**

Stomach disturbances and constina-The wonderful Papal tiara, or crown, tion are responsible for much of the which the Pope wears, is a magnificent peevishness of babies and young child-It is formed on a basis of very fine able the mother should not resort to of these consists of a gold band, set these mixtures simply drug the child with jewels and edged with two rows into an unnatural sleep. What is needof pearls. There are ninety pearls in ed is a gentle laxative that will sweeten the stomach and regulate the In addition, the first crown is de- bowels. Such a remedy is found in corated with sixteen rubies, three Baby's Own Tablets. They are easy to take and are guaranteed to be entirely free from opiates and narcotics. Concerning them, Mrs. Jos. Tousaigeight balas rubies, one chrysolite, two nant, Ste. Sophfe, Que., writes:—"I would like all mothers to know that I feel there is no other medicine to equal Baby's Own Tablets. I always keep a box in the house and their prompt use never fails to restore my little ones to health." The Tablets are sold by medicine dealers or by mail at 25 cents a big ranch owners of the Argentine Co., Brockville, Ont.

Mildew sometimes appears on blan- Men who know conditions in the Arkets, owing to their being stored in a gentine say that these high priced damp place. For this etain there is bulls are first used on the smaller no remedy, so prevention is better herds and later turned in on the range than cure.

Settee . \$32.00

Described

Fully on

### Cat and Owner

The Royal Society for the Preven-tion of Cruelty to Animals of Great Britain, which has been much in the limelight lately, was always warmly

supported by Queen Victoria.

When the society decided to give medals in recognition of special acts. of bravery in saving the lives of animais, the design for the medal was submitted to the Queen-

A little later the society received a

quently from headaches. In fact my condition can best be described as miserable. I had tried several treatleast. Then, reading one day about

Dr. Williams! Pink Pills, I decided to try them. After using three boxes I follows: "The mills of the gods grind was much improved, but continued un- slowly, but they grind small." Longtil I had taken six hoxes, with the result that I am now well and strong. with good color and a hearty appetite. In view of what Dr. Williams' Pink but they grind exceeding small." The Pills have done for me I cannot ressame thought is found in Plutarch and commend them too highly."

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

Canadian live stock men are intensely interested in the extension of the market for beef and beef products. In order to compete successfully against other countries we must improve the quality of our live stock.

a doubt the hardest competitor for the English market. To-day they are able to place a large quantity of beef on the English market at a very much lower price than Canadians. This product is very much superior in quality. Therefore, the question confronting us is, what can we do to beat this competition?

tion sales held in Great Britain durhave paid enormous prices for bulls to head their pure bred herds.

of cattle. It is little wonder that the quality of beef animals in that country is exceptionally high. Thus, we can readily see that we must follow the example of our strongest competitors and use only high class pure bred bulls on all our grade herds.

yards show that only about 2% of the stock marketed during 1919 was fit for export trade.

out the loss sustained, the figures are startling. The average farmer loses about \$30 to \$40 per head on steers bred from

kind of beef animal, yet it is very clear, to those who follow market re-

It is, therefore, quite clear that the use of grade stres is a losing proposition viewed from any angle.

or bulls whether they be grade or scrub purebreds.

fluences all the years of calf crops. Discard the inferior type of buil and increase your year's income.

seldom attend their own weddings. Unsightly nail holes may be filled

till dry.

The cotton famine in Lancashire is ticular case, but the presence of any tendency to a decline. All these symp-

ments but they did not help me in the

You can get these Pills from any

### Why Pure Bred Sires.

The Argentine Republic is without

As we look over the reports of auc

Figures from our Canadian stock To those who sit down and figure

grade sires. Facts prove that on every instance, the steers from pure bred sires, not

only sell for higher prices, but make more rapid and more economical gains than those sired by grade bulls. While we are well aware that high prices are obtainable for almost any

ports closely, that the low grade stock are the first to suffer when the markets take a downward drop.

It is high time that we discard inferi-

This is important because of the fact that the bull used on a herd in-

Brides in some of the southern provinces of the Philippine Islands

with a mixture of fine sawdust and Bitro-Phosphate. It is guaranteed to give. Fill the hele with it and leave increase weight and strength and re-

The ORANGE PEROE is extra good. Try it!

The Canada Wind. You may praise the glamor and glory

of spring if you will. And the beauty of earth, set from the frost's embrace: ve me the north wind, sweeping over the hill.

Give me the sky with its glimmer of stars steel-blue. And a scimitar-blade of moon, swung low and bright-You may keep the langue

drenched with dew. And the simmbrous scents and sounds of the summer night tation, a constant weariness and a Ah, me! for the snow that creaks he neath my tread,

For the triumphing wind, that calls

Or the long, hot summer days with

their languid grace; Give me the north wind, piping over the hill. And the scurry of driving snow that

stings my face. -Norah M. Halland "The Mills of the Gods."

This is an old Greek aphorism taken from the "Oracula Sibyllina." The original, literally translated, reads as fellow, in translating it, inserted the word "exceeding" and made it read: "The mills of the gods grind slowly, other ancient writers.

Minard's Liniment for Golds.

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Methylated spirit is excellent for cleaning mirrors. Apply with a soft cloth and polish with another.



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Allielle Waltyrelle to be Plain Avenue time and not park not seek and on distance; charges laid not provide the parkets and th

And the scurry of driving snow that stings my face.

Buff: Reda both Combe: Black Minterest Write and Silver-Laced Wyandottes. Write for Bices. John Minterest Wyandottes. Write for Bices. John Minterest Wyandottes.

### Sentimice Semon

There is No Salvation. For the hop who will not take his father's advice. -For the town that exacts the laws for money makers, not children.

-For the club that organizes only for personal advantage. -For the neighborhood that cannot

learn co-operation. For the marriage in which both parties are interested chiefly in right. -For the team on which every

player wants to be the star. -For the play that depends upon smut for its popularity.



### GOING FISHING?

Take along a bottle of Minard's. Wonderful for insect bites. Also gives quick relief for sprains and



Had to Keep Hands Bandaged. Cuticura Healed.

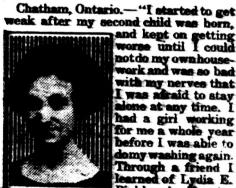
" Eczema broke out in a rash and blisters between my fingers and on the backs of my hands. The skin was red and awollen and used to peel off. It itched and burned badly and was awfully sore especially when I put my hands in water. I had to keep my hands handaged. "I sent for a free sample of Cuti-

cura Soap and Ointment and i helped me. I purchased more and after using one cake of Cuticura Soap and one box of Cuticura Cintment I was completely healed." (Signed) Miss Nettie Keeso, R. R. Listowel, Ontario.

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and kept on getting worse until I could not do my ownhousework and was so bad with my nerves that I was alraid to stay ione at any time. had a girl working for me a whole year before I was able domy washing again Through a frie

learned of Lydia E Pinkham's Vegeta ble Compound and took four bottles of it. I gave birth to a haby boy the 40 day of September, 1922. I am still dole I don't feel well every day because don't get my rest as the baby is so cross But when I get my rest I feel fine. I am still taking the Vegetable Compound and am going to keep on with it until cured. My nerves are a lot better since taking it. I can stay alone day or ight and not he the least frig You can use this letter as a ten and I will answer letters from w asking about the Vegetable Compound.

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