An Old Scoutmaster Says Something.

"For myself, I had to use the Scout handbook and anything I could get hold of in the library, to learn how to do things so I could teach my boys. I got hold of men who could show me how to build a fire in the open, using not more than two matches. Any Scoutmaster can follow the same trail. I found it delightful going. It was more fun than a house on fire; learning some of these things. And twice as much fun as putting out a fire showing my boys how to do them.

"But what I started out to say was that there are some of the tests it's great to put through in Winter. For the Tenderfoot, take knot-tying. And as I frequently review my Scouts upon all the tests, knot-tying is pretty good Winter sport for any Scout. The colder the day the better the sport.

"Try him on hitching one sled behind another to make temporary bobs. Fill a duffel bag and have him lash it to a sled. Arctic exploration fashion. In the woods have him snare a good log to be hauled to camp for fire-wood or the log cabin. If you have logging facilities, let him lash as many logs aboard as the sled will carry and your Scouts can pull. Simple things like mending a broken skate strap, fastening the tent poles together, and just merely tying knots for practice work are part of the Winter tests. Any knot that is needed to be tied indoors, send him outdoors to tie. Tell him to do it of his own accord when no one is around. What's Winter for?

"For the Second Class Scout, of course, tracking half a mile in 25 minutes really ought to be done in Winter. Why litter the countryside with torn papers? And just before Christmas, the test of describing satisfactorily the contents of one shop window out of four, observed for one minute each, is a real test.

"Scouts should know their Scouting this year. How about using the knife and hatchet in cold weather? The Scout who has passed the test to build a fire in the open with not more than two matches, in the Summer, can pass it over again in the Winter. At least, that's my idea of it. Why shouldn't he pass every test in both kinds of weather? In rainy weather, too, for that matter? Be prepared!

"For the First Class Scout, how about demonstrating artificial respiration? If he should find a child almost frozen to death in the woods? Just as useful then as if he found the child drowned. Then how about preparing and cooking in the open with camp cooking utensils the things mentioned in sixth test? They certainly taste good on a cold winter's day. If I had my way I wouldn't pass a Scout through who couldn't qualify on test number six for First Class Scout, in Winter as well as in Summer. (I don't really say that I hold to that in actual practice).

"Of course, no Scoutmaster is going to hang up a boy until Spring who wants to pass his tests in Winter. But how many Scoutmasters urge, encourage, and make their Scouts pass them in Winter? It is all the harder for a boy to do this in the Winter—Makes him able to overcome difficulties. The world is a different world in Winter from what it is in Summer. Scouts should know it in all its moods."

The Chief Scout's New Year's Message

May peace and happiness be with you all this coming year. May each one of you be able on the last night of the year to look back with clear conscience to having at least done your best every day since last New Year's Day, and, if you should be conscious of any shortcomings, may it be an incentive to you to put extra effort into your work for the coming year, so that there shall be no recurrence of the failing and that the work be in the first place for God and the community.

ROBERT BADEN-POWELL,
Chief Scout.

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.

Where did the Jersey cow of to-day come from? From human intelligence plus the initial cow.

In this graphic way Mr. R. Segworth, field secretary of the Ontario Trustees and Ratepayers' Association, tried to impress on his hearers the value of education.

At the second annual meeting of the Lanark County Educational Association held recently in Perth, Mr. Segworth was one of the principal speakers and he handled his subject in a masterly manner. What education can do, what avenues of possibility it opens up, and what responsibility rests with the people in keeping the Public Schools of this province up to a high standard, were some of the points emphasized.

The first broad principle we should think about was the value of education, he said. Sometimes we met people who spoke disparagingly of education, and while we knew their arguments were unsound and their position untenable we might not be in a position to answer them. We should ask these persons to name one single position they had that was not directly due to education. We had nothing except the sun and air and nature's undeveloped resources. He spoke lightly of education proclaimed his own ignorance.

When is a person educated? When inherent faculties are unfolded and developed for the service of the race.

The future prosperity of Canada was dependent not upon her natural resources but upon the development of her citizenship.

What will Canada be in the future? What part will she take in the moking and formation of the world's work, is being settled to-day in the Public Schools. The boys and girls at school to-day will be the statesmen, the business men and the nation builders of to-morrow.

What is being taught in the school is of tremendous importance in shaping their own and their nation's destiny. Emphasis was laid on the point of health. If the child is not in good health physically, its mentality will suffer. It has been truly said that one can neither teach a child who is suffering from cold feet, nor educate a child with a headache. To make an impression for good on the mind, one must see that the child's physical condition and wants have been given consideration. A hungry child is hard to teach; the hot midday meals has proved to be a Godsend in many rural schools. His teeth, tonsils, adenoids, sight, hearing, his general condition, all must be given attention before any great homes for the complete success of his education can be looked for. Otherwise the child is growing up below par, physically unfit in one way, or another and not a normal, healthy human being.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The most trying man to deal with is the one who doesn't know what he wants and is impatient because he doesn't get it.

We have twelve British field-marshals. These are the Duke of Connaught, Lord Grenfell, Lord Methuen, Earl of Ypres, Earl Haig, the Emperor of Japan, Marshal Foch, Lord Plumer, Viscount Allenby, Sir William Robertson, Sir Arthur Barrett, and the King of the Belgians.

Minard's Liniment for Burns & Scalds.

Grows Championship Grain.

John W. Lucan, of Cayley, Alberta, is one of the Canadian farmers who is bringing honor to Canada in international grain exhibitions. He was recently the winner of the sweepstakes in rye at the International Grain and Hay Show in Chicago.

The Art of Listening.

Have you ever thought how little the average person hears?

A busy man does not want to be distracted by outside sounds, and for that reason he unconsciously "closes" his ears when he is thinking about a special piece of work.

This is apt to become a habit, and a bad one. It tends to make a person absent-minded. Whenever one has the time to spare, it is both a useful and very pleasant pastime just to listen. One can do it in a town, but better still in the country.

When tramping down a country road try the experiment of listening to the voices of the countryside. At first you may not hear much—just the confused notes of a few birds in the near-by trees and the sound of wheels in the distance. That doesn't sound very interesting, does it? But that is because your ears haven't got tuned in; they are working badly through lack of practice.

But after a little while they will become keener and more alert. In other words, your ears are taking back some of the jobs your eyes have taken over from them.

It is then that you find what a doubly attractive place the country is. In addition to seeing the restful beauty of it you hear the beauty of it as well.

There is the vague whisper of the breeze in the tree-tops—one of the most soothing sounds in the world—and the crisp rustle of dead leaves. The confused notes of the birds become clear and definite; though you may not know them by name, you will soon find yourself picking out the notes of the different songsters.

And you will hear, too, that different trees have different sounds. The wind in the oak has a different whisper from the wind in the ash. Before long, with your eyes shut, you will be able to tell by its sound alone the sort of trees you are near.

The wind in the grass is different from the wind in the hedge, even as it is different when blowing over the brow of a hill.

And thus in a few weeks you will find yourself knowing instinctively a thousand different sounds, and the things they stand for. You have learnt the art of listening. Your ears will tell you of the landscape as clearly as your eyes do.

In addition to that, it will make your eyes keener. Each helps the other. By the simple pastime of listening you have become keen and alert. No longer will you have to ask a person to repeat what he has just told you because you didn't follow all he said. You will take it all in at once.

The Best Preacher.

Martin Luther in his autobiography said: "I have one preacher that I love better than any other upon earth; it is my little tame robin, which preaches to me daily. I put his crumbs on my window-sill, especially at night. He hops to the sill when he wants his supply, and takes as much as he desires to satisfy his need. From thence he always hops on to a little tree close by, and lifts up his voice to God, and sings his carol of praise and gratitude, tucks his little head under his wing, and goes fast asleep, and leaves to-morrow to look after itself. He is the best preacher I have on earth."

NERVOUS EXHAUSTION

The Only Sure Relief is to Enrich and Build Up the Blood.

Nervous exhaustion is the cause of headaches and dizziness, and it is due, almost always, to conditions of impoverished blood. Tablets and powders for headaches should never be taken; they cannot possibly reach the root of the trouble, and are often most harmful. All that is needed to bring relief is a tonic that will enrich and purify the blood, and the very best tonic for this purpose is Dr. Williams' Pink Pills. These pills have a direct action on the blood, and in this way the headaches, dizziness and other bad symptoms rapidly disappear. Mr. Mark F. Taylor, Granby, Que., tells what this medicine did for him. He says:—"I had severe headaches which would be accompanied by vomiting spells. These would last for two or three days at a time. I would take one of these spells every three or four weeks, and it is almost impossible to describe the misery they caused me. I tried a number of medicines without getting relief, until one day my mother brought me six boxes of Dr. Williams' Pink Pills. When they were used I was feeling much better, and I got a further supply, and under the continued treatment every symptom of the trouble disappeared. I cannot speak too highly of this medicine for it certainly has done wonders for me."

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Where She Went Wrong.

Mrs. Grandways was calling upon Mrs. Cassidy, whose husband was well-to-do, and whose daughter had therefore been sent away to College.

"By the way," said Mrs. Grandways, when the two had been gossiping for a while, "where is Clara? I haven't seen her for an age."

Mrs. Cassidy swelled with pride.

"Clara is at college," she replied, with grandeur. And then added: "And I am so worried about her. I haven't had a letter from her for nearly two weeks."

"That is where you made the mistake," was the prompt rejoinder of Mrs. Grandways. "Instead of letting her go to college, you should have sent her to one of those correspondence schools."

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little stomach is upset, tongue coated or if your child is cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child to-morrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

The Hardy Eskimo.

Why do the Eskimos never suffer from colds? The fact is that the Eskimo believes in having plenty of fresh air about his body, and makes a point of wearing the loosest garments imaginable and no tight-fitting underclothing.

Authorities declare that it is because Eskimos allow fresh air to circulate continually all over the body that they are the hardiest race in the world. As babies they go unclothed, being carried about in the hoods of their mothers' furs.

The Eskimos' feet receive great care, and the women are credited with making the only absolutely waterproof boot in existence. It is made of sealskin, without the fur, "tanned" and kept pliable by chewing. The parts are sewn together with deer sinews, in a "lockstitch" which no other race seems to understand.

Within this boot of "chewed" sealskin a deerskin sock is worn, the hair being next to the skin. Sock and boot come off together, and every night they are dried on a framework rigged above an Igloo oil lamp, and the lamp is kept burning day and night for this purpose and for the melting of snow for drinking water. In the morning the first duty of the women is to "chew the boots" of the men.

Owing to the pure cold air they breathe, and to the constant exercise which gums and jaw get in chewing blubber, sealskin, and so on, Eskimos have very strong teeth. Such a thing as a cavity or any form of toothache is unknown.

The Eskimo is healthy also because he drinks a large amount of snow-water. Indeed, his avidity for melted snow as a beverage keeps the wife busy melting snow or filling pails from holes in the ice.

Minard's Liniment for Neuralgia.

The Poor Man's Riches.

How many people realize that sleep is the most important thing in the world?

It is said that Napoleon, Wellington, Frederick the Great and many other famous men slept on an average no more than four or five hours every day.

Whether this statement be true or not, its propagation has done an incalculable amount of harm. It has set us a false standard.

The fallacious inference has been drawn that to make the most of life we ought to sleep as little as possible. It is considered "clever" to be able to stay up late and rise early. We pretend to scoff at sleep as a waste of valuable time. "Sleepy-head" is one of the bitterest forms of reproach.

We forget Boswell's accounts of the incomparable Dr. Johnson lying abed till three in the afternoon. We forget that the great Darwin, for all the marvelous work he did in his lifetime, could not work more than two or three hours a day.

Sleep is more than the mere "suspension of bodily activity" that the older scientists used to call it. A continual process of reconstruction goes on all through the body while we sleep. It is only then that food eaten in the daytime goes through the later stages of transformation into bodily tissue, repairing the ravages of yesterday and preparing for the labors of to-morrow.

The nearest we can come to a general rule is: Sleep until you feel refreshed.

PUT STOMACH IN ORDER AT ONCE

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

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a table of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

Iron in Malay States.

A new and valuable deposit of iron ore has recently been discovered in the Malay States.

India's Jute.

One hundred million sacks are made out of India's yearly jute crop. California takes twenty millions of these and China fifteen millions. The crop weighs 150,000 tons.

Minard's Liniment for Coughs & Colds.

Interlocking Blocks.

A Wisconsin man is the designer of building blocks with herring bone grooves on their upper and lower surfaces to make them interlock.

High Speed.

Motion pictures have been made up to a speed of 15,000th of a second with a camera and lens invented by a French scientist.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach, and all such distress gone by morning. Nicest physic in candy for grown-ups and children. 10c a box. Taste like candy.

A French man of science says that it is beyond the power of chemistry to reproduce sea water. Although the chemist may know the exact quantity and component parts of sea water, there is something in it that defies imitation.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

It has been estimated that there are always 1,000 thunderstorms in progress all over the world.

Minard's Liniment for Rheumatism.

COARSE SALT
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America's Pioneer Dog Remedies
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Pain?

For immediate relief rub the affected part with Minard's Liniment. It penetrates faster and further than any other, soothing and stopping pain. Two generations have crowned it King of Pain.

Minard's Liniment

The Family Medicine Great.

ISSUE No. 4—'22.

CAN SWING PICK LIKE HE USED T

Miner Thanks Tanlac For Pu ting Him Back On Job Aft Illness Forced Him to Quit

"When Tanlac helped my l grand-daughter so wonderfully thought maybe the medicine wo help me too, and since I've taken am feeling fine," said John Jones, Sterling St., London Ontario.

"I came here a year or so ago fr Calgary, where I was a miner, but to quit on account of asthma," he tinued. "I was badly run down, then I got a touch of pneumonia knocked me out completely. I coul get my strength back, had no appe was unable to work and didn't k what it was to get a good night's sl

"By the time I took three bottle Tanlac I was eating just anyth sleeping like a log and I have been the job ever since. My asthma do bother me so much now, and it's a between me and my little grand-da ter at meal time, for we both h splendid appetites."

Tanlac is for sale by all good d gists. Over 35 million bottles sol

INVENTORS

Manufacturers always consider good inventions. Fortunes are made from New Ideas to suit modern times. Send for free list of Ideas wanted. Circulars.

THE RAMSAY COMPANY
Patent Attorneys
273 Bank St. - Ottawa.

Campana's ITALIAN BALM

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

All druggists sell it

PETRIE'S MACHINERY TORONTO

SEVERE ITCHING BURNING PIMPLES

Over Face and Neck, Face Disfigured. Cuticura Heals

"My trouble began with a which later turned to pimples. pimples were quite and of a reddish color were scattered all over face, neck and forehead. The itching and burning were so severe that I could not help scratching. face was disfigured about a year.

"The trouble lasted about before I began using Cuticura and Ointment. They afforded within two weeks, and at the six weeks I was healed." (Signed) Clarence J. Burnell, 474 Tyler Pittsfield, Mass., Jan. 4, 1922.

Use Cuticura for all toilet purposes

Sample Each Free by Mail. Address: "Cuticura Laboratories, Dept. L, Malden, Mass." Cuticura Soap shaves without mug.

Rheumatism?—banish pain!

Sloan's Restore healthy circulation of blood through congested tissue—relieve congestion causes the pain—almost instant relief!

Sloan's Liniment —kills pain!

For rheumatism, neuralgia, sciatica, strains, chest colds

ASPIRIN

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

BAYER M.D.

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

Colds	Neuralgia	Rheumatism
Toothache	Neuritis	
Earache	Pain, Pain	

Handy "Bayer" boxes of 12 tablets. Bottles of 24 and 100. Druggists

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. It is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Classified Advertisements.

AGENTS WANTED.

WANTED—RELIABLE AGENTS to canvass on commission, for nursery stock (or years; experience; free outfit; weekly pay. Welland Nursery Co., Welland, Ont.

FIRE SCARE BURGLAR ALARM. New invention. A sure scare. No (store) cellar, or any place of value should be without them. Can be attached to any window or door, $3.00. Agents wanted. Ben Johnson, Box 1378, Welland, Ont.

HELP WANTED—FEMALE.

HELP WANTED. WE REQUIRE ladies to knit men's wool socks at home, either with machine or hand. Send stamp and addressed envelope for information. The Canada Wholesale Distributing Co., Dept. 9, Hamilton, Ont.

WANTED—EXPERIENCED KNITTERS wanted to operate Cotton machines making shirts, drawers and combinations. Apply, stating experience, to C. Turnbull Co., Ltd., Galt, Ont.

NURSES.

NIAGARA FALLS MEMORIAL Hospital Training School for Nurses (Registered) offers a three year course to students; affiliating with Children's Hospital, Buffalo, N.Y. Full high school or its equivalent. Further information upon request to Matron, Hospital, Niagara Falls, New York, or Superintendent of Nurses.

BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at low prices in Canada. York Belting Co., 4 York St., Toronto.

INVENTIONS

Send for list of inventions wanted by Manufacturers, Ventures have been made from simple ideas. "Patent Protection" booklet on request.

HAROLD C. SHIPMAN & CO.
PATENT ATTORNEYS
231 BANK STREET
OTTAWA, CANADA

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken. I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women."

Is Your Family United at Mealtime?

YOU say "No" to the children when tea or coffee is being passed; but while explaining that little folks should not risk health, do you drink tea or coffee yourself?

Your health is valuable, too—and *their* need for a hot drink with breakfast may be as great as yours.

There's complete satisfaction in Postum, and safety alike for young and old. Postum is made from clean, hard wheat and is free from any element of harm. It has a pleasing aroma, delightful flavor—and thousands who have wisely stopped tea and coffee are finding satisfaction, comfort and better health, in wholesome Instant Postum.

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A generous sample tin of Instant Postum will be sent, postpaid, for 4c in stamps. Write:

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