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ARE YOU THE RIGHT SORT OF DAD?

Mistakes Some Parents Make: By Dorothy Dix

Perhaps there never was a time when there was such a crying need for wise fathers and mothers, or when parents seemed so little able to deal intelligently with the child-rearing problem as now.

When we look at the young people of to-day it appears that parents are divided into two groups: those who give their child an unbridled liberty and those who use all the authority they possess, or can muster up, to enforce the tyranny of the Middle Ages over them.

Under the Parental Thumb.

On one side we see boys and girls still in their teens doing the part that falls to the lot of the grown-ups. On the other hand, we see parents who are terrified at what their ungovernable young sons and daughters are doing, and who would like to put the clock back a hundred years and make their children live the lives of prim little prigs and prudish young Victorians of a generation ago.

They will not let their daughter go to a party for a day. They will not let a young man come to the house and call on her daughter, that the girl goes out of the back door and meets him secretly.

If one of these parents has other children who are younger than the child in question, they will not let them associate with the older boys and girls, and they keep them under the strictest surveillance.

They will not let them read the books that other children read, or go to the movies that other children go to, or play games that other children play, or have the kind of good times that other children have.

They are trying to bring up their children in a hothouse, and they are making weaklings of them.

Parents who treat their children in this fashion are not to be blamed entirely for their attitude. They have been driven to it by the fear that if they do not they will be criticised by their neighbors for not bringing up their children as they should be brought up.

Wrong Upbringing.

The worst sufferers of many rich men's sons and daughters is a parent. If only one can say that a self-made man's son is able to step into the father's shoes and carry on the big business that the father built up. This is not because the boy had not the natural ability, but because of the way he was brought up.

I have heard each boy say: "I was never allowed a penny when I was a child. I had to have decent clothes. I never had any spending money. I had to go to work when I was fourteen and I don't want my children to go through the hardships that I did."

So to avoid giving money as if it were going out of style, bring the boy that he will be a failure. Many of these young men grow up to be idlers, worthless men, who know no law but their own pleasure.

But if extravagance does ruin the children, it does no less to wash-outs. Parents can no longer exercise parental authority over their children.

To a certain extent the boys and girls are going to do what all the other boys and girls are doing, because we must all live the life of our age.

But parents can modify the effect of the times on their children. They can teach them self-control. They can teach them to take their pleasures in moderation. They can give them standards to live by and ideals to struggle up to.

Worth-While Friends.

Make friends with the best. One would like the motto to be applied to all phases of life, to include people and all things.

On small steamboats you will often see the notice, "Passengers are requested not to speak to the man at the wheel." It is rarely to be found on large vessels, for the man is placed away from the passengers and thus avoids his attention being diverted.

In life it is pretty much the same. The men of importance are mostly out of the way of the ordinary run of people and are sometimes difficult to get at. They protect themselves in this way.

Not that they are always vain, but as one comes into contact with many big men they are usually found to be modest, though aware of their importance. It is half-power that is pompous. It is often easier to speak with the man at the top than with the man at the bottom.

Have you noticed that those who have about our cathedrals and important buildings usually acquire a bearing in keeping with their posts? That also obtains through art life.

Those who read the inspiring books, look upon the great scenes of nature, feel the zeal on the loveliest of pictures, and listen to inspiring music gradually come to dislike everything that is inferior to the best. Somehow the beauty lifts them to its own realm.

Cultivate the acquaintance of that which makes you feel better because the companionship is elevating. I do not mean those serious but often very narrow people who see little joy in life apart from the attending of meetings. I refer to men who can crack a hearty joke; tell a really funny story without an unworthy suggestion, and who love to do the best they know in their best way. Such men are ever more and worth a thousand times more than others who may be smarter or rich and eager in action, but who are minus the character that exalts.

A fine old German merchant once wrote to his son: "Attend with zeal to thy busin s by day, but do none that hinders thee from sleeping at night."

That is but another way of making friends with uplifting people and things. For what good can come to anyone by dealing with less than the best? We can only see the beauty around us we look round and up. So avoid everything which leaves a nasty taste and makes you feel worse because you have mingled with it.

Our associations greatly responsible for our lives. Happiness or otherwise fellowship upon the heels of companionships. The mighty help us to prevail. The great create an atmosphere for us. Train the heart and mind to be at home in the great places and to live on the broad plains. The superlative alone can give us cheer. Get away from the humdrum and regular. Sometimes have courage to depart into the country unknown. Remember, if a rolling stone gathers no moss, a fixed one gathers little else. It is earthbound.

Many a life is confined. It is
Day after day, the same old lane,
Train, office, snack at one,
Smoke, coffee, office, train again,
And one more day is done.

There may be recreations which do not recreate; but if such a cramped condition of things be yours, move out and move up and leave the bounded for the unlimited. Begin with a great book, then gain a great-hearted friend, and great experiences will follow.

The Old English Road.

Time was, and that not long distant, when a sojourner in a country village could slumber undisturbed through a summer afternoon. To-day, the scene is changed. Heralded by dust and followed by small, motorcars and motorcycles thunder past.

The song of birds is drowned by hoot of horn and thud of engine; the fuchsia lushes at the cottage doors are thick with dust. The road, fifty years ago well-nigh deserted, has reverted to an earlier type and is once more the highway of commerce and of pleasure. But its constituents and its aspect are far different from that of the centuries when it was at once the playground and the workshop of England.

The road was also the market-place of England, and in that market-place wrought merchants of every grade, from the wealthy traders of Flanders, riding beside pack-horses heavily laden with his country's wares, to the humble peddlar, his stock upon his back, trudging through mud and mire on his daily round or to the nearest fair. Autolycus is found as ready a sale for his "merry ballads" as for his silk and thread. Queer stuff his ballads were from his own description, and hardly less strange were the medleys sung in inn parlors by wandering minstrels to the accompaniment of harp, lute, and guitar. Yet these nomadic musicians kept alive the sacred flame of England poesy as truly as did the more romantic troubadours that of France.

Every form of travel fell under the head of pilgrimage, from a leisurely promenade through rural England to a trip to the marine country which occupied ultimate goal might be a detour through Jerusalem, but Spain, a stay in Venice to witness the carnival of the Adriatic, and an exploration of the cities of Asia Minor seemed no continent, for time was of no importance, since pilgrimage was the most blessed of states that man could be in. The custom served useful purpose in its primary intent, in an age when newspapers were unknown and books were few, these travellers carried the news of other lands to home dwellers, and the unlettered hears of northern Europe were brought into touch with the learning and refinement of ancient civilizations. It satisfied that passion for adventure to which pilgrimage, Elizabethan exploration and modern colonization have all in turn ministered.

The most redoubtable horseman of the eighteenth century was John Wesley. All through his active life, he rode from sixty to seventy miles a day; after he was eighty years of age his record for a year was from four to five thousand miles. Often he was in the saddle by three a.m., and, when weather permitted, it was his custom to ride with loose rein, reading history the while.—A. M. Pagan, in The Empire Review.

Salt.

Some of the highways were made by caravans carrying salt. The favorite hunting-grounds of the pioneers were near the "licks" where deer and other wild animals made converging paths through the forests to places where salt could be found. Arabian and other Oriental people attached a peculiar sacredness to the use of salt; it was the symbol of a covenant. It was neither food nor drink, but as a much desired flavor, the craving for which was the result of a physical need, it was to be tasted as the pledge of brotherhood. To eat of another's salt was to establish a lifelong friendship.

Salt is a preservative. As something opposed to corruption and decay it had a place in the sacrifices of many lands. "Every sacrifice must be salted with salt."

More than once Jesus referred to salt in significant language. When he spoke of his disciples as the salt of the earth He used an expression too fine to be lost out of human speech. Now and then we hear some man or woman of unusual character spoken of as "the salt of the earth." No one needs to have that allusion explained. But when Jesus said to his disciples, "Have salt in yourselves," that was a little different. For salt in the use men make of it, is something applied from without.

The command is worth thinking about. It has to do with that quality which scientific people speak of as "resident force." As applied to character it means possessing within one's self the qualities which give permanence and preservation.

Too many people are dependent on other people for their entertainment, their decisions, their opinions. No one can shut his life wholly away from other lives, and no one wants to do it, but it is lamentable that so many people have almost no resources, of their own. The person who cannot be happy for an hour with no companionship but his own mind and memory and the enjoyment of what is about him is a very poor and dependent person. An important part of anyone's training should be the providing of such resources as shall make one self-reliant and able to face life with courage and hope.

Sweden's P. O. Pays.

The postoffice in Sweden is a money-making institution, the net profits for the last year being $3,287,317.56, or 55c an inhabitant.

Minard's Liniment for chapped hands.

EFFICIENCY IMPAIRED

Why Many Men and Women Are Badly Handicapped.

When you are so run down in health that it impairs the efficiency of your work as well as your power to enjoy your leisure hours, or obtain rest, it is time you looked to the cause. If you do not, a serious breakdown is almost sure to result sooner or later. In nearly all cases this condition, which doctors usually describe as general debility, is due to poor blood—blood that is deficient in red corpuscles. When the blood is thin and weak your whole system suffers. You lose appetite, have no energy, your nerves trouble you and you feel restless.

What you need is help to build up your blood and you should begin at once to make your blood rich and red by taking Dr. Williams' Pink Pills. You will soon notice the difference in your health by a better appetite and increased vigor. The reason is that the new blood created by Dr. Williams' Pink Pills stimulates all the organs of the body to healthy activity, and so the system gains nourishment and strength. If you are weak or out of sorts begin gaining new strength to-day by taking Dr. Williams' Pink Pills.

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

Emperor Hirohito
Interesting Character

The personality and interests of the new Japanese Emperor Hirohito, were described recently by General Charles H. Sherrill, who met the ruler when he was heir to the throne in Paris in 1921, through Count Chinda, former Japanese Ambassador in Washington, and old friend of General Sherrill. The Prince had made an extensive tour of Europe and despite his youth had left behind an impression of an extraordinary grasp of Western ideas of government, economics and social institutions, said General Sherrill.

"Prince Hirohito was not only an interesting personality," he said, "but above all an interested personality. When I received from Count Chinda that I had spent several months in Japan in 1919—he questioned me at length on my impressions of his country, and displayed the keenest interest in every phase of Western politics and government. It was at Count Chinda's request that I met him, and in the midst of a brilliant assemblage of Occidentals he was a figure of outstanding interest. Simple and dignified in his bearing he had the face of a student, representing all the traditions of his ancient country, yet showing an eager desire to learn everything possible of the civilization of far different world. No finer compliment could have been paid to the people's of Europe than the interest he evinced in their life and institutions.

"With his accession to the throne Japan has her first ruler who is intimately acquainted with the Western world. It is a significant fact that the greatest world power in the Far East is a man who thus appreciates the aims and aspirations of the Occident. Representing as he does the unbroken traditions of 2,500 years, it is evident that there can come no radical changes of a political nature under his rule. His family is a symbol of stability, of governmental continuity, providing a bulwark against the hitherto and Hundred dangers."

Cod-liver Oil.

Many of us have distinctly unpleasant recollections of the days a generation ago, when the three chief constituents of the family medicine chest were Castor Oil, Epsom Salts and Cod-liver oil. These three were individually or collectively administered on innumerable occasions. One feature common to all stands out in our memory, namely, their disagreeable taste. The first two of the time-honored remedies have been gradually supplanted by preparations equally efficacious and infinitely more palatable. Cod-liver Oil, however, is more firmly established to-day than ever.

Cod-liver Oil in its pure form is still considered to exert some rather definite influence in the prevention of diseases of the respiratory tract; to be an excellent tonic for younger children taken alone or combined with other medical agents. It is, however, as a preventative and cure for rickets that it is now most widely used.

In the temperate zones, owing to the lack of sufficient sunshine in the autumn and winter months, it has been found necessary to give all bottle-fed and most breast-fed infants Cod-liver Oil, in order to avoid the possibility of their developing this extremely common complaint.

Cod-liver Oil may be safely administered in small doses to all children without fear of digestive disturbance, and is readily taken by infants. One-half teaspoonful twice daily, under three months of age; one teaspoonful twice daily from three to six months of age; and from one teaspoonful to one dessert-spoonful twice a day up to two years.

Cod-liver Oil should be given pure and as a rule unmixed with such articles of food as milk or orange juice.

Sneezing?—Use Minard's Liniment.

Give Correct Address.

The next time you write a letter be sure that your name and address are put on the envelope. Last year 2,100,000 letters went to the dead-letter office.

For Colds—Minard's Liniment.

According to a Swiss scientist, the nerve centres which react to music are in the feet. This explains why people tap time to music with their feet.

Your can rely on SHILOH FOR COUGHS

Heart Disease in Children.

Disturbances of the heart in children automatically divide themselves into two groups. Those which were present at the time of birth, and are due to defects in development and those which are acquired after birth.

Congenital heart conditions, or those present at birth, are not uncommon. They are, as a rule, easily recognizable, and while they vary materially in extent, the majority of them terminate fatally within a given period of time.

Acquired heart disease is rarely present before the second or third year of life, and when found in extremely young children, is almost always always due to a rheumatic infection.

Careful examination of school age children shows about one per cent. to be suffering from some disturbance of the heart. In many instances the presence of this disease was unknown to the parents or child affected. Rheumatism in some of its forms, St. Vitus' Dance, diphtheria or some other infection was usually found to be the cause.

Many of the existing cases of heart disease could have been avoided if adequate care had been taken at the time of the onset of the disease responsible. Rheumatism does not necessarily have to be present in the form of acute rheumatic fever in order to damage the heart. Such slight manifestations of its presence as "growing pains" are sufficient warrant for careful supervision of the child's activities. Slight pain or swelling in the joints, of a transient character, should be taken very seriously by the parents and physician.

The early recognition of such diseases as diphtheria and scarlet fever, and the prompt adoption of adequate treatment, will do much to limit the possibility of the infection involving the heart.

Tonsilitis and disease of the tonsils is another common contributing factor in the cause of heart disturbances in children, not perhaps directly, but as possible lodging places for organisms which may grow and spread to the heart itself.

The usual symptoms associated with early heart disease in children are not as definite as one would like. These children tire easily, may have palpitation, pain over the region of the heart, or shortness of breath on exertion. Loss of weight, or anaemia may be present. The disease is brought to light, as a rule, by the school physician, or when the condition has become exaggerated by some intercurrent illness.

The avoidance of unnecessary exposure, the wearing of sufficient warm clothing in extreme weather, careful examination of the throat, and the prompt correction of defects of the nose, with regular sufficient rest during convalescence from infectious diseases, with regular complete physical examination of all children, are measures which will do much to lessen the amount of heart disease now existing among children.

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. George Lefebvre, 52 St. Zenon, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colds, colic, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Voice of the Sun.

Something of the mystery and majesty of the universe is revealed by the very simplest layman in the remarkable address made by Dr. Pupin in his address to the American Association for the Advancement of Science. The telephone, the phonograph and the radio have become the common implements of civilization. Men and women speak with each other from all parts of the earth and the globe. Dr. Pupin turns from these to remind us that in another twenty-five years

"The earth itself and the sun, that great centre of all our terrestrial energy, will be speaking to us by means of electrical communications and most will understand the messages. They are speaking now, but as yet we do not understand. We call their voices 'static' and 'fading' and 'earth currents' and other disagreeableness."

He predicts these "voices of the sun" and of the earth will be understood and their meaning declared. The roars and jangles of "static" and the demoniacal wails thereof may prove to be a key to one of the riddles of the universe. The pulsing waves that come and go and go and come in radio communication may finally clear away something of the mystery of the energy that comes flooding to us from the sun-and cut across the illimitable reaches of space. And reads that riddle and unlocks that mystery, what then?

Things taste so good we can't help eating too much, now and then. Don't suffer for it. Take Seigel's Syrup. Any drug store.

Keeping well is a lot more satisfactory than just getting well. Some day we will be wise enough to pay our doctors to keep us well.

The Oxford Edition

"Makers of Canada"

A Drama of Three Hundred Years, in Five Acts, in which the Characters are real and the plot is the Making of a Nation.

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Act 5. Confederation and Expansion.

Write for Illustrated Prospectus.

S. B. GUNDY
OXFORD UNIVERSITY PRESS
25 Richmond St. West, Toronto

The Rheumatic Child.

We chose this title, rather than "Treatment of Rheumatism in the Child," because the disease itself is not for treatment with drugs mainly, which is not a proper subject of discussion in a non-medical magazine, while the treatment of the child who is subject to rheumatism is chiefly hygienic and dietetic. The disease is not very common in children under five years of age, but between that age and fifteen it is greatly to be dreaded. The first attack is seldom very painful or serious, but it is likely to be followed by others, and then there is danger of damage to the heart.

For this reason the first attack is to be taken as a warning that a predisposition to the disease exists, and that everything possible must be done to ward off another visitation. A child with the rheumatic tendency must be protected against exposure to extreme cold and damp. Woolen underwear, including stockings, good stout shoes to keep the feet warm and dry, and confinement to the house on stormy or cold, blustery days are of supreme importance. The house should be kept warm, and the playroom or nursery should have a southern exposure, to insure sunlight through the winter months.

When the weather permits, the window should be opened during the hours of sunshine, for the health-giving rays cannot pass through glass. The child should be examined every six months at least, in order that any existing foci of disease in nose, mouth or throat may be detected early and removed as completely as possible. An antiseptic mouth wash, gargle and nose spray should be used morning and evening, and the bowels should function normally.

Attention to diet is important. During an attack only milk, butter, cream or cottage cheese, cereal gruels, and cereals should be given, but after convalescence eggs and meats in great moderation—that is to say, at one meal only two or three times a week—may be added. The child should drink plenty of water and milk both during and after an attack; lemonade and orange juice are excellent drinks. The use of candy and of sugar in any form should be greatly restricted. In short, everything must be done to build up the health of the child and maintain it at the highest possible level, at the same time avoiding any coddling. Play in the open-air should be encouraged whenever the weather permits.

Man and Nature.

The chatter of the people on the street
And, on the other, murmur of the sea.
Small merino sheep bridge and hill
Fringing the silver sheave of the moon.
Novels for fresh minded to discuss.
"And find a message in it and there.
Outside, the wife drifts dolphin-like
Wind.
The swallow wearing through the air
The tide.
The talkant boys at the headless baby
Across flaming in the northern sky.
And then they die.

—Frederick Niven

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OLD CHINESE ECZEMA REMEDY
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Plans For Homes
Just in builders' aid. Practical suggestions on planning, furnishing, decorating and [illegible]. Profusely illustrated. [illegible] of actual dollar-saving [illegible]. Send 25 cents [illegible] current issue.
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Instant Sip-Instant Relief
An effective way to relieve that distressing Cough. Kinnyo is delightful and [illegible]. Yet it acts like a balm to the throat and chest. One mouthful—and there are 19 more left! All druggists or a money-back guarantee. K. Buckley, Limited, Natural St., Toronto 2.

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Acts like a [illegible]
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Stuffed Up?
[illegible] with Minard's [illegible]

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Its superior strength makes Purity go farther than ordinary flours. It is perfect for all your baking—cakes, pies, buns and bread—so the one flour sack only, is necessary. Try Purity Flour to-day—it is certain to please you.

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Canadian Pacific

Order Your Farm Help Now

TO BE OF SERVICE to Eastern Canadian Farmers and help to meet their needs in securing competent farm help, the CANADIAN PACIFIC RAILWAY will continue its Farm Help Service during 1927, and will include in this Service, as last year, the supply of women domestics and boys.

Through experiences in the past few years, the Company is now in touch with a number of farm laborers in Great Britain, Norway, Sweden, Denmark, France, Holland, Switzerland, Poland, Czecho-Slovakia, Hungary, Jugo-Slavia, Germany and Roumania and can promptly fill applications for farm help.

In order to have the help reach Canada in time for Spring operations, farmers requiring help must get their applications in early, to enable us to secure the help needed.

Blank application forms and full information regarding the Service may be obtained from any C.P.R. agent or from any of the officials listed below.

THE CANADIAN PACIFIC RAILWAY COMPANY
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MONTREAL — J. Dougall, General Agricultural Agent; C. Da Due Norwood, Land Agent.
TORONTO — J. S. Parker, General Agent, Ocean Traffic.
SHERBROOKE — W. M. Hillhouse, Spicial Colonization Agent.
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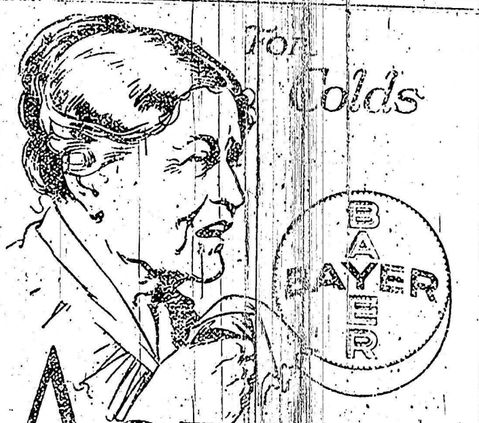
The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and traveling expenses to and from New York. For farther information write the Superintendent.



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DOES NOT AFFECT THE HEART

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There is only one genuine "ASPIRIN" tablet. If a tablet is not marked as "ASPIRIN" and is not stamped with the "Bayer Cross"—refuse it with contempt. It is not "ASPIRIN" at all! Don't take chances!

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. 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."