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.

A health message recently issued by the Metropolitan Life Insurance Company is well worth while repeating. It is reproduced as follows:—

"On an Enchanted Island of the South Sea, where the shining water is the Looking-glass, is the Ark Isle of Aloha, the Road of Loving Hearts—a Road of Gratitude.

"The road was built by the Samoan people for their beloved "Tusitala"—Teller of Tales—as they called Robert Louis Stevenson, the beloved of every one.

"In thanking the old chiefs who built the road as an expression of gratitude for his never failing kindness, Stevenson said:—"When a road is built, every year as it goes on, and more and more, people are found to travel upon it . . . so perhaps even this poor gift may be useful for hundreds and hundreds of years. And it is a fact that our far away descendants remember and bless those who cared for them to-day."

"Stevenson's Road—paved with love and gratitude—led to the Island home of Aloha at the end of a world-wide quest for health. The road still climbs up the mountains to Vaitima, and is trod by many hundreds who visit Stevenson's home because of their love for the priceless heritage of his writings.

"Another great road is being built across a nation which year after year and more and more grateful people will travel. A road which shall not be for hundreds of years, but for all time. A road, for which far distant generations will remember and bless those who are laboring for them—it is the Road of Health. Its builders are far-seeing physicians and public and private health agencies. They are working with loving hearts, as the old Samoan chiefs worked, to insure a road that "shall never be muddy"—a road that is clear of the Pitfalls of Ignorance and that is free from the murderous Highwaymen of Contagious Diseases.

The Road of Health is the only road upon which the sun shines. It is the only road from which the real beauties of life can be seen. It is the road sign-posted with Happiness and Success. It is the road which leads to the delectable mountains of fulfilled hopes and ambitions.

Health is not the monopoly of any one group or class. And so the road of Health is a great Public Highway open to all—to all who keep themselves physically fit to travel it.

For however smooth a roadbed, however free from dangers, wrecks cannot be avoided unless the machine that travels the road is in good condition. And just as no locomotive or motor would be sent out, even on the best of roads, without occasional examination, so the human body—the greatest machine in the world—must be thoroughly examined by your doctor and regularly overhauled, if wrecks along the Road of Life are to be avoided—if the Road is to be the Road of cheerful bodies, cheerful minds and loving hearts.

Failure to have the complex human machine examined regularly means that you are ever in danger of being sidetracked to The Road of Sickness—a road over which many thousands needlessly struggle. Upon it are the Hills of Difficulty. It is sign-posted with Heartaches and Failures, and leads to Poverty, to Broken Homes and to the Valley of the Shadow long before one's time.

HOW MANY WOMEN SUFFER IN SILENCE

Not Realize That Their Trouble is Due to Impure Blood.

Every woman needs a blood building tonic regularly just because she is a woman. From maturity to middle age the health of every woman depends on her blood. If her blood is poor and weak, languid, pale and thin the blood supply is irregular she suffers from headaches and backaches and some women have to expect this suffering and to endure it. They do not realize that if the blood supply is kept rich and red these troubles will disappear, as in every case. In every woman's case. In every woman's case Dr. Williams' Pink Pills is the enriching medicine and for this purpose nothing has ever been found so much as Dr. Williams' Pink Pills, which act directly on the blood, building the elements necessary to make it rich and pure. Mrs. Wm. Watts, Kingston, Ont., gives her experience with this medicine as follows:—"My first experience with Dr. Williams' Pink Pills was while attending Collegiate Institute at the age of seventeen. I became run down, and could not go to school without resting half way home. I tried to quit school and not take my studies, but all that was done for me there was no signs of improvement. A friend had begun using Dr. Williams' Pink Pills, under the care of this medicine I became well and strong. Some years after I was married, and with this medicine I found my baby boy was born I did not feel strong, so I at once started using Dr. Williams' Pink Pills. I took them all the time I was nursing baby, and you should have seen the lovely, fat, healthy boy I had. I was strong once more. Whenever I feel a bit run down Dr. Williams' Pink Pills are my tonic and I recommend them to grow girl and all women."

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

Circumstantial Evidence.

A lawyer was riding through a narrow lane in the country. He had seen no less a thing than a goat . . . come out of the cow pen . . . had been milking the cows," he had a bucket of milk in . . .

The lawyer interrupted one of his audience, "It certainly must of been terrible . . . to make you shake . . . wid fright.

"You know what Ah shook wid. Ah got home Ah foun' all de milk . . . an' two pound's o' butter . . . de bucket."

For Your RADIO

Crystal Sets, try the Old Established Final Price lists and information. Become satisfied customers. Mail orders our specialty.

THE VIMY SUPPLY CO., LTD.
Dept. M.O., 527 College St., Toronto

MURINE FOR YOUR EYES Night and Morning. Have Clean, Healthy Eyes. If they Tire, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago

Irrigated Farms in Southern Alberta

In the Famous Vauxhall District
Bow River Irrigation Project

Especially good location for mixed farming and dairying. Splendid dairy cows and young stock now living where good land cannot be had in reasonable prices.

THIS IS NOT PIONEERING. The irrigation works are fully settled and 1,000 acres now ready for settlement. Maximum distance from railway seven miles. Good roads. Telephones and schools. Easy payments extending over 15 years.

This Is the Best Land Buy in Alberta
Write for further information to
CANADA LAND and IRRIGATION COMPANY, LIMITED
Medicine Hat, Alberta

Gamalmennasemsati.

What a word! Translated it means "old people's party"—an institution that is held once a year round Christmas in the little fishing town of Isafjord, in Iceland. The party, which is given by a union of ninety young people, is the one big event in the lives of the old people of the place. They begin to talk about it in March, and it is their chief topic of conversation until December. Early in the year the ninety members of the union begin to make preparations, for, as there are to be between three hundred and four hundred old people, much preliminary work is necessary. For example, the young men and women must see that good "party" clothes are provided for all the old people who need them; it would not do for them to go in shabby clothes. The party must have an air of prosperity as well as of good cheer.

The festival starts at five o'clock in the evening and does not close until one the following morning. First there is a big tea. When all are satisfied and things have been cleared away comes a play, which the old people dearly love; then there is a concert during which all the old Icelandic and Danish songs are sung. After the concert, the young men and women play games with the old people and then wind up with all the old-fashioned dances. And they must see that each old person has at least one dance with some member of the union.

During the year the old people would often ask anxiously, "Will there be a party this year?" For they realized that it was almost impossible to get fruit of any kind or the sugar with which to make the great variety of little cakes of which the old people are so fond. "Oh, yes," was the customary answer, "the party will take place at the usual time." And it did, for the ninety young members denied themselves sugar and fruit so that the old people would not be disappointed.

Wanted Good Measure.

An old Scotswoman tramped miles over the hills to get a bottle of medicine for a small boy who was ill in her remote village.

When she had described the symptoms the doctor set about preparing the mixture, one ingredient of which was a poison which could be administered only in the smallest quantities.

She watched him preparing it with the utmost care into the measuring glass. He poured a little from the bottle into the glass and then added the water and then added a few more drops.

"Ah, doctor," she said, reproachfully, "you needna be sae stingy. Remember, it's for a puir wee orphan laddie."

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 tablet of "Pape's Diapepsin." The moment it reaches the stomach all scarness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for a few cents.

Rubber Trees Yield Oil.

An oil similar to linseed oil is extracted from the seed of rubber trees and the residue used as fodder. A mill has been set up in Malaya and small consignments have been sold in Europe at good prices. Under present conditions on the rubber plantations seed for this purpose is easily secured.

Minard's Liniment used by Physicians.

A humble opinion of our ability for great things should only make us more faithful in regard to small things. After all, the perspective of earth and heaven are not always alike.

MARCH WEATHER DANGEROUS TO BABY

Our Canadian March weather—one day bright, but sloppy, the next blustery and cold—is extremely hard on children. Conditions make it necessary for the mothers to keep the little ones indoors. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against these colds and to keep the baby well till the better, brighter days come along, a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. The Tablets are a mild but thorough laxative which never fail to regulate the stomach and bowels and thus they relieve colds and simple fevers and keep the baby fit. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Heart Blossom.

An apple, big and red and round;
No orchard monarch ever found
Surpassed in beauty, taste or smell.
This, that from perfect ripeness fell.
Midway 'twixt stem and blossom end
My blade I made all haste to send—
I halved it. In that apple's heart
I saw the blossom's counterpart.

A seed pod, where each petal fair
Had been, lay spread before me there,
A working model of the bloom
That once had lightened March's gloom.
Through all the fortnights that had flown
The while that fruitage fine had grown,
The blossom's image had remained
To that great apple's heart enchained.

Deep down within each human heart
Lives our Creator's counterpart
The God-thought out of which we came
Still lingers, ever more the same.

—Strickland Gillilan.

"How Are the Mighty Fallen?"

Not long ago a woman who was playing a bugle in the Boulevard Montmaitre, in Paris, and collecting money, was recognized just as the police were taking her to the station, as the Princess Polignac, of, a former lady in waiting to the czarina. She was destitute and had been reduced to that means of getting food. A compatriot who knew her succeeded in obtaining her release.

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 today saves a sick child tomorrow. 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.

Reducing the Profit.

Always on the spot when business was to be done, Ikey Rotstein went under the canopy with Rachel Geltbinger, widow of old Judas Geltbinger, the money-lender. After the ceremony, one of Ikey's friends congratulated him on his good fortune.

"Why, Ikey," he exclaimed, "you're going to handle about fifty thousand dollars!"

"Not as much as that," returned the bridegroom.

"What do you mean, not as much as that?" asked the friend. "Why, old Judas must be left that at the very least."

"Yes; but the wedding is going to cost me a fiver," returned Ikey, somberly.

"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 physics on earth for grown-ups and children. 10c a box. Taste like candy.

Greenland is the largest island in the world, its area being 827,300 miles.

Minard's Liniment for sale everywhere

BABY CHICKS

25 of them delivered free to every person who registers for Shaw's Goldbelt Poultry Course for Home Study. 234 people made the right start last year. You may have some of their testimonials. Write Shaw School, Poultry Department, 46 Bloor W., Toronto.

Had Done His Share.

A certain schoolmaster has the habit of talking to his boys in the first person plural: "We will translate this passage now," or "We will have Latin composition after Shapes," and so on.

The other day he had occasion to punish a member of his form.

He said to him: "We will write five hundred lines for this, if you please!"

The next day the boy appeared with a nice set of manuscripts.

"How's this?" asked the master, after counting. "Didn't I tell you to write five hundred lines? There are only two hundred and fifty here!"

"When you said we'd write five hundred lines—and I've done my share—I thought you meant them to be divided between us equally, sir," replied the boy.

Proof!

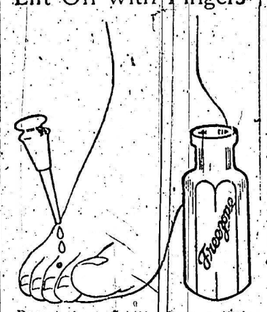
A Georgia politician was waiting for a train. One hour, two hours, three hours passed, but no train. Just as he was about to make arrangements to drive to the next town, the agent said: "I wouldn't go to that trouble, sir. That train will be along soon now."

"What makes you think so?"

"Well," said the agent, "I'm pretty certain it will. Here comes the conductor's dog."

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.

East or West Eddy's Best

EDDY'S MATCHES

Insist on having EDDY'S!

Keep it handy for bruises-strains

Sprains—bruises—painful turned ankles—stiff, sore muscles—no family can avoid them.

That is why millions keep Sloan's handy.

You will soon find Sloan's is more useful than any other item in your medicine cabinet. It breaks up the congestion that causes the pain.

Use Sloan's to protect you from pain as you would use an antiseptic to prevent infection. At your druggist's.

Made in Canada

Sloan's Liniment—kills pain!

For rheumatism, bruises, sprains, chest colds

ECZEMA IN RASH ON HANDS

Fingers Cracked. Lost Sleep. Cuticura Heals.

"Eczema began with a rash on my hands and I could not put my hands in water. It grew worse every day and my hands and fingers all cracked which made them covered with eruptions. I lost sleep with the itching.

"The trouble lasted three months before I heard of Cuticura Soap and Ointment, and after using three cakes of Cuticura Soap and two and a half boxes of Cuticura Ointment the eczema was healed." (Signed) Miss Eva E. Belliveau, 338 Highfield St., Moncton, New Brunswick.

For every purpose of the toilet and bath, Cuticura Soap, Ointment and Talcum are wonderfully good.

Sample Each Free by Mail. Address: "Cuticura, Dept. 34A St. Paul St. W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Three at a Time.

A sportsman with a wonderful power of imagination was telling how at one shot he had bagged two partridges and a rabbit. His explanation was that, though he had hit only one partridge, the bird in falling had clutched another partridge and brought that to earth entangled in its claws.

"But how about the rabbit?" he was asked.

"Oh," was the calm reply, "my gun kicked and knocked me over, and I fell on the rabbit as it ran past."

Minard's Liniment for Corns and Warts

Even as a boy, Dr. Nansen, the famous Polar explorer, was an expert in the use of snowshoes. He would go for journeys of fifty miles by himself, taking neither food nor equipment with him.

MONEY ORDERS.

Pay out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

If I were asked what was most characteristic of the good side of the modern world, I should be tempted to reply: "Its discovery of youth."—Bishop of Durham.

Sprain?

Soothe the sore ligaments, rapidly recover full use of the limb by rubbing in Minard's Liniment. It penetrates. It heals. Athletes all use it.

Minard's Liniment

The Family Medicine Chest

Campana's ITALIAN BALM

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

All druggists sell it

How to Prevent Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it chases away indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and $1.00 Bottles. 3

Will not burn — Easy to use

BLACK KNIGHT STOVE POLISH

All About Horses

A TREATISE THE HORSE

Dr. B. J. KENDALL CO., Enosburg Falls, Vt., U.S.A.

FREE

BEFORE MY BABY CAME

I Was Greatly Benefited by Taking Lydia E. Pinkham's Vegetable Compound

Sydenham, Ont.—"I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. I just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others, take it."—Mrs. HARVEY MILLIGAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.

Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs, and does not contain any harmful drugs. It may be taken in safety by the nursing mother.

ISSUE No. 12—22.

MRS. LEWIN SAYS IT'S WORTH $

Toronto Lady Values Tanlac Highly; Declaring It Ended Stomach Trouble—Gained Nine Lbs.

"I wouldn't take a thousand for the good Tanlac has done me. I would have given that much but took this wonderful treatment the way I do now," was the statement made the other day by Mrs. Matilda Lewin, 12 Strange St., Toronto, Ont.

"I suffered with stomach trouble, general run-down condition, and my nerves were so excited they drove me wild. I ate scarcely enough to keep going, was dreadfully weak, and often had to give my housework to avoid a breakdown. On my stomach blocked me till I could hardly breathe. I had to rush to the window for air, and seldom got a good night's sleep.

"If I live to be a hundred years old I will always bless the day I took the Tanlac treatment. I have gained nine pounds, am free of indigestion, nervousness and sleeplessness, and housework is like play. Tanlac is simply grand."

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

Life without reading would be meagre indeed.—Sir Michael Foster.

Minard's Liniment for Coughs and Colds

Many Farmers Use This Method of Mixing Stock Feed

The "Ford" Mixer can be operated by hand or small engine. It provides extra feeding space. Prices, latest posts, etc. Write today. Agents wanted. Write for Trade Offer.

Gould Shapley & Muir Co., 200 Wellington St., Brantford

Classified Advertisements

DOG REMEDIES—WORMS, MANGE, SKIN DISEASES, Distemper, Indigestion, Fits, Sore Eyes, Mailed Free. Write Author. Dr. Clarke's Dog Remedies, 2 Cedar Grove, Toronto, Ont.

PATENTS—Fetherstonhaugh & Co., Patent Solicitors, Limited, 6 Toronto and Ottawa. Handbook free.

WOOL WANTED—Carded rolls or spun yarn. Write for free sample, enough for one dollar. Woollen Mills, Georgetown, Ontario.

WILLIAM CLEVER, 21 CLEVER BUILDING, THE GREAT Animal Dealer, Write for interesting information. D. Fasser, R.R. 2, Elderton, Ont.

A BUSINESS OF YOUR OWN.

WE HAVE A FEW OPENINGS FOR ambitious men with small capital, who desire to establish themselves in a business of their own. Applicants should state age, experience, and give full particulars. We have a proposition that will appeal to you. Write us to-day. Mutual Service Co., Limited, Toronto.

Lambert's Pioneer Dog Remedies Issue an Authoritative Book on DOG DISEASES

Sent Free to Any Address. Lambert Co., Inc. 241 Street, New York, U.S.A.

PATENTS—Time counts in securing patents. Delays are dangerous. Our Handbook tells you how and when to secure patents. Send for it. Prompt service. Reasonable terms. Correspondence invited. Booklet free. Highest references. THE RAMSAY CO., Patent Attorneys, 170 Bank St., Ottawa, Ont.

INVENTIONS—Send for list of inventions wanted. Manufacturers are writing us for patents we control. Patents secured through us procure attention. Our Inventive Genius Develops Ideas. Write for booklet. HAROLD C. SHARPLES & CO., PATENT ATTORNEYS, 1 Toronto St., Toronto.

"Metallic" Ceilings

Ne or cr k or tar oil Send for our free booklet. The Metallic Roofing Co. 1144 King W., Toronto

$ You Must Decide Now

Whether you are getting inferior quality or profitable Yields of Superior Quality.

High Grade SHUR-GAIN Fertilizers get you Big returns.

"A study of the average that without a single exception fertilizers were profitably employed." Larger and earlier maturity can be obtained at much less cost by combination of chemical fertilizers with manure than by the use of manure only." Bulletin Experimental Farms Rpt.

Order your Shur-Gain Fertilizers NOW. Consult our Agent or write us.

Data from 5 stations, reveals the fact that exceptional returns were profitably and earlier maturity can be obtained by combination of chemical fertilizers with manure only." Bulletin Experimental Farms Rpt.

Gunns Limited 1201 St. Clair Street TORONTO

Get Big Hatches—Raise every Chick

This is the most critical time of the whole year. A single day NOW will prevent losses which can't be made good later.

Pratt's Poultry Regulator

added to the mash will keep your breeders strong and healthy, improve the entire system; prevent disease; increase fertility; insure big hatches of sturdy chicks. Then you can raise all your chicks by:

Pratt's Buttermilk Baby Chick Food

—the original "Buttermilk Food for Baby Chicks." No other food is required for the first few weeks, everything needed to build bone, muscle and feathers. Helps to prevent the chick's rapid gain in strength and weight from causing leg weakness. Only 2c per chick for 6 weeks' feeding.

Your Money Back If You Are Not Satisfied

Made in Canada

FREE ADVICE! Leaflets on poultry problems. Write us, it's worth dollar to you. Or complete, 160 page Poultry Manual, 25c.

PRATT FOOD COMPANY OF CANADA, Limited
331 W. Carlaw Ave., Toronto

PRATT'S STEP-SAVER POULTRY GEAR

ASPIRIN

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

BAYER

Genuine

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 — Lumbago — Neuritis
Earache — Neuralgia — 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. To assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."