

HEALTH EDUCATION

BY DR. J. J. MIDDLETON rovincial 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.

Deaths from 6 to 15 years of age 2 year of life. to a sense of responsibility and leave no stone unturned to prevent such an appaling wastage of child life. What are the reasons for such a heavy death rate?



Enclorsed by Big Auto Factories

Michigan State Automobile School

1st Prize

2nd Prize

3rd Prize

ADDRESS

......

HOME TEAM

Bolton W.

Clapton O.

Charlton A.

Northampton

Accrington

Lincoln

Rochdale

Kilmarnock

Raith Rovers

Dundee

Coventry

Luton

\$6500

\$3500

(1) All entries must be made on coupons provided for that phroose.

(2) Aby coupon which has been altered or mutilated will be disqualified.

(3) In event of a tie, or ties, prizes will be divided equally between those tieing, but should the necessity arise, the Auditor reserves the right to rearrange prize money so that the first prize winners will receive more than the second, and the second prize winners receive more than the second, and the second prize winners receive more than the third.

(4) Matches or, coupens incorrectly scheduled, or not commenced, same will be struck off the coupon. In the event of a game being started, and then discontinued for any reason whatsoever, the score as registered at the time the game is terminated, will be accepted as being the dame as a full game.

(5) The Auditor reserves the right to disqualify any coupon for what, in his opinion, is a good and sufficient reason, and it is a distinct condition of entry that the Auditor's decision shall be accepted as final and legally binding in all matters concerning this competition. No correspondency will be entered into or interviews granted; denote whether you think the HOME team will score

FOOTBALL COMPETITION

ATHLETIC GUIDE PUBLISHING CO., 508 Dominion Bank Bldg., Vancouver, B.C.

I enter this Pootball Competition with the understanding that I agree to ablde by the published rules governing same and to accept the Auditor's decision as finel and legally binding. Twenty-five cents enclosed for five weeks subscription entities re to one estimate; 50c, fitteen weeks and two estimates; 75c, fitteen weeks and three estimates; \$1.00, twenty weeks and five estimates.

NOTE-Mark with an X in column provided whether you think the HOME team will score MORZ, LESS or the SAME number of goals as in the corresponding game last scases.

M L S

Mark with X in column provided, "M" is more; "L" is less; "S" is came.

2 | 0 Preston N. E 2 1 Birmingham

1 2 Cardiff

1 2 Rotherham

2 0 West Ham.

1 0 Watford

1 | Q Millwall

1 2 Halifex

0 Barrow

2 1 1 Ashington

1 1 Hibernlans

1 1 Celtic

2 | 0 |Albion Rovers

Queen's Pk, R. 1 1 Portsmouth

selves, how to safeguard their own tion and robs life of all its joys. These health during the months preceding men and women are only able to work the baby's birth. They have not been at half-speed. The trouble is caused at half-speed. The trouble is caused by poor, watery blood. You can improve conditions to day by taking Dr. wear; they have not been taught about the proper kind of clothing to wear; they have not been taught about the necessity of regular exercise, walks out of doors, frequent baths and the avoidance of early treatment of or. Here is proof. Mr. William F.

"Complications rising from the 'lobola' affairs are endless. In most instances the case goes first to the native chief of the district. It has been said that fully 95 per cent. It is not the first to the native heathen court cases are 'lobola' cases.

"In our territory one of the prime avile regulting from the 'labola' systematics."

What medium have we for diffusing the precious information that may be the means of cutting down the death rate among mothers and babies and giving to those who survive that arctious birth right—health.

The best medium is the Community or Public Health Nurse, trained in the care of mothers and children—trained to teach and point out the things that mothers ought to know for the benefit of themselves and their offspring.

Cold, and as a result was confined to bed for six weeks, part of the time in a terrible fever. Of course I was doctourse I was growing weaker. At this time my father-in-law urged me to try Dr. Williams Pink Pills, but I had lost fatth I lowever, in all medicine and refused. I lowever, in them that he had such faith in them that he had such fait

the benefit of themselves and their offspring.

And yet many municipalities and rural districts fail to grasp the terrible responsibilities of the situation and for the sake of a small expenditure neglect to appoint one or more of these nurses to safeguard the health not only of the mothers and babes, but of the entire community. For the nurse's work does not stop at Child Welfare. It includes the prevention of curtailment of infectious disease outbreaks, the teaching of hygienic methods of living and all the other health rules and principles which if chestives and practiced will benefit at 60 cents a box or six boxes for \$2.50 ings.

Could not refuse to take them. Now tak

I have just been reading the report Brockville, Ont.

\$12,000 IN PRIZES \$12,000

To participate in this subscription campaign you simply indicate on the coupon below whether in your estimation the HOME TEAM, will score HONE, LESS or THE SAME NUMBER of goals than they scored in the corresponding game of last year, by placing an "X" in the column provided in the coupon. Prize will be riber who submits the scond highest correct estimate. The second criber who submits the second highest correct estimate and the third prize to the subscriber who submits the rizes will be equally divided among subscriber whose estimates rank equally correct.

onpon Mo. 12 Conpon Mo. 22 Coupon Mo. 32

M L S

M L S

of the Medical Officer of Health of a large town in Ontario, which striking ly sets forth the need for the Public THE FALL WEATHER HARD ON LITTLE ONES

ly sees forth the need for the Public Health nurse, and the same figures would probably apply to scores and hundreds of other municipalities throughout the Province. Here is what the M.O.H. says:—"One cannot fail to be sheeked by the fact that over 41 per cent. of the death rate of this municipality was in infants under one year. If we explude, from the deaths under one year, the 20 prema-Canadian fall weather is extremelydeaths under one year, the 20 prema-ture, and the 20 stillborn, we find that ture, and the 20 stillborn, we find that 82 children of the 420 born in this year, that is, 7.6 per cent., died of intestinal and other diseases. Surely these percentages of deaths amongst the premature and stillborn, and infants under one year of age, indicate a large field of work in which the Public Health nurses, if given an opportunity for doing pre-natal care and Child Welfare work, can produce satisfactory results to the material bene-

Child Welfare work, can produce satisfactory results to the material benefit of the municipality."

The question of infant mortality should be given the most serious thought by every well-meaning man and woman in the Province. The very with all good wishes and congratulations of the race depends on the interest we take in the welfare of the

THE HALF-SPEED MAN

Run Down and Out of Sorts.

You know what it means to feel "all Deaths under 1 year of age ... 70 have been taught, how to care for aching head, appetite bad and diges-Deaths from 1 to 6 years of age 12 their children during the first critical tion weak. With some people this con-Surely the public should be roused. Expectant mothers have not even is chronic—they can't shake it off. It a bedrock of native social life it would be a sense of responsibility and leave been taught how to look after them interferes with business, spoils recreation and robs life of all its joys. These ment to legislate against it.' the avoidance of early treatment of or. Here is proof. Mr. William F. various attacks of illnesses which may Bell, Bracebridge, Ont., says: -"I have really dangerous to the health and Pills for a number of years, be mother and her unborn babe.

The prospective cause of the benefit I got from their and money, at least gold sovereigns, and money, at least gold sovereigns, and money, at least gold sovereigns, How are we going to teach these dition. I was scarcely able to do any for the information thing all winter. To make things to the mines and works for some two or three years or more to get the worse I took the mumps and caught What medium have we for diffusing cold, and as a result was confined to purchase price. Heree the difficulty

cobserved and practiced will benefit at 50 cents a box or sex boxes for \$2.50 everybody.

MORE GOALS, LESS GOALS, or the SAME NUMBER OF GOALS as in the corresponding game of last year. Should the score shown for last year's games be incorrect it will not affect any estimate as the figures will be taken as printed herewith.

Entrants must enclose 25c, with each coupon, which

tard on little ones. One day is warm and bright, and the next wet and cold. These sudden changes bring on colds, cramps and colle, and unless baby's little stomach is kept right the result

tions but sold for a price is well known in many parts of Scuth Africa as "lobola" on "cattle." Thus when the purchase price is spent they speak of the "cattle" as having been "eaten"

"Of late considerable discussion has been going on in some of the local papers because some of the better edu-What it Means When You Feel cated natives object to its being called 'a commercial transaction' 'It is an insult to say that we sell our daughters, writes one But when asked to In looking over the birth and death . They can be summarized into one this way at some time. Nervis out of with my cattle' or 'What, shall a cow noticed the following figures:

| have not been taught as they should ching head, appetite bad and diges. | have been taught how to come the way at some time. Nervis out of with my cattle' or 'What, shall a cow order, irritable, languid, depressed. An only excuse is that: 'Of course, the only excuse is that: 'Of course, the out of sorts." Most people have felt explain remarks like 'I bought you custom has lost some of its value with dition comes and goes; with others it the present generation, but as it forms

evils resulting from the 'labola' sys-

Cats seem morphia proof. They can ake quantitles of the poison without being made in the least sleepy. On the contrary, morphia seems to excite these animals.

A pigeon has been known to eat 800 grains of morphia mixed with its food in a fortnight. Here again the hird ach, after you eat a tablet of "Pane's was not in any way harmed. Rabbits will eat belladenna to such

an extent that their flesh becomes hearthurn, gases, polpitation and pain polsonous (while they themselves are not any the worses.

Cantharidin is not so deadly as the End poisons already mentioned, yet one cents grain has been known to kill a human being. You might, however, give a whole spoonful to a hedgehog without doing him the slightest harm. Arsenic is one of the few poisons

which kill all forms of life-insect, animal, and vegetable-and of the vegetable polsons, there is one namely nicctine -which is even more deadly in its effects upon the lower animals than it is upon mankind.

An Up-to-Date Reason. "I wonder,' sald, the vicar, "if any of you boys or girls can tell me why Mary and Joseph fled into Egypt?" "Because," said a shrill, thin voice because they hadn't paid their rent,

Minard's Liniment for Warts, Shadows.

How from the morning to the vesper

The ever shifting shadows busy are, Finding at night upon the quiet breast Of the compassion te earth a dream less rest!

We are as shadows through life's ac Pursuing each his own unceasing way Then we'en the long-night closes dark and deep Finding on Mother Earth untroubled Clinton Scollard.

"Cascarets" 10c

When Bilious. Constipated

cramping or overacting, take Casca-rets. Blok headache, biliousness, gases, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 100 a box. Taste like

The longest-lived fashion is surely the famous "Salvation Army" bonnet which has not really changed since

188UE No. 49-'22.

MOTHER!

Open Child's Bowels with "California Fig Syrup"



all the time and often had terrible Hurry Mother! A teaspoonful California Fig Syrup" now will thorughly clean the little bowels and in d few flours you have a well, playful child again. Even a cross, feverish, onstipated child loves its "fruity" taste, and mothers can rest easy be cause it never falls to work all the our bile and poisons right out of the upsetting the child.

Tell your druggist you want only the enuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother ou must say "Calfornia." Refuse any

Cure for Desertion.

· A curious custom prevails in the New Britain group of islands, in com pelling a man who has neglected his vife and children to run the gauntlet. Two rows of women extend for listance of several hundred feet, each oman being armed with a stick. Down the avenue thus formed the ilprit, in a state of nudity, has to make his way; and as he darts past

the women belabor him savagely. By the time he reaches the end of the row he is exhausted and covered with blood.

This punishment is greatly dreaded, not so much on account of the physical suffering it entails as the disgrace that follows, for the man is an outcast afterwards for several weeks.

Fisherman's Friend The Original and Only Genuine



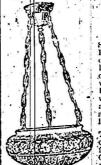
PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" Gas, Indigestion or

Sour Stomach Instantly! Stomach corrected! never feel the slightest distress from indigestion or a sour, acid, gassy stom-

Diapersin." The moment it reaches the somach all scurness, flatulence, dicappear. Druggists guarantee each package to correct digestion at one End your stomach trouble for fow

Buy Your Electric Supplies By Mail and Save Money



13.95 Semi-Indirect Bowl Fixtures, similar to cut. Some are nice-ly shaded in plnk, others are decorated with blue birds. Bowls are complete with chain hanger about 2 feet long and socket ready to Install.

The regular pric of this fixture is from \$8.00 to \$10.00.

Our | Mail | Order price is, complete \$3.95.

Sond for our new flustrated Catalog of Electric Fixtures. Every fixture is a ourgalh. Above you will see one of them. Agents wanted throughout Canada, W. P. EARLE Electric Supply Co.

1284 St. Clair Ave. West TORONTO, ONT. SIAMMERING

THE ARNOTT INSTITUTE



the coppessed spot. This telleyes pigs-sure and spreaces! The bally vanished. In its blace is warm, storting conflori-Try Sloan's on strained and brolled muscles. It allays neuralize and pick-sche. Breaks up colds in chest, keep

Sloan's Liniment-kills bain

BROUGHT THE JOY OF LIFE

TO MRS. COTE Mrs. J. Cote, 58 St. Eustache St. Quebec recently made the following grateful statement regarding Tanlac: "Tanlac has brought me perfect health and the joy of living and I am glad to tell everybody what a grand medicine it is. For over a year I was in such a weak condition on account of stomach and liver troubles that I could hardly move about the house. I could not eat a good meal without suffering the worst sort of pains after wards. I woke up mornings with a

einking sensations "The way Tanke built me up is simply wonderful. After taking four bottles my troubles are all gone and I am as well as I ever was in my life. eat and sleep like a child and have strength to do my housework with

fearful headache, and had such bad dizzy spells I had to leave my work

and lie down. I felt tired and weary

Tanlac is sold by all good druggists Oil storage tarks in the Panam

Canal zone have been equipped with metal awnings to prevent a scrious loss of oil by evaporation. Minard's Liniment for Colds, etc.

The common flen is really a wing-MONEY ORDERS.

The safe why to send money by mail s by Dominion Express Money Orde That the earth is much older than the sun is the opinion of a well-known

Minard's Liniment for Distemper.

scientist.

A roof well covered with stray thatching may last as long as thirty years.



Cuticura Insures Healthy Complexions

Daily use of Cuticura Soap, ersisted when necessary by Cuticula Ointment, promotes a clear skin, good hair and soft white hands in most cases when all else fails. Alwaysinclude the exquisitely scented Cuticura Talcum in your tollet preparations. Saap 25c. Ointment 25 and 50c. Talcom 25c. Sold throughout the Dominion, Canadian Depot: Lymans, Limited, 344 5t Paul St., W., Mostreal, Cuticura Spapahaves without mug.

Classified Advertisements PATENT ATTORNEYS.

PIDOUT & MAYBEE, KENT BLDG. Young Street, Toronto, Registered Lavent Attorneys. Send for free booklet.

MUSEBOOMS. ASTÉ SPACE IN CELLARS. ETC., can be innde yield \$25 par week all winter, growing musifrooms for un Booklet for stamp. Toronto Supply Co., Queen and Spadina, Toronto.

NURSING. THE UNITED HOSPITAL SCHOOL of Mirsing offers a 21 year course to High School graduates. Text-books, allowance, uniforms and scholarships provided. Class enters in January. Send for prospectus. Port Chester, New York.

HOICE SILVER BLACK FOXES, Ontario. Bothwell,

BELTING FOR SALE BELTING OF ALL KINDS: NEW OR used, pulleys, saws, cable, hose cic, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

INVENTIONS

Send for this of inventions wanted by Manufacturers. Victumes have been made from simple HAROLD C. SHIPMAN & CO. PATENT ATTORNEYS OTTAWA, CANAD



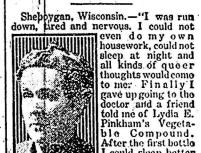
and How to Food Mailed Free to any Ad-dress by the Author. H. Olay Glover Co., Inc. 129 West 24th Street New York, U.S.A.

Rimples Disappear "You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Rootsdruggiats ca.l it "Mether Seigel's

Curative Syrup-and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genpine. 50c. and \$1,00 Bottles. At drug stores.

QUEER FEELINGS AT MIDDLE AGE

Women Should Know How Lydia E. Pinkham's Vegetable Compound Helps at This Trying Period



to mer Finally l rave up going to the loctor and a friend

houghts would come

improving ever since. I have taken seven bottles now and am so happy that I am all over these bad feelings. '-Mrs. LANSER, 1639 N. 3rd St., Sheboygan,

For the woman entering middle ago Lydia B. Pinkham's Vegetable Com-pound can be of much benefit. During this time of life certain changes take place which remetimes develop into

serious trouble. Melancholia, nervousness, irritability, headache and dizziness are some of the symptoms. Lydia E. Pinkham's Vege-table Compound is a natural restora-tive, especially adapted to assist naturo in carrying you safely past this time. Why not give it a fair trial?

VALVE MOTION

SACRIFICE

WHEELOCK ENGINE In good operating condition. Engine 18"x42"

Fly-wheel 15' diameter x 26" face. NO REASONABLE OFFER REFUSED WE MUST HAVE THIS SPACE FOR OTHER PURPOSES REAL ESTATES CORPORATION, LIMITED 73 West Adelaide St., Toronto. Phone Adelaide 3100

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Headache Colds Toothache: Neuralgia Earache Lumbago

Neuritis Pain, Pain

Rheumatism

Handy "Bayer" boxes of 12 tablets -- Also bottles of 24 and 100 -- Drugglite. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-acciticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitutions, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

one subscriber.

Employees of THE ATHLETIC GUIDE cannot compete.

Employees of THE ATHLETIC GUIDE cannot compete.

Prizes are awarded on the results received by cable on or before 9 am. Monday following date of matches:

No responsibility will be accepted by THE ATHLETIC GUIDE, for the loss or non-delivery of any icapon.

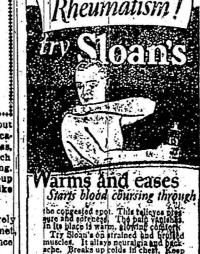
Proof of posting will not be accepted as proof of delivery or received without asme or address will be disqualified. qualified.

In cases of capital prize winners when the address is given as "General Delivery" only, proof of identification will be required before mailing of capital prize. No. Dec. |30 Dec. 29 Coupon No. 4 Coupon Mo. M I B M L S

Best Bowel Laxative

To clean out your bowels without

Minard's Liniment for Garget in Cove



Made in Canada