UT SUNSHINE

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.

How to keep fit in winter is a timely topic. In this Canadian climate there is a tendency—in fact it is a necessity—to live too much indoors in a superheated atmosphere during the cold weather. We can't do anything else, but we can try to observe some health facts that may help in keeping us fit. I don't think I ever read a more reasonable program for keeping fit in winter than that offered by an Illinois doctor, G. B. Lake, of Highland Park.

Winter fitness rests on five fundamental principles:

(1) General physical well-being. (2) Accustoming the skin to cold. (3) Adequate ventilation and a proper temperature. (4) Proper clothing. (5) Avoidance of infection. The first of these, general physical well-being, is attained by regular and systematic exercise, moderate and considered eating, adequate and regular sleep, free elimination by bowels, kidneys, lungs, and skin, plenty of congenial work, enough rest and recreation to relieve the tension, and abstinence from worry.

The second is brought about by exposing the skin daily to cold water, cold air, or both. Begin with a tepid or warm water for one minute and gradually reduce the temperature from day to day until the most invigorating results are obtained—then stop. If cold water is a shock to the system, better have the water heated to some extent. Many people simply cannot stand cold water on their bodies, especially in winter time. It is too much of a shock to the system. In those cases it is better to leave cold water alone as far as a shower or bathing is concerned. Two minutes is about the length of time a shower should last, and it should be taken on rising in the mornings, following about fifteen minutes of vigorous exercise in a room having an open window and with the body naked or in night clothes only. Follow the bath with a brisk rub with a rough towel.

For the third requirement, there should be sufficient ventilation to supply every occupant of a room with three thousand cubic feet of fresh air per hour day and night. It is a common but poor practice for people to live all the day in an overheated and stuffy office or house with all the windows closed, and then at night take precautions to sleep with the windows open. This quick change in temperature from day to night is liable to result in colds or chills, and should be avoided. Remember to try and keep the room you occupy well ventilated and there will be no great necessity for letting the temperature of the room drop at night away below that of the daytime. It is moving, fresh air, even if not cold, that helps to keep us fit. The best temperature for those who are working, is 68 deg. F.; for those who are sitting quietly, a trifle higher.

The fourth condition cannot be met without thought and regulation. Clothing should be adequate to conserve the body heat, but not heavy enough to cause obvious perspiration; loose enough to permit free movement of all parts of the body; porous enough to permit air to reach the skin; and adapted to the temperature and weather conditions. A big order you may say, but well worth considering.

When it is very cold, put on more clothes outside, which can be removed on entering the house. There is no necessity except in the case of people who are almost continuously out of doors, to wear fleece-lined or heavy underwear, because the temperature of the average Canadian home in winter is that of a summer's day outdoors, and under these conditions, people who live indoors a good part of the time need only lightweight clothing. Women are much more sensible than men in this matter of clothing worn indoors in winter.

When it rains or snows, put on a raincoat and rubbers. The very young, the old, and those who perspire very freely should wear underwear containing from 15 to 75 per cent. wool.

To meet the fifth requirement, keep as far away as possible from those who cough, spit and sneeze; avoid crowds, especially indoors, avoid the chilling of parts of the body, which leads to local congestions and opens the door to bacterial invasion; breathe through the nose day and night, and if this is impossible, see your doctor and have your nasal deformities corrected; wash out the nose and throat thoroughly after your day's work, with a solution of half a teaspoonful of common salt in a glass of warm water; wash the hands frequently, the face two or three times a day and the hair often. If you will follow the above suggestions faithfully and consistently every day, you will have no need for a "spring tonic."

If Pigs Could Fly—their legs wouldn't become so tough.

As it is, Pork is rather indigestible and you must eat mustard with it.

Mustard aids digestion of pork and all other meats by improving the flavor and stimulating the flow of gastric juices.

Freshly mixed mustard is essential at every meal. 393

Keen's Mustard aids digestion

Novelists' Fortunes.

A cynic once said that every man in his secret heart believes that he can write a novel, edit a newspaper, or govern the country. It is also on the records that an unsuccessful scribe declared that he could write plays like Shakespeare's if he "had the mind to," and it must have been the same cynic who replied, "No doubt, if you had the mind."

The reply to the question: "Does writing pay?" can only be: "It depends on the writer." If he can hit the public taste he can make a fortune much larger than the $308,627 left by Sir Rider Haggard. And the public taste is an exceedingly curious quality.

Charles Garvice left $355,000, but it has always been an open question whether his books could be called literature in the true sense of the word. Joseph Conrad, who came in a widely different category, only left $100,000, and Mrs. Humphry Ward $36,500. Mrs. Ward's earnings, however, were greatly in excess of the figures indicated by her estate. One of her novels alone, "Helbeck of Bannisdale," brought her $80,000.

Even that is by no means a remarkable figure for a single book. Rostand received $1,250,000 for "Cyrano de Bergerac" and Daudet $200,000 for "Sapho." On the other hand, George Eliot only made $40,000 out of "Middlemarch," and Beaconsfield received $50,000 each for "Endymion" and "Lothair."

Charles Dickens, after he had made his name, was in receipt of an income of $50,000 a year from his books, and he left $400,000 on his death. Thomas Hardy, still happily with us, has been estimated to have made $1,250,000 out of his books. Victor Hugo left $1,000,000. On the other hand, George Meredith only left $160,000, Edna Lyall $125,000, and Marie Corelli, whose books enjoyed extraordinary popularity, left $120,000.

Mr. Winston Churchill once admitted that his war book brought him $75,000, but he hardly comes into the category.

Minard's Liniment used by Physicians.

It is estimated that 10,000,000 people in the British Isles listen-in to the programs provided by the B.B.C.

Belgium had 100,000 houses destroyed during the Great War; when the present reconstruction scheme is completed, however, there will be 1,000 more houses than in 1914.

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Stop Fuel Waste, insure Winter Comfort with Storm Windows. Low "Freight Paid" prices, really glazed; safe delivery guaranteed. Free price list and easy measuring chart.
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Why get along without a kitchen sink any longer? Here is a new SMP Enameled Ware Sink, the very latest. Made of rust-resisting Armco Iron, with three coats of purest white enamel, same as on bath tubs. Size 20" x 30" x 6" deep, with 12" back, complete with strainer, brackets, and fittings and directions for setting up.

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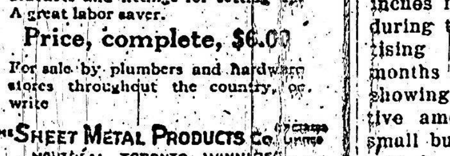

The SMP Enameled Drain Board shown above is made to fit the SMP Enameled Ware Sink, or all standard sinks. Size 20" x 24". Has the same material and enamel as SMP Sinks and is complete with brackets and fittings for setting up. A great labor saver.

Price, complete, $6.00

For sale by plumbers and hardware stores throughout the country, or write

THE SHEET METAL PRODUCTS CO. OF CANADA LIMITED
MONTREAL TORONTO WINNIPEG
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201

The Wonder of It.

Who of us has not rejoiced in the unspeakable gladness that has come into his life from books and works of art, the creation of which is as far beyond his powers as the coloring of a sunset cloud. And yet this is the glory of it, that we can so largely appreciate and delight in what the great have done, can even summon into our presence these master spirits of the centuries whose thoughts still live for us upon the printed page, hold intimate converse with them to our heart's content, they never wearying of us, never frowning at our stupidity, willing to let us question the meaning of their words over and over again until we understand.

In his little book, "Twelve Tests of Character," Dr. Harry E. Fosdick has strikingly emphasized this. He says: "We forget that, while we may not be able to create those forms of beauty which will last forever, we have another ability almost as wonderful; we can love them when they are created; we can rejoice in them and grow rich because of them. So Browning makes his Cleon say:

"I have not chanted verse like Homer, no—
Nor swept string like Terpander, no—nor carved
And painted men like Phidias and his friend;
I am not great as they are, point by point.
But I have entered into sympathy
With these four, running these into one soul,
Who, separate, ignored each other's art.
Say, is it nothing that I know them all?"

Hoped He Could Keep It Up.

"He's made a splendid start with his flying-machine."

"Fine—hope he can keep it up."

Minard's Liniment for Distemper.

NO BETTER MEDICINE FOR LITTLE ONES

Is What Thousands of Mothers Say of Baby's Own Tablets.

A medicine for the baby, or growing child—one that the mother can feel assured is absolutely safe as well as efficient—is found in Baby's Own Tablets. The Tablets are praised by thousands of mothers throughout the country. These mothers have found by actual experience that there is no other medicine for little ones to equal them. Once a mother has used them for her children she will use nothing else. Concerning them Mrs. Charles Huit, Tancook Island, N.S., writes: "I have ten children, the baby being just six months old. I have used Baby's Own Tablets for them for the past 20 years and can truthfully say that I know of no better medicine for little ones. I always keep a box of the Tablets in the house and would advise all other mothers to do so."

Baby's Own Tablets are sold by all medicine dealers or will be mailed upon receipt of price, 25 cents per box, by The Dr. Williams' Medicine Co., Brockville, Ont. A little booklet, "Care of the Baby in Health and Sickness," will be sent free to any mother on request.

Safety Birds.

A bird fancier was in the act of sending out some carrier pigeons when he was approached by a passer-by, who remarked:

"Excuse me, but how far do your pigeons fly as a rule?"

"Oh, thousands of miles sometimes!" replied the fancier.

"And don't any of them ever get lost?" inquired the stranger.

"Well," answered the other, deciding to end the desultory conversation, "you see, I used to lose one now and then, but I've done away with that now. I've had all my pigeons crossed with parrots, so that should they lose themselves they can ask the way home."

A Square Meal.

I've not had a square meal for days," groaned the tramp,
"I'm indeed in a most sorry plight."
"Here's a cube of meat extract," the housewife replied,
"And that is a square meal all right!"

THE MERCHANTS' CORNER

Determining The Amount of Space.

520 inches of newspaper space permits you to advertise every week in a 10-inch space.

During some weeks it may be logical for you to advertise more heavily than other times. Suppose there are twenty such weeks. Keeping your regular schedule for 32 weeks, and doubling the amount of that space for 20 weeks would require about 720 inches for the year. For five months during the year you give your advertising extra stress, and for seven months maintain an effective constant showing, yet the total is a conservative amount of space for even the small business.

It is a truth demonstrated many times over that the small business can advertise profitably in the newspaper. To do so is simply a matter of intelligent planning. Effective newspaper advertising can be done with a small appropriation. Money so used brings a more profitable return than from any other use to which it can be put.

By studying the business of the advertiser, a schedule of advertising can be arranged so that both the constant frequency necessary for any advertising success, and the extra stress advisable at certain seasons, can be secured within an appropriation the business is warranted in making.

The editor of this paper is at your service for such planning. Such consultation is part of the service we are glad to render. It is given without cost or obligation.

NATURE'S WARNINGS

Danger Signals That Everyone Should Take Seriously.

Pain is one of Nature's warnings that something is wrong with the body. Indigestion, for instance, is characterized by pains in the stomach, and often about the heart; rheumatism by sharp pains in the limbs and joints; headaches are a sign that the nerves or stomach are out of order. In some ailments, such as anaemia, pain is not so prominent. In this case Nature's warning takes the form of pallor, breathlessness after slight exertion, palpitation of the heart, and loss of appetite. Whatever form these warnings take, wise people will not ignore the fact that many diseases have their origin in poor blood, and that when the blood is enriched the trouble disappears. Dr. Williams' Pink Pills are most helpful in such cases because they purify and build up the blood to its normal strength. In this way it tones up the nerves, restores the appetite and gives perfect health. Miss Hazel Berndt, of Arnprior, Ont., has proved the great value of this medicine and says:—"I am a young girl and have been working in a factory for the past four years. For two years I had been in such poor health that at times I could not work. I was thin and pale, and troubled with headaches and fainting spells. I doctored nearly all this time, but it did not help me. My mother advised me to take Dr. Williams' Pink Pills, and after using them for a while I could notice an improvement in my condition. I used nine boxes and can truthfully say that my health is restored. When I began taking the pills I weighed 97 pounds and now I weigh 114. I feel that I owe my good health to Dr. Williams' Pink Pills and hope other ailing people will give them a fair trial."

You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Man Who Pays—An Appreciation.

The will to pay is hereditary, just as much as red hair or buck teeth. It is a common fallacy that a man pays his debts because he has money. This is not necessarily true. On the contrary, the matter of paying has only a remote relation to money.

On the one hand is your friend with abundance of money, who cannot be cajoled, threatened, beaten or gassed into paying the most ordinary debt.

On the other hand, the poor fellow without a visible dollar—you know him—who is Johnny on the Invoice. Money has little to do with either case. It is the breed of the man.

The man who pays is the man who thinks in advance. He never flashes a roll; he does not drive a car and carry a mortgage at the same time; he does not hang up the butcher, or the grocer, for food that he can not afford to eat; he never lights the fire without wondering where the coal man gets off. He never throws the Bull, nor pitches the Bluff, nor writes cheques dated to-morrow, but when the bills come in, he is there with the coin of the realm, God bless him.

Sometimes he feels sore at the rest of us. He does not see that he gets on any better than the fellow who skins as he goes. Still he goes on and on, pays and pays, simply because it is in the breed.

And after all, the World does think a lot of his breed. The man who pays is the bulwark of Society. He is the balance wheel of civilization. He is the mainspring of commerce. Business blesses him and he has honor among men for all time.—W. H. H. MacKeller.

To Get the Straight Dope.

"Don't you think a man's character can be found out by reading his palm?"

"A better way is to ask his neighbors, I think."

Making Music Well-Balanced Feature in Sunday School.

"A very essential feature in a well-ordered Sunday School is the music," claims a superintendent who is in a good position to judge. "There is a vast difference," he claims, "between jingle and music."

"The very best kind of music only," he says, "should be found in the school. There is so much meaningless stuff printed under the name of good music, which is only jingles. There is no inspiration to be found in words or tune. Music which causes the feet to move and the body to sway should be avoided in the Sunday school service. This is characteristic of the jingle stuff, and is but another means of adding to the disorder of the Sunday school life. For example, we have not infrequently seen boys during the reading of the lesson and recitation period hum one of these catchy songs, and keep time by moving their arms and swaying their bodies and stamping with their feet, much to the amusement of the other teachers and the annoyance of the teacher. Such antics not only added to the disorder of the school, but at the same time prevented serious study. We need bright music in the school, but worshipful, inspirational and dignified music which will instil within the soul that spirit of reverence."

Why is it that the wrong telephone numbers are never busy?

Educated Ears.

Who, in traversing a congested bay or river during a heavy fog, has not marveled at the skill of the man in the pilot house. Shore lines are loosed, and the boat emerges from her slip. It is uncanny, this threading the way, sometimes at high speed through the impenetrable mist. Passengers on deck cannot see their hands before them.

As for the captain, there is, first, the compass. In clear weather he studied and noted the compass course. There is also the captain's watch, for he knows the speed of his boat and how long it takes to cover a given distance. Along with compass and watch, the man in the pilot house must have ears—good ears. There are the warning whistles of other craft and the bells on the buoys, and on the wharves along the water front, each bell with its own peculiar tone and stroke. One-three-one, tolls a bell, and on hearing the 1-3-1 the captain knows that he is opposite a certain wharf.

Then there is the echo. It was the ability to read echoes that saved the captain of a North River ferry boat from serious mishap. Echo-reading is something that one man can neither explain nor impart to another. Yet one can become very clever at it, as the writer learned while crossing the river in a fog. There was a medley of whistles and bells on the water; it seemed a chaos of sound to the inexperienced guest in the pilot house.

Three minutes out of the slip, the captain put his weathered face out over the top of the lowered window, at the same time sounding the whistle. His face was tense. Suddenly, a look of perplexity on his face, he rang for slowed engines. Almost immediately he signalled for reversed engines. His trained ear had detected something that caused uneasiness. The whistle shrieked out a warning blast. Had their been a boat out there, the other captain should have answered. There was no answering signal. The layman concluded that nothing was amiss.

"There's something dead ahead o' me," declared the pilot with conviction. "There's no answer—but I know I'm right. I get an echo from something."

With that the captain rang for all speed astern, and the boat, windows all a-tremble, came to a stop and then began to back away.

"There! Look!"

The fog had lifted a little. On deck came cries from frightened passengers. Just ahead, not ten feet from the bow, towered a huge steel scow-boat. It was one of a long tow of empty barges, and it had broken loose. The lumbering craft drifted across the ferry boat's bow and off into the fog.

When the mist had lifted and the captain was no longer under a strain the landsman remarked that he had heard no echo resounding back from the scow. The pilot chuckled.

"But it was plain enough. God gave us ears, but we don't always train them. It's a matter of an educated bearing. Sometimes my boys get tired of school. Then I admonish them that trained mind and faculties make the difference between getting ahead in the world and just dragging through."

BEAUTIFY IT WITH "DIAMOND DYES"

Just Dip to Tint or Boil to Dye

Each 15-cent package contains directions so simple any woman can tint soft, delicate shades or dye rich, permanent colors in lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything!

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.

Cheerful Either Way.

Anxious Old Lady (on river steamer)—"I say, my good man, is this boat going up or down?"

Surly Deckhand—"Well, she's a leaky old tub, ma'am, so I shouldn't wonder if she was going down. Then, again, her b'ilers ain't none too good, 'n she might go up."

Keep Minard's Liniment in the house.

Germany's Steel Workers.

In normal times the great Krupp steel works at Essen employs 50,000 men.

WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

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For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.

Look Younger

Care-worn, nerve exhausted women need Bitro-Phosphate, a pure organic phosphate dispensed by druggists that New York and Paris physicians prescribe to increase weight and strength and to revive youthful looks and feelings. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

If you'd like a little better tea than you are using, please try "Red Rose"

RED ROSE TEA "is good tea"

The same good tea for 30 years. Try it! 60

Long Hops for Grasshoppers.

Perhaps if you were asked to name the most remarkable fact about grasshoppers, you would mention their ears—that they are found on the front legs, and that the great green grasshopper has his under his knee.

But here is something more remarkable. The grasshopper would seem to have nothing in common with the sea gull, yet grasshoppers have been picked up in swarms at sea 1,200 miles from the nearest land.

The African grasshopper, according to good authorities, has been known to cross the Red and Mediterranean seas in restructive numbers, and even to fly to the Canary Islands. For the most part these grasshoppers are of a migratory species (Schistocerca tartarica), noted for its great flights. The bodies are about four inches long and are equipped with large air sacs in addition to the usual breathing tubes. These sacks buoy up the insect so that it is able to stay in the air for days at a time, exerting practically no effort. During flight its speed varies from three to twenty miles an hour. When it grows tired it rests on the water and is borne along on the waves.

Ask for Minard's and take no other.

Her Long Suit.

Cook—"I can't bring the ice, mum."

Mistress—"That's very strange, Bridget. Did you try letting it fall?"

CAPO POLISHES FOR ALL PURPOSES
"Makes old like New"
REFLEX FLOOR WAX
RENUALL FURNITURE POLISH
The Capo Polishes Ltd., Hamilton
LESS WORK BETTER RESULTS CAPO

Saws SIMONDS Machine Knives

Cord Wood Saw Users
Write Simonds Canada Saw Co., Limited, 1530 Dundas St. West, Toronto, Ontario, for prices on Simonds Special Circular Cord Wood Saw

CORNS
Rub them frequently with Minard's and get speedy relief.

MINARD'S "KING OF PAIN" LINIMENT

Classified Advertisements

SHOWCARD WRITING INCREASES EARNING power. We show the way. Students sell work before through course. Easy, effective. Shaw Schools, Toronto, Forty-two Bloor West.

One More Effort Needed.

"I can't remember the words of that new song," said the girl.

"That makes it easier," returned her father. "Now all you've got to do to make home happy is to forget the tune."

MURINE FOR YOUR EYES
You Cannot Buy New Eyes
But you can Promote a Clean, Healthy Condition
Use Murine Eye Remedy "Night and Morning."
Keep your Eyes Clean, Clear and Healthy.
Write for Free Eye Care Book.
Murine Eye Remedy Co., 9 East Ohio Street, Chicago

BOTHERED WITH ECZEMA IN RASH

Face Was Disfigured. Healed by Cuticura.

"Some time ago I was bothered with eczema which broke out on my face in a rash. I took no notice of it at first until the trouble began to spread and the irritation caused me to scratch. My face was disfigured and the trouble lasted about three months.

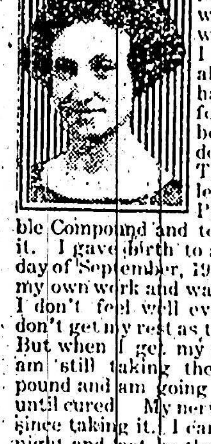
"I tried different remedies but none seemed to do any good. I heard about Cuticura Soap and Ointment and I purchased some, and after using three cakes of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) Miss Gladys Pahl, 241 31st St., N. Milwaukee, Wis., Sept. 29, 1924.

Use Cuticura to clear your skin.

Sample Each Free by Mail. Address Canadian Depot: "Stenhouse, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Try our new Cuticura Shaving Stick 25c.

HER NERVES BETTER NOW

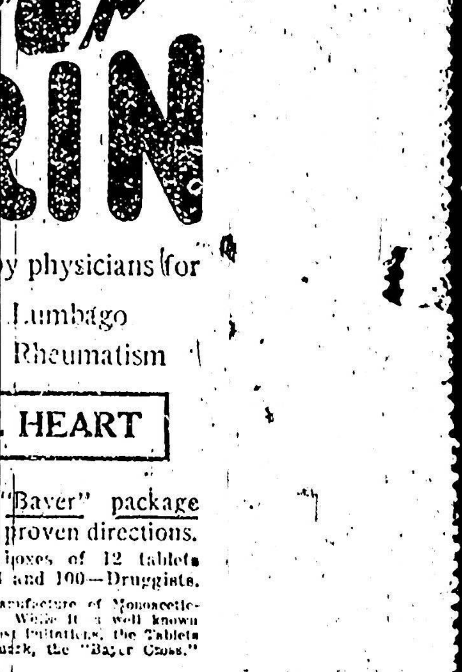
Received Much Benefit by Taking Lydia E. Pinkham's Vegetable Compound



Chatham, Ontario.—"I started to get weak after my second child was born, and kept on getting worse until I could not do my own housework and was so bad with my nerves that I was afraid to stay alone at any time. I had a girl working for me a whole year before I was able to do my washing again. Through a friend I learned of Lydia E. Pinkham's Vegetable Compound and took four bottles of it. I gave birth to a baby boy the 4th day of September, 1922. I am still doing my own work and washing. Of course, I don't feel well every day because I don't get my rest as the baby is so cross. But when I get my rest I feel fine. I am still taking the Vegetable Compound and am going to keep on with it until cured. My nerves are a lot better since taking it. I can stay alone day or night and not be the least frightened. You can use this letter as a testimonial and I will answer letters from women asking about the Vegetable Compound."—Mrs. CHARLES CARSON, 27 Forsythe Street, Chatham, Ontario.

Mrs. Carson is willing to write to any girl or woman suffering from female troubles.

FOR Colds



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Proved safe by millions and prescribed by physicians for

Colds	Headache	Neuritis	Lumbago
Pain	Neuralgia	Toothache	Rheumatism

DOES NOT AFFECT THE HEART

Safe — Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid (Acetyl Salicylic Acid, "A. S. A."). 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."