

DOG'S GIFT OF TRACKING

Not long ago some interesting experiments were made in England to test the strength and acuteness of the sense of smell in dogs.

There was a terrier that could not be thrown off his master's track upon the pavement of Regent's Park although his track was crossed and recrossed by hundreds of fresher ones and by thousands that were not so fresh.

To make a test with a setter the master had his men in Indian file, and the game-keeper brought up the rear of the line. Each man placed his foot to the fronting of his predecessor. The master's scent was most overlaid; that of the game-keeper was the freshest. When they had gone 200 yards the master turned to the right, followed by five of the men; the other six turned to the left, keeping their usual order. The setter followed the common track with such caution as to overshoot the point of divergence, but, quickly regaining this point, chose it and tracked to the right.

The setter did a stranger to the dog, he followed the track of the dog, and the dog followed the track of the dog. The setter followed the track of the dog, and the dog followed the track of the dog. The setter followed the track of the dog, and the dog followed the track of the dog.

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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 the Parliament Bldg., Toronto.

When the first tints of brown on trees and foliage indicate that the summer is waning, when the vacationists have nearly all returned from lake and seaside resorts and thoughts begin to revert to harvesting and corn roasts; then you will notice a goodly number of people wiping their eyes as they sit in a street car, or walk along the street. It is not regret at the departure of hot weather that is affecting these people, for who is there who is not charmed with the climate of early fall in Canada? What then, causes so many people to look miserable and seldom to leave the house except fortified with three or four extra hotkerchies for emergencies?

Hay-fever is the cause of all this mourning and hay-fever is a most distressing complaint, as all its victims know. It is most common in the late summer and early fall when the pollen of certain plants is carried by the winds, and finds lodgment in the nostrils of persons who are particularly sensitive to this infection. The chief offender here in the plant line is the common rag-weed, but there is also the golden-rod and other similar botanical specimens that can add to the trouble.

While the disease is most prevalent in the fall of the year, there is one type common in the spring. Knowing the cause of hay-fever, it is particularly distressing to sufferers that energetic efforts are not made by governments and municipalities to destroy wholesale these plants that cause so much annoyance and suffering to so many people, hay-fever being entirely a preventable disease. Beginning like an ordinary cold accompanied with paroxysms of sneezing and with "nose blocked up", hay-fever sometimes attacks little attention and the victim receives little sympathy, but the persistence of the watery discharge and the very frequent attacks of sneezing, indicate the nature of the complaint. Coughing also occurs at times, accompanied by asthmatic attacks which are very depressing to the patient and in some cases bring on a debilitated state of health.

The common rag-weed, the chief cause of hay-fever, grows to a height of one to four feet and blooms from August to October or later. It can be found on almost every vacant lot, neglected field, on the roadside and in uncultivated gardens and lawns. Its pollen is abundant and readily distributed by the wind.

From a public health standpoint, therefore, such noxious weeds are a nuisance and a menace. The happiness of large numbers of people are affected by the presence of these plants and it should be one of the prime duties of the Department of Agriculture to take steps towards their complete eradication. Some system of co-operation between the government and property owners should be evolved, so that neglected grounds could be cultivated, or where this is not feasible, to have the dangerous weeds uprooted or cut down before the flowering stage. This prevents the formation of pollen and the production of the seeds. If united action is undertaken by the government and public in making war on these weeds, and thereby eradicating or greatly decreasing hay-fever prevalence, it will be a boon to humanity.

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Most encouraging results have been obtained by the use of auto-vaccines on hay-fever sufferers. The prospective victim should consult a specialist in hay-fever treatment several months before the attack is expected. Many complete cures have been effected by the administration of these vaccines.

Through all the dark forebodings of these doleful days, bright flashes of optimism and hope for the future appear from time to time to strengthen and encourage humanity. In the stress and strain of modern industrial upheavals and crises the pessimist sees blue ruin threatening, but he only looks at the conditions of the moment.

Wise is the man or woman who enlarges the viewpoint and considers the progress of the world in general. If this is done one cannot help but feel that we are struggling steadily, sometimes groping perhaps, but still making headway towards better things. There is not the slightest doubt to-day but that nations as well as individuals are more and more coming to realize that national prosperity means the happiness and health of the people without these no nation can long maintain its position in the world of business, science and general progress.

Once in a while some little incident, perhaps even an obscure item in the daily newspaper, brings to mind this fact that we are moving slowly towards a higher state of civilization. Recently I noticed the following item in a Toronto paper recalling happenings of fifty years back. "Retail dry goods merchants of Toronto adjourned for seven o'clock closing, except on Saturday night, during summer months." This is food for thought, and indicates that the move towards a shorter work day was started many years ago. More and more we are beginning to realize that unreasonably long hours of work persisted in day after day are detrimental to mind and body. It is all very well for the mill-owner or merchant deeply interested in profits to spend long hours in his office, but it is quite a different thing for the wage-earner, who draws his weekly wage and pursues his often monotonous routine of work from day to day without interest in the firm's progress and with little hope of advancement or added remuneration, however the profits of the firm may swell. There is no need to blame the employer for making legitimate profits—business conditions necessitate the accumulation of a just recompense in return for the capital invested, but many are the employees who would like, if they could, to share their fortunes with the men who helped their industry to grow. Mere mechanical toil is not ennobling when a man or woman works just as a machine and is regarded as a "hand", rather than a flesh and blood being with heart and soul. Many manufacturers and business firms are recognizing the value of co-operation in business, and are instituting profit-sharing in which the workers participate with excellent results. In that part of Public Health work dealing with industrial hygiene and the health and happiness of the workers, it is becoming evident that the interest shown in the employee's welfare and the conditions under which he lives and works is of material benefit to the

employer also. Distrust, suspicion and grievance of one kind or another, whether real or fancied, lead nowhere but to trouble and financial loss to all concerned. Take as an example, the threatening conditions of labor in England to-day, where civil strife is looming up as a possibility. What the ultimate result will be is hard to foresee, but health and happiness rests in the contentment of the people. With strikes and lockouts everywhere not only the mental but the moral and physical condition of the workers, their wives and families are bound to suffer, resulting in malnutrition, higher infant mortality and a general deterioration of the race.

A Popular Crown Prince.

Of the royal family of Norway the favorite with the people is Crown Prince Olaf. His popularity is immense. By eighteen years old, he recently passed the examinations for entrance to the university.

From childhood he has received typically Norwegian training and has developed into a genuine son of the Vikings, tall, handsome and an excellent sportsman. He regularly participates in the annual Norwegian derby, the Holmenkollen ski-jumping competition, at which he is a frequent prize winner.

His popularity is no doubt partly due to his democratic tastes. Educated at a private school, he mingled with his fellow pupils on an equal footing and has always been wholly free from any tendency to self-importance.

When he finishes a course at the military academy of Norway and in the technical high school at Trondheim, to be educated as an engineer. Prince Olaf now has the right to attend Cabinet meetings, but as yet has no vote.

A MOTHER'S ADVICE

Once a mother has used Baby's Own Tablets for her little ones she is always happy to recommend them to others. Her advice, given after a careful trial, can be readily followed with assured good results. The Tablets are a mild but thorough laxative which never fail to regulate the bowels and sweeten the stomach. They always do good—they cannot possibly do harm even to the youngest babe. Concerning them Mrs. P. Latour, St. Nazaire, Que., writes: "For three months my baby was constipated and cried continually. On the advice of a friend I gave her Baby's Own Tablets and now at the age of five months she is perfectly well and weighs twenty pounds. I am delighted to be able to advise other mothers to use them. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Many Uses for the Gaudy Sunflower.

The sunflower, although it originated in North America, in the great plains, is not used here so extensively as in some other countries, especially Russia in normal times. It is a long time since the plant first delighted the eyes of Europeans, being then cultivated in the gardens of Madrid. The early Spanish explorers had found it in this country and taken it home with them.

The plant was utilized by the American Indians long before the days of Columbus. When Champlain visited the Georgian Bay in 1615 he found the natives, growing it and using the oil for their fuel. It was raised chiefly, however, for the food afforded by the seeds.

In Russia the seeds have always been eaten in immense quantities, raw or roasted, as peanuts are in this country, and the oil obtained by pressing the seeds is an important article of diet. The frequent religious fast days in that country restrict the use of meat and lead to the consumption of vegetable oil, and in normal times the manufacture of sunflower oil is always of considerable dimensions. The best seeds yield an oil which compares favorably with olive oil.

The seeds of the larger and finer flowers are held to be quite equal to most nuts in respect of palatability and wholesomeness. The stalks and dried leaves are highly prized for fuel, being in some parts of Russia almost the only available substitute for wood. An acre of sunflowers will yield many cords of good fuel.

The oil appears to possess more of the general properties of olive oil than any other known vegetable oil. It takes about a bushel of seeds to make a gallon of oil, and fifty bushels of seeds can be grown on one acre of land. As the oil sells for more than \$1 a gallon the profit is large.

Of late years purified sunflower oil has been used extensively in the adulteration of olive oil. It is of a pale yellowish color and decidedly palatable. In a crude state it is used by painters to some extent, but it is inferior to linseed oil for use in paint.

In addition to the oil from the seeds the stalks when green, and the fibre of the stalks, which is fine, silky and very strong, also has a value. In China it is woven into beautiful fabrics and it is believed that by the use of proper machinery it might be utilized most profitably in Canada.

DELICATE GIRLS NEED NEW BLOOD

Rich, Red Blood Means Health and Strength.

The anemia of young girls may be inherited, or it may be caused by bad air, unsuitable food, hasty and irregular eating, insufficient out-door exercise and not enough rest and sleep.

It comes on gradually, beginning with languor, indisposition to mental or bodily exertion, irritability and a feeling of fatigue. Later comes the palpitation of the heart, headaches, dizziness following a stooping position, frequent backaches and breathlessness. In a majority of cases constipation is present. There may be no great loss of flesh, but usually the complexion takes on a greenish-yellow pallor.

Cases of this kind, if neglected, become more serious, but if taken in time there is no need to worry. Dr. Williams' Pink Pills, which are free from any harmful or habit-forming drug, are just the tonic needed to remedy this wretched state of health. Through it is not noticeable, improvement begins with the first dose. As the blood is made rich the pallor gradually returns and the danger of relapse is very slight.

If any symptom of anemia appears, prudence suggests that Dr. Williams' Pink Pills should be given at once, and the sooner they are taken the more speedily will their action improve the blood. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

With the Boy Scouts.

During a severe storm a North Bay Scout had the knowledge and presence of mind to ground an electric wire which had been brought down by a falling tree, and there is no doubt that his action resulted in saving both life and property.

Ever ready for public service, the Boy Scouts of Ottawa co-operated during the summer with the Canadian Forestry Association in a new form of forest protection propaganda. Selected patrol leaders visited most of the trains leaving the Central Station daily by day delivering to adult passengers an informative pamphlet on the protection of woodlands against fire. The pamphlet explained the origin of forest fires as being due to human carelessness and put into concrete form an appeal for personal co-operation in fire prevention. Dressed in their Boy Scout uniforms and with a badge reading "Boy Scout Volunteer Forest Guard," the boys were given a cordial reception on all trains and undoubtedly accomplished much good.

For their 1922 camp the Boy Scouts of Welland have been offered the use of the old Lakeview Grove Hotel property now owned by the International Nickel Company. This area has one of the most perfect beaches on the shore of Lake Erie, a building which can be utilized to great advantage, a grove, and an excellent recreation field.

Mr. John More, manager of the nickel company, announced the offer at a meeting of the Welland Rotary Club at which Dr. S. Nixon Davis, chairman of the Welland Boy Scout Committee, gave a report on the "Welland Scouts' camp this year at Reeb Bay—an outing which was participated in by some 125 members of the five Welland Troops.

In France the Roman Catholic Boy Scouts are taught and urged to recognize God in Nature, thereby cultivating a love of plants and animals. A Scoutmaster, in opening a camp, offered a prayer from which we quote as follows:

"Grant that my word may be a light to their path, that I may show them Thy divine spirit in the world Thou has created. Teach them Thy holy law, and lead them to Thee, my God, into the camp of rest and joy, where Thou hast set Thy tabernacle and ours forever."

Full information regarding Scouting and the formation of local Scout troops may be had upon application to the Field Department, Boy Scouts Association, Bloor and Sherbourne Sts., Toronto, Ontario.

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

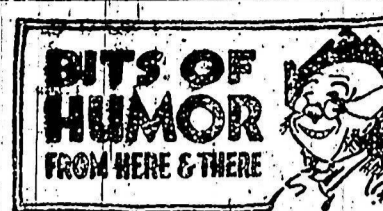
Whistles Under Water. For signaling two English scientists have invented a steam whistle that can be blown under water and heard with the proper instrument four miles away.

Minard's Liniment Lumberman's Friend. German newspapers are printing many advertisements from women wanting husbands, a supply of fuel or a flat or apartments often being offered as an additional bait.

Classified Advertisements.

WANTED—YOUNG LADIES OF good education to train as nurses. Apply to the Ontario Hospital, St. Catharines, Ont.

WANTED—SET USED TINSMITHERS tools or separate machines. State make, condition and lowest price. Apply to E. Grove, 125 Fairview St., Hamilton, Ont.



AFRAID TO GO OUT ON STREET ALONE

MRS. BEVERAGE LIVED IN FEAR OF ATTACKS.

Dizzy Spells Overcome After Taking Tanlac and Doctor Feels Like Same Person.

"Tanlac has relieved me of a long illness. I just can't say enough for Mrs. Margaret L. Beveridge, 305 Hazelton St., North York, Ont. For three years my appetite was very poor and I suffered a great deal from dizziness and a feeling of weakness. I was all the time troubled with frequent dizzy spells and was unable to go out or even get on my feet. I held on to the idea that I was going to be attacked by my grandchild and I just lay in bed. Last spring when I started taking Tanlac I was confined to bed for a month and was so weak I could not walk."

"Tanlac helped me from the start, as you see, and I was able to start taking it and I was good. I hardly realize that I am the same woman. The dizzy spells are gone, my appetite is fine and I agree with my doctor. I have many friends and I am able to say, 'I feel like the same person I was just when I started taking Tanlac.'"

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The Mar STAND

Mrs. Beveridge lived in fear of attacks.

Dizzy spells overcome after taking Tanlac.

Doctor feels like same person.

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