

# RED ROSE TEA

is good tea

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

## 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.

Interesting facts are just brought to light by the annual report of the British army for the year ending September 30th, 1921, just published, two years later.

Of 100,071 men who offered themselves for their King and country, 51,000 were rejected, the remainder having failed to pass the medical inspection. The general standard of the men who applied for enlistment was poor. The opinion was expressed that this condition was due to their mode of living during the war.

The solution of this whole problem lies in health education, so to say, however, that a large part of the men rejected were suffering from various ailments and defects that may or may not be serious, but which are enough to prevent them becoming soldiers. The remarkable feature of many of the ailments and defects found, is that they are in childhood or early youth, and could have been corrected without difficulty if they had only been given attention in time.

Now, some lies for teaching the children simple people will be to blame for not giving them the necessary attention. That is a difficult question to answer, for there is a joint responsibility. The parents are responsible to some extent for not allowing their children to be neglected, and the school teacher, and the provincial health organization, are responsible to some extent for not diffusing the necessary information to parents that will enable them to bring up healthy children.

Sometimes the parents turn a deaf ear to all warnings and refuse to take advice from any constituted authority, but as a general rule it is lack of knowledge that does so much harm. People simply don't know what to do in case of deformities, and nobody points out the way. Children are not brought up as weaklings or as the medical inspection. The general standard of the men who applied for enlistment was poor. The opinion was expressed that this condition was due to their mode of living during the war.

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## With The Boy Scouts

What is Scouting? For "Patefaces," and perhaps for "Well, others. The others? Who can they be?"

(They would not want me, I hope, to disclose their names here. They are, firstly, Scouts, who, for the moment, are forgetting what they are. Happily their number is decreasing day by day. And these lines have no appearance of their name.)

These others are again Scouts who, when 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 it to strangers.

These others, in short, every Scout, even the best, every one of us, needs occasionally to confront himself with our glorious ideal. These lines have no other aim. Let my readers, therefore, point by them. What, then, is Scouting?

Scouting is a game. Therefore, like all games, it is amusing. It is, moreover, an exceptionally amusing game, since it contains an enormous quantity of all kinds of games. It is not a game, as such, but a collection of athletic club, still less is it playing at soldiers.

Scouting is an educative game. By means of games, Scouting aims at preparing boys to be men: men of duty and zeal, knights in the service of God, of their country, and of their fellow men.

How is that? Because Scouting gives the child under school age, with the help of his parents, and in school, the opportunity to keep the boys alive and to perfect their moral, intellectual and physical being. The moral doctrine received by the boys is made use of by the practice of two virtues, which are the foundation of the Scout Law, loyalty and kindness. Loyalty towards the King and Country, by the integral practice of all our obligations as Christians and as citizens; loyalty towards our neighbor, by justice, by keeping to our word, by fidelity to those who have the right to depend upon us. Loyalty to ourselves by scrupulous observance to our duty, and by the cultivation of honor and purity. Kindness towards animals, compassion without silliness, which is a vast celestial task here.

From the intellectual point of view, Scouting completes the school training by furnishing ground for the application of the various sciences for which one is specially suited. Briefly put, it is the practical application of the theories of the sciences which are learned at school. There are bridges for all branches of instruction, literary or scientific, without counting those that make for smartness.

Finally, from the point of view of physical education, Scouting is a healthy, manly, and invigorating game, which helps to make strong, enduring men.

This, in a few words, is Scouting. This is at least what Scouting seems to me to be. For and perhaps this will astonish you, I myself, the author of these lines, only a "Pateface" very fresh to Scouting. Often I heard it criticized: "If it is criticized, it must have some life in it," I told myself. "For unless one is a coward one does not attack the dead." I then have studied Scouting a little. I have found that it is an enormous quantity of good in it. And that is what has encouraged me to write these few words. I hope they may still find their way to the hearts of my readers, a greater wish to be true Scouts or true friends of Scouts.

A Pateface.



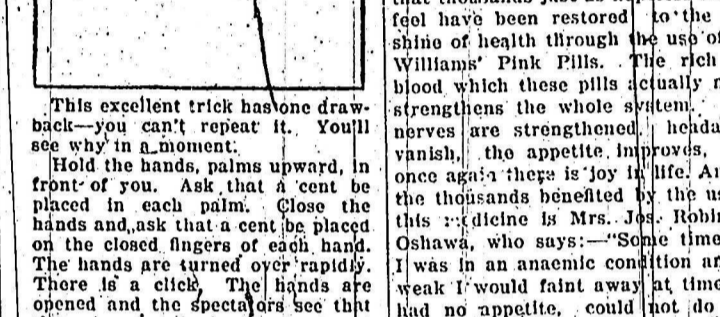
## FIVE THOUSAND MILES ALONE

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

## EASY TRICKS IN THE SHADOW OF POOR HEALTH

Four Pennies

In This Condition Relief Comes Through Dr. Williams' Pink Pills.



This excellent trick has one drawback—you can't repeat it. You'll see why in a moment.

Hold the hands, palms upward, in 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.

This is how it is done. The hands are turned over but there is an apparent mishap. The coins which were placed on the fingers are taken on the floor. An obliging spectator picks them up and places them on the fingers. The trick then proceeds with the effect related.

The mishap is an important part of the trick. As the hands (which are close together) turn over, the coins which were on the fingers of the right hand are held in the palm with the other. The left hand permits both coins to fall. The placing of the coins helps to my baby. They regulate the bowels and stomach and make the complexion clear.

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

## CHILDHOOD AILMENTS

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are the three most important ailments of the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning Mrs. Aldice Legage, St. Beatrice, Quebec:—"Baby's Own Tablets 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. Williams' Medicine Co., Brockville, Ont.

## Do You Chew Seeds?

The journey to Tambor was long, writes Maj. Maurice Baring in the Pictorial Show of Memory; in my carriage railway official trunk ten apples and a dozen oranges were packed and a sign on the trunk read: "As a bad business," he said, "living in Russia now." Then after some reflection he added: "But perhaps in other countries—in England, for instance—people sometimes find fault with the government?"

And here he did little else.

At a large roll out of a basket, and after he had munching it for some time he said, "After all there is no harm in it. The thought occurred to me to console my country in the world where such good things are to be had." The thought occurred to me to console my country in the world where such good things are to be had.

## Mother! Give Sick Baby

"California Fig Syrup"

Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic babies and children love to take "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and stirs the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeit. It is sold upon genuine "California Fig Syrup" which contains directions.

## NURSES

The Toronto Hospital for Lunatics, in affiliation with Bellevue and St. Michael's Hospitals, offers a three years course of training to young women desiring to become nurses. This Hospital offers a complete education and training, including the study of anatomy, physiology, and the practice of nursing. Expenses to and from New York. For a prospectus apply to the Superintendent.

## The Inflowing Tide.

Two boys were sitting on a bluff that gave them a wide view of the uneven shores of the Bay of Fundy. The tide was out, and the rocks, inlet and harbor, were dry and muddy silt.

"Sing us a song of the sea, Sandy," suggested the farmer's son, Sandy, a little immigrant from the land, cleared his throat and sang sweet boyish tenor:

"It's a braw to sit on the shore And see the ships comin' in Sandy had another auditor, of presence, neither of the boys aware. "Aye, ladde," said a voice with a broad Scotch burr "but ye are a brave one to sing song so far from home, and the all empty too!"

"But the tide'll come in, ef' sams at home," said the Scotch "Aye, ladde, so it will will. And bless ye for your it will come in, the same as at and the sea and its power will all things to life and motion, and useless boats will become things and benches."

"Did ye not think 'tis very the love of God, lads," he con- "Sometimes, especially when away from home and friends, I heart seem to get empty and dreary, but the big hearts of big like the big bay yonder, and smaller hearts of boys too, like little cove and that inlet, y'crown of bush, like a boy's rough But see—aye, ye see it? That ing tidal. It fills them all—'t bay and cove, inlet and harbor ships quiver and stir in the mud themselves and rise to dance power, servants of our nobles-"

"Of his fullness have all been colved and grace for grace," he because the love of God is poured into our hearts. Our hearts are no longer dry; our hopes seem no longer out and our ambitions have power to bring them to pass. "The well member, lad, that this power from without us—from God, like the tide to the bay; but it comes quickly to every open bay and inlet. "To see the ships comin' in," he said; "it's a braw to see the ships comin' in; and that can only be because the tide of God's love fills our empty hearts and makes them things of power. Jesus said 'Without Me ye can do nothing.' But with Him, as with the tide, what?"

## Ocean Currents

Knowledge of the direction and speed of ocean currents is of great importance to navigators. Such information is very difficult to measure these directly. The United States hydrographic office accomplishes it approximately by means of what are known as "bottle papers." These are small papers with directions for their surface proper authorities printed in the principal languages of civilization. They are given to vessel captains, sealed in bottles, and thrown overboard at the time and place they are noted on them. After months they come back to Washington, the artificial nearly across the Atlantic. Another made a drift across the widest part of the Pacific more than two years. Another picked up on the West coast of Africa.

## ASPIRIN

Beware of Imitations!



Unless you see the name "Bayer" on package or in letters, you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over three years for:

- Headache
  - Lumbago
  - Neuralgia
  - Rheumatism
  - Pain, Pain
- Accept "Bayer Tablets of Aspirin" only. Each unbroken piece contains twelve tablets cost few cents. Aspirin is the trade mark registered in Canada) of Bayer Manufacturing Monocle-oldest of Salicylates. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the letters of Bayer Company will be stamped on their general trade mark "Bayer Cross."

There is a morose as well as a soft influence in things which amuse and make us enjoy life. No one was spoiled by good humor, but ten thousands have been made better by the influence of a good mood. It is the softness of man as bread.

## Don't Cough!

Minard's Liniment with Menthol and Eucalyptus. Take a teaspoonful. Also gargle with Minard's in water. Minard's gives quick relief.

## Mother and Child.

At Camarillo on the seaside plain a tender mother take the train. With her a shy small boy of eight years and a wistful most poignant face.

Mother would have loved to have made a young Saint John of God.

She would have draped him in those heavenly hues.

And only he, knew how to use.

His hair had all the glints of gold.

In his eyes was the soft light that fills.

His face pools deep hidden in high bliss.

And in his smile—I drew a sudden breath.

Somebody would it be I looked upon.

Mother Mary Mothering her Son.

—Clinton Scottard.

## What Makes the Sun Hot?

What, asks Discovery, keeps our sun hot? Perhaps most people think of the sun in a vague kind of way as a gigantic bonfire that will in time turn into a vast celestial ash heap. That is, however, certainly not true, because the highest known temperature of combustion is about three thousand degrees; and the sun has a temperature of six thousand degrees; moreover, it has been calculated that no matter how long the sun has been burning, it could give more than twenty-five hundred years of heat.

How many years the sun has been radiating heat energy is a difficult problem to solve; estimates are usually expressed in hundreds of millions. Some persons believe that showers of meteorites feed the sun. But if so there would be an increase in the mass of the sun, and therefore an acceleration of the earth in its orbit and a shortened year. There are reasons, also, that make a theory of meteorites as a source of sun energy inadmissible.

The theory that Lord Kelvin adopted, and what M. Alexandre Veronnet chooses as most plausible, was originally advanced by Helmholtz. His opinion was that the heat of the sun was the result of the energy of its gradual contraction. The deduction from that theory is that in one hundred thousand years the mean temperature of the earth will be five degrees lower. In a million years the 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 picture! As we sit by a coal fire in winter, or lie in the summer sun in the days of the glorious season, we ought to be grateful that we have been born in what is probably the most beautiful and luxurious age the earth has known or ever will know.

There is, however, another theory of the heat of the sun, which M. Veronnet does not accept, but which English authorities prefer. They do not believe that the theory of contraction accounts for more than a five-hundredth part of the energy of the sun. The alternative theory is based on the supposition that elements are formed from hydrogen. It is that so, the atoms of their atoms ought all to be expanded by the mass of the hydrogen atom. In point of fact their masses are in general a little less than the calculated figure. It is possible, using the arguments that Mr. Einstein first brought forward, to explain the energy of the sun by assuming that the extraneous mass has been turned into radiant energy. Such a theory postulates a far older sun and a much longer lease of life on its present scale than Helmholtz's theory of contraction.

## Make a Start This Year!

Have you increased your investments this year just closed? If you are unable to buy a BOND or some other security for cash, why not invest in a Monthly Payment Plan, part of which we will gladly mail to you.

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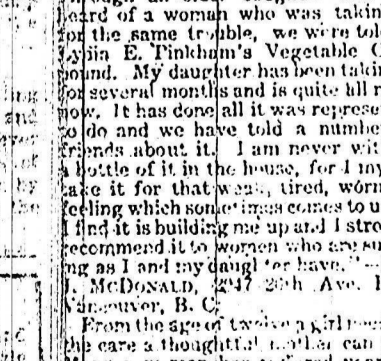
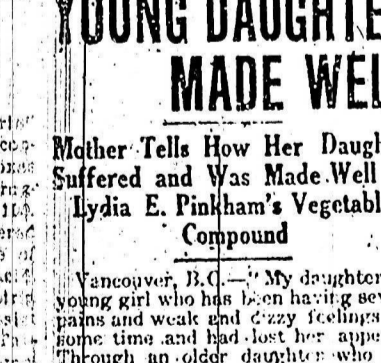
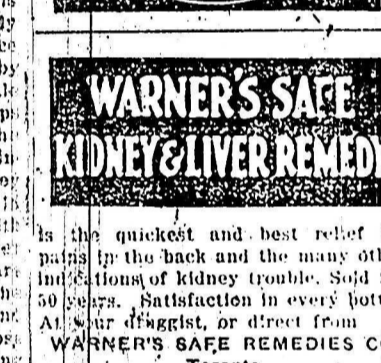
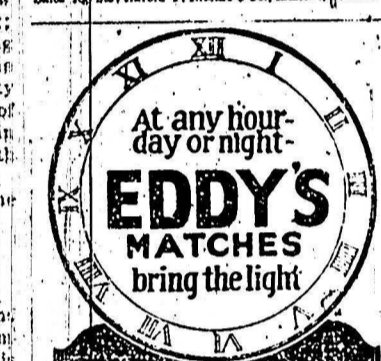
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A wrinkle has 3,500 teeth! Whelks have about 250, and a shellfish, known as the "umbrella-shell," boast 750,000.

Minard's Liniment Heals Cuts.

I hope to live to the end of the world.—The Earl of Duclie.



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