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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 the column. Address him at Spadina House, Spadina Crescent, Toronto.

HEALTH CONFESSIONS OF BUSINESS GIRLS—ANNOUNCEMENT OF PRIZE WINNERS.

Out of the 200 entries for this contest, the judges, Dr. Edna Guest, Dr. Mary MacLellan (President of the Nurses' Association), and Miss. Winifred Wilson (Chairman of the Ontario Women's Club), and Miss. M. J. Robson (Welfare Department of the T. Eaton Co.), have selected the prize winners as follows:
First Prize (1815) Sara Taylor, Business Secretary of the Standard Medical and Surgical Clinic of Peterborough, Ont., Peterborough. (Pen-name, "Sara.")
Second Prize (\$10) Lillie Taggart, Private Secretary and Bookkeeper, 10 Manning Ave., Toronto. (Pen-name, "Lillie.")
Third Prize (\$5) Helena Driscoll, Toronto, Ont. (Pen-name, "Hele.")

Standards Used in Judging.
In making their decision the judges placed as the most valuable information to be given, not only physically and mentally, but also happily and such as would be most use to other girls. Thus letters which had excellent suggestions in regard to a certain subject, and were generally lower than those whose advice was to all temperaments. The points covered were not in all cases, but in most accounts, except that where the writer emphasized suggestions of a very narrowness of interests and a mental condition which reacts on the body. Distinctly original—and also practical—was the suggestion that past and future pleasures should be made to color the present.

Winning Points in the Third Prize Letter.
While a minor point in this letter, that referring to 9 hours sleep, could not be urged by the judges as unduly applicable, great importance was felt to attach to the necessity of avoiding narrowness of interests and to the concrete advice to associate with those engaged in different work from one's own. The old world maxim to be "civil and strange" with all who came into contact was also appreciated. Realizing that the aim of the contest was to help girls to help themselves, all the judges value suggestions that had to be given in their combined wide experience of business life and medical science. The big point which the contest has in mind is that the health of the business girls is not only in keeping the body and mind, but also in keeping the body and mind healthy, even in the most active.

Points in the First Prize Letter.
This letter was given first place on account of its two keynote points on which the whole of the letter was based: one, that congenial employment is essential to health; two, that the time business women should spend in recreation. These are obvious, so obvious and so big, that it is hard to see them. How can you realize their supreme importance to the extent of going to work, and then enjoying even a moment's rest? Again, how many who have realized that money is well and wisely spent in getting recreation. These are obvious, so obvious and so big, that it is hard to see them. How can you realize their supreme importance to the extent of going to work, and then enjoying even a moment's rest? Again, how many who have realized that money is well and wisely spent in getting recreation.

25th Annual Meeting of Bank of Montreal

Vincenzo Merediti, President, Takes View That on the Whole Trade Conditions More Satisfactory than a Year Ago.

Frederick Williams-Taylor, General Manager, Shows Necessity for Bringing Down Cost of Living in Canada—Reviews Features of Annual Statement.

The annual meeting of the Bank of Montreal, held in Toronto, was presided over by Vincenzo Merediti, President. His address, given in a comprehensive review of Canadian and world conditions, and the outlook for 1927, was a most interesting and profitable one.

Bank Act.
The bank has been successful in its efforts to secure the passage of a new bank act, which includes the provisions for the issue of bank notes and the regulation of the bank's operations. The new act is a significant step towards the improvement of the Canadian banking system.

The Positive Versus the Negative Man.

The negative mind never goes anywhere. It is very easy to develop a negative state of mind, and it is very fatal to success. We must get rid of it before we can attain prosperity or develop efficiency.

We cannot act negatively without getting negative results. The negative man, however strong in other respects, is always pushed aside in the race of life by the determined, positive, decisive man who knows what he wants to do, and does it. Even brains must give way to decision.

With The Boy Scouts

One-third of the boy population of the city of Brantford is enrolled in active membership in the Boy Scouts and Wolf Cubs. Perhaps no city in Canada has a larger percentage of boys who have a record such as this.

The Ladies of the Dufferin Rifles Chapter of the I. O. D. E. have presented a very fine silver cup to the Brantford Boy Scouts Association for annual membership in the city.

A Splendid Medicine For The Children

Baby's Own Tablets are the best medicine a mother can give her little ones. They are a pure, pleasant, quickly acting, effective medicine, which acts on the bowels and stomach, and is free from any injurious drugs.

A Thousand Million Fish Eggs Collected.

Fish eggs of different species to the number of more than 1,122,000,000 were collected by the fisheries branch of the Department of Marine and Fisheries during 1926. The total number of eggs collected was 1,122,000,000.

Earn Big Money

DETROIT, Mich., Jan. 12.—The world's greatest industry, the automobile, is offering a unique opportunity to earn big money. The Michigan State Automobile School is offering a course in automobile repair, which will enable you to earn big money.

Queen and Princess Sew for London Poor.

Princess Mary has joined the Queen in making knitted quilts and jumpers, which were an \$1,000,000 project. The project was a very successful one, and the quilts and jumpers were distributed to the poor in London.

Minard's Liniment

Minard's Liniment is a powerful remedy for all forms of rheumatism, neuralgia, and other painful conditions. It is a true "King of Pain" and is used by millions of people.

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Minard's Liniment is a powerful remedy for all forms of rheumatism, neuralgia, and other painful conditions. It is a true "King of Pain" and is used by millions of people.

array bell tents, in excellent condition. Also we have a very fine bugle band outfit for sale. If anyone can put us in touch with boys' brigade, etc., wanting the same cheap, we will be glad—we would rather burn it than sell it to another troop of Scouts.

Searching for Stars.

Canada is to possess the largest of all telescopes. It will have a mirror 120 inches in diameter. It has already been cast and is now being ground and polished. The latter task is expected to occupy at least five or six years.

Wisps of Wisdom.

It is the fear-not, the worry-not, the fret-not man who wins. It is easier for him to make his money than for the man who only looks for a chance to get rich. High authority should be regarded as a high explosive—and handled with care.

PALE AND SICKLY GIRLS AND BOYS

Need All the Strength That Rich Red Blood Can Give Them.

Youth is the time to lay the foundation for health. Every girl and every boy should have plenty of pure, red blood in his or her system. With this, health, vigor, and strength are assured.

For Sore Throat, Cold in the Chest, Etc.

MINARD'S LINIMENT
"KING OF PAIN" LINIMENT
VARMOUTH, N.S.

Campana's Balm

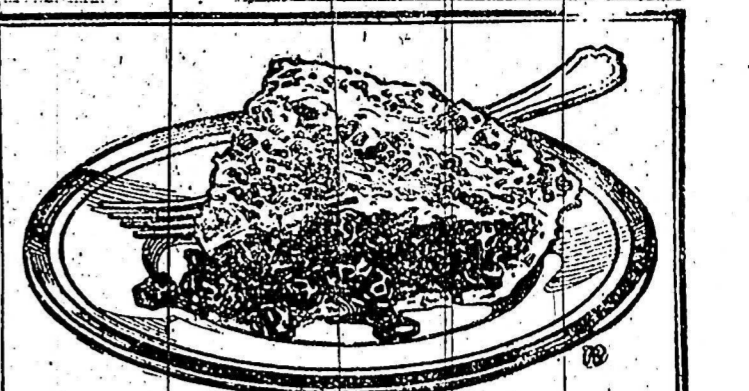
Prevents chapped hands, cracked lips, chilblains. Makes your skin soft, white, clear and smooth. DRUGGISTS SELL IT.

Queen and Princess Sew for London Poor.

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Money Orders.

Money orders are a convenient way to send money to anyone. They are accepted everywhere and are a safe way to make payments.



Luscious—Made With Raisins—And already baked for you

SAVE the trouble and the time of baking pies at home, yet give your men folks pies that are exactly to their taste.

Master bakers and neighborhood bakers in your city are making luscious raisin pie fresh every day. Your grocer or these bakers can supply them.

SUN-MAID RAISINS

The Supreme Pie Raisin
Sun-Maid Raisin Growers
Membership 12,000
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Send me a copy of your free book, "Recipes with Raisins."
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Specializes in the repair and maintenance of all types of sewing machines and typewriters.

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For all Aching Joints, Rheumatic Pains, Neuralgia, Sciatica, Lumbago and Gout. Dobbson's New Life Remedy has stood the test of time.