Health Bervice of the Canadian Medical Association Does Public Health Pay?

of public health departments are ques- news to tell. tioned on the grounds that the improved health conditions, which are admitted, are not the result of the work of the Health Department, but are due to other factors. Very often, this questioning is quently and clearly by hightelf. but in such a way as to make it apdenied the influence of other factors prous men to irresistible heroes.

practical purposes, the work of a health the case if it were fabricated. that of any other department in the an individual is indirectly influenced by their discredit. many conditions which do not come under the Health Department, it naturaly follows that the Health Officer and other health workers have an interest in withdrawn itself from them. many things for which they are not directly responsible. It is fairly obvious ocial welfare does not influence health for playgrounds and other which make possible healthy iomes in healthy surroundings, are im-

that the activities carried on directly

public work, but health conditions are the good from the evil; heaven would a meal mainly off'n potaters and gravy improved as a result of public health not be heaven if wickedness were there, and said nothin, of course; but Cy took work, even when there is no change in ner would the wicked want to be there, on considuable, and if he wished once conomic conditions. Maternal deaths, V. 34 .- What a wonderful place heaven that he could get some more old-fashioninfant deaths, preventable sickness and must be-prepared with loving care by cd cookin' he wished it a dozen times. deaths and lack of health are by no the Creator from the foundation or the Charlesa didn't any anything, but after means rare in the homes of the well-to- world! do. Organized health protection, super- Vs. 35-40-It is easy to win heaven, vision and education are needed both for it is gained by the happiest emby rich and poor. The expenditure of ployment,-loving service of Christ's dear a dollar or two dollars per capita is very ones. cheap community health insurance which V. 41.—Hell also is a prepared place, no community can afford to neglect. It but prepared for the devil and his angels is the well-to-do who carry individual originally sickness insurance; the public health ex-

ed to the Canadian Medical Association, for an endless heaven. 164 College St., Toronto, will be answered personally by letter.

the Issue of the Free Press, of

The last meeting of the Ladica' Shakes-

Thursday, April 1, 1900

new stalks through the ground.

peare Club for the season will be held materials ready for the construction of a new two storey brick front with plate installed and a doorway leading to it from the third floor. the ladies in large numbers to the milincry show rooms of Messra, Henderson & Co., where Miss B. Wallace and her

staff are in charge. Also at Messra us forever. Cameron & Moore's, the new firm in the Warren Block, displayed many attractive creations in Millinery. Miss Natress is head milliner here. On Tuesday evening the Methodist Sunday School Orchestra played a series of selections which added to the attractions.

At the first symptoms of sore throat, which presages ulceration and inflammation, take a spoonful of Dr. Thomas spirations. Relectric Oil. Add a little sugar to it life, 27; 1, 2,-Heaven is a place of to make it palatable. It will allay the life, tright, eager, abounding, unending irritation and prevent the ulceration and That is its contral joy. swelling that are so painful. Those who, V. 3.-Heaven is a place of purity; no were periodically subject to quinsy have more struggling with ain. thus made themselves immune to attack.

MANGEL GROWING

than awedes but they have advantages cheer, of thrones and crowns and power. motor vehicle operators' and chauffeurs' water were scarcely (ruffled) enough to over that crop in that they have better Our human imagination cannot even act recommended by the recent national keep a tiny boat (bobbing) about, they are not effected with club root. To grow mangels successfully the land must be well drained, in a high state of fertility. the seed bed thoroughly prepared and the seed sown early.

The work at the Fredericton Experimental Station has shown conclusively child in a constant state of unrest and. that it is necessary to have the land in if not attended to endanger life. The a high state of fertility in order to get child can be spared much suffering and a large crop of mangels. Use from 15 the mother much anxiety by using a to 20 tons of manure and 800 to 1000 reliable worm remedy, such as Miller's pounds of a 4-8-6 home-mixed fertilizer. Worm Powders, which are sure death Manure early in the spring and plough to worms. under. Apply commercial fertilizer immediately after ploughing in order that It may be thoroughly mixed with the soil

during subsequent cultivation. .

soil particles may lie closely around the sandy soils the difference was so little Asthma Remedy seems like magic. A young man and his bride on their seed pods and soften them. Otherwise, as to be not worth considering, amount- Nevertheless it is only a natural remedy honeymoon arrived at Monte Carlo. Upon the seed will germinate slowly and there ing to 20.09 tons after four inch plough- used in a natural way. The amoke or their first night they strolled down to will be a poor stand. It is also a good ing and 20.00 tons after seven inch vapor, reaching the most remote passage the beach in the mosnlight and sat plan to roll the drills after seeding in ploughing. Oats after corn on heavy clay of the affected tubes, brushes aside the there gazing out over the water.

land but it is equally important that shallower ploughed land yielded 60.2 a good quality of seed be used and that bushels and that which was ploughed sufficient and be sown to ensure a good deeper 64.5 bushels per acre. stand. He sure that the seed is se- Commenting on these results Mr. E cured from a reliable seedhouse and re- 3 Hopkins, the Dominion Field Husbandmember that while under favorable con- man, in his report for last year, publishditions it is possible to get a good stand ed by the Department of Agriculture at the was through, he asked, "Mamma, The easy roads are crowded; with 4 pounds of seed per acre, the Ottawa, expresses the view that there is where is David now?" chances of a good catch are much better apparently no object in ploughing excesswhen 8 or even 7 pounds of seed are lively deep so long as the work, is

... wn .-- Experimental Parm Note. Rub If in for Lame Back .- A brisk rubbing with Dr. Thomas, Edectrid Oll will telleve lame back. The skin will

THE SUNDAY SCHOOL LESSON FOR SUNDAY, MARCH 31

THE FUTURE LIVE GEARTER (NOUTE!! Golden Text.-He thou faithful unto death, and I will give thee the crown of life.—Rev. 2: 10. Lesson,-Matt. 25: 31-40; Mark 12, 26, 27; Luke 24: 1-12; John 14: 1-6; 1 Cor. 15: 3-20, 50-584 1 Them. 4: 13-18; Rev. 22: 1-5.

Sunday: Preliminary Rend the cight Scripture selections. atting in each the light it sheds on the Consider the appropriateness of this lesson as a conclusion for this series on Great Christian Teachings. Monday; Christ's Resurrection

the women had been worrying about rollfrom human hearts. V. 3.—The capty tomb meant the fulallment of all human hopes. V. 4.-Never before, not even on Ad-Prom time to time, the expenditures vent morning, had angels so glorious

Va. 6, 7.-Christ's resurrection foretold by the Old Testament, and fre-Vs. 8. 9 .- Christ's resurrection transpear that public health authorities had formed the Eleven from despairing, tim-V. 10.-One of the proofs of the rethe account, which would not have been mebbe wouldn't make any difference, but unbelief of the disciples, which a false

government. However, us the health of historian would never have set down, to V. 12.-The linen cloths, as described up in the shape of the body which had Tuesday: Our Resurrection

> V. 27.- Christ, whose repurfection was to furnish the proof of his own power over deuth, here testifies to our resur-Our Lord told Martha that he was the resurrection, and that whosoever be-

Wednesday: The Judgment Day

Thursday: Many Mansions

John 14: 1 .- "Be not troubled" is one of Christ's commands. V. 2.-- A "mansion" is a permanent abode, a place to "remain" in V. 3.-Christ wants our companion ship: what a giorious honor for usi

Va. 4-6.-Christ is our Life. If we The rhubarh plants are poking their have him, we have the Resurrection. Friday: Firstfruits of the Dead Cor. 15: 3-7.-Paul's list of those portance. The apostle's lawyerlike mind

must have weighed each testimony be-Vs. 12-10.-This argument shows how thinking. He seems to have built upon t all his Christian arguments. V. 19.-Philosophy furnishes no proof "The Acton." A fire escape has also been of our immortality. That proof rests place. "There's her rule for mincement." entirely on Christ's resurrection.

V. 58.—Our immortality gives to all

our acts and experiences an eternal sig- up now, and the same sort of food doesn't Saturdany: Our Eternal Home

I Theas. 4: 16, 17 .- To be "ever with tian's anticipations. All heaven is in those words. V. 18.-The knowledge of the rection is one of the chief comforts of

the Christian, and one of his chief in-

ship with the One Best Comrade, a Btates. place of the most exhalted friendship. Mangels are more difficult to grow V. 5.-Heaven is a place of light, of

> Internal parasites in the shape of worm in the stomach and bowels of children sap their vitality and retard physical development. They keep the

DEPTH OF PLOUGHING

Deep ploughing appears to have little If possible select a light loam as this merit according to experimental work typ: of soil is better adapted to mangels carried on at the Central Farm, Ottawa. than heavy clay. One year old fall- There was no significant difference in ploughed sod or land which grew either the yield of either corn or outs by a grain, or a hoed crop will give the ploughing seven inches deep as compared best results (old tough sod should be with ploughing four inches deep of heavy clay and of sandy loam soils. Corn after The seed bed must be thoroughly pre- sod on heavy soils gave precisely the pared. The seeds are enclosed in seed same yield where the soil was ploughed pods, therefore the ground must be in four inches deep and where it was a good state of tilth in order that the ploughed three inches deeper. . On mediate help from Dr. J. D. Kellogg's heard: order that the capillary moisture may yielded 55.1 bushels per acre where the trouble and opens a way for fresh air to fall was ploughed & inches deep and enter. It is sold by dealers throughout thou dark and deep blue ocean, roll!" It is important that mangels be sown 53.5 bushels per acre where it was plough- the land. as early as it is possible to provide the ed seven inches deep. On sandy soil the

thoroughly done,--Experimental Farm

OWED TO SKIRTS .

immediately absorb the oil and it will Old Adam and Eve came back they say penetrate the tissues and bring speedy To see what the gowns looked like to-day. relief. Try it and be convinced. As the But they turned around and went back liniment sinks in, the pain comes out, because and there are ample grounds for saying They were just as scant as they used at college?" that it is an excellent article. "- wo. !

Peniltee observed, "that you seem to be given over to findin' fault to-day. A spell ago it was the weather; you claimed it was colder than it was when you was a youngster. Then you judged water didn't taste the same. And now it's that yoke beam that ain't made right; but, seeing that yoke was made more'n tifty years ago, I can't help believin' some of the fault's in you; sartin the yoke ain't any new-day contrivance!" The dencon protruded a stubborn under lip. "I don't care what you say, Kellup," he maintained, "I'm ready to take my stand that things ain't so good now as they was when I was a boy."

"I ain't goin" to argue with you, Lysander," sald Caleb, "but I am goin' to tell you 'a little story about a neighbor to me, Cy Webber his name was. "He mariled a school-teacher, a smart, ethin' kind of a girl, and one that never had a great sight to say, but Luke 24. 1, 2. The open tomb, when | what she did say was always to the point. "Cy bimacif yan a hard-workin' man ing away the heavy stone door, is a type and good-tempered except for one little of the burdens which Easter rolled away | maggin' way about him; he was forever tellin' how much better things was that his mother or his Aunt Carepta Higgins used to cook.

"According to my ideas Clarissa-that was Cy's wife-was a major good cook; I've et there a number of times, potluck, But Cy was always sure to find some little fault; he took the stand that the rules his mother and his Aunt Barepta used made stuff taste good to him, while hern didn't.

" He claimed Clarista'd kot her trainin' out of some cooking school or other where the main thing they sought after was to make grub look good to the eye; surrection is the prominence of women in and he let on that to some men it that to him that'd been brought up on V. 11.-Another proof is the recorded good-tasting food cooked by old-time rules it worked an awful hardship; "Sometimes when he'd get to runnin' on like that, Clarissa'd sort of open her mouth to day something, but she always more fully by John -were found rolled appeared to think better of it and let

"But there came an end to her allence conversing with Christ in the transfigura- at last. They had a minister there one tion scene, himself a witness to human quarterly meetin, and after he was gone my wife into her confidence, and them two women went over to Clarican's house and put in the best part of a forencen "It happened to be in sheepshearin" lieved on him should never die. His

coults are delicined with deconomic and aunitairit muthority of Christ moment. - was a sollinek to me; it tasted terrible V. 33.—There must be separation of flat and nothingish. I made out to make we'd got up from the table she took down the margin of a legf.

"Inside of a week I was there same pattern; and every time Oy got a modern cookin'. Pin'ly one supper time ished in hell as are sins of commission, sted me; and I can eat most anything V. 46 .- The human soul has the awful when I'm hungry. There was a cake power of elemal choices. There is the so strong of mlasses that it bit my that I all but took a tooth out with.

> been gettin' wass and wass! One thing I'm goin' to do t'morrer,' he says; 'I'm goin' to hunt for mother's old receipt "When he said that Clarissa throw her head up and looked at him for a minute. Then she got up and went into the

"Thoref' a'the. "There's the rule your word. There it is in her own hand- or four potatoes as great rarities grown coold. writing! Then she opened at another by the gentry, for he was a friend of the says. 'I never varied from it one V. 20 .- Paul's statement is confident; jot, but you said it tasted like sawdust, and I agree with you! And here's the got possession of four potatoes, and knew Vs. 50-57.—This eloquent passage has rule your mother used for bread. I've driven the fear of death from countless made some that way; how do you like Christ has conquered death for it? The trouble with you. Cy, she rays, is that when you were a boy anything the Irish were the first people to recog-

> "And," affirmed Caleb, "Cy never yip ped a word then or after!"

relieve them and restore health.

SAVETY-MAN-LISTS TEN UNVIT DRIVERS

V. 4.—Heaven is a place of companion- the National Council of the United turning the sheep from the (fold).

These are: 1.-Children under 16. mit easy reach of controlling pedals.

and positively. 4.—Persons under the influence of stress) up the road told me so." But liquor or drugs. 5.- Epileptics or others subject to fits her side and lost her (braid) and at last or fainting spells. 6.-Persons who do not know and understand the traffic laws, ordinary cd in the evening with their hats (trim-

mobile operation. 7.- Persons with dangerously defect- the (band) play. ive hearing and eyesight. 8.-Cripples or persons minus arms or legs whose defects interfere with their game. The one filling in the most blanks safe control of an automobile. 9.-Persons whose nervous atructure is not sound or who do not react quickly. 10.-The mentally incompetent.

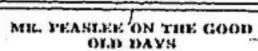
Drives Asthma Like Magic. The im- this as the funniest joke she has ever

HIS AMBITION

ested in the story of David and Golfath which his mother read to him. When "In heaven, I suppose." "Will I go to heaven when I die?"

"I hope to, dear." "Mumma" (the little voice was very cager now), "do you s'pase when I get there David will let me hold his slingshot a little while?"

EDUCATION Neighbor: "What is your son taking



"I feel bound to say, Lysander," Caleb.

"GIMME, GIMME, GIMME!" .. How can any man possibly look as pleasant as this Gymnasium Instructor, with reven charming ladies crying "Gliome" at once? The answer is that the illiotograph was taken on the Canadian Pacific liner Duchess of Richmond" during a cruise of West Africa, the Isles of the Blest and the Mediterranean. This was the last photograph taken by the late "Topple" Edwards, father of the modern illustrated newspaper.

'Helen, expounded to me this record

"You see, 'twan't like a cantata at

Is there a dining table in the civilized world that knows not the potato? Car- musical, who once at the opera gazed iyle once declared that "the biggest gold helplessly at his libretto, and turning to nugget ever found was never half so his daughter, who was musical, said; useful to the world as one good mealy potato." And yet the potato had a hard lest I dilate with the wrong emotion." fight for recognition. It is probable that the potato was unmusical, recently attended the opera-

originally an American plant, but its with her daughter, and felt that her use became universal through its adop- emotions there were hardly satisfactory. tion as an article of food in Europe ... "Yes," she told her friends on return-Who introduced it into Europe? There ing to the village, "Louisy took me to him go on until he was talked out. Who introduced it into Europe? There ing to the village, "Louisy took me to or till he was filled up solid with her are many claimants for the honor. Some the opery, and it certainly was a sight. cookin, for he always made what I'd say that it was the naturalist Clusius It was real interesting looking round be-Gardens at Vienna in 1588; but the wards, too; really I did. There was so Spanlards tell a different story, for their many folks in it, and such a lot of records say that the plant was brought going and coming and marching and from South America into Spain about grouping, it made quite a picture. 1580. They declare that it was taken from Spain into Italy and Belgium, and that it was from a Belgian that Chalus plade. But it went on and on an on

obtained the roots. however. Bir John Hawkins on returning home, where you know the folks. That's from Santa Pe in 1563 had with him different. It don't matter then how long some potatoes, but it is more than prob- the story strings put and singing any able that they were yams or "sweet kind o' story doos string it out ridic-potatoes," the same that Columbus de- lous but knowing the folks, there's

Dergar ist water hampy as said to tobe your might to and

have got the roal potato from Virginia - Now, when the Choral Club gave King in 1596, but his claim is disputed, and Rainy's Daughter there was all their it is asserted that the genuine "Irish" clothes to look at, first off; and my! there Tradition says that Sir Prancis Drake too. You remember Seliny Meade's dress made a precent of some potato roots to for the princers; she got out o' that old Raleigh, who planted them in his garden stained wedding satin o' Gret-Grandin County Cork in 1504, but is not until mother Barclay's? If that wa'n't a job 1610 that we have any authentic record to be proud of, I don't know what is. of potatoes in Ireland. In 1507 a book "And Sam Gidding's trousers—well, on herbal medicine was written by Ger- they weren't trousers exactly, but those ard, the frontispiece to which was a things he were on his legs-Sam felt he

portrait of the author, holding a potato in oughtn't to hire, and Jane Giddings made When potatoes were first used for food, as soon try cutting out a suit o' court it was the "seed" or "apple" that was clo'es for the Emperor or Chiny myself. used, and it was some time before the "Then I always find it kind o' entertuber was found to be the most delicious taining to watch out for Lonny Baker's food. Up to the end of the seventeenth gold front tooth to flash when he opens century the pocuto was out of the reach wide on a top note-and oh, well, you same necessity for an endless hell as tongue, and some 'sour-emptin's' bread of the people of moderate incomes. It know how 'tis. There always something. is recorded that in 1662 potatoes were | "But at the opery there ain't; and by sold at one shilling (twenty-five cents) a the end of an hour of hang and tootle and pound in the London markets, but the tum-te-tum and tra-la-la, I'd had all sale was small because so many people I wanted, and but for hurting Louisy's believed that the potato caused leprosy feelings I'd ha' left. She says 'twas and fever. Others declared that they grand, and I dare say 'twas; but give were endangering their souls if they ate me the town hall and home talent every

the potato, since the tuber was not men- time." The late Duke of Argyll in his history of Scotland says that little or nothing was known of the potate in Scotland until long past the middle of the eighteenth century. The Duchess of Buc- time. They were sitting in the gloamclouch, in her "Household Book" for ing listening to the langurous roll of the the year 1701, speaks of the potato as sea below. "an esculent of great rarity."

Schoolmasters," says that his maternal ed softly the head gardener at Balnagown Castle. to myself, 'Why isn't this where what'saway for a possible time- of want, and nize the value of the potato as a staple i

A SEWING PARTY

A merry party of Philatheas planned Peevish, pale, restless, and sickly chil- a picnic. On the morning appointed dren owe their condition to worms, the sky was (overcast) with clouds, but Mother Graves, Worm Exterminator will it did not (coam) as if it would rain. So they (gathered) at the station. There was such a crowd they were (hemmed) in, and it was with difficulty they could (thread) their way to the car. Seeing it coming, they found they must (run) for it. One girl in trying a short (cut), There are 10 classes of people who (fell) and tore her dress but the chapare not fit to drive cars, according to eron said she could (mend) it when she V. J.-Heaven is a place of service, a list prepared by B. J. Williams, di- got home. As they rode along they saw of happy, unwearying and restful work. rector of the public safety division of the farmers (sewing) in their fields and At another place an old (scissors) These, he tays, would be excluded from grinder got on. When they came to a motoring if every state enacted the model (patch) of woods near the lake, whose

conference on Street and highway safety. ate their lunches under an overhanging rock near the lake. While strolling about they taw a cow 2.—Persons whose height does not per- with mild (eyes) and one girl (puckered) her face and said, "Will she (hook)?" 3. - Persons who have not sufficient A little lad with the cow said, "Burely strength to operate control levers, easily not, she is a quiet (body) and will harm no one. I know, because a (seamone girl ran until she got a (stitch) in sat down under a (button) tree to rest. They had no other trouble and returnrules of the road and other points con- med) with wild flowers. They all decerned with safe and efficient auto- clared they had enjoyed it more thanif they had gone to the park to hear

Note,-The words in parentheses were left out and filled by those playing the won the prize.

PERFECTLY WONDERFUL

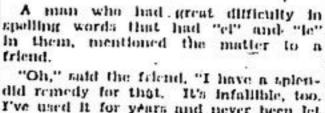
Margot Asquith (Lady Oxford) offers Presently the man quoted: "Roll on Whereupon the young bride grasped her husband's arm and exclaimed:

"Oh, Richard, dear, look-how wonderful you are-it's doing it!"

THE FEW And the level roads are jamined; The pleasant little rivers With the drifting folks, are crammed. But off yonder where it's rocky. Where you get a better view, You will find the ranks are thinning. And the travellers are few.

When the going's smooth and pleasant You will always find the throng. bor the many, more's the pity, Seem to like to drift along. But the steeps that call for courage And the task that's hard to do In the end tesults in glory

Mir the never-wavering few.



EAHY.

"Oh," said the friend, "I have a splendid remedy for that. It's infallible, too, I've used it for years and never been let down yet." The first man expressed his delight

and interest, then walted for enlighten-"The rule is this," the friend declared: 'wille your vi" and "e" exactly alike and be sure and put your dot exactly between the pair of them."



TIME TABLES

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Golng Kast

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Daily-except Bunday 8.13 p.m.

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J. Cadesky

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