ne ngure hato the .. b. auty.

11.10 "Tis 'm'o te. .............. the will?" Par Bare much las a own unda?

Water dam'r. rier diport shipelt or all. ellita" sorr

enbled with don't steep marke lwist!! I've been of. Agazs. The combia pagal month's but you answer Then I wen't

What 'tat the little e they learn anation. h and, unwissis aprainelf and a scratch

he said

ave a protty word for "honey magning." . They the edgessing RED ROSE A The Boy Scouls TEA is good tea

and the choicest of Red Rose Teas is the ORANGE PEKOE QUALITY

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON

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

to light by the annual report of the Sometimes the parents turn a deaf ear even the best, every one of us, needs to light by the annual report of the Sometimes the parents turn a deaf ear even the best, every one of us, needs is in it is army for the year ending to all warnings and refuse to take adoccasionally to confront himself with support 30th, 1921, just published, but as a general rule it is lack of no other aim. Let my readers, therethis years later.

I knowledge that does so much harm. fore, profit by them. What, then, is two years later.

knowledge that does so much harm.

their services to their King and couning and couning the services to their King and couning and couning the services to their King and couning and couning the services to their King and couning the services to the ser

play of this number having failed to are not brought up as weakings or may an games, it is amusing, and it is amusing the medical inspection. The general malformed through wilful neglect on moreover, an exceptionally amusing constandard of the men who applied the part of the parents. The parents game, since it contains an enormous for indistance, was poor. The opinion simply are doing the best they know quantity of all kinds of games. It is not a gymnastic society, nor yet an exceptionally amusing the part of the solution of this whole the to their mode of living during the very much. The solution of this whole was they were growing lads. It problem lies in health education, so after the were growing lads. It problem lies in health education, so athletic club, still less is it playing at a fact to say, however, that a large that the people may demand and extraction of the men rejected were pect an efficient health service. Such a service will provide material and a service will provide material and defects that may or may not be seri-child welfare clinics where advice can align at preparing boys to be men; but defects that may or may not be seri-child welfare clinics where advice can align at preparing boys to be men; defects that may or may not be serimis but which are bad quough to preyear, them becoming soldiers. The reguitable feature of many of the allments, and defects found, is that they
atted in childhood or early youth,
much difficulty if they had only been
given attention in time. Now, some
if of health and the avoidance of
wring that these children were not
griven the necessary attention. That is
given the necessary attention. That is
for there is a joint responsibility. The
parents are responsible to some extent
much of it he school teacher, and the
parents are responsible to some extent
much of it he school teacher, and the
parents are responsible to some extent
much of it he school teacher, and the
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parents are responsible to some extent
much of its the school teacher, and the
parents to remain in ignorance of
the parents to remain in ignorance of
the parents to remain in ignorance of
the parents that will enable community.

The moral doctrine
responsibility the practice of two virtues, which
and temperament. This system comtical or provincial health organization
this rat, and child hygiene, and not
trying to diffuse the necessary ingeneral standard of fiealth in any
termination to parents that will enable community.

The moral doctrine
responsibility towards our neighbor.
The moral doctrine
responsibility towards our neighbor.
The parents that will enable community.

The parents that will enable community.

The parents do defects found, is that the child under school age, with the
carel of children, the examination of physical defects, care of
the child under school age, with the
carel of children, the examination of
the fediture of many of the strict and
the child under school age, with the
clims at preparing box of God, of their country, and
the fediture of childre

Mother and Child. What Makes the Sun Hot? Camarillo on the seaside plain What, asks Discovery, keeps our wa tender mother take the train sun hot? Perhaps most people think With her a shy small boy of pliant

ture of six thousand degrees; more-

temperature will be below zero and

the whole earth will be frozen over.

Imagination shrinks from picturing

what the life of man in that eternal

arctic winter will be. It is a dismal

these halcyon days of the gracious

middle age of the sun perhaps we

from hydrogen. If that is so, the mas

of their atoms aught all to be exact

mass has been turned into radiant

Keep Minard's Liniment in the house,

Ellminating the Overhead.

Mrs. Pester-"Nice, isn't it, we own

t here at home and listen to a ser-

mon and not bother, to dress for

Her Husband-"And also, they can't

pass the collection plate by radio."

church?"

has known or ever will know.

dred years of heat.

a wistful most angelic ald Murillo nade a young Saint degrees, and the sun has a tempera-

John of him. d would have draped him in those

in the sun, acacia blossoms hold; that fills.

breath celeration of the earth in its orbit and, seems to me to be. For and perhaps and bliv who walked in Nazareth, a shortened year. There are reasons this will astonish you I myself, the walkyondered could it be I looked also that make a theory of radipac author of these lines, am only a "pale-

Vindher Mary mothering her Son. .-Clinton Scollard. Snow.

while softly sifting down. mead and meadow, wold and town little peewees and the big. wied to dance a lively jig. small boys fall from off their sleds This my land upon their heads. diris throw soft small snowballs atter many piercing squalls. . Wille snow keeps sifting down farm and also lot in town.

### GIRLS! A GLEAMY MASS OF BEAUTIFUL HAIR picture! As we sit by a coal fire in

35-Cent "Danderine" So Improves Lifeless, Neglected Hair.

abundance of gioss. gleams !ife | shortly 1 follows al genuine Ming un of negdebendable. "Dan-Falling hair.

thing scalp and the dandruff is in Thin, dry. khtfu! on the hair; a refreshing, the arguments that Mr. Einstein firs simulating tonic - not sticky or brought forward, to explain the energy Any drugstore.

of the sun by assuming that the extra The child sees itself only in the eyes energy. Such a theory postulates a energy. Such a theory postulates a child said to him, even feared of him, but the rapidly becomes.—Dr. H. C. holtz's theory of contraction. The child sees itself only in the eyes

Minard's Liniment for Dandruff.

In the olden days judges were foradded to wear gloves on the Bench, the fear of bribes being dropped into Hence the custom of presenting like with a pair of white gloves when he had no cases to try at assizes.

### Make a Start This Year!

the year just closed? If you stock for Cash, why wait-Monthly Payment Plan, par-

H. R. Brereton & Company Government and Corporation Bonds Industrial and Mining Shares.
Description Bank Building - Foros Send Un Your Inquiries



"Palefaces," and perhaps for-Well, others. The others? Who can

(They would not want me, I hope, to disclose their names here). They are, firstly, Scouts, who, for the moment, are forgefting what they are. Happily their number is decreasing day by day. And these lines have no other am than to see the entire disappearance of their race.

These others are again Scouts who whon questioned about the aim of Scouting, why they exist, their methods, remain open mouthed before their interlocutors. They know what they are, but they are incapable of telling Hiteresting facts are just brought them to bring up healthy children. These others, in short, every Scout,

ght to depend upon us. Loyalty sto rselves by scrupulous obedience ir duty, and by the cultivation of mon and purity. |Kindness to our of the sun in a vague kind of way as a wood turn. Kindness towards animals glgantic bonfire that will in time turn compassion without silliness, which into a vast celestial ash heap. That eves them from needless suffering. is, however, certainly not true, be-

highbors by the practice of the daily From the intellectual point of view yould have loved to cause the highest known temperature scouling completes the school training of combustion is about three thousand by furnishing ground for the applicaone is specially suited. Briefly put over it has been calculated that no bridges are the practical application of bonfire, even of the size of the sun, the theoretical instruction which is rehe and only he, knew how to could give more than twenty-five hun- screet for the school. There are bidges for all branches of instruction How many years the sun has been liverary, or scientific, without counting radiating heat energy is a difficult those that make for smartness.

problem to solve; estimates are usual. Finally, from the point of view of of in his eyes was the soft light ly expressed in hundreds of millions. physique, by the open-air life, by the Some persons believe that showers of many healthy exercises, Scouting meteorites feed the sun. But if so helps t 

opinion was that the heat of the sun I have found that there is an enormgrees, lower. In a million years the friends of Scouts:

A Writer's Industry. To get something done, even in the

realm of literature and art, depends ess on inspiration than on industry winter or lie in the summer sun in In the Autobiography of Anthony Trollope of which there is a recent reprint, appears an account of that proought to be grateful that we have been lifts writer's method:
born in what is probably the most According to the circumst According to the circumstances of

bountiful and luxurious age the earth, the time-whether my other business might be then heavy or light, or wheth-There is, however, another theory of er the book which I was writing was the heat of the sun, which M. Veron or was not wanted with speed-I have net does not accopt, but which English allotted myself so many pages a week. part of the energy of the sun. The a and twelve. And, as a page is an amternative theory is based on the sur biguous term, my page has been made position that elements are forme to contain two hundred and fifty multitudes of the mass of the hydre

pages has been a blister to my eve. and a month so disgraced would have been a sorrow to my heart. Had Help.

nly the other afternoon a cute little Japanese boy called at the house of the writer and proffered some picture postcards for 10 cents apiece. What are you going to do with the iey?" I asked him.

I am raising one million dollars for earthquake relief," he answered gravely, and he was so tiny, and the named was so large, that I had

'A million dollars?" I cried. on expect to raise it all by yourself?". 'No, sir," he replied, gravely,

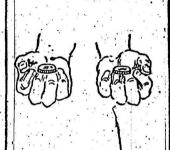
NURSES



This seven weeks old baby travelled from Alberta to Liverpool under th care of the Canadian Pacific, during which time she put on en ounces in weight. She was photographed with the ship's nurse at Liverneol upon the arrival of the Montclare.

EASY TRICKS No. 60

Four Pennies



This excellent trick has one draw back-you can't repeat it. You'll

see why in a moment. Hold the hands, palms upward, front of you. Ask that a cent be placed in each palm. Close the hands and ask that a cent be placed. on the closed fingers of each hand The hands are turned over rapidly. There is a click. The hands are opened and the spectators see that there is one coin in one hand and three in the other.

are turned over but there is an apparent mishap. The coins which were placed on the fingers fall off tor picks them up and places them on the fingers. The trick then procoeds with the effect related. The mishap is an important par f the trick. As the hands (which

coin which lies on the fingers of the right hand is held in the palm with the other. The left hand permits the coins by the obliging spectato makes the completion of the trick possible.

(Clip this out and paste it, with

### CHILDHOOD AILMENTS

The ailments of childhood consti-

of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Wil- speak to each other all the time they liams' Medicine Co., Brockville, Ont.

Do You Chew Seeds? The journey to Tambov was long, writes Maj. Maurice Baring in the on the beach we organized a Cale-Puppet Show of Memory; in my car-donian society, a golf club and a Presriagela railway official drank tea, ate byterian church." apples and sighed over the political budition of the country. Everything was as bad as bad could be.

It- is a bad business," he said, "liv-

gen atom. In point of fact their mass went.

There has ever been country in the world where such good toring events, at the fact taking on new strength color es are in general a little less than the the record before me, and a week bread can be got as this. The thought was very doubtful.

Twenty small he calculated figure. It is possible, using passed with an insufficient number of record to console him greatly.

There has ever been country in the world where such good toring events, at the fact their mass of the record before me, and a week bread can be got as this. The thought of the passed with an insufficient number of record to console him greatly. Sunflowers used to be grown in great essays were handed in s in the seed. The seeds also formed was dertainly original; quantities in Russia for the oil that an article of 1000. You nite the seed, was a very good king and earned the the public against imitations the white kernel. Considerable skill is needed to crack the husk and still ed a lady friend but the less said ed with their general trade mark. cave the kernel intact. Chewing the about that the better." geds was universal among the lower contemplation: it is also conductive to Mother! Give Sick Baby untidiness. Nothing is so untidy as a "California Fig Symptom or a platform is so untidy as a room or a platform littered with the

husks of sunflower seeds When I was on the steamer at Tzaritsin one of the Cossacks approached me and said, "Do you chew seeds?" At first I was at a loss to think what there's another little boy helping no meant, but I soon remembered the ish, or sick, colle sunflower, and when I said ves he pro Babies and Childduced a great handful of dried reeds ren love to take and overed them to me.

> The imagination is a wonderful sub regulates the teastitute for wealth, luxuries, and for der little bowels, and the little bowels, and the little bowels, it we may be, or how unfortunate-we sweetens the stomech and starts nay be bedridden even-we can by its ald travel round the world, visit great cities, and create the most beautiful things for ourselves.

# IN THE SHADOW

Through Dr. Williams' Pink Pills.

When the shadow of poor health falls upon you; when hope fades and our hearts. Our hearts are no longer life itself seems scarcely worth living, dry; our hopes seem no longer vita then is the time you should remember and out good umbitions have power to that thousands just as hepeless as you bring them to pass. The well to refeel have been restored to the sunshine of health through the use of Dr. from without us—from Ged, see Williams' Pink Pills. The rich red tide to the have but it comes blood which these pills actually make trengthens the whole system. The erves are strengthened henduches anish, the appetite improves, and the thousands benefited by the use of his redicine is Mrs. Jos. Robinson, Oshawa, who says:-"Some time ago was in an anaemic condition and so weak I would faint away at times. I had no appetite, could not do my housework; in fact life seemed scarce-ly worth living. I was exceedingly pale and tried doctor's niedicine with no good result. Then one day I saw Dr. Williams' Pink Phis recommended for a similar condition and I got a supply. I continued taking the pills until I had used about, a lozen boxes, and they have made me a well woman

can now do a good day's work about the house, have to more fainting spells and can go about more actively than I did before. I believe these pills just the thing for pale, weak girls and women, and if given a fair, gial will do for them what they have done for me:"

cine Co., Brockville, Ont.

Sociable Scot, Exclusive Englishman.

also that make a theory of radivace author of these lines, an only a paletivity as a source of sun energy in additional face, very fresh to Scouting. Often
missible.

The allments of childhood—constitution colds, etc.—
I heard it criticized. "If it is nation, indigestion, colds, colds, etc.—
The theory that Lord Kelvin adopt criticized it must have some life in it,"
ed, and what M. Alexandre Veronnet I told myself, "for unless one is a use of Baby's Own Tablets. They are
chooses as most plausible, was origin—coward one does not attack the dead." a mild but thorough laxative which inthe three nationalities—four separate
startly regulate the bowels and sweet wrecks had cast up four men on a ally advanced by Helmholtz. His I, then have studied Scouting a little, stantly regulate the bowels and sweet wrecks had cast up four men on a en the stomach. They are guaranteed lonely island of the South Seas. Two was the result of the energy of its ous amount of good in it. And that is to contain no harmful drugs and can were Scotchmen, and two were Enggradual contraction. The deduction what has encouraged me to write be given to the youngest baby with lishmen. After several years a passfrom that theory is that in one hun these few words. I hope they may in porfect safety. Concerning them Mrs. Ing American steamer hove to and dred thousand years the incan tem- still into the hearts of my readers a Alcide Lepage, Ste. Beatrix, Que., took the four aboard. Sapily and Donperature of the earth will be five de- greater wish to be true Scouts or true wites: - "Baby's Own Tablets were ald found their way to the skipper's cabin, and in telling of their experiences Sandy said:

"It would grieve you, men, to see the Englishmen. Never a word did they were there; they were not introduced."

"And how cld you lads make out?" inquired the skipper. "Aye, mon, the dee I found Donald

Mum's the Word

teacher had been giving th The authorities prefer. They do not be The average number has been about the in Russia now." Then after some class a lesson in history. The subject lieve that the theory of contraction ac forty. It has been placed as low as reflection he added: "But perhaps in upon which she had hit was that of counts for more than a five-hundredt; twenty and has risen to one hundred; other countries—in England, for in. King Alfred and, at the end of the less part of the energy of the sun. The all twenty and has risen to one hundred; other countries—in England. stance—people sometimes and fault son, she directed the class to write an and twelve. And, as a page is an ambiguous term, my page has been made with the government?"

To contain two hundred and, fifty words; and, as words if not watched, will have a tendency to straggle, I have had every word counted as I fine he said, "After all there is no the cokes as it had no bearing on his went. There has ever been stranged was very doubtful."

There has ever been stranged is an ambiguous term, my page has been made with the government?"

To contain two hundred and, fifty words; and, as words if not watched, and after he had munched lit for some the cokes as it had no bearing on his the cokes as it had no bearing on his country in the world where such good torical events, and its authenticity was very doubtful. essay incorporating what she had told

The sunflower season half arrived thought for half an hour and then the Toning's effort, though not brilliant

"California Fig Syrup" Harmiess Laxative to Glean Liver Bowels of Baby or Child.

ed, billous, fever-(Cary) No other exative 0

liver and bowels acting without grip ing. Contains no nardotics or sooth ing drugs. Say "California" to you druggist and avoid counterfeits! sist upon genuine "California Ask for Minard's and take no other. | Syrup" which contains directions.

#### The Inflowing Tide.

Two boys were sitting on a high bluff that gave them a wide view of the uneven shores of the Bay of Furdy. The tide was out, and ball and cove, inlet and harbor, were dry hal or muddy silt. .

"Sing us a song of the sea, Sandy," suggested the farmer's son; and Sandy, a little immigrant from Scotland: cleared his throat and sand in weat boyish tenor:

"It's braw to sit on the short And see the ships comin' in Sandy had another auditor, of hose presence neither of the boys was aware. "Aye, laddie, said a lindly voice with a broad Scotch burr to "but ye are a brave one to sing that song so far from home, and the bay's all empty toob". l empty too!". "But the tide'll come in, sir

same as at home," said the Scote 1 lad "Aye, aye, laddie, so it will so it will. And bless you for your laith! It will come in the same as at home and the sea and its power will change all things to life and motion, and the useless houts will become things of usa and beauty.

"Did you not think 'tis very like the love of God, lads," he con nued. Sometimes, especially when we're away from home and friends, lis and heart seem to get empty and dr so with the big hearts of big men like the big bay yonder, and with the smaller hearts of boys too, like that little cove and that inlet will ite crown of bush, like a boy's rough hair. But see-aye, yot see it? 'That inroll-OF POOR HEALTH ing tide! It fills them all all all bay and cove, inlet and harbor The ships quiver and stir in the mud right themselves and rise to danch with In This Condition Relief Comes grace upon the buoyant sen-things of power, servants of our nobles amb

"Of his fullness have all he received and grace for grace. We love because the love of God is poured into bring them to pass. 'Tis well to re member, lade, that this power comes tide to the bay; but it comes to every open bay and inlet. The brown to see the ships comin' in, as we same it's also braw to see the ships going vanish, the appetite improves, and out and that can only be because the once again there is joy in life. Among tide of Goil's love fills our empty hearts and makes them, things of bower. Jesus said Without Ma ye can o nothing, But with Him, es with the tide, what?" "Wo can sail anything," replied the boys promptly.

Ocean Currents Knowledge of the direction phy speed of ocean currents is of great im portance to navigators. Since it is very difficult to measure these directly he United States hydrographic office accomplishes it approximately by means of what are known as bott papers." These are small paper sill with directions for their betuge to th proper authorities printed in the bal cipal languages of civilization The ire given to vessel captains, shaled bottles, and thrown everboar done for me."

You can get these pills through any into time and place they were get to be noted on then. After morths in year, a box from The Dr. Williams' Meditor, Co. Brockville, Ont.

drifted nearly across the Atjaille and back, Another made a driff across the widest part of the Pacific taking more than two years. Another drup ned near the Cape of Good Hope was

picked up on the West count of Au trhlial



Uhless you see the nam Cross" on package or in tallets are not getting the gentine Player pirin proved safe by millions and scribed by physicians over twen

three years for Colds Toothache . . . Rheumalism Neuritis Neuralgia Pain, Paln

Accept "Bayer Tablets of Aspir only. Each unbroken punge coptains proven directions. Harty bines of twelve tablets cost few certs. Grazgists also sell bottles of 24 and 114. Aspirin is the trade mark fregisters in Canada) of Bayer Manufacture of Monoaceticacidester of Sally Bear While it is well known that Apple means Bayer Manufacture, to absist "Bayer Cross."

There is a moral as well as here influence in things which amuse and make us enjoy life: No one was ever spoiled by good humor, but terthousands have been made tester h it. Pun is a food as necess: 'y t wholeness of man as brad.

Don't Cough!

Mix Minard's with molasias 4:

take a teaspoonful. Alec sprale with Minard's in water Minard's gives quick relief "KING OF PAIN"

### Classified Advertisements

RTISTS-INSIST CO. HAVING the best. Winsor & Newton's der through your dealer, and if not nilable, write direct to Department The Hughes Owens Company, 1.d., fortreal, Ottawa, Winnipeg, or to appartment A, The Art Metropole,

ALESMEN-WE PAY WEEKLY and offer stondy employment sell-g our complete and exclusive lines whole-root fresh-dug-to-order troes and plants. Best stock and service. We teach and equip you free. A

No ore should give advice unasked seldom taken and invariably

When ordering goods by mail nend Dominion Express Money Order:

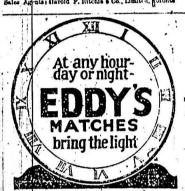
A winkle has 3,500 teeth! Whelks ave about 250, and a shellfish, known s the tumbrella shell," boast 750,000.

Minard's Liniment Heals Cuti

I hope to live to the end of the world. The Earl of Ducie.

Keeps EYES Clear, Bright and Beautiful





pains in the back and the many other indications of kidney trouble. Sold for wour dringgist, or direct from WARNER'S BAFE REMEDIES CO



411

Shave With Cuticura Soap The healthy up-to-date Cuticare vey. Dip brush'in hot water and rup on Cuticura Soap. Then make ment with fingers. Make a second lathering and shave. Anoint any irwith Cuticura Ointment, then wash all off with Cuticura Soap.

thing better for sensitive skins.

\$25c Ointment 25 and 50c. Talcum 25c. Sole

throughout the Dominion. Canadian Deporture Lymans, Limited, 344 St. Paul St., W., Montreal.

Cuticura Soap shaves without mus

# **YOUNG DAUGHTER**

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

Vancouver, B.C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who had leard of a woman who was taking it for the same tropble, we were told of Taylin E. Pinkham's Vegetable Com-Lylin E. Pinkhum's Vegetable Cem-sound. My daughter has been taking it for several months and is quite all right ow, It has done all it was represented o do and we have told a number of rights about it. I am never without ottle of it in the house, for I myself the it for that wear, tired, worn-out elling which some imas comes to us all, find it is building me up and I strongly ecommend it to women who are suffer-ing as I and my daughter have. "Mrs. McDonald, 2247-20th Ave. East,

Incouver, B. C. From the age of twolve a girl ready all the care a thoughtful mother can give. Many a woman has suffered years of pain and misery-the letter of thought-lessness or ignorance of the mother who should have guided her during this time. If she complains of Leadaches, pains If she complains of headrelles, pains the back, and lower smbs, or if you ndtice h slowness of thought, nervous-ness or irritability on the part of your daughter, makelife, ester for her. Lydia E. Pinkham's Acquable Com-pound is especially not ted for such

ISSUA NO