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.

New healing cults are springing up around us. Some base their claims on auto-suggestion, some on faith healing, some on a movement or adjustment of the spine. Deep below all these superficial requirements one great fact stands out supreme. One must live a natural, healthy life. All the auto-suggestions in Christendom will not cure a headache brought about by a stuffy atmosphere that cannot get fresh air. One cannot, all his associates cannot remove one case of constipation if the combined patients in eating the foods and combinations of food that cause the constipation.

It has been impressed on me of late very forcibly that the reason for the decided swing into being of all these cults and healers is because we as a nation have not followed nature's laws or after health might do well to study the rules of life that will bring good health in their train. The auto-suggestion, faith healing, and all the other cults may get results, but first of all we must get to practice the simple, fundamental health rules, otherwise the auto-suggestions or the adjustments will bring no permanent relief.

There was once a tramp who called at a farm house, and told the residents he could make stone-broth. Yes, he could make broth out of a stone. The farmer and his wife were impressed. There would be no need for new cults. They were inclined to be skeptical, but thought they would like to see such an interesting thing attempted. So the tramp was provided with a large saucepan and into this he put some water and a large flat stone that he carried in his pocket. The watchers were deeply interested, but as is usual in such cases it took an unusually long time for the water to come to the boil. The tramp was anxious to finish his demonstration as soon as possible so he asked if, to hurry matters and act the stone-broth developing, he could be given some old scraps of meat. This was willingly provided and the little party anxiously gazed at the contents of the saucepan. The water was beginning to bubble and the tramp was quite pleased. If only he had a handful or so of barley he said he could make the experiment go twice as fast, so the barley was added. He even managed to help the wonderful stone by putting some scraps of lettuce, onions and potatoes that had been left over into the saucepan and very soon the mixture got quite tasty and the honest farm people looked on in wonderment. The marvellous tramp produced a bowl of very good soup.

There is a moral here that seekers after health might do well to study. It was not the stone that made the soup, but the stone was needed to attract and hold the attention. If we could only get the public impressed with the importance of right living, eating the right kinds of food and the right combinations of food, sleeping in well-ventilated bedrooms, keeping the body clean by frequent bathing, spending as much time as possible out-of-doors, and taking healthful exercise and avoiding excesses of all kinds, there would be no need for new cults. Mothers would give their infants a good start in life by feeding them at the breast, and as they grow older having their health kept under supervision at the baby clinics. If the health rules are then practiced and children taught hygienic habits, there is every hope that the coming generation will be healthier physically, mentally and morally than the present generation or those that have gone before.

With The BOY SCOUTS

Scouting Through a Mother's Eyes.

One of the finest addresses delivered at the Provincial Scout Leaders' Conference held in Hamilton recently was that of Mrs. George Aykroyd, Scout-Mother of the 66th Toronto Troop, on the subject "The Relationship of the Scoutmaster to the Home." It was a wonderful testimony of the value of Scouting to the home, and coming from the mother of a Toronto boy who has passed through all stages of Scouting until he is now, in charge of a troop of His own, was all the more impressive.

Since Mrs. Aykroyd's address another mother, Mrs. E. Duff Williamson, has added her testimony as to the value of Scouting to the home in the following letter:

"It is in reality but two years, two of the busiest a Scout mother ever sat in.

"I have seen my Scout rise from Tenderfoot to Second Class, Second Class to First Class, and to Patrol Leader in that time. I have had a continual procession of boys would-be Scouts and Scouts in the different stages of progress at our door. When the backyard was full of fire building, knot tying with eyes open and eyes shut, classes in flag history, Scout Promise, Scout Law, First Aid, signalling from the porch roof and the garage roof to neighboring fields. When the back yard wasn't full the porch was, even the kindling in the fireplace.

"I have learned to 'size up' the boy coming to my house as to his rank or class by his actions. The would-be Scout hangs around the outside and gratefully slips into an inconspicuous seat by the door, speaks only when spoken to. The Tenderfoot rings the front door bell, presents himself in full uniform with all Scout equipment. The Second Class Scout can't wait to state what he must have signed up and what he already has passed to be a First Class Scout, before the next badge presentation night. He is too busy getting his Tenderfoot into line besides all his own requirements to concern much else.

"To me those are the most strenuous days of a Scout and his mother. When the First Class badge is won the Scout comes proudly in, his eyes shining and never a word is said just that satisfied, proud, eager aggie tells it all; and of these First Class Scouts I have seen many from Troop 17.

"And then comes the disease known as Proficiency Badge fever every First Class Scout's mother will agree that it is an epidemic against which no good First Class Scout is immune.

"I have seen not only my Scout but the other Scouts improve step by step in self-confidence, courtesy, good fellowship and pride in their public responsibility. They know that the Scout uniform merits respect from their associates, they know that they have a standard to live up to; they are responsible to every other Scout for the honor of the entire movement. They try to live up to it and try to help others to live up to it.

"I have learned that in trying to punish my Scout by keeping him from Scout meetings, because of some duty neglected at home, that I was punishing myself more, for each meeting held lessons and lessons which should be learned with his troop.

"I have watched friendships develop between my Scouts and the other Scouts friendships built on clean, tested foundation through Scout meetings, hikes, camp and field days, each knowing the other's faults and good points; friendships that in later years will bring warmth to his heart and mine.

"A better, bigger, busier boy has my Scout been made through Scouting—thanks to the untiring interest and leadership of his Scoutmaster and the Assistants."

Minard's Liniment used by Physicians.

PASSING OF FLOWER GIRLS OF OLD LONDON

PICTURESQUE FEATURE OF STREET LIFE.

Altered Conditions Reduce the Profits—Five Hundred Parade at Funeral.

Another of the picturesque features of London street life seems doomed to pass. The flower girls are an expiring race and their total extinction is threatened by changed economic and social conditions which have come about in these post-war days.

This was emphasized grimly the other day when a mere remnant of the "girls" gathered in fashionable St. Clement Danes Church in the Strand to pay funeral honors to one of their number, "Fanny," a rare personality who for thirty years had offered her blooms daily under the shadow of St. Paul's Cathedral. In the days when royalty went to St. Clement's it was always "Fanny" who made the sensation bonnets and the wife of the present vicar of the church, who for years has been the patroness of the flower girls, made all arrangements for her funeral and paid public tribute to Fanny's staunch and helpful character.

When the funeral service was concluded the procession of 500 flower girls followed the coffin from the church along Fleet Street and past Fanny's pitch on Ludgate Hill. It was the first time within memory of those who looked on that such a funeral had been seen in the busy Fleet Street and under a leaden London sky it was a darkened picture from Victorian times.

Visit Barrooms.

The favorite pitching of the remaining flower girls (they are all ladies, although most of them are rather aged widows) are at Charing Cross and Piccadilly Circus, where they offer their blooms to the thousands who daily pass these thoroughfares. Occasionally they leave their pitches to do the public bar patrons tour in selling such questions as the French occupation of the Ruhr and the ultimate place of Mr. Lloyd George in the history of British statecraft.

But these days, in the girls' opinion about hard times. In black shawls and black straw hats they are at Covent Garden long before daylight to fill their baskets, and it's a good week when their sales total thirty shillings. In all kinds of fog, wind and rain they stand in their accustomed pitches and, in soft-toned but nasal vocal cries, cry their wares: "Lovely violets, lovely violets."

But as a jolly-faced woman in Piccadilly Circus explained: "Trade's bad, people haven't got the money. There is only twopence to be made on a shilling's worth of violets these days. It was sixpence before the war. Flowers is terrible dear."

Roland is a thoughtful little fellow who likes to ask questions. One day he was watching his father feeding the chickens, when suddenly he looked up with a puzzled face, and asked: "Papa, doesn't the other end of a feather hurt a chicken?"

INDIGESTION, GAS, UPSET STOMACH

Instantly! "Pape's Diapepsin" Corrects Stomach so Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

Canadian Seed Grain Best on the Continent.

Farmers living in the Prairie Provinces have for so many years carried off the first prizes for wheat and oats at the great international seed grain exhibition held in Chicago that Canadians have come to accept this as a matter of course, without realizing what it means as a testimony to the natural resource—the high quality of our grain for seed purposes.

The result at the exhibition held during the present winter show that Canada not only maintains, but is steadily increasing her lead in this respect. The list of grains in Canada is pre-eminent is no longer confined to wheat and oats, but includes barley, rye, pears, alsike, alfalfa and all. The following figures from the records of the Canadian Seed Growers Association show how western Canada fared in the judging in large fields of contestants representing the whole continent: Hard red spring wheat, 49 prizes out of 25; white oats, 24 prizes out of 35; field peas, 4 prizes out of 6. All Canadian contestants won prizes in barley and alfalfa seed. The list of top prizes includes the following: the grand championship in wheat and oats and first prizes in two rowed barley, fall rye, and field peas. The second prize was obtained for alfalfa seed.

These prize grains were not grown in small garden plots but each sample represents hundreds or thousands of bushels in the hands of the prize winner, and in most cases thousands of bushels more of seed almost as good in the hands of neighbors of the prize winners.

These results are causing alert farmers all over the continent to send for seed to northern grown seed to increase the quantity and quality of their crops. Naturally, too, farmers are looking toward the provinces and the districts which produce such high class seed as desirable places in which to locate.

STORMY WEATHER HARD ON BABY

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house, where are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep its stomach and bowels working regularly. This will not fail to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Banff-Windermere Road Opens in June.

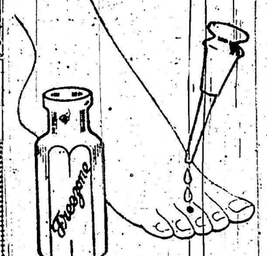
The Minister of the Interior has set the date for the opening of the Banff-Windermere motor highway through the Canadian Rockies for traffic for Saturday, June 30. The official ceremony will take place about noon at Vermilion Crossing, a point midway between Banff, Alberta, and Windermere, British Columbia. It is proposed that motorists from the east of Banff and from the west of Windermere and should leave their respective points early enough in the morning of that date to meet at the Crossing at noon in time for the ceremony.

The new highway, which forms the connecting link in the 4,000 mile "Grand Circle Tour" through Western Canada and the United States, was completed last fall and the engineers expect that by the end of June everything will be in readiness for the opening and the summer traffic.

The new road is built through the heart of some of the finest scenery in the Rockies, seventy-three miles of it being through virgin mountain and forest country where many of the peaks as yet bear no name. One of the unique features of the road is that it crosses two mountain passes. The main range of the Rocky Mountains is traversed via the Vermilion pass at an altitude of 5,000 feet and later the road is carried over the Sinclair pass at an elevation of 4,500 feet. The grades, however, are easy, the average being 3 per cent. A grade of 9 per cent. is the maximum and the sharpest curve at one point over a stretch of about 400 feet.

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Instead of an engagement ring, the Japanese lover gives his sweetheart a piece of beautiful silk for a sash.

HEALTH FOR WEAK DESPONDENT PEOPLE

From End to End of Canada Dr. Williams' Pink Pills Doing Good Work.

There is not a nook or corner in Canada, in the cities, towns, villages and on the farms, where Dr. Williams' Pink Pills have not been used and from one end of the country to the other people sound their praise. You have only to ask your neighbors and they can tell you of some run down man, suffering woman, ailing youth or unhappy anaemic girl who owes their present health and strength to Dr. Williams' Pink Pills. The success of this medicine is due to the fact that it acts directly upon the blood, making it rich and pure, and thus brings new strength to every organ and nerve in the body. Mr. Andrew F. Webb, Melanson, N.S., tells what Dr. Williams' Pink Pills have done for him as follows:—"I was in a run down condition from overwork and what the doctor called a nervous breakdown. My sister urged me to try Dr. Williams' Pink Pills. After taking several boxes I improved wonderfully and feel like a different person. I sleep well, eat well, and my nerves are stronger and with confidence I can recommend these pills to all weak, run down people."

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or they will be sent by mail, post paid, at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Monument and Tablet for Fort Moncton.

The historic site of Fort Moncton at the mouth of the Gaspereau river, near Port Elgin, N.B., known before the year 1755 as Fort Gaspereau, and one of the strongholds of French Acadia, is to be redeemed from oblivion by the erection of a monument and tablet bearing record of the historic interest of the site. The capture of Fort Gaspereau and Beausejour by the British and New England forces was the prelude to the fall of Acadia as a French colony and was immediately succeeded by the dispersal of the Acadians. Beyond a few soldiers' graves there is little now on the site of Fort Moncton to mark the momentous events of 1755. The Canadian National Parks Branch, on the recommendation of the Historic Sites and Monuments Board, has decided to take immediate steps to place there on a permanent memorial of this ancient battle ground.

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative

Hurry Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even if cross, feverish, bilious, constipated or full of cold children love its "fruity" taste, and mothers can rest easy because it never fails to work all the souring food and nasty bile right out of the stomach and bowels without griping or upsetting the child.

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

Paramaribo, the capital of Dutch Guiana, has one very unusual feature—its streets are lined with mahogany shade trees. For the trees in one block a lumber firm offered $50,000, but the residents declined to sell.

Minard's Liniment for Corns and Warts

If you live seventy years, you live 613,200 hours. One hour a day studying equals 25 550 hours. How do you spend your spare time?

Back to Work

Kendall's Spavin Treatment will get that lame horse back on the job again. For more than forty years as Kendall's Spavin Cure it has been removing spavins, splint, ringbone, thoroughpin and all kinds of body growths.

Get it at your druggist's today; also the free book, "A Treatise on the Horse and his Diseases", or write direct to

DR. B. J. KENDALL COMPANY, Enosburg Falls, Vt., U.S.A.

Kendall's Spavin Treatment

Tribute to a Good and Wise Mule.

Old Jude, a mule which gains her daily oats and hay by pulling back empty tram cars in the quarry of the Arkansas Lime Company, has been with the company since it started operations years ago, and she knows her business. The cars are drawn to the dump by gravity. A man always the car, coupled Old Jude with it and she hauls it back. In the quarry she is relieved of her load and returns to the dump alone. She does this without a driver. In the morning she is let out of the lot and she goes to the kilns. When the bell rings to start work she starts up the hill with the men. When the bell rings for dinner she ambles off down the hill again. No one has to tell her to get out of the way of a blast. When they holler "Fire in the hole," she knows what it means and runs to cover behind a tree or a big rock. After the explosion she ambles back to her job again. In Old Jude are exemplified the fundamental principles of success—brains and a dogged determination to do her best.

Contentment may be better than wealth, but they ought to go together.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels.

Clean your bowels! Feel fine!

When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Do not make a friend of a man whom you would regret to see married to your sister, if you had one.

Minard's Liniment for sale everywhere

Much of the wrongdoing of the world results from busying oneself with things that don't matter.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

When the average man picks up the newspapers he has scattered he thinks he's a great help about the house.

Cough?

Take half a teaspoon of Minard's Liniment internally in molasses. Rest Liniment and rub well into affected parts for external treatment. Soothes—penetrates—prevents.

Minard's Liniment

The Family Medicine Chest

America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed

Mailed Free to any Address by the Author, H. Clay Glover Co., Inc. 129 West 24th Street New York U.S.A.

SPOHN'S DISTEMPER COMPOUND

A safe, dependable and effective remedy for Coughs, Colds, Distemper, Influenza, Hepatics and Worms among horses and mules. Absolutely harmless and no scale for reins as it is for stallions, mares or colts. Give Spohn's occasionally as a tonic. Prevents and relieves stocky legs.

SPOHN MEDICAL CO. GOSHEN, IND. U.S.A.

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BLACK KNIGHT STOVE POLISH

Will not burn

Easy to use

"For the Home"

Hotpoint IRON

IRONING with a Hotpoint Iron, becomes a pleasant task. This famous iron is so constructed that you simply tilt it back on the heel stand without having to lift it at all. As a result, the tired feeling also many women experience after ironing, is entirely eliminated.

For sale by dealers everywhere.

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Canadian General Electric Co., Limited

Head Office Toronto

WILLIAMS TELLS OF WASTED CASH

Declares He Spent Hundreds But Wife Continued to Suffer Until Tanlac Ended Stomach Trouble.

"I never saw such a change as Tanlac has made in my wife and she is glad to tell everybody about it," declared Howard Williams, a well-known shoemaker of 28 Cowell St., Toronto, Ont., recently.

"For years she had suffered from indigestion and was so weak and run-down I often thought she would fall in her tracks. Nearly everything she ate disagreed with her and at times she was simply in agony. Her nerves were so unstrung the least little thing would worry and upset her for hours and she could scarcely get any rest.

"We, after spending hundreds of dollars on different medicines, didn't have much hope that Tanlac would help her any, but, it's a fact, when she finished the treatment, every ailment was gone and she was eating, sleeping and feeling fine. That was several months ago and since then her health has been splendid. Hereafter we will always pin our faith to Tanlac."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

The word "alibi" is usually wrongly used, as it means "elsewhere."

Minard's Liniment for Coughs & Colds

This Farm Mixer Operates at a Low Cost. This sturdy double-action, four-cycle Mixer is easily loaded at the feeder. It discharges directly into barrel or forms. Equipped all to operate, makes concrete for floors, silos, etc. Has power, mounted on skids or truck. Use your own engine or our 1½ H.P. Kerosene engine.

Our Booklet is free.

The Mixer for Small Jobs

Gould, Shapley & Muir Company, Limited 204 Wellington Street Brantford Ontario

Campana's ITALIAN BALM

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

DRUGGISTS SELL IT

Thick Lustrous Hair Kept So By Cuticura

At night touch spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with a lather of Cuticura Soap and hot water. Rinse with tepid water. Keep your scalp clean and healthy and your hair will be luxuriant.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

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SALESMEN WANTED.

EXCEPTIONAL OPPORTUNITY FOR energetic intelligent men. Permanent selling business selling Watches, Jewellery Products. World's largest direct-to-consumer sales organization. Over 34 years. Superior required. Write R. Watkins Company (Dept. H), Hamilton, Ont. for full particulars.

FEMALE HELP WANTED.

EARN $20 WEEKLY, SPARE TIME, at home, addressing, mailing, Music, Circulars. Send 3cd for Music. Information. American Music Co., 1658 Broadway, N.Y.

RUSSIAN CLOVER.

RUSSIAN CLOVER, THE GREAT honey plant. Write for interesting information. D. Fraser, R.R. 2, Alderton, Ontario.

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Irrigated Farms in Southern Alberta

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An opportunity for mixed farming and dairying. Splendid opportunities in this district for young men now living on high rented farms where good land cannot be had at reasonable prices.

THIS IS NOT PIONEERING, the first 10,000 acres are fully settled and another 10,000 acres now ready for settlement; maximum distance from railroad seven miles. Good roads, telephones and schools. Easy payments, extending over 10 years. Write Today for Free Booklet and Map. The Best Land Buy in Alberta. Write for further information to:

CANADA LAND and IRRIGATION COMPANY, LIMITED Medicine Hat, Alberta

PETRIE'S MACHINERY TORONTO

YOUNG DAUGHTER MADE WELL

Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B.C.—"My daughter, a young girl who has been having so much pain, is weak and dizzy feeling for quite a time and had lost her appetite. Through an older daughter who had been of a woman who was troubled with the same trouble, we were induced to try Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was represented to do and we have told a number of others about it. I am here to say that a bottle of it in the house, for the whole family, tired, weak, nervous feeling which sometimes comes to us all, is something we uphold and strongly recommend it to women who are suffering as I and my daughter have."—Mrs. Thomas Jordan, 2947 30th Ave. East, Vancouver, B.C.

For the space of two months we all the daughter's thoughtful mother could do for Marie. A woman has a right to expect health in her home, and the mother who will not make a strong effort to keep her daughter's health above complaint, or who neglects the first symptoms of trouble, is not a true friend to her daughter. Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions.

Chest colds—broken!

Inflamed membranes congestion, oppressive pain. Apply Sloan's to chest and throat. It scatters congestion—your cold's gone!

Sloan's Liniment

Made in Canada

—kills pain.

For rheumatism, bruises, sprains, chest colds.

ASPIRIN

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

BAYER

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

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
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Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100. Druggists.

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