ell-Known People

... Lady Blackmaster, wife ... Lord Chancellor, quoted ... Babylonian girls ... America. Once a year ... both heart ... together ... made ...

... Guild of Vintners

But Fails to Draw

... and accomplished ... paints, fear, but doesn't ... the data at all."

A tea your grocer recommends is usually good tea

RED ROSE TEA "is good tea"

And most grocers recommend it.

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.

Child welfare is a big subject. It has to do with all phases of child life and the general happiness and health of children. It has to do with everything that affects their vitality either directly or indirectly. With a little thought one can understand what a wide subject child welfare is. It goes back to the beginning of things and takes into consideration the health of the parents as well as of the children. There is something in heredity. As a child often inherits the looks and physical appearance of the parents, so it inherits some of their health characteristics and their freedom from or susceptibility to certain diseases or weaknesses. Child welfare includes all this and more. It, in fact, can be defined as "everything to do with the child." It includes every possible provision for children before and after birth; before, during and after school age; and into adolescence and suitable employment. Child welfare work includes the care of the children who are destitute, neglected, delinquent, abnormal in mind and body, orphaned, badly born, deprived of natural relationships and support. Protection must also be given to normal children, for the great aim of preventive medicine is to keep well children well. This great purpose of preventive medicine, of course, applies to adults as well as children, but it is for children that we are especially directing our thoughts at the present time. It is, therefore, the duty of all who are interested in Child Welfare to remove sinister influences which militate against perfect growth and development. These influences include not only environment and general upbringing as regards children, but also the condition of their physical health, their freedom from any condition that would tend to lower vitality or hamper normal progress. Some of the things we have to keep in mind in this sense are adenoids, diseased tonsils, decaying teeth, constipation and other conditions that often are thought to be of little account in the progress the child is making, but which have a profound bearing on its general vitality.

One of the most important features of child welfare work is the reduction of infant mortality. There are far too many deaths in Ontario and indeed in Canada, of infants under one year of age. Many features contribute to this high death rate, one of the chief of which is intestinal troubles brought about by improper feeding. Artificial feeding is difficult to carry on successfully. It can be done, but it requires care and attention with strict medical supervision. By far the best means of feeding an infant is by nature's way, viz.,—at the mother's breast. If all the mothers of this province could be impressed with the necessity of breast feeding, their babies, except in one or two special instances where the doctor in attendance advises against breast feeding, there would be a great drop in infant mortality. Statistics show that eight babies fed artificially, die to every one fed at the breast, and this fact in itself should make us stop and think. Pre-natal care, or care of the mother before her child is born is another important way to reduce infant mortality. This is a feature of child welfare work, the importance of which is becoming more and more clearly recognized.

If we could concentrate our thoughts on the care of mothers before birth and the inestimable benefits of breast feeding for infants, we would have struck two notes that would do much to reduce our present high rate of infant mortality.

With The Boy Scouts

What the Scouts Are Doing.

The Boy Scout, according to his custom, goes modestly along his way doing good turns, helping other people and making remarkable strides in health and skill. And we would know a thing about the lads' good deeds if the telling were left to him. At the Scouts' Anniversary Week-time, February 8-14th (during which the big Annual Provincial Scout Leaders' Conference will be held in Toronto) we like to turn the spot light on these knights in khaki and record their record of efficient kindness, skill and good citizenship.

Records compiled at the Provincial Headquarters office show that more than one hundred awards for life saving have been granted to Ontario Boys during the past fourteen years. Burning buildings, icy lakes, whirling waters, were frequently scenes of these brave rescues—exploits which firmly tested the skill, presence of mind and courage of these youthful heroes.

Civic service totalling hundreds of hours is the unvarying record of every Scout troop. In some of the bigger centres like Toronto, Ottawa and Hamilton, these service records run to many thousands of hours which Scouts have willingly contributed in response to calls from numerous local institutions and organizations.

The acres of timber land saved from the ravages of forest flames by Scouts can never be estimated

Tree planting, conservation of natural resources, preservation of bird life—by building bird houses and replenishing bird sanctuaries with food all winter long, are some other activities of the Scouts.

Serving on school traffic corps, helping the younger children across streets safely, installing radio sets for the blind, chopping wood for old people, keeping city hydrants clear of snow and ice, are just a few of the hundreds of other ways these lads have been rendering service.

As to progress in Scouting, records for 1924 show that hundreds of boys have been granted proficiency badges for firemanship, public health, personal health, first aid and pathfinding, and still many hundreds more have qualified in one or more of the 61 other proficiency badge subjects in the Boy Scout curriculum.

Scouting is doing well its wonderful job for the future citizenship and security of our Dominion. May the influence of this sterling movement soon reach the lives of the hundreds of thousands of boys of Scout age who are not yet within its ranks.

Rotary Helps Again.

The Rotary Club of Bowmanville recently turned its famous wheel in behalf of Scouting, and so made possible Scouting privileges to the boys of that fine, On'arid town. The new Troop Charter is being issued in the name of the Rotary Club, which is sponsoring the new 1st Bowmanville Troop. The charter membership of the new troop consists of a small group representing the best boyhood in the community. And a good Scoutmaster has been appointed too. With this fine combination—an actively interested Rotary Club, a good bunch of fellows and a first rate Scoutmaster—something big is sure to "happen" at Bowmanville.

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GUSTAVE TOTT, Manager

One Dollar a Pound for Tea Predicted Before Long

The tremendous increase in the popularity of tea as a beverage has been such that the producing countries have been unable to satisfy the demand. The price of tea has been steadily increasing for a number of years. Since, however, you can make from 250 to 300 cups of tea to the pound, even at the price of $1.00 the cost per cup is only one-third of a cent.

Imagination, Reason and Good Judgment.

"Look ahead! Think! Plan! Dream! And have faith in your dreams. For out of dreams grow empires. Let imagination be the architect of your future. But do not forget that reason and good judgment must be the actual builders of it. Without their service your plans will never be anything more than plans.

A Wonderful Hat.

Miss Gush—"I want you to see my new hat. My friends say that I look ill in it."

Miss Rush—"I am anxious to see it. It certainly must be a wonderful hat."

For First Aid—Minard's Liniment.

Canada's Share Under Dawes Plan.

Canada will receive £5,000 sterling per year less annuities payable under the Dawes plan as a result of the agreement signed at the Inter-Allied Financial Conference, which provides for the United States being paid 2¾ per cent. of all payment, it was stated in official circles at Ottawa.

Generally speaking, the belief is expressed that the whole question has been dealt with very satisfactorily, in so far as Canada is concerned. When the matter was investigated, personally, by an official of the Dominion Government in November last, the position of Canada did not appear to be at all clear. In the first place, the amount paid for the benefit of the Empire was very difficult to estimate, on account of the cost of the armies of occupation and the priorities of Belgium and Italy. Furthermore it was not settled whether the amount received by the United Kingdom, under the German Reparations Recovery Act, would be taken into consideration, and payments made to Canada. This also applied to delivery in-kind.

Canada receives 4.35 per cent. of all moneys received on behalf of the British Empire, whether paid under the German Reparations Recovery Act by delivery in kind, or by direct payment of cash from what is known as the Transfer Commission, at Berlin.

The date of the first payment of the Dawes annuities coming to Canada, and the amount, will not be known until the policy of the Government with respect to the retention and liquidation of private properties is decided, and the amount of the liquidation has been debited against this country.

WOMAN'S HEALTH WHEN FORTY-FIVE

A Critical Period When Dr. Williams' Pink Pills Are a Real Blessing.

At special periods a woman needs a medicine to regulate her blood supply, or her life will be a round of pain and suffering. It is at such times that Dr. Williams' Pink Pills are worth their weight in gold, for they make the new rich blood that banishes the symptoms of distress that only women know. The better blood that comes with the use of these pills strengthens every vital organ and brings womanly health and happiness. This is fully proved by the case of Mrs. G. Witbuhu, Arcola, Sask., who says:—"I am one of the many for whom Dr. Williams' Pink Pills have done wonders. About three years ago I was so weak that I could not do my housework, or even go about without feeling utterly worn out. The doctor suggested that an operation was the only thing that would help me, but this I refused to undergo, and I returned home almost in despair. My trouble was all due to the lingering change of life. At this stage I read an advertisement of Dr. Williams' Pink Pills and decided to try them. By the time I had used six boxes there was no doubt they were just what I needed, and under their continued use for some time my health was fully restored, and since that time I have been in the best of health. I am writing this letter in the hope that it may induce some other suffering woman to use Dr. Williams' Pink Pills and regain her health."

These pills are sold by medicine dealers or will be sent by mail at 50c a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

Justice Must Decide if Woman is "Person."

Is a woman a person? This question is now engaging the attention of the Department of Justice.

A short time ago W. W. Hay of Vancouver, who has been operating a small vessel for five years in British Columbia waters, wrote to the Department of Marine and Fisheries appealing for the right of his wife to take examinations which would qualify her for the position of captain of their boat. Mr. Hay added that his wife had assisted him in the operation of the boat for some years, and that the reason she sought captain's papers was that his eyesight was defective.

The question of her application was referred to the Department of Justice because a point of law was raised. The statute on this matter says: "Examinations may be conducted for British subjects, or for persons domiciled in Canada at least three years, who intend to become masters or mater." Under the meaning of the law, is Mrs. Hay a person? Also, if mistress is the feminine of mate, what is the feminine of captain?

Frontier College.

The Frontier College, established by the Canadian government to educate the workers in the lumber and construction camps, is generally known as the University in Overalls. Since its beginning it has sent more than seven hundred instructors into camps in different provinces, and each year approximately fifteen hundred men receive instruction in some kind of school work. The founder writes: "Education must be obtainable on the farm, in the bush, on the railway and in the mine. We must educate the whole family wherever their work is, wherever they earn their living, teaching them how to earn and at the same time how to grow physically, intellectually and spiritually to the full stature of their God-given potentialities."

World's Storehouse.

Mexico is often referred to as the "storehouse of the world" because of the great fertility of its soil and its almost inexhaustible natural resources. Humboldt, the German naturalist, nearly a hundred years ago spoke of Mexico as the "treasure house of the world." Although still undeveloped, Mexico is one of the most richly mineralized regions of the earth.

EASY TRICKS

The Disappearing Tumbler

This is a favorite trick with several professional magicians. If you will practice it, you will discover that it will make a veritable sensation when you perform it. It is performed while the performer is seated at the dinner table.

A coin is borrowed and marked and is placed on the table in front of the performer. A tumbler is inverted over the coin. A sheet of newspaper is placed over the tumbler and is moulded to its shape. The performer makes a few mystic passes over the hidden tumbler and lifts it, seemingly surprised to discover that the coin has not vanished. He repeats the performance. Again the coin does not vanish.

"This time it has got to go!" he exclaims. "One! Two! Three! Go!" As he says "go" he strikes the tumbler with his open palm. No harm is done, however, for the paper collapsed. The tumbler has vanished! The coin is still there—its mission being merely to mislead the spectators as to the purpose of the trick.

The secret is simple. The second time he lifted the tumbler all eyes were on the coin. The magician took advantage of this to let the tumbler slip out of the paper into his lap. The moulded paper, holding the form of the tumbler, looks exactly as it did and the absence of the glass is not suspected. The magician makes a sort of runway of his legs and lets the tumbler slide, noiselessly to the floor. When he strikes the paper, he gives the tumbler a shove with his foot so that when it is discovered it will be as far away from him as possible.

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

A DANGEROUS SEASON FOR THE LITTLE ONES

Winter, with its extreme changes of temperature—one day warm and bright, the next cold and stormy, is decidedly dangerous to the health of little ones. The mother is afraid to take the children out for the fresh air and exercise they need so much. The children are cooped up in over-heated, badly ventilated rooms and in consequence many of them are seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They are a sure regulator of the stomach and bowels and in this way drive out constipation and indigestion and break up colds or grippe. By their use baby will be added over the winter season with perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

But Seldom Is.

Many a man who has made a failure of everything else imagines he is a success as a husband.

Birds in Yellowstone.

About 300 kinds of birds are found in Yellowstone National Park.

Chinese Exports.

Exports from the Chinese province of Chihli include feathers, goats' beards, fox tails, licorice, human hair, pig bristles and lanterns.

"DIAMOND DYE" IT A BEAUTIFUL COLOR

Perfect home dyeing and tinting is guaranteed with Diamond Dyes. Just dip in cold water to tint soft, delicate shades, or boil to dye rich, permanent colors. Each 15-cent package contains directions so simple any woman can dye or tint lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings, everything new.

Buy "Diamond Dyes"—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.

War Holds Up Soy Beans.

The export of soy beans from China is threatened by the present warfare, which involves Manchuria, the chief centre of soy bean cultivation.

Salt With the Oath.

In Arabia and other eastern countries at the present day the most solemn agreements are still ratified by salt.

Turtle Eggs Strong.

Turtle eggs are, when mature, about the size of a golf ball and will not break if dropped from a considerable height.

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Storms in Music.

Although music is not first and foremost a descriptive art, certain passages echo the moods of Nature as they appeal to the composer.

Among classical composers, Handel included the "hailstone" chorus in "Israel in Egypt." More famous is the thunderstorm in Beethoven's "Pastoral Symphony," where at least four different incidents faithfully portray not only the first drops of rain and the distant thunder, but all the feelings of depression and apprehension they inspire.

Beethoven employs the piccolo to depict the whistling of the wind. This instrument is used for the same purpose by Wagner in "The Flying Dutchman." One of the finest storms in music is that depicted in the prelude to Wagner's "Valkyrie." The staccato scale played in the bass by the strings gives the diff monotony of the pouring rain, while the other instruments join in as the storm rises to its climax with a long roll of thunder on the kettledrums.

Both Chopin and Debussy have recorded their impressions of a rainy day in pianoforte music: the former in the "Raindrop" Prelude, the latter in "A Garden in the Rain." Debussy has likewise given us his idea of an anticyclonic weather in summer in that dreamy work, "The Afternoon of a Faun." Even Wagner deserted his storms and tempests on occasion. In the "Valkyrie" prelude he depicted the storm tearing through the forest, but in the second act of "Siegfried" he presented, with the aid of the piccolo and violins in tremolo, the gentle breeze soughing in the trees on a fine afternoon.

Stars in Pairs.

There are many stars that are double, says Nature Magazine. That is, they are made up of stars revolving around one another. Most of these pairs are of contrasting colors, one blue and the other gold, or one red and the other green. Albireo is considered to be one of the finest of the pairs that are visible in small telescopes.

Romance in Transportation.

Probably the most romantic chapter in Canadian history is the one which has to do with transportation. First there was the pack horse, then the ox-cart, finally the wagon. Now the modern locomotive and automobile lead the list.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite A37, 70 Fifth avenue, New York city, will be given a prompt reply. advt

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Ford, Ontario.—"I had a nervous break-down, as it is called, with severe pains in my back and legs, and with fainting spells which left me very weak. I was nervous and could not sleep nor eat as I should and spent much time in bed. I was in this state more or less for over two years before Lydia E. Pinkham's Vegetable Compound was recommended to me by my neighbor. Before I had taken five doses I was sitting up in bed, and when the first bottle was taken I was out of bed and able to walk around the house. During my sickness I had been obliged to get some one to look after my house for me, but thanks to the Vegetable Compound I am now able to look after it myself. I have taken Lydia E. Pinkham's Blood Medicine in turn with the Vegetable Compound, and I certainly recommend these medicines to any one who is not enjoying good health. I am quite willing for you to use these facts as a testimonial."—Mrs. J. Sheppard, 120 Jos. Unhiase Avenue, Ford, Ontario.

Nervousness, irritability, painful times, run-down feelings and weakness are symptoms to be noted. Women suffering from these troubles, which they so often have, should give Lydia E. Pinkham's Vegetable Compound a fair trial. All druggists sell this medicine.

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