BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario Do. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina

Why does a boy like to jumn?

far as possible be supervised, else it stead of cowardice.

of the pursuits of our ancestors away in a school football match. tiack to primitive man. The child's In the whole domain of child de-thousands of others who have found liking for jumping, climbing and velopment nothing is more important benefit through the use of this medichasing things is an evidence of the than recreation. It has a most power- cine. He says:-"About three years savage state. The child's liking for ful influence on the future man or ago I became dreadfully run down. So bows and arrows indicates his ances, woman, and in the building of char- much so that I had to stop work altotral associations with forest and acter as well as of health, sound regether, and being a carpenter, and for the first time the house of an aunt stream, caves, hunting ground, etc. creation must ever be given a tore-Besides, the kind of play a child is most place.

To Help Northern Scouts.

equipment in the recent fire. The plan

brother to every other Scout."

ing close at hand.

Scoutmaster Complimented.

One of the best Scout "good turns"

Are you

enjoying a harvest of health?

enjox a harvest of health.

assimilates quickly.

November days.

Why do boys as a rule like to steal

forward when the topics of recreation mostly due to their love for excitence and up at the All-Canada Children's ment, especially if in getting the approximate to the other kind words have been beld in Toronto.

Williams Pink Pills have not been used, and from one end of the country to the other kind words have been call for this medicine.

You have only to ask your neighborn. The importance of recreation for. One thing to be kept in mind in both young and old is becoming more preparing recreation facilities for rheumatic or nerve-shattered man,

Dr. Lamb, Professor of Physical deceit, kindness instead of cruelty, more than, a third of a century these Education, McGill University, Mont- justice instead of injustice, honesty pills have been known not only in real, says that recreation should as instead of dishonesty and courage in- Canada, but throughout the world as a far as possible be supervised, else it stead or cowardice. reliab may be carried on in a way that is . In every kind of recreation the point cine.

of this subject. What makes a child children to take part in games than and by making the vital fluid rich, play, for instance. The consensus of for the majority of them to watch a they strengthen the organs and nerves opinion is that play is an expression few of their number, such as is seen of the body. Mr. A. M. Large, Victoria,

in Canada. His Boy Scouts at West- to gain and was able to resume my port, together with the local Girl employment. I continued taking the farm?" Guides, which he was also instrument. pills for some time longer and now

Provincial Commissioner J. F. M. al in laying organized, tendered him feel as vigorous as I ever did." Stowart addressed a special appeal to a farewell banquet and presented him the Boy Scouts and Wolf Cubs of On with a very fine wrist watch as a medicine dealer, or by mail at 50 tario by asking them to help in the token of their appreciation of his work cents a box or six boxes for \$2.50 from work of ree tablishing the Haileybury, amongst them. His departure will be The Dr. Williams Medicine Co., Brocklanbury and North Cabalt Troops keenly felt by the troops in the North- ville, Ont. which lost all their property and troop ern section of Leeds County.

Many New Scout Troops.

is to have every Boy Scout Troop and New Scout troops recently chartered Wolf Cub Pack turn over to a special fund their effice Troop and Pack dues by the Provincial Council for Ontario To gather mushrooms go by the hig for one week for, in cases where the include the 1st Gravenhurst, 2nd Actwookly, due system is not in use, see on, 1st MacTier, 1st Giroux Lake, 3rd Skirt the ploughed field," they said. cure from each boy subscriptions of Owen Sound, 30th Hamilton, 33rd Such drift of November murk under Ave or ten cents each for the same Hamilton, 1st Wilmot (Haysyille-New purpose | This fund would afterwards Hamburg), 1st Swastika and 1st Ux- How should I know that they led be forwarded to the North to be used bridge. This means the addition of To Aladdin's cavern in assisting the burnt out troops in more than two hundred new boys to For-listen-I stepped over the such ways as District Commissioner the Boy Scouts Association in Ontario.

II. Ellis Gridley of North Cobalt and Many other new troops are being the Executive Committee of the Temissioner the Formed this fall. The Field Depart-Hurrying, as one does on November kaming Boy Scouts Association may ment of the Association, with offices deem best. It is expected that the ap- at Bloor and Sherbourne Streets, To And suddenly all about me flared and peal will meet with a very hearty re-ronto, will be very glad to assist per blazed sponse from Scouts and Cubs all over sons interested in Scouting to organize A million jewels—scarlet, he province. This will be a very pract troops in their own communities. Full ticable demonstration of the Scout law information will be forwarded to any Sour yellow and smouldering copper which says, in part; "A Scout is a address upon request."

The Balrn's Breeks.

Municipal Building for Scout Use. The Duke of Atholi told this story The news that the City Council of from the Highlands the other day. Chatham has granted the use of a "An aristocratic old lady in the large room in the city market building Highlands," said the Duke, "hired a Till, blind with color and light. for the use of the Scouts of the 1st crofter's boy as page, and bought him Chatham Troop was received by the a livery that was to be worn only on There was no sun chining Scouts with yells of approval. This very special occasions.

will provide a splendid winter head-quarters for the troop, but the loys do As she extertained her guests in the On the low bushes that dripp not regard it as an all the year round difficult tensminutes before the meal home as thois summer quarters at the was served, a tousled head was stuck While the tall trees Exhibition Grounds proved most satis- into the dining room and the voice of Rearered bravely-caparisoned limbs factory and besides offered excellent the new page asked: opportunities for real out-door Scout-" Please, ma'am, am I to wear me

ain breeks or yours?"

A Clerical Comeback A young minister was expostulating reported recently was performed at with a landlord who had raised the the Burford Fall Fair. While the judg- poor parishioners' rent over a hundred ing of horses was taking place an acci- per cent.

dont kappened in which one of the "If I want to hear you preach," said drivers sustained a fractured arm, the landlord, angrily, "I'll come to Secutions for Stopps of the 1st Burford church, where you should do your Troop happened to be present and adpreaching. ministered first aid, putting the arm in

splints and greatly easing the intense retorted the voing minister, "you "If you were where you should be." pain. When the doctor who was called would have that privilege next Sunarrived he complimented Mr. Stopps day. I'm going to preach at the peniupon his work, which he said was one tentiary.'

two inches high for health and safety, Scoutmaster Goes to West Africa. Rev. A. W. Drysdale, Scoutmaster according to a doctor.

It Can be Done Through Keeping the Blood Supply Rich

villages, on the farms and in the These are some of the questions put green apples? Dr. Lamb thinks it is Williams' Pink Pills have not been

and more apparent, but just how the children is that some sort of super-recreation, should be carried out is vision is best. In this way truthful-anaemic girl who has been benefited still a poser less can be encouraged instead of by Dr. Williams' Pink Pills. For reliable tonic, blood-enriching medi

P.E.I., adds his testimony to that of

of the 1st Westport Troop, and organ walk. My appetite almost completely detailed to Tominy with much gusto. izer of the Troops at Newboro and El- failed. The doctor whom I consulted gin, has gone to Old Calabar, Southern told me I would have to take a pro- Tommy asked, when the rectal had Nigeria, West Africa, to take up his longed rest, and gave me a bottle of new duties as a missionary. Mr. Drysdale was connected with Scouting for me. Then a good friend urged me to more than ten years and before leav. try Dr. Williams' Pink Pills, and I got ing was presented with the 10-year a supply and before long felt an imbudge of the Boy Scruts Association provement. From that on I continued

Autumn Leaves and Mushrooms.

meadow,

impalpable skies, .

dusky red, and gold.

Beyond and above and round every turning, More in the gleaning wetness

To a scattering greyness of cloud

Who sees Tiny white buttons in browning turf. if you plase,

of clustered jewels, gayer, warmer. than wine? Was the fault mine?

of the best pieces of first aid he had Heels should never be more than

HOW TO REGAIN YOUR GOOD HEALTH

and Pure. What makes a boy steal green interested in shows something of his Canada, in the cities, the towns, the

may be carried on in a way that is nevery kind of recreation the point cine.

not good for the individual or for the to be kept in mind is participation. The success of Dr. Williams' Pink community in which he lives.

There are some interesting features words it is much better for all the the root of the disease in the blood.

stilly shining, burning.

When his eyes are filled with a crowd

-Peter Renny. Obedience.

Willie had almost finished his reading lesson when he came to a word he could not pronounce. "Barque," prompted the teacher. Willie looked at his classmates and

grinned: "Barque, ,Willie!"

exclaimed the teacher, harshly. Willie, looking up at the teacher finally cried out, "Bow-wow!"

discussed the subject at length, wish-

Make 'em Lay!

"Now, Bobby, which would you rath-Your hens and or have, one apple or two halves?" pullets should be The little chap promptly replied: "Two halves." laying heavily now. If not, you can start them, and should you prefer two halves?" "Because then I could see if it keep them at it with bad inside."

Praiss

Poultry Regulator -the natural tonic that supplies to cooped-up birds those health elements which Nature provides them in summer. "PRATTS" rouses appetite, aids digestion, stirs up the sluggish egg-organs, preserves health and vigor. That means MORE EGGS.

PRATTS Roup Remedy, used in the drinking water, prevents and cures colds and roup. Your Money Back If YOU Are Not Satisfied PRATT FOOD COMPANY of Canada, Limited -Carlaw Ave. Toronto ronto 19

Where Was the Rest? gloomy. I became so reduced that I interest she showed him was a bust would have to rest even after a short of her grandfather, whose history she "And is that : your grand ather?"

PRATIS SIL YEAR

been concluded. 'Yes, dear," said the aunt. "Is that all there was of him?" add-Tommy, very much perplexed. Hearing the Other Side

"You have decided to stay on the "Yes," said Mr. Cobbles." "I get discouraged durin' the week, but I cheer up considerably on Sundays."

"How is that?" "I listen to people who come out child again. Even a cross, feverish, here from town in their automobiles, constipated could loves its "fruity" After I hear them tell their troubles I taste, and mothers can rest easy beforget that I have any of my own."

GUARD THE CHILDREN stomach and bowels without griping' FROM AUTUMN COLDS

The Fall is the most severe season of the year for colds-one day warm, the next cold and wet, and unless the mother is onlier guard, the little ones are selzed with colds that may hang on all winter. Baby's Own Tablets are banishing colds. They act as a gen- a picture of a small boy sitting on the cents eral laxative, keeping the bowels and bank of a stream, fishing. stomach free and sweet. An occasional dose of the Tablets will prevent said, beaming on her pupils. He's Great Britain oves what she has done colds, or if it does come on suddenly fishing. Well, even the pleasure of and what she is.—Colonel E. Kisson their prompt use will relieve the baby. The Tablets are sold by medicine dealers or by mall at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The fall is the time to select roots of parsnips, carrots and beets to plant fishing?" she invited. for seed next year. It is a mistake to save seeds from plants that bolted the class. Bait!" this year, for they are likely to pass the tendency, on to their offspring. hoose the hest roots when the crop, store them carefully, plant them next spring and grow especially for seed.

'Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Casca-Sick headache, billousness rets. gases, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 10c a box. Taste like

Navigating the Life Ship. In bad weather, when there are heavy

fogs and storms at sea, the navigator is obliged to take his bearings frequently to know where he is. If he loesn't do this, he cannot intelligently direct his course, and is liable to wreck his ship by running onto hidden

Every man is the navigator of a life ship, and if he doesn't early form the habit of taking his bearings, to find out where he is and whither he is going, he may, in middle life, find his ship stranded on the rocks of failure. If you would save yourself from shipwreck take your bearings frequently.

Question and Answer.

The youthful naval cadet candidates were appearing before the board of examiners and were being questioned to test their knowledge. Admiral-"How did you come here, my boy?"

Candidate—"In a taxi, sir." Admiral-"And what was the ber of the taxi?" Candidate-"3548, sir."

Admiral-"Good; you'll do." That evening the admiral told the story to a friend, who said. "What a very observant lad! But how did you know he was telling the truth? "Truth be sugared!" said the admir-

al; "it was devilish smart of the bey to give me any number without the al'ghtest resitation."

Value of Elephants. An African elephant of the largest rize measures about nine cubits, or 13% feet. in height, and is worth about For huge Ceylon clephants

Minard's Liniment for Colds, eta

McCulloch Says The teacher had been explaining fractions to her class. When she had, It Helped Him

Careful Bobby.

ing to see how much light had been

The Meanest Man.

The meanest man on record is said

o live in Shrewsbury, Mass. He sold

his son-in-law for damages.

MOTHER!

"California Fig Syrup"

Hurry, Mother! A teaspoonsful of

"California Fig Syrup" now will thor-

oughly clean the little bowels and in a

few hours you have a well, playful

cause it never fails to work all the

sour bile and polsons right out of the

He Tried It and Knew.

"You see this lad, children," she

fishing requires patience. He must be

Like one voice came a chorus from

DR. MINARD, Inventor of the

Celebrated

MINARD'S LINIMENT

Give us to awake with smiles, give

us to labor smiling. . . . As the sun lightens the world, so let our loving

kindness nake bright this house of

MONEY ORDERS.

Remit by Dominion Express Money

our habitation.-R. L. Stevenson.

Minard's Liniment for Distemper.

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Headaches

TSTHE RELIEF from head-

ache or neuralgic pains worth one cent to you? That's all it costs for an application of "Vaseline" Mentholated Jelly.

With the first indication of a headache rub a small amount

of it gently on the forehead and temples. So convenient, effec-

CHESEBROUGH MANUFACTURING

**IMENTHOLATED** 

money back.

**Bottle** 

prepared to sit and wait."

or upsetting the child.

imitation.

shed she induired:

From First "I am glad to recommend Tanlac, for it has helped me to gain twelve

pounds and made me feel better than I have in many years." This clear-"Oh, Bobby," exclaimed the young cut statement was made recently by woman. a little disappointed, "why David McCulloch, 43 New St., Calgary, Alberta, Canada. "I had been in very poor health for

four years, being generally run down, with no appetite to speak of, and my nerves were always more or less on edge. My strength and energy were at a very low ebb, and a good night's sleep seemed utterly out of the queshis son-in-law one half of a cow, and tion. I was simply worn out all the then refused to divide the milk, main-time, and was considerably under nortaining that he sold only the front half. mal weight.

The buyer was also required to feed "Friends of mine who had tried Tanthe cow and carry water to her three lac urged me to take it. I began to times a day. Recently, the cow hookpick up from the very first bottle, and ed the old man, and now he is suing now I have plenty of strength and energy, never seem to tire, and eat and sleep like a healthy man should. I have taken five bottles, and do not. hesitate to pronounce Tablac a fine medicine.'

Tanlac is sold by all good druggista.

Your Child's Bowels Need The Spirit Language. "How was the scance?" "A great success. Mme. Hokus

materialized Napoleon Bonarparte, Marie Antoinette and Julius Caesar. "Onite a distinguished gathering." "Yes, and I was not aware until after the seance started that all three could speak English fluently."

Minard's Liniment for Garget in Cows. Very Likely.

They were discussing animals, and he intelligence of dogs in particular. Said Robinson: "There are some dogs that have more souse than their masters." "Exactly," said young Jones, getting

word in at last. "Mine's one of that

PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Tell your drugglet you want only the genuine, "California Fig Syrup" which Instantly! Stomach corrected, You has directions for bables and children nover feel the slightest distress from of all ages printed on bottle. Mother, indigestion or a sour, acid, gassy stomyou must say "California," Refuse any ach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, datulence. heartburn, gases, palpitation and pain Patience was the subject of the disappear. Druggists guarantce each teacher's discourse and to illustrate package to correct digestion at once. mother is on her guard, the little ones her point she drew on the blackboard. End your stomach trouble for few

> It is to her moderate men, that Clark.

Minard's Liniment for Diphtheria.

For a little while longer she dilated on the beauties of being patient. Then It is better to play at work than to came the time for her to test her work ! "Now, then, can any of you boys tell werk at play .- Dr. Frank Crane. me what we need most when we go



CARES FOR YOUR HAIR

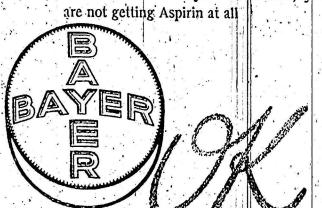
ticura Soap and hot water, preceded by touches of Cuticura Ointment to spots of dandruff and itching, to keep the scalp and hair healthy. They are ideal for all toilet uses.

Sosp 25c. Ointment 25 and 50c. Talcum 25c. Solt throughout the Dominion. Canadian Depot

Order. If lost or stolen you get your Lymana, Limited, 344 St. Paul St., W., Montreal
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Think all you speak, but speak not all you think.—Delaune. COARSE SALT LAND SALT

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Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by

Toolhache

Neuritis Pain, Pain

lianly "Barre" boxes of 12 tablets-Also botties of 31 and 100 .- Druggists / ablein is the trade mark (registered in Canada) of Bayer Manufacture of seetle action of Salleytica let. Winto it is well known that Asbirth means

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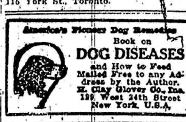
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You get quick rells from a cold by ap-plying Sloan's. By authorishood the conjection is broken up, Millions have also found in Sloan's welcome relief from the unanism. Keep it handy for son, britted muscles, back aches and neuralgi

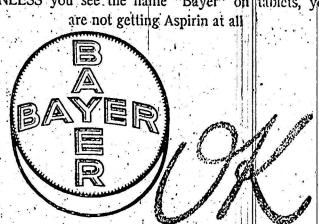
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Now Locks After Home, Thanks to Lydia E. Finkham's Vegetable Compound



my own home now and seem quite your Vegetable Compound to

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The 20-hour baking process partially pre-digests the starch and makes Grape-Nuts a rich and delicious food which digests casily and

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Try a dish of crisp and crunchy Grape-Nuts with good rich milk