A Sun Subscription Offer

The next three months will be months of absorbing interest to the electors of Ontario. Never before in the history of the Province was there as much political confusion and uncertainty as there is to-day; never before was it so necessary that electors should understand the point of view of those with whom they differ.

The Farmers' Sun during the coming campaign will endeavor to give its readers a full and impartial record of events and to those who hold to the principles it supports, as well as those who may support other principles but who wish to be well informed, it offers a special subscription opportunity. The Sun will be sent to any address in Ontario for three months for fifty cents, or six months for one dollar. You may send your subschiption by Postal Note or Express Order to the Sun Office, or through the courtesy of your local paper.

The Farmers' Sun
109 GEORGE ST. - - TORONTO

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.

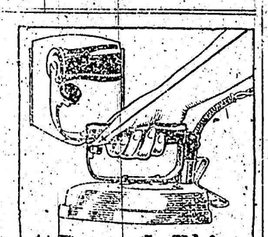
What is taught in Public Health Education is important. Too often there is a tendency to emphasize the value of physical fitness, and neglect the equally important question of mental and social fitness. Health is not alone a question of physical fitness by any means. Our mental attitude, our viewpoint towards our fellows and towards life in general, have much to do with our condition of health. Athletes, models of physical perfection do not live any longer, as a rule, than ordinary individuals. Why? Because they give attention to their physical fitness and often neglect the mental and social conditions that contribute their share to long life, health and happiness.

I well remember an instance of a young man calling to see me. His health was broken, he could not sleep and he suffered from indigestion. I inquired about his condition and especially about the cause of his worried unhappy viewpoint. It was this. He had been for a couple of years, secretary of a church club in which he was keenly interested. His work as secretary was not paid for, but he did not want any pay. However, the members of his club felt that it was too much of an imposition to ask this young man to carry on his duties for a third year without relief, so thinking it would be regarded in the right spirit, they appointed a new man to take his place as secretary. This was the cause of his collapse. I reasoned with him and told him his viewpoint was wrong, that he had been deceived as to the motive for replacing him, and that the club's action was in no way a slight, but rather an appreciation of what he had already done for them. At last he agreed that he might have taken the wrong viewpoint and promised to act accordingly. He did so and completely recovered his health and appetite. The following year he was reappointed to the position that he had regretted losing.

This is just an example, but it is one taken from real life. There are many such, and they prove beyond a doubt that to be healthy our minds must be serene, our viewpoint cheerful and our bodies fit. One without the other will not bring a state of health that could be regarded as ideal.

Can we convince the average man or woman—particularly the man holding public office, that public health activity is an asset rather than an expenditure? If we can do that, we have made tremendous progress, for in my experience and that of many others, the average man regards public health expenditure as something that could easily be postponed till next year or the year after. Mind you all these people who throw cold water on the immediate inauguration of health reforms—such for instance as the appointment of a Public Health Nurse, readily admit that the proposition is a praiseworthy one, and just as necessary as sidewalks or sewers. But they persist in regarding everything expended as an outlay from which there can be no expectation of direct money returns.

To correct that impression is most important. But how can it be done. I have tried it by pointing out the enormous sums we spend annually for upkeep of asylums, hospitals and institutions of various kinds when a comparatively small amount spent on preventive work would half empty these institutions. We could further emphasize this by pointing out the cost of the maintenance of law and order, on account of the mentally unbalanced and criminally disposed members of society whose upbringing has often been neglected and unsupervised and who as a result drift into degeneracy.



It Rests the Wrist

THE whole body is relaxed, the ironing is done far more quickly, and the end of your ironing finds you with untired arms and wrists, if you iron the

Hotpoint

way. The thumb rest, an exclusive Hotpoint feature, relieves all strain from the wrist, and makes ironing an agreeable duty, rather than a weary task.

For sale by dealers everywhere.

"Made in Canada" by
Canadian General Electric Co., Limited
Head Office, Toronto

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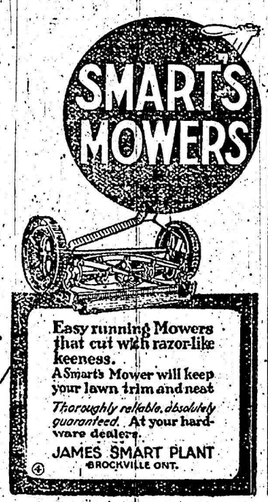


Easy running Mowers that cut with razor-like keeness.
A Smart's Mower will keep your lawn trim and neat
Thoroughly reliable, absolutely guaranteed. At your hardware dealer's.
JAMES SMART PLANT
BROCKVILLE ONT.

Bishop Doane's Tribute to His Dog.

I am quite sure he thinks I am God
Since he is God on whom each one depends
For life and all things that his bounty sends.

My dear, old dog, most constant of all friends,
Not quick to mind, but quicker far than I,
To Him whom God I know and own His eye

Deep brown and liquid watches for my nod;
He is more patient underneath the rod
Than I, when God His wise corrections send.

He looks deep love at me, deep as words ever spake,
And from me crumb or sup will take
But he doth thank with his most vocal tail.

And when some crashing noise wakes all his fear,
He is content and quiet if I am near,
Secure that my protection will prevail.

So faithful, mindful, thankful, trustful he
Tells me what I unto my God should be.

A Prayer.

We give here a part of the prayer written by that fine soul, Walter Rauschenbusch. A friend sends it to us who heard it read as a morning service in a hotel:

"Enlarge within us the sense of fellowship with all the living things, our little brothers, to whom thou hast given this earth as their home in common with us. We remember with shame that in the past we have exercised the high dominion of man with ruthless cruelty, so that the voice of the Earth, which should have gone up to Thee in song, has been a groan of travail. May we realize that they live, not for us alone, but for themselves and for Thee, and that they love the sweetness of life even as we, and serve Thee in their place better than we in ours."

Seeking the Light.

A parish church was being beautified with a stained-glass window. The old sexton was watching the work. The rector, seeing him thus intent, remarked:

"Well, John, and what is your opinion of the window?"

"Weel," was the reply, "in ma opeenion they might hae been content wi' the glass as Gad made it."

Pulverize Ground.

Two sets of plows that revolve in opposite directions feature a motor-driven machine being tested in Porto Rico for pulverizing the ground for sugar cane planting to a depth of twenty inches.

Minard's Liniment for Corns and Warts

"Too Busy."

The quest of convenient excuses will go on when every other search in the world—even the hunt for gold—has lost its lure. One of the readiest and easiest allegations, as the cause of a refusal, is the laconic phrase, "Too busy." It deserves by this time to belong amid the depreciated currency of speech, and still it manages to pass for its face value, even among the sophisticated. Those who use it least are the busiest; those who resort to it oftenest are likely to be dilettanti or poor managers of their time. So that it is a very common saying that if we want to get something done we must go to the busy people. They have been obliged to form a habit of getting things out of the way, of putting their hours behind them one by one and pressing forward, without the retrospect of a Liet or an Orpheus that would spoil everything.

"Too busy." Those two words have been the little stiletto assassins of high resolve and emprises. A beautiful plan has leaped in with a light-heeled agility at some open window of the mind. Our stern resistance has met it at the very sill, and it has perished before it has had time to cry out or defend. "Too busy" can knock in the head all the plans that "too poor" leaves alive and moving. It is supposed to be the final and crushing retort to any one who asks us to do anything.

The value of a human life to a human world is determined by the business it chooses. Some people are so much occupied in a restless migration from place to place that they never halt anywhere long enough to acquire any solid information, to form a deep and lasting friendship, to put down either a stepping-stone to a solid, assured success of any kind, or the cornerstone in the foundation of a character. What they call a business is to keep themselves thrillingly amused.

It is easy to become so fettered and hampered by the trivial things—many minute threads combining to tie us down as certainly as one or two strong cables—that we cannot break away from them to the real values, that for the soul's own good we need. "Getting and, spending we lay waste our powers." We have and we have not. We have garnered, and the profit has been slender. The body was fed, but we starved the spirit. The mess of pottage would not satisfy the inner life, which cannot live by bread alone. What of the music that we might have heard, the twilight or the sundown or the picture or the poem or the book we might have assimilated? When we had all the material facilities and the mechanical advantages about us, there were essential, mystic, unaccountable phenomena beyond this realism, still to be enjoyed if we were not "too busy."

Duty comes first. But there is a duty to oneself, and part of it is to see and know the loveliness put into the world by Him who made it, and, if we think we see and hear any part of that beauty, then to share it with our friends.

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers and making teething easier. Concerning them, Mrs. Salusie Pelletier, St. Dufras, Que., writes: "I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Drop Too Much.

"What weather! The thermometer acts like it's drunk."

"Yes; often takes a drop too much."

Unique Band Saw.

There is in use an ingenious sort of band saw for coarse work, such as felling trees and sawing stove wood. The saw, instead of being a continuous ribbon like blade, is made up of links like those of the driving chain of a bicycle. On their outer side they have teeth of extreme hard steel. The endless chain is supported on four ball bearing sprocket wheels mounted in a light metal frame. A five horse-power benzine motor drives it.

Minard's Liniment for sale everywhere.

Grass.

So the days pass:
So greens the grass;
Until at last
Some fruit is cast.

But fruit that fades
Into the earth,
By a new birth
Gives greener blades.

That is our round:
Morning and even
Lapsing to ground,
Piercing to heaven.
—Edmond X. Kapp.

PALE FACES AND WORN OUT NERVES

Due Solely to Weak, Watery Blood—A Tonic is Needed.

Anaemia — literally impoverished blood—comes on so stealthily that it is often well advanced before its presence is recognized. Feelings of fatigue and discomfort are the earliest manifestations of the trouble and these are seldom taken seriously. Gradually small tasks become an effort and exertion causes the heart to palpitate violently. The complexion becomes sallow or pale and there is loss of weight. The nerves grow weak and the victim displays irritability under slight provocation and is extremely sensitive to noise. The appetite is fickle and indigestion often follows.

A condition of anaemia calls for a tonic, one that will enrich the blood and strengthen the nerves, and for this purpose there is nothing can equal Dr. Williams' Pink Pills. These pills give the blood all those missing elements necessary to give strength to the nerves, color to the cheeks, and nourishment to starved organs and tissues. Miss Margaret J. Fraser, R.R. 2, Thessalon, Ont., has proved the value of this treatment. She says: "I was very pale and weak. My blood was poor and I was very nervous. I lost my appetite, my feet and ankles were swollen and I was in a very miserable condition. A friend advised me to try Dr. Williams' Pink Pills and I got two boxes, and found before they were finished that they were helping me. I continued the pills until I had taken a half dozen boxes with the result that I am now enjoying the best of health, all symptoms having disappeared. I feel confident that what Dr. Williams' Pink Pills did for me they will do for others, if given a fair trial."

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

Not Strange.

Wife—"Didn't I see you with a strange woman to-day?"

Hubby—"You certainly did not. She was very simple and demure."

Canada's Fur Production.

The value of fur production in the past year shows a substantial increase over that of the previous one, though a decline from the banner year of 1919-20. The total value of the pelts of fur-bearing animals taken in Canada last season was $16,958,621, an increase over the previous season of $6,307,027, or 62 per cent. The number of pelts of all kinds taken was 4,321,830, an increase of 47 per cent. over 1920-21. These figures comprise the pelts of animals taken by trappers and those of ranch-bred animals.

Leading Canada was the Province of Ontario with a value of $4,949,787, followed by Quebec with a value of $3,326,628. Following in order came Manitoba with $1,679,645; Saskatchewan, $2,673,679; British Columbia, $1,560,807; Alberta, $1,857,338; Northwest Territories, $908,232; Prince Edward Island, $448,786; Yukon Territory, $203,402; Nova Scotia, $188,887; and New Brunswick $142,221.

According to value, the principal pelts in the year under review were muskrat, which accounted for a total value of $4,687,818; beaver, $4,258,579; mink, $1,839,755; marten, $1,212,603; silver fox, $732,674; white fox, $700,124; red fox, $472,847; fisher, $424,063; otter, $372,634; and skunk, $311,040. Muskrat pelts in the season increased by over one million in number and by over two million dollars in value. Beaver pelts increased from 164,656, valued at $2,636,472, to 231,645, worth $4,258,579.

The average prices paid for pelts in the season 1921-22 were greater than those which prevailed in the previous season, but less than in the season 1919-20. For instance, the average price received for muskrat was $1.53 as against $1.24; for beaver, $9.07 as compared with $6.40; mink, $9.00 against $8.23; marten, $20.61 against $22.87; silver fox, $147.36 against $161.90; white fox, $38.26 against $34.62; red fox, $12.46 against $11.61; fisher, $74.05 against $58.86; and skunk, $2.34 against $1.73.

Noble Consistency.

Father—"I hear, my boy, that you have lately told your mother several falsehoods. This grieves me to the heart. Always tell the truth, no matter what suffering it may bring upon you. Will you promise me not to tell untruths again?"

Boy (promptly)—"Yes father."

Father—"Very well. Now go and see who is at the door. If it's the tax collector say I'm not at home."

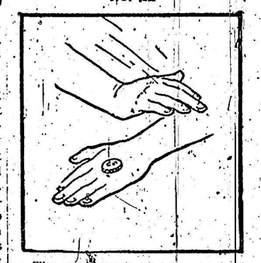
COLDS

In Head, Throat or Chest yield quickly to the influence of Minard's.
The Old Reliable Remedy

MINARD'S "KING OF PAIN" LINIMENT

EASY TRICKS

Turn Over
No. 23



The problem is to place a half dollar on the back of your left hand and, without touching it, make it turn a flip flop or somersault and land about where it started. A juggler or one having talent for that kind of entertainment may do this in the obvious way—but not without considerable practice. Here is a more amusing way.

Slap the left wrist, a few inches above the coin, vigorously with the right hand. The coin will obligingly execute the necessary flip flop. With a little practice the coin may be made to turn a series of flip flops, going into the air every time you slap your wrist.

Always hold the left arm stiffly and slap vigorously with the right. A gentle pat will do no good.

(Clip this out and paste it, with others of the series, in a scrap-book.)

Raisin Day in Fresno.

A gigantic parade eight miles long inaugurated the fifteenth annual Raisin Day Celebration at Fresno, April 26. Nearly every community, civic and military organization in the raisin district was represented in the parade. The unusual floats cost over $50,000. Many handsome trophies were for the best floats and marching delegations.

One division of this monstrous parade was the 1923 raisin pageant "From the Garden of Eden to the Garden of the Sun." It was said that not even the great parades of the New Orleans Mardi Gras, or the Pasadena Tournament of Roses, surpased the grandeur of Raisin Day pageantry.

The pageant parade in the morning was only the beginning of a big day. In the afternoon the annual Raisin Day automobile race thrilled the crowds at Fresno speedway. This annual speedway classic brings to Fresno the world's most famous racing drivers. Approximately $20,000 was given in prizes.

Victory.

We learned to love the common good,
To live serene, strive upwards,
In high communion with dream-voices,
Yet were we self-restrained
And reverent of law.
Wide fame we scorned.
Since self-respect is better
Than the far repute
Of undiscerning and misjudging men!
Our higher Self had conquered self;
We loved, were loved,
And life was victory.
—Albert Durrant Watson.

Minard's Liniment for Coughs & Colds

Optimism parts the clouds and sorts out the tangles, and costs nothing.

Home Garden Collection

Half pound Corn, half pound Peas, half pound Wax Beans and 12 assorted packages Vegetable Seeds postpaid for $1.00

These are all tested stocks. Write for this collection and our attractive catalogue to-day.

C. E. BISHOP & SON.
Seedsmen
Gelleville, Ont.

Sphagnum Moss

We Offer the Market Trade

Two thousand bales, high grade Sphagnum Moss in original 25 lb. bales at $1.20 per bale

We also carry large stocks of

X. L. All Nicotine Nicoticide — INSECTICIDES — And "Fir-tabs"—Plant Pills

DALE ESTATE, Ltd.
GREENHOUSES, BRAMPTON

Reduces swelling of bruises and strains

It may be a sprained wrist or elbow—a bruised muscle—a strained tendon—

You cannot foresee it. But you can keep Sloan's always handy to relieve the pain.

Sloan's brings immediate comfort. It breaks up the congested and inflamed condition and restores normal circulation. Use Sloan's to guard from pain as you would an antiseptic to prevent infection. Your druggist has it.

Made in Canada

Sloan's Liniment-*kills pain!*
For rheumatism, bruises, strains, chest colds

ISSUE No. 17—'23.

LOST HOPE, SAYS MRS. WATERMAN

Declares Tanlac Restored Her Fully When Almost a Nervous Wreck — Gained 14 Pounds.

"Tanlac restored my health completely three years ago that I had to take a single dose of medicine since," says Mrs. Cora Waterman, Monroe St., Toronto, Ont.

"I don't believe there was a worse case than mine in Ontario. For nearly three years I was practically a nervous and physical wreck. I could scarcely a thing, sleep was a impossible, and rheumatism in my wrists and arms almost drove me distracted. I spent every cent I could lay my hands on for medicine and about lost hope of ever being well again.

"But Tanlac ended my suffering and saved me a great many dollars. I gained fourteen pounds, too, which I retain, and I feel as strong and healthy now as when a school girl. I have been praising Tanlac three years now, and want to send out this message to help others."

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

Slowest Crop.

The slowest crop in the world is the giant bamboo of India. It does not only when it reaches its thirtieth year and then dies. In the meantime it bears an enormous quantity of seed which is gathered and used for food by the natives.

MONEY ORDERS.

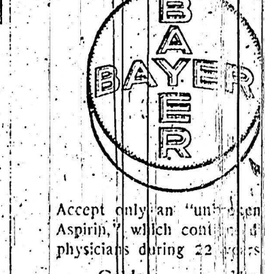
A Dominion Express Money Order for five dollars costs three cents.

Bicycle manufacturing was first done in France, in 1863.

Minard's Liniment used by Physicians

Character outlines every line in a man quality, just as the sun brings out the brightest electric light. Character beats every other sort of success.

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



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Concrete for all farm building needs mixed economically with the Brantford mixer. Built for land or power. Runs on skids or trucks. Use your own engine or Tractor. Kerosene Engine. Build your own mixers and save jobs. Write to-day.
GOOLD, SHAPLEY & MUIR CO., Limited
200 Wellington Street
Brantford, Ont.

East or West
Eddy's Best
EDDY'S MATCHES
Insist on having EDDY'S!

KENDALL'S SPAVIN TREATMENT

Keep Kendall's always in the barn. A strained muscle, a sprung tendon, a felt or a knock demands immediate attention. A few hours' delay may result in a long lameness—perhaps in the loss of the horse. Kendall's Spavin Treatment has saved horseflesh than all the other known remedies. Under the name of Kendall's Spavin Cure, it is a favorite yearold standby of horsemen, farmers and veterinarians.

Get a bottle of Kendall's today. Ask, too, for the Free Book or write for it to.

DR. B. J. KENDALL COMPANY
ENOSBURG FALLS, Vt., U.S.A.

Reduces swelling of bruises and strains

It may be a sprained wrist or elbow—a bruised muscle—a strained tendon—

You cannot foresee it. But you can keep Sloan's always handy to relieve the pain.

Sloan's brings immediate comfort. It breaks up the congested and inflamed condition and restores normal circulation. Use Sloan's to guard from pain as you would an antiseptic to prevent infection. Your druggist has it.

Made in Canada

Sloan's Liniment-*kills pain!*
For rheumatism, bruises, strains, chest colds

Classified Advertisements.

FEDE.

CATALOG OF PROFESSIONAL AND Amateur Plays, Sketches, Minstrel Jokes, Recitations, Mus... Goods. Fitzgerald Publishing Co., Dept. W, 18 Vesey Street, New Y...

SALESMEN WANTED.

SALESMEN AND AGENTS NEW INVENTION ... Canadian lady agents to every household ... sales; 12c profit. Sterling Specialties Co., 10 Church Street, Toronto

FOR SALE.

CAMERAS.

CLEARING SALE. MANY TIMES LESS THAN ... Montreal.

America's Pioneer Dog Remedies
DOG DISEASES
and How to Feed
Mailed Free to this Address by the Author.
H. Clay Glover Co., Inc.
129 West 30th Street
New York, U.S.A.

Irrigated Farms in Southern Alberta

The Famous Vauxhall District
Bow River Irrigation Project
An especially good location for mixed farming and dairying. Splendid opportunity for young men now living on rented farms where good land cannot be had at reasonable prices. THIS IS NOT PIONEERING. Fifty thousand acres are fully settled and ... 16,000 acres now ready for ... maximum distance from ... seven miles. Good roads ... and schools. Easy ... extending over 18 years. ... is the Best Land Buy in Alberta ... further information to
CANADA LAND AND IRRIGATION COMPANY, LIMITED
... Alberta

Don't Lose Your Hair Try Cuticura

If your scalp is irritated, itching and burning and your hair dry and falling out in combs try the following treatment. Touch spots of dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Soap.

Sold by druggists throughout the dominion. Cuticura Laboratories, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

WANTS TO HELP OTHER WOMEN

Grateful for Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache and for weak and dragging feelings caused by my condition. Sometimes I had that I couldn't do my work. My neighbor told me of it and I read about it in the newspaper and then I got it. I got every good result from it. I picked up and I have told others what it has done for me. I think this testimonial is at your service to use as you wish."—Mrs. J. Lee, 25 Harding Ave., Toronto, Ont.

Mrs. Lee is willing to write to any woman suffering from any form of female trouble and answer any questions she may ask. Write to her.

Women suffering from female troubles, such as displacements, inflammation, ulceration, backache, irregularities, bearing-down feelings and nervousness, should take Lydia E. Pinkham's Vegetable Compound. Not only is this splendid remedy of value in such cases as this, but for nearly forty years letters like that from Mrs. Lee from thousands of women have been published by the Pinkham Medicine Co., Lynn, Mass.

You might be interested in reading Mrs. Pinkham's Private Text Book upon "Ailments of Women." You can have a copy free by writing to the Lydia E. Pinkham Medicine Co., Confidential, Lynn, Mass.

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 contain directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of ... bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. We wish it known that Aspirin means Bayer manufacture of ... to assist the ... will be stamped with ... the "Bayer Cross."