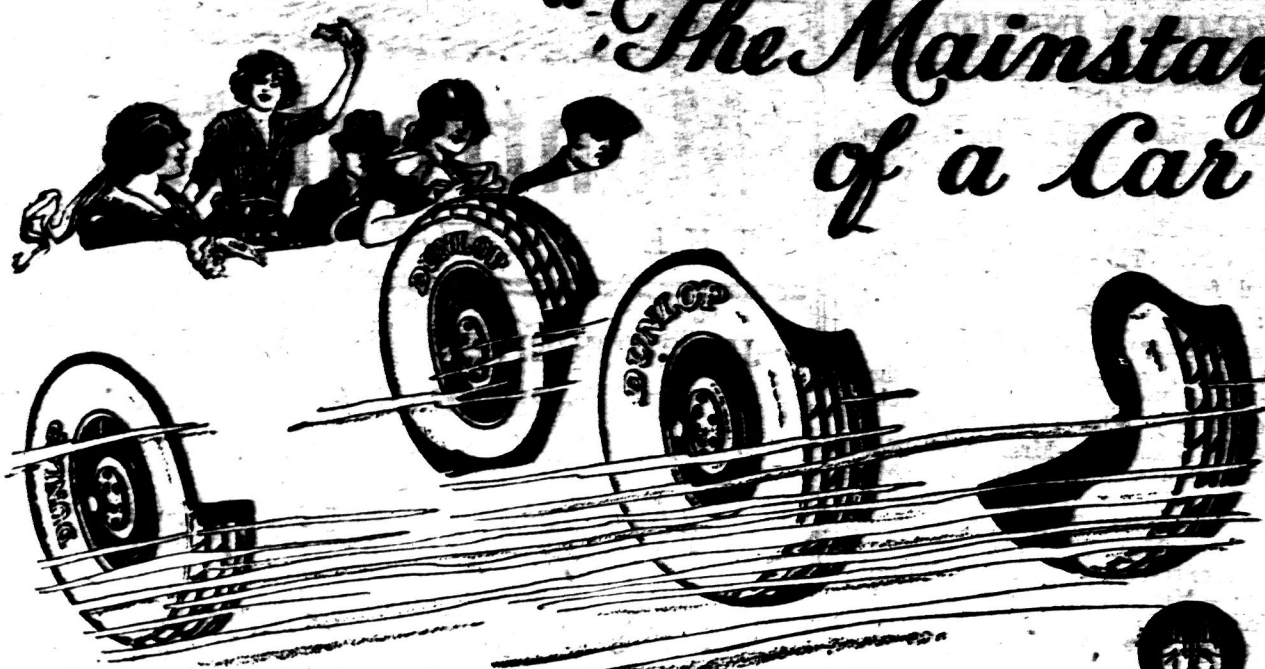


## "The Mainstay of a Car"



**"DUNLOP" BALLOON TIRES MEET YOUR TESTS**

### 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 Crescent, Toronto.

Obesity in all cases results from a disturbance of nutrition. Too much food of all kinds is eaten and not enough exercise is taken. The body cannot burn the food up into the final products of combustion—carbon dioxide and water. The human system, as a result, uses a makeshift. It converts the excess of food, particularly the starchy foods, into fat and stores it in the tissues. There is no necessity for this storing up of fat. If less food were taken and at not so frequent intervals, if the body were given time and opportunity to oxidize the food by work, it would take the materials essentially needed, burn up the rest and not be burdened by excessive deposit of fat. Laziness is always an adjunct to fatness. People who love pleasure and ease have their pleasure spoiled by the fat that they accumulate. In many of the Oriental races where, on account of the heat and general languor of existence, little or no exercise is taken, obesity is common. Excessive weight is not only a mar to looks but a positive hindrance to the comfort and enjoyment of life. There may be interference with the proper action of the internal organs, due to a deposit of fat, as a result, shortness of breath, bronchitis, palpitation and other functional embarrassments are occasioned. Infection is also more liable to happen in fat people because they have as a rule less resisting power.

How then can obesity be prevented? In regulation of diet, habits and exercise lies the solution. An excessive diet should be avoided. Food is not really burned up or consumed in the stomach but in the lungs and muscles.

The treatment for obesity is along the above lines. The diet should contain as little as possible of starch and sugar. The daily menu should consist largely of bulky foods containing little starch or sugar. For instance, a breakfast might, as an example, consist of fresh fruit with a very small amount of dry toast and in some cases, no toast at all. For lunch the meal should consist largely of succulent vegetables, with buttermilk, and a fruit jelly for dessert. The evening meal should be more elaborate and may consist of lean meat, one or two non-starchy vegetables and some stale or toasted bread.

Where excess weight is not an inheritance—some people are stout by

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### ONTARIO BREED BETTER LIVESTOCK

Improvement STOCK Committee

#### Are Your Cows Earning Their Keep? Listen!

Albert, on the 2nd Concession in Grant Township, owned a Scrub Bull in 1911. He delivered to the cheese factory that year 44,228 pounds of milk. He bought a good Pure Bred Sire and from the first cross produced 14 of his present cows and six of his present heifers. From the same number of cows as in 1911, last year he delivered 152,695 pounds of milk.

Eight years of crossing with a Pure Bred Sire made a difference of 108,467 lbs. of milk in his herd.

Don't keep unsatisfactory producers.

#### BUY A GOOD BULL

#### Interesting Boys in Music.

The following are a few suggestions which may prove helpful to those engaged in advancing the interests of music among boys at mid-week group sessions or meetings:

If you have a pianist, spend a few moments now and again singing some of the songs that appear on your song sheet.

Try an informal sing song around the piano after the meeting proper is over. Some boys are very shy at hearing their own voices in song, and the advantage of the informal approach is that it is liable to make the boy feel more at home.

Commence with the better known songs.

Find out what they know well.

Discourage hollering, but do not be too academic.

Close with one of the finer songs, such as "Just a Song at Twilight" or a good, old hymn that the boys know, such as "Faith of Our Fathers" or "I Need Thee Every Hour."

In connection with sacred songs, try to put more content and meaning into hymns. Link them up, if possible, with the lives of the men who wrote them. Make the boys acquainted with the circumstances under which they are written. A hymn will mean far more to a boy when it has been linked up with the human element. A hymn that once was meaningless suddenly becomes purposeful under this method.

Other suggestions might be added, but the above, if closely followed, should tend to improve the individual boy's taste along musical lines.

#### MOTHERS PRAISE BABY'S OWN TABLETS

Mrs. L. M. Brown, Walton, N.S., says: "I cannot recommend Baby's Own Tablets too highly. I have found them invaluable for the ailments of little ones." Mrs. Brown's testimony is the same as that of thousands of other mothers who have used the Tablets. To use them once is a sure guarantee that they will always be kept in the home as long as there are babies or young children to be cared for. The Tablets are a laxative—mild but thorough in action—which never fail to regulate the stomach and bowels; relieve constipation and indigestion; break up colds and simple fevers and make the dreaded teething period easy. In fact they banish all the minor ills from which little ones suffer. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### Sentence Sermons.

If You Desire—Will power, you must cultivate the ability to say "no."

A comfortable old age, you must deny yourself today's extravagances.

Rapid advancement, you must give undivided attention to your work.

A respectful son, you must treat him as if he were a man.

Efficient service, you must learn to express your appreciation.

The confidence of your friends, you must be willing to lose for principle's sake.

To be well spoken of, you must forget to admire yourself.

Salary increases usually quickly overtake the man who does more than he's paid for.

When a man finds a woman for whom he thinks there's nothing good enough he asks her to take himself.

The only failure one has to fear is failure in cleaving to the purpose one sees to be best.—George Eliot.

#### PEERLESS BICYCLE BARGAINS

New and slightly used, \$12.00 up. Write for Catalogue.

**PEERLESS BICYCLES**  
193 Dundas St. W., Toronto

Probably the most henpecked husband in seven counties was Henry Dotes.

But even the most humble worm, while it may not turn, will manage to think up some way to avoid being altogether crushed. And so Henry got an idea one day, when he had gone down to the drug store for a dose of Jamaica ginger for his indigestion and had taken three doses.

He went into a clothing store and purchased a two-piece suit. He carried it home, still feeling gingerly. His wife met him at the door.

"Where have you been?" demanded the lady sternly.

The Jamaica ginger was still strong within Henry. He straightened up with a dignity foreign to him and slowly undid the package from the clothing store. He held out one pair of the trousers toward his wife.

"I have been incorporating this business on a fifty-fifty basis," he replied in commanding tones. "Here's a pair for you and a pair for me."

#### Why a Circular Motion of Our Bodies Causes Dizziness.

Our "balancing" machinery consists of various tiny tubes placed near our ears, each tube containing a certain amount of fluid. This fluid, as we move our head, acts rather in the fashion of a spirit level.

The tubes are placed at different angles, and are so arranged that the fluid responds to every motion. Also, messages are transmitted to the brain, which acts accordingly. So that all the time we are moving we are flashing little messages to the brain, which in return is directing the body how to meet the movements by balancing.

When, however, we spin round and round, we are giving this fluid a motion which does not stop till after we ourselves have come to rest—just in the same way as if we swung a bucket full of water in a circle; the water goes on moving even when we have put the bucket down. The result then is that we are sending a false message to the brain. We are telling it that we are turning when really we have stopped.

The brain responds, of course, by sending out the wrong orders, and the effect is that our balancing machinery is upset and dizziness results.

#### BEST MEDICINE SHE EVER USED

Dr. Williams' Pink Pills Highly Praised by a Nova Scotia Lady.

Among the well known and esteemed residents of Halifax, N.S., is Mrs. Amanda Woodworth. Some four years ago Mrs. Woodworth had the misfortune to lose her husband, and as a result of caring for him during his illness, and a tendency to farm duties, she became terribly run-down. Mrs. Woodworth says she felt as though her blood had turned to water. The least exertion would leave her tired and breathless. She was often attacked by spells of weakness that left her almost speechless, and frequently suffered from severe headaches. The medicines she took did not help her, and she almost despaired of gaining her health. In this condition she one day read in a newspaper of a case very similar to her own, in which health was restored through the use of Dr. Williams' Pink Pills. This made her decide to give these pills a trial. After using a few boxes she found the pills were helping her, and she continued their use until her old-time health and vitality were restored. Now Mrs. Woodworth looks after a small farm of fifteen acres, besides doing all her household work, and says she never felt better or more energetic in her life. She gives credit for her present splendid health to Dr. Williams' Pink Pills, which she says are the best medicine she ever used, and strongly recommends the pills to all run-down people.

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.



What He Got From His Work.

Lazy One—"Now tell me what do you get from your work?"

Lazier One—"Get away from it whenever I can."

Fire that destroyed a grocery store on the first floor of a building in Dunbar, Scotland, drove upstairs hundreds of mice, which awoke the occupants of the top storey flat just in time for them to escape with their lives.

Jelly made from ivory and real Chinese birds' nests was shown at a recent Grocers' Exhibition in London.

#### RADIO

Guaranteed 201A Tubes \$1.95. Special 1 Tube Set, 1200 miles range, complete, \$22.50. Express Prepaid. Write for Price List.

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Headache	Neuralgia	Colds	Lumbago
Pain	Toothache	Neuritis	Rheumatism

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## RED ROSE TEA

"is good tea"

And most grocers recommend it.

#### How Can the Grading of These Cattle Be Raised from Common to Good?

In a few cases it could have been done by better feeding, but in the majority of cases the feeding was alright. It was the breeding of the cattle which was at fault. In nearly every case if these cattle which graded "common" had been given the advantage of being sired by a pure bred bull they would have weighed as much and would have been as good quality as those which graded "good."

Ability to carry weight and finish is a virtue not possessed by the offspring of scrub bulls.

Over four million hogs were required to carry the live meat supply to the public markets of the Dominion during 1919. Had the scrub bull been eliminated five years back and better feeding methods practised over the same period this meat supply could have been marketed on three million hogs, a saving of over 25% of the feed that was required, since the most economical gains are made by good quality cattle.

The average weight per animal marketed in Canada during 1919 was 800 pounds, whereas it would have been possible to have obtained an average weight of at least ten hundred pounds per animal, which would mean the elimination of 25% of the four million hogs referred to in the preceding paragraph.

When a better beef animal produced there is no loss on some other way. It is a creation of new wealth which goes directly to the producer and indirectly to the country.

#### Wireless in the Far North.

It has been decided to establish the most northerly main station of the North West Territories and Yukon Wireless System at Aklavik in the Mackenzie river delta. Aklavik is more than 2,000 miles north of Edmonton by the regular travelled routes and is the terminal of the Mackenzie river navigation and the northern winter mail service. Accessible to the inhabitants of the Arctic coast in summer and winter, it has become the centre of the fur trade from Coronation Gulf to the Alaskan boundary.

The Royal Canadian Corps of Signals in co-operation with the North West Territories and Yukon Branch of the Department of the Interior will establish the station this summer. As Herschel Island is the customs and immigration port for ocean vessels coming from Alaska, a sub-station will be installed there and operated during the season of open navigation.

For Sore Throat Use Minard's Liniment

The fatal errors of life are not due to man's being unreasonable. An unreasonable moment may be one's finest moment. They are due to a man's being logical.—Oscar Wilde.

Bamboo, which when young and tender can be snapped off with the hand and eaten like asparagus, is the strongest known timber for its weight and is used for knives and whetstones.

### FREE Catalogue

ELECTRIC FIXTURES at Wholesale Price

Buy direct from the manufacturer—save all the middleman's profits and get them in your pocket. Catalogue shows one of the largest and most up-to-date stocks of electric fixtures and appliances in Canada. Send for free catalogue, no obligation. Cost nothing to find out what wholesale prices are. See how much you can save. Put 50 to 100 per cent. in your pocket. 5-light living or dining room fixture with shades, complete, \$2.49. Address Department A, DOMINION ELECTRIC SUPPLY CO., 188 Queen Street West, Toronto.

#### Elevator in Plane.

An airplane fitted with an elevator is being constructed for the French army. It will be used by the gunner in charge of two batteries of machine guns, one at the top of the fuselage and the other at the bottom. Thus he can pass from one battery to another, as desired.

### MURINE FOR YOUR EYES

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#### MINARD'S Relieved His Rheumatism

Here is one of many letters testifying to the relief Minard's gives in cases of rheumatism: "I have been relieved of rheumatism by your liniment. I thought I would never be free from this malady and I tried many remedies, but Minard's was the only one which gave me relief."

ALPHONSE RICHARD, St. Samel, P. Q.

Minard's is also splendid for stiffness of the joints, sprains, bruises, etc.

**MINARD'S LINIMENT**

## Cuticura

Clears The Skin Of Blemishes

If you have pimples or red, rough skin you can rely on Cuticura to help you. Gently smear the affected part with Cuticura Ointment; after five minutes, wash off with Cuticura Soap and hot water. Dry without irritation.

Sample Book Free by Mail. Address Canadian Depot: "The Cuticura Sales Company," 1000 St. Lawrence St., Montreal. Cuticura Shaving Stick 25c.

## MRS. B. H. HART SICK FOR YEARS

Wants Women to Know How She Was Made Well by Lydia E. Pinkham's Vegetable Compound

Cornwall, Ontario. "I am now giving your medicine a fair trial and it surely is doing me good and I am going to keep on taking it. I used to feel so tired in the morning that I didn't want to get up, but that feeling is leaving me now. I also sleep better and feel more like working. For seven or eight years I have had headaches, tired feelings, pains in my back and across my body. I read letters in the newspapers saying what good Lydia E. Pinkham's Vegetable Compound had done others. My husband says I quit too soon, but I am not going to stop taking the Vegetable Compound and I will gladly answer letters from women asking about them."

—Mrs. BERT H. HART, Box 1081, Cornwall, Ontario.

Mrs. Hart wants to help other women and is willing to answer letters from sick women asking about the Vegetable Compound.