HEALTH EDUCATION

BY DR. J. J. MIDDLETON

drescent, Toro

Provincial Board of Health, Ontario. Dr. Midd.cton will be glad to answer questions on Public Health mat-

ters through this column. Address him at Spadina House, Spadina

Public Health is a subject that cially true of the warnings against

Although only 21/2 years old, this little boy, Reginald Alvis, recently lourneyed alone from Glasgow, Scotland, to Toronto. During the sea visiago on the Regina he was the pet of the ship and there was no lack of solunteer guardians on the train which brought him over the Sanadian National Rallways from Hallfax to Toronto.

Sockeye Salmon in the Fraser River.

With a view to re-establishing sockeye salmon in the Upper Braser River Department of Marine and Fisheries has this season distributed 1.00%, 000 eyed sockeye eggs in the tribu-Jeries of Bowron lake and 4,000,000 in the 'principal tributaries of Quesnel Lake Arrangements have also been made to make similar plantings in the Seton-Anderson Lakes and the Shu-swap Lukes districts. An inspection of the subjon spaws

ing areas of the Fraser River basin has shown that the number of sockeys salmon that feached the spawning beds of the Friser, above Hell's Gate Canyon, was too-small to make a vis-ble impression in any section. Not a sockeye was in evidence in Quesnel lake or its, two main tributaries, and not a residen at Quesnel Dam, the fourlet of the lake, or on the Horsefly mint hooks: River, one of its principal spawning areas, was found who had seen a sockeye this year. Formerly the Quea nel Lake sect on was one of the great est spawning districts in the Frazer basin. The records kept there disclose that in 1909 over 4,000,000 sock gent odor at first well nigh over nower-

The Indians in the Chilcotin country reported that they have not taken in principal. Ashing stations this year, w suckeye and none were seen enter selon or Anderson lakes. A few pass into the well filled still. reresee in the Thompson river.

It was also reported that the sockeye run to the Birkenkead river at the head of the Harrison llooet section was the lest in many years. More pekeye were seen there this year han have been seen since the hatchery was established in 1905 and it is the belief that the run was as great as it ever has been in the last twenty years. While it cannot be stated with absolute certainty that iffe abundance of sulmon in the Hirkenhead river is due the fry distributed there from the natchery four years previously, there is scarcely any other agency to which can be attributed. It is only in the Lower Fraser, where hatcheries have been operated, that the sockeye run has been maintaind, and in the Upper Fraser, in the Quesnel, Chilcotin, and Seton Lakes districts where there are no hatcheries, the run has disappear

Poland's Trade.

The policy of the Soviet governmen endeavoring to kill imports from Porand has obliged the Polish govern: ment to look for other foreign mar, hots. During the last year Poland has hid special attention to the Balkans ending there an itinerant exhibition of Rollet manufactured articles Poland organized a regular fair in Constantinople in September, the first European fair in Turkey, and everything seems to indicate favorable pros pects for he expansion of Polish trade in the Near East.

Minard's Liniment for Rhoumatiem.

Love Song. I have loved you enough:

Though much went wrong,

This was strong Unshaken in spite Of the going of years, Too sure to retract, Too proud for tears.

This was good.

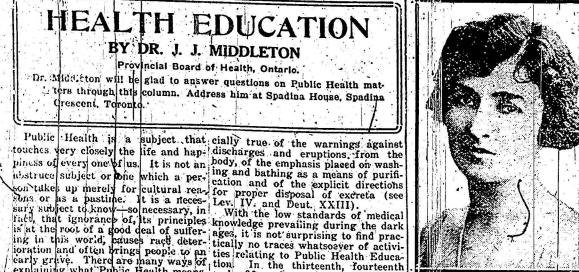
Let my love be the pillow Under your head. On your lips like a song, To your hunger, bread. --Sara Keasdale

Mint Harvest in England.

Within a few miles of London the peppermint harvest is in full swing, and the pretty blue flowers of this sweet-smelling plant are fast falling beneath the swish of the sickles, or

busy night and day as cartloads of the inclosed Secretary of the Royal Aero nautical through the large door of its upper Science States that Solomon gave to trial convinces her there is nothing to floor and the air is filled with a punclose that in 1909 over 4,000,000 sock gent out at answer two huge, the are other references to laxative which regulate the bowels eyes entered that lake. None are ing. On this upper floor are two huge, light in Abyssinian sacred writings, and sweeten the stomach, thus driving bottom is perforated so that the steam may rise easily to the mint. Three excess of 50 sockeye at their three botler men load th stills, and as soon! as they are brimful the cup is lowered None were caught by the Indians at and sealed by a water suction arrange-Chimney Creek of at Soda Creek. The ment fitted round the brim. Mean ground to a height of a cubit." Indians at the Bridge River canyon on while the boilerman gets up steam un-Fraser, above Lillopet, caught very til forty/pounds is registered, at which degree of heat the steam is allowed to

Fatty fish contain large amounts of fat-soluble vitamins.



is at the root of a good deal of suite ages, it is not surprising to find practically no traces whatsoever of activitions that any deal of the responsibility of the responsibility of the root of the

Paradise to gather at her gate; ters and Assistant Scoutmasters

her crown, 1 this London s a holy trust, g us keep their faith inviolate. -Lucy Malleson.

Weather Wisdom. at night is the shepherd's de-

ea it expresses is known in cearpry country in the world. Even

white light of the sun is made the stanting rays of the sun have to -12,641 Scouts! These are the actual pass.

Agures sublished regarding the Scouts and the stanting pass. that the clouds have gone by and are

taking the rain with them wings we get 186 at night, indicating ne real Newspaper despatches state that en Ir. the morning, the rising sun District Commissioner Rev. H. A. Sims being to the east, the light lithuidnates of Fort William and a large party of

The Queen of Sheba's

Airship. There is reason to believe that some ne constructed an airship which Solomint hooks:

Our constructed an airship which Solomon give to the son of the Queen of distillery has been silent. Now it is the Quan of Sheba "a vessel wherein

mirachious way in which the Queen of Sheba's son Menyelek left Solomon journaying to his mother's country

you can stop and ask yourself; and think it will be found really wor Then, after you have a pretty god idea as to what you accomplished 1924, you will be in a better position to look forward and make some resol de pale dawn that gallant band tions to do better in 1925. In oth words, "Hitch your wagon to a Scent Some Big Dates Ahead.

These and numerous other question

New Year, 1925.

How many Scouts know how the

name January came to be given to

the first month of the year? Januar

Stratford for the beauty of her Scoutmasters in Ontario Have be asked to note Thursday and Friday, then the moth of twillight flut. February 12th and 13th, as important dates on their new 1925 calendars. We and kings and sages long since want to ask Scouts to note them to and then encourage their Scoutmasgave their lives as jewels for take a holiday on those days and go

day there will also be held the 14t Annual Meeting of the Provincia Council for Ontario, and the sam evering a big Conference Dinner wit special speakers and a novel Scou Red in the morning is the shep-warning."

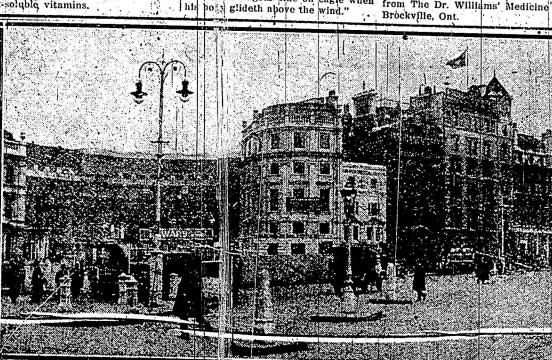
Scoutmaster or Cubmaster or Assistis the old English rhyme, but ant who can possibly attend should miss these big events.

isclent Egyptians and Greeks had I wonder how Stouts would like th s similar to the above. Further- following arithmetic problem instead it is scientifically true. Red of the usual kind about how long i den are really weather forecasts. would take A and B to build a certain If the atmosphere is clear in the kind of wall, etc.? Here it is: How ating or morning the sun's light is many Scouts would it take to eat 500 red. scause the blue, of which the or- yards of jam roll and 2,300 pounds of has been absorbed by the great there are probably no very good rules and hof atmosphere through watch for figuring out the answer, here it is

western horizon and its clouds, Boy Scouts were amongst the first which are on their way to us. We need join the search for a little boy redent not be shepherds to know that if the ly lost in a storm while out cutting, s red and lowering in the morn- Christmas Tree for his home. Th bre in for a good "soaker" be- is a kind of service which Scouts have frequently rendered in many places.

BABY'S OWN TABLETS **ALWAYS IN THE HOME**

trial convinces her there is nothing to one could traverse the air for wind." The Tablets are a mild but thorough these are other references to laxative which regulate the bowels and there is a long description of the out constination and indigestion, colds and simple fevers and making teething easier. Concerning them, Mrs. "No trait hauled his wagon, or loaded writes:—"I have used Baby's Own camela, each was raised above the Tablets for the past ten years and am Saluste Pelletier, St. Dumas, Que., writes:—"I have used Baby's Own. aucient have always given the greatest satis never without them in the house. They Egyptians, measured about twenty faction and I can gladly recommend inches but elsewhere it is recorded them to all mothers of little ones." that one the Red Sea they were lifted. The Tablets are sold by medicine dealup three cubits, "and everyone travelers or direct by mail at 25 cents a box led in the wagons like on eagle when from The Dr. Williams' Medicine



MAMMOTH FOUND IN TRAFALGAR SQUARE, LONDON The fossilized bones of a mammoth and a hippopotamus that, about 100 000 years ago, lived in Trafalgar Square, now one of the world's busiest spots have recently been discovered thirty feet below the surface. The bones, including also those of the aurochs question, and the red deer, have been identified by Sir Arthur Keith, the renowned anatomist, and Mr. R. H. Hugh. They have been placed in the museum of the Royal College of Surgeons, to which they have been presented. The bones were found when foundations were being dug out adjacent to the head European Offices of the Guadian Pacific Railway (right). It is assumed in Geological circles that these relics of the past belong to one of the milder periods of the Ice age. The spot where they were found

PAIN IN THE JOINTS

An Indication That the Blood is Thin and Watery.

The first sign of rhoumatism is frently a pain and swelling of one of the joints. If this is not treated through the blood, which is the seat of he disease the poison spreads, affectng other joints and tissues some-imes rhoumatism attacks the heart and is fatal

is derived from Janus, the god in the A remedy that has corrected many ancient myths who had two faces, one cases of rheumatism, is Dr. Williams looking backward and the other for-Pink Pills. These pills enrich and purity the blood so that the poiscnous ward. So we may take January as the month when it is well to look back rheumatic matter is driven out of the system as nature intended. Miss Gerover the old year just gone, and then on to the new year just beginning. Let tie Denne, Washago, Ont., was attacked with rheumatism and found relief through Dr. Williams' Pink Pills. She says -"About a near ago I was atacked by rheumatism and for two weeks was confined to my bel. The rouble was so painful, affecting the coints of my limbs so that I could not stand flone. Mother had a box of Dr Williams' Pink Pills, in the house and thought they might help me. I began taking them, and when I had taken these pills got a further supply with the result that the rheumatism vanished and I was a well girl. I may add that my mother and two of my sisters have also used the pills for various allfraction of the year since I joined Scouts, have I done in the way

ments with equal success, and now we are never without them in the house. If you are suffering from any condition due to poor watery blood, or weak nerves, begin taking Dr Willlams Pink Pills now, and note how sour strength and health will improve. ou can get these pills through any dealer in medicine, or by mail, at 50 dents a box, from The Dr. Williams Medidine Co., Brockville, Ont.

The Dog's Savage Relations.

The dog is the most respectable member of his family. His relatives this principle; but in include such unpleasant creatures as era it was the fashion in t wolves, jackals, and foxes. Apart to call places after celebration these distant connections how of the best-known men the ever, there are many first cousins of our household pet whom he would not bourne (Victoria) was na care to acknowledge.
The South African wild or hyena

dog is more like a wolf. It runs and to Toronto for the big Provincial limits in packs, sleeping half-day and Scout Leaders' Conference to be held half-night and hunting the rest of the then. On the afternoon of the first time.

In the East 's a great variety of wild dogs. The parish dog lives among dogs. The parian dog the limit Nor was this son of the luman beings, but will attack them it in the limits of one colony it has the chance. It acts as a seaven of Earl Bathurst, Colonial ger and lives on offal. In appearance this animal is tawny colored, and looks | what it is-a most unpleasant brute. The Indian wild dog is somewhat tish settlement on the Conf. larger than a jackal. It runs in packs land in the Arctic Occur, and is absolutely fearless. These dogs inlet, an arm of the Arctic Decarion of the Arctic Decards and is absolutely fearless. are difficult to tame, but sometimes they die used in coursing and his division in Cape Colony, sticking

wild dogs do not bark, though one scattered over the map of April of the South African species atters prictor is commemorated three distinct and durious cries. As Gordon Bennett, an African rule too, wild does hold their talls (seen by Stanley in 1875;

When tamed they act in a similar manner to the dog which has generations of civilized ancestors behind In the evening the rosy light for the at the imperial Scout Jamboree held has a bad habit which no amount of point in the world was character in the sky. This shows British Empire Exhibition at Wemb tood, in the wild state, is poultry.

General of India: the Visit in the wild state, is poultry.



'I suppos Jack six times and with me one make me jealous?" make me jealous?" Site..."No, I danced with you once to make Jack jealous."

Why a Chinaman is Inexact. If there is any single trait in Chinse that overshadows all others, it is that of inexactness. A Chinaman, writes Mr. N. O. Winter in Travel, will refuse to admit that two and two are four. He will decline to assent that white is white. If distance is given in miles, you must first ascertain whether a long or a short inlie is intended. f you nurchase so many pounds of ods, you must inform yourself ether pounds of twelve or sixteen

ces are intended. When the deception is discovered merchant betrays neither resent ient nor contrition. He smiles blandly and dismisses the incident with the remark that you are cleverer than he

may meet a Chinaman morning in Hongkong, a man whom you know very well, and casually remark: "Where were you yesterday

"Why, I was in Foochow," he will reply. A. That is impossible; Li, for then ou could not be here to day. The distance is too great."

"Yes, that is so," he says in no way imparrassed. "I was in Amoy." "Now, Li, you know that is not true. would take you two days to reach re from Amoy, and besides I saw u in Canton.

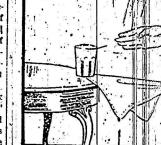
Yes, I was in Canton yesterday, e finally admits; 'but why did you ant to know where I was?" He parries with you partly because e is suspicious of your motives. He edges laygely in the effort to ascertain why you are interested in his whereabouts. His movements should e of no consequence to you.

Minard's Liniment Relieves Pain.

ISSUE No. 62

EASY TRICK

With A Glass O



A tumbler is fined a mittel it can hold no more placed on the corner of chief which is placed ver edge of a table have no cover. The problem is to

handkerchief without glass or spilling any of Although the task seem of accomplishment, it can very easily.
Grasp the opposite corne

handkerchief and hold it in zontal position, holding the as far as you can away f-table. With your other hand the handkerchief a share lie blow. If you do this, th chief will be drawn from glass. It is desirable tabletop be very smoot the handkerchief have

other of the series, in a cer

Mountains as Memoria The christening of a miun Nurse Cavell Is a reminde hames are often liestowe pliment to or in comin distinguished persons, Of late years many fer

Arctic regions have been Sometimes a notability talized in this fashion again An instance was Lieut Raiph Darling, Governor of Nav

Wales in 1825-31, who is comin ated by a river, a mountain row two districts in Australia. Nor was this sort of thin 1812-28, was applied to 3 New South Wales: Bath At a later date personal

plorer is similarly honores Pool, near the Congo, as a mission station near 1. perpetuates the work of I Mount Everest, the highe

in the Zambe. Victoria; and The East Central Prince Consurt.

By wearing la rican housewife has disco she walked on an alverage each day in preparing m

family. Minard's Liniment Heats

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Length of the Cruins

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teer cystem,. The pupils reselve uniforms the School, a montisty : tiewance and travelling them nev York. For further tormation apply to the Superinte

ittle Tommy, upon his return from bol one day, was asked by his ther what he had learned on that chsion. "Well," said Tommy, "I to been studying ants. There are kinds—the sort that gets into the their married sisters."

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