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HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Health rules are good for children. Their young minds assimilate knowledge very readily, and good advice given early in life in a sympathetic and attractive way often makes a lasting impression.

The value of good health and the advisability of maintaining good health as a bulwark against the attacks of such diseases as tuberculosis should ever be impressed on children as well as adults. When the constitution is robust, when good health is much in evidence, there is not so much danger of disease germs as in the person who is weak or anaemic or generally below the normal standard of health.

What should the child learn then, that may be of benefit to him in warding off sickness. Here are some things to remember:

Go to bed early, and get plenty of sleep. When tired or ill, rest by lying down—not sitting up.

Live in the open air all you can and. Keep the windows open night and day so that the air may always be fresh and clean.

Clean night air with open windows is safer than dirty night air with the windows shut.

Daily exercise in the open air is invaluable.

Admit sunshine and light into the house. Clean the windows. Sunshine and daylight kill the germs and strengthen the body.

Eat plain, clean, nourishing, fresh foods. Oatmeal porridge, bread and milk, buttermilk, lentil or pea soup, all are good.

Let your clothes be few in number, loose in fit, light in weight, woollen in texture.

Keep yourself and your home clean. Clean teeth, clean clothes, clean body, clear hair (girls' should be in plaits or tied back in school). Soap and water aided by fresh air currents and sunshine will keep the home clean.

The germ of tuberculosis grows with difficulty in a healthy body. Therfore observe and practice the laws of health.

New Wood Sanctuary for Canadian Bison

After it had been definitely concluded for years that the American bison in its wild state was extinct on the continent, and that the sole members of this mighty race in Canada were included in the animals at Banff and in Wainwright Park, a Dominion Government survey party last year discovered some fifteen hundred buffalo ranging in the uncharted areas of Northern Alberta between the Peace and Slave Rivers and Great Slave Lake. Steps were immediately taken by the Dominion Government to preserve these animals, the results of which are now announced in the establishment of a new wood sanctuary.

The entire habitat of the wild bison has been included in the new sanctuary and in addition a portion of the habitat of the wooded cariboo which range the Cariboo Mountains. The total area of the new park is approximately 10,500 miles square, and within this area the wild bison have two distinct ranges, within each of which are the seasonal habitats frequented by each herd.

The northern range is bounded on the south, east and north-east by the Little Buffalo River, on the north by the Nyarling River, and extends west almost within fifteen miles of Buffalo Lake. The southern range is bounded on the east by the Slave River, on the south by the Peace River, on the west and north-west by the Jack Fish and Little Buffalo Rivers and on the north by the Salt River. Arrangements for systematic patrols have been made and cabins constructed for wardens at points which will facilitate an efficient patrol service all the year round.

Last Herd of Wild Buffalo.

This new addition to known Canadian wild life gives the Dominion the two largest buffalo herds in the world. The preservation of these animals in their wild state, besides being of interest and value from the standpoint of natural history, is a move of moment to all people on the continent. Few in this generation have had the opportunity of viewing the monarch of the plains roaming unhampered on his natural range.

Though at the present time the visits of tourists and other interested "holidayers" is not encouraged on account of the inaccessibility of the location to ordinary conveniences and the lack of facilities, there is no doubt these will be remedied as soon as practicable. It will be a considerable time before settlement invades this region, and as the haunt of the world's last herd of wild buffalo it should exert a very wide and potent attraction.

Thought They Came for the Rest.

"I could stay in this spot for the rest of the summer, Bill."

"Thought it was for the rest we came here, Jim."

Keep Minard's Liniment in the house.

Adventure.

I often think the folks I meet
Are much like houses in a street.
Some throw their casements open wide
For everyone to see inside.

Some keep their curtains closely drawn
And look the same, both night and morn,
Till, lit with some mad passion's glow,
Their secret souls they sudden show.

Those I love best are shuttered tight,
Yet through the chinks shine gleams of light.
Before their doors I like to stand,
And tap and tap with gentle hand.

And call, as loudly as I dare,
"Say Little Brother, are you there?"
And sometimes there is no reply.
Then sad I turn away, and sigh.

But sometimes, too, if I look back,
The door will open just a crack,
A smiling form its hand extend,
And then I know I've found a friend.
—Jane Read.

Windmills May Become Popular.

Windmills may prove to be the solution of the fuel and power problems so pressing in both Great Britain and America. The high cost of coal, the great initial expense of utilizing "white coal" or hydroelectric power, and the tying up of water power everywhere by corporations, make the use of windmills increasingly important to the small factory owner and individual in the suburbs or open country.

By means of wind turbines and a compact storage battery it is possible to generate and save electric current sufficient to light and heat the ordinary dwelling, besides furnishing power for the farm machinery and even for small factories. The wind turbines work without rest and in their perfected form require little attention, as automatic governors prevent overcharging of the storage batteries.

Time was when windmills were seen everywhere. Then cheap fuel and gasoline motors superseded them, but with the increasing cost of all fuel they stand more than a fair chance of coming into their own again.

THE CAUSE OF SICKNESS

Almost Always Due to Weak and Impoverished Blood.

Apart from accident or illness due to infection, almost all ill-health arises from one or two reasons. The mistake that people make is in not realizing that both of these have the same cause at the root, namely poor blood. Either bloodlessness or some other trouble of the nerves will be found to be the reason for almost every ailment. If you are pale, suffering from headaches, or breathlessness, with palpitation of the heart, poor appetite and weak digestion, the cause is almost always poor blood. If you have nervous headaches, neuralgia, sciatica and other nerve pains, the cause is exhausted nerves. But run down nerves are also a result of poor blood, so that the two chief causes of illness are one and the same.

If your health is poor; if you are pale, nervous or dyspeptic, you should give Dr. Williams' Pink Pills a fair trial. These pills act directly on the blood, and by enriching it give new strength to worn out nerves. Men and women alike greatly benefit through the use of this medicine. If you are weak or ailing, give Dr. Williams' Pink Pills a fair trial and you will be pleased with the beneficial results that will speedily follow.

If your dealer does not keep these pills you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Tricks of the Trade.

"Say, mister! There's a woman overboard hollering for help."
"Old woman or chicken?"
"Looks like she's about sixty."
"Throw her a life preserver."

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TORONTO RADIO CO., TORONTO

How to Take Care of Your Horse

Tack This Up in Your Stable.

You gain nothing by overloading your horse. Too heavy a load strains the horse and brings on lameness and disease. It doesn't pay to overload.

You gain nothing by underfeeding your horse. A well-fed horse can do his work much better and quicker than a horse that is weak because he is half-starved. He will last longer and save you from buying a new horse. It doesn't pay to starve a horse.

Every working horse needs twelve to sixteen quarts of good grain every day. It doesn't pay to give your horse poor oats and musty, coarse hay. He can't do good work on such food. How would you like to eat bread made of sawdust?

Your horse always needs water in the morning. The first thing you want in the morning is a drink. Your horse is just as thirsty as you are, and it is an injury to him when he cannot get water before he goes out in the morning. He suffers with thirst and that brings on disease. If you cannot treat a horse well you do not deserve to have one.

Give your horse bedding at night. How would you like to lie on a hard floor when you are tired out with a day's work? Blanket him in cold weather. It is cruel to let a horse stand in the cold day or night without a blanket.

Do not use a harness that does not fit. If you do, your horse will have sores on his back and shoulders. Be especially careful about the collar and saddle. Have his feet kept in good condition. How can you expect a horse to work if his shoes hurt him?

Have his teeth looked at. He may have such poor teeth that he cannot chew his food. An old horse or a horse with poor teeth will suffer with hunger and get very thin and weak if he is not given cut feed. The hay should be cut and the oats ground. Corn meal, ground oats and shorts, in equal parts, make very good feed. If the horse is very thin and hide-bound, add a handful of linseed meal. If the horse has worms, give two tablespoons of charcoal every night. Always have a lump of salt in the horse's manger.

Do not sell a horse that is too old to work, but have him mercifully killed. How would you like to be kept at work until you are so old and stiff and lame you can hardly stand?

Give your horse a good day's rest on Sunday, and have dry bedding for him to lie on. He will work much better through the week if he has a day of rest, and good care.

Saturday night or Sunday morning give a bran mash with a tablespoonful of saltpetre and two tablespoonfuls of ginger.

A horse should be groomed daily, if possible. If not, go over him thoroughly once a week. This will keep his skin in good condition. He will rest better on Sunday if he is well groomed. See that his fetlocks and heels are well dried when he comes in, especially in the winter. This will prevent scratches, foot-rot, and other ailments.

Cause for Doubt.

There was an all-around good-for-nothing man who died, and at his funeral the minister delivered a most beautiful address, eulogizing the departed in the most glowing manner, praising his splendid qualities as a fine type of man, a good husband and a kind parent.

About this time the widow, who was seated well up in front, spoke to her little daughter by her side, and said: "My dear, go look in the coffin and see if it is your father."

BABY'S OWN TABLETS ALWAYS KEPT ON HAND

Mrs. Ernest E. Adkins, Erotton, Sask., writes:—"I have used Baby's Own Tablets with great success for four years and always keep a box on hand." Thousands of other mothers say the same thing—once they have used the Tablets, for their little ones they will use nothing else. Experience shows them that the Tablets are the ideal medicine. They are a mild laxative, thorough in action and never fail to relieve the minor ailments of little ones. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sympathy without help is like mustard without beef.—Mr. Clarke Hall.

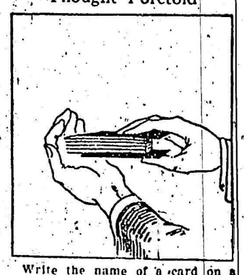
"WE ARE CANADIANS"

Rosa, Roland, and Donald Lorimer, of Leeds, England, obtain their first view of Canada through a life-buoy at Quebec. These three smiling faces are on route to Regina to join "Daddy." The latter preceded them and has everything ready for their reception.

EASY TRICKS

No. 51

Thought Foretold



Write the name of a card on a borrowed visiting card and ask a friend to put it in his pocket without looking at what you have written.

Take a pack of playing cards in your left hand, backs uppermost. Hold the right hand with the fingers on the cards and the thumb underneath. Draw the cards, a few at a time, into your right hand, asking your friend to tell you when to stop. When he tells you to stop, show the last card you drew back. Then ask him to look at the visiting card he put in his pocket. On it is written the name of the card.

When the spectator told you to stop, you drew the cards under your fingers into your right hand, just as you appeared to do. At the same time, your thumb, pressing on the bottom card of the pack, drew that back. Before introducing the trick, you observed the bottom card and wrote its name on the calling card.

The illustration shows how the trick is done. In order to expose the movement of the bottom card, the fingers in the drawing cover less of the card surface than you will find they will do when you try the trick. Of course, the greater surface the hands cover the less danger of detection there will be.

(Clip this out and paste it with other of the series, in a scrapbook.)

Artificial Light for Extra Eggs.

By E. W. Knife.

The use of artificial light is simply to induce the hens to eat a greater quantity of feed. This, of course, with proper exercise, results in increased egg production. Therefore it matters little when the lights are turned on. Some people prefer morning, and turn on a couple of hours before sunrise. In this case, scatter the grain ration in the litter after dark the previous evening, and when the hens get off the roost in the morning they will immediately get busy scratching for their feed. Then feed your hot mash at noon, and your grain late in the afternoon again. Others prefer continuing daylight, by artificial means, until 8.30 or 9 p.m., feeding grain about 7 a.m., hot mash at noon, grain again about 3 p.m. and 7 p.m.

Others, including Professor Graham's farm, believe in supplying an "evening lunch" by turning on the lights for an hour, from 8 to 9 p.m., then feeding the extra feed of grain.

It will pay anyone who keeps a flock of 50 or more hens to have light installed, as the use of same increases egg production from 1/3 to ½ more than when lights are not used. This does not necessarily mean a greater egg production throughout the year, but it does mean getting the most eggs when prices are highest.

Electric light is, of course, the most convenient form of lighting, as the lights can be switched on and off by an alarm clock. But if you have not electric light do not despair. A plant with about 2,000 birds a short way from Toronto uses gasoline lanterns, which being the safest lantern made, giving a 300 candle power light, has also a great advantage, for when gasoline is turned off the light does not go out for a few minutes, thereby giving the birds a chance to get back to roosts. With a lantern it is almost necessary to use lights in either of the two evening methods suggested.

Using light is not a new idea, but a long used method, coming back and back to stay this time.

Whose Feet Are They, Then?

The little boy complained that his shoes hurt him. His mother looked at them and saw that in his hurry to get dressed he had put the right shoe on the left foot, and the left shoe on the right foot.

"You've put your shoes on the wrong feet, dear," she explained.

The little boy looked up in wonder. "No, I haven't mummy," he said. "They're my feet."

A Rose of the Future.

A World War veteran was taking his new-born baby out for a ride and was accosted by an elderly lady, who, after admiring the youngster, asked

"Another little soldier, eh?"

"No, ma'am, another little Red Cross nurse."

Minard's Liniment Heals Cuts.

The French Government is planning the establishment of an international clearing house for patents at Brussels.

Thin Folks

If you are weak, thin and nervous, let your druggist supply you with Bio-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

GARGLE

With Minard's in water several times a day for colds in throat. For colds in head inhale.

MINARD'S "KING OF PAIN" LINIMENT

The Worth of Music.

A half hour or more spent in listening to good vocal music or instrumental music after a long day [illegible] with the friction and asperities of the work-a-day world will act as a balance wheel to restore the jaded nerves and the perplexed mind, the tired body.

The man who is worried, [illegible] or downcast, will find in good music a stimulus, or, it may be a sedative, which will go far to correct the strain and stress under which his whole being has been laboring. It will inspire him with nobler thoughts, [illegible] peace and calm. In these days of agitation and unrest, when the very foundation of established institutions are sometimes to be crubing and [illegible] der what cateclysm impending, good music and an abundance of it will prove a powerful corrective, an agency which will hold back the darkness in the human soul and help to restore civilization.

The worth of music has been generally recognized as it should have been.

Music has the same effect on civil life as in army life, and in these days of upheaval, of [illegible] of mental and moral disintegration can be used as a potent agent [illegible] means to offset these [illegible] fluences and to recreate a happy and contented spirit in the minds of people.

Everlasting flowers, so popular in Victorian days, are now [illegible] favor for use at weddings, [illegible] of a yellow hue, the bloom [illegible] in all sorts of bright colors.

Minard's Liniment for Dandruff.

Remove grass stains by soaking and rubbing with corn syrup before laundering in the usual way.

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

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Colds	Headache
Toothache	Lumbago
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Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. 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 Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Harmless, purely vegetable, Infants' and Children's Regulator, formula on every bottle. Guaranteed non-narcotic, non-alcoholic.
MRS. WINSLOW'S SYRUP
The Infants' and Children's Regulator
Children grow healthy and free from colic, diarrhoea, flatulency, constipation and other troubles if given it at teething time.
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M. D. advises: "Persons who suffer from severe indigestion and constipation should take after each meal and at bedtime, fifteen to thirty drops of the Extract of Roots known to the Drug Trade as "Mother Seigel's Curative Syrup." Get the Genuine. 50c. and $1.00 bottles.

Miss Boissineau Tells How Cuticura Healed Pimples

"About three years ago I was bothered with pimples on my face. The pimples were hard and small and festered, and my face was disfigured for a while. They oftentimes caused me to lie awake hours at a time as the irritation was so great.

"I tried different remedies but without any relief. I began using Cuticura Soap and Ointment and after the first application I could see an improvement. I continued using them and was completely healed after using three cakes of Cuticura Soap and two boxes of Cuticura Ointment." (Signed) Miss Rose Boissineau, 12 Bellevue Ave., Sault Ste. Marie, Ont.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

HELP FOR YOUNG WOMEN

Mrs. Holmberg Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Viking, Alta.—"From the time I was 16 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. On at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."—OPELIA HOLMBERG, Box 93, Viking, Alta.

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn more about it.

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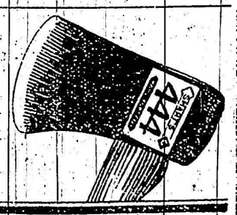

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Single Bit—Double Bit
Any Shape—Any Weight

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