

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.

"What is this here nurse doing in town?" asked Mrs. John Murdock, of Avondale, Ontario, from her neighbor, Mrs. Carson. "I saw her yesterday morning," she continued, "and this afternoon, with a bag in her hand, and she called at several houses on our street. Is she trying to persuade everybody to have their children doctored when they don't need it? I think she's got a nerve."

"Well, I don't know much about what she is doing," said Mrs. Carson, "except what Dr. Jones told me last night as he was passing our door. He said that scores of the children running about the streets needed to see the doctor, but their parents didn't know there was anything wrong. There's young Jimmie Mitchell who was sent home from school last week because he was dull and couldn't learn anything. His mother was in a terrible state for fear he was going to be weak-minded. But the nurse tested his eyesight with black letters on cards, and she found the child was short-sighted and couldn't see the blackboard. The doctor tested his eyes for glasses and now he is one of the brightest boys in school. His mother won't let anyone say a word against the nurse now. She says if it hadn't been for the nurse she would never have known that Jimmie was short-sighted at all. But Mrs. Mitchell's boy is only one in a hundred. There's Jack Turner, who is nearly always at home

from school with indigestion, and his brother Willie has got the worst set of teeth I ever saw in a child. The mother lets them have all the candies they want, and that's a good deal.

Bessie Briggs is always catching cold, and she keeps her mouth open nearly all the time, even when she hasn't got a cold. Dr. Jones told me he believed that child had adenoids, but the mother didn't want to have the child examined by a doctor as she thinks it is just as healthy as any of her neighbor's children."

"Too bad, isn't it, that this rivalry should go on? Couldn't somebody come along and talk kindly to such people and advise them to have their children seen to?" asked Mrs. Murdock.

"Well, Dr. Jones says that is just what the Public Health nurse is coming here to do," retorted Mrs. Carson.

"Oh, if that's the case we'll help her out," said Mrs. Murdock. "I'm sure she'll do a lot of good in this town, and every child will benefit by her being here. And whisper! Several people have hinted to me that Mrs. Todd's baby might have lived if she had fed it at the breast instead of on that old condensed milk, which may be good to put in tea in a camp cook-house, but is not the right food for a nursing infant. Our doctor says every mother should feed her infant at the breast, and he knows what he's talking about."

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Mistletoe Brains.

One of the most curious illustrations of the working of intelligence in plants is offered by the mistletoe, whose sticky berry, finding lodgment on a tree branch, throws out a tiny rootlet, which tries to pierce the bark and thus obtain a foothold. If the bark is too tough, the rootlet swings the berry over to a fresh spot, and makes another trial. In this way such a berry has been known to make five jumps in two nights and three days. On one occasion a number of them were discovered by a botanist in the act of vainly journeying along a telegraph wire, trying to find places to grow.

Minard's Liniment prevents Spanish Flu

Could Not Understand It?

Not long ago, says the veteran operator, I heard the receiving clerk tell a customer that the dispatch the man had handed him was code and therefore could not be sent at the usual rate. The customer protested, and soon both were angry. So I went over and looked at the message. It read: Buy six dozen, fifteen and a half em six to pica monkey dashes.

It was not code at all and, since I had once started to learn the printing trade, the meaning of it was perfectly plain to me.

There drifted from out of the Arctic the other day a man who had not heard that the Great War was over. The news of the war reached him in the Coronation Gulf country late in 1918, and, although he started at once, it took him three years to reach Nome. He wanted to enlist in the American army to fight in France.

Mother! Move Child's Bowels With California Fig Syrup

Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

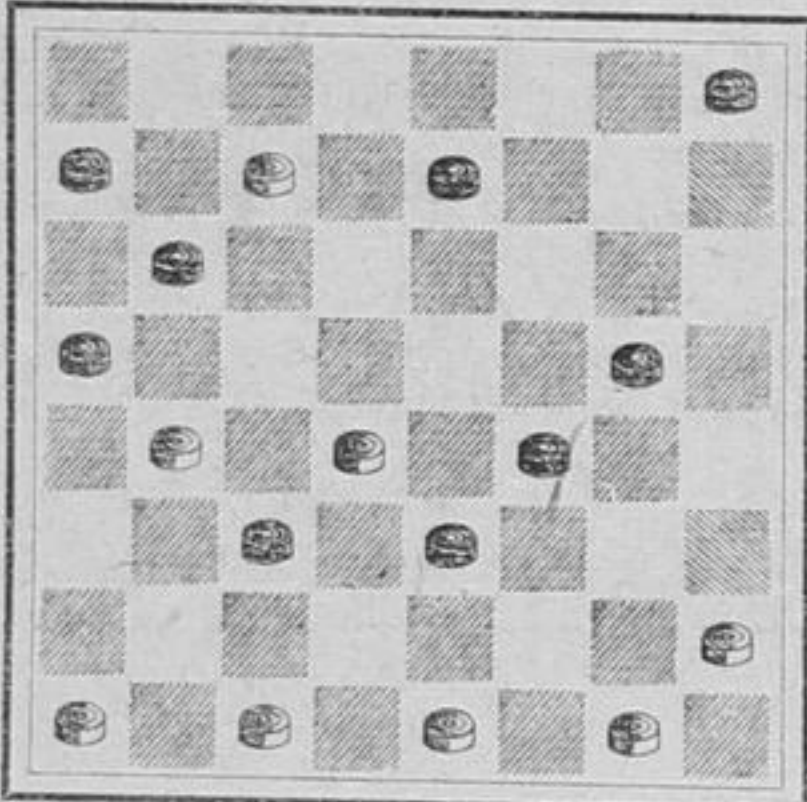
Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

CHECKERS—By Heck

The solution to Problem No. 17, which appeared last week (white to move and win), is as follows:

| W. | B. | W. | B. |
|---------|-------|---------|-------|
| 1 17-22 | 26-17 | 5 18-15 | 11-18 |
| 2 15-18 | 19-26 | 6 12-8 | 4-11 |
| 3 16-12 | 28-19 | 7 9-5 | 2-9 |
| 4 11-16 | 20-11 | 8 5-32 | |

No. 18—Black to move and draw.



Solution of this position will appear next week.

The British market for Canadian apples remains fairly steady, standard varieties such as Baldwin, Spy and Ben Davis bringing from \$7 to \$9 a barrel.

Spanish Flu

Claims Many Victims in Canada and should be Guarded Against

Minard's Liniment

Is a Great Preventative, being one of the oldest remedies used. Minard's Liniment has relieved thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and similar diseases. It is an Enemy to Germs. Thousands of bottles being used every day. For sale by all druggists and general dealers. Minard's Liniment Co., Ltd. Yarmouth, N.S.

MOTHER'S
SEIGEL'S SYRUP
In thousands of cases Mother Seigel's Syrup has proved effective in permanently banishing digestive troubles even when they have been of long standing. If you suffer, put it to the test after your next meal. 8-211

INDIGESTION AND STOMACH & LIVER TROUBLES

PILES

Don't suffer with this complaint any longer. Write and I will tell you FREE how I rid myself of Piles by an old family remedy, after years of suffering.

W. F. ALLEN
Box 30WL Yarmouth, N.S.

ISSUE No. 9-'22

MRS. CLARE WILSON GAINED 20 POUNDS

NEIGHBORS ARE AMAZED BY HER WONDERFUL RECOVERY.

Many Friends of Tankville Resident Are Taking Tanlac After Seeing What it Did For Her.

"My recovery by taking Tanlac was so remarkable that my neighbors were all amazed and many of them started taking it," said Mrs. Clare Wilson, Tankville, West Co., N.B.

"My health began to fail five years ago and I grew gradually worse right along. To make bad matters worse I was stricken with influenza and that left me in a truly deplorable condition.

"It was certainly a lucky day for me when my husband persuaded me to try Tanlac, and it was no easy task, either, for I was so thoroughly discouraged that I didn't believe anything could help me. I am like a different person in every way, my digestion is perfect, I have gained twenty pounds in weight and I am in the best of health and spirits now."

Tanlac is sold by all good druggists. —Advt.

Rules for Success.

Have a definite aim.
Go straight for it.
Master all details.
Always know more than you are expected to know.
Remember that difficulties are only made to overcome.
Preserve, by all means in your power, "a sound mind in a sound body."

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

The distance of the earth from the sun is now stated to be between 92,822,000 and 92,897,000 miles.

Minard's Liniment for Coughs and Colds

To some, honesty is the best policy—at times; to others, it is the only policy—always.

USE SLOAN'S TO EASE LAME BACKS

YOU can't do your best when your back and every muscle aches with fatigue.

Apply Sloan's Liniment freely, without rubbing, and enjoy a penetrative glow of warmth and comfort.

Good for rheumatism, neuralgia, sprains and strains, aches and pains, sciatica, sore muscles, stiff joints and the after effects of weather exposure.

For forty years pain's enemy. Ask your neighbor. Keep Sloan's handy. At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's Liniment Pain's enemy

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.



35-cents buys a bottle of "Danderine" at any drug store. After one application you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more color and abundance.



Cuticura Complexions Are Usually Healthy

The daily use of the Soap prevents clogging and irritation of the pores, the usual cause of pimples and blackheads, while the Ointment soothes and heals. Cuticura Talcum is delicate, delightful, distingué.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

CASCARETS 10¢

For Constipated Bowels, Sick Headache, Sour Stomach, Bilious Liver

The nicest cathartic-laxative in the world to physic your liver and bowels when you have Dizzy Headache, Colds, Biliousness, Indigestion, or Upset, Acid Stomach is candy-like "Cascarets." One or two to-night will empty your bowels completely by morning, and you will feel splendid. "They work while you sleep." Cascarets never stir you up or gripe like Salts, Pills, Calomel, or Oil and they cost only ten cents a box. Children love Cascarets too.

Genuine

ASPIRIN

WARNING! Always say "Bayer" when you buy Aspirin.

Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an unbroken "Bayer" package which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Neuralgia Rheumatism
Toothache Neuritis Lumbago Pain! Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—All 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."

Classified Advertisements.

EARN \$10.00 TO \$50.00 PER DAY vulcanizing. Be independent; we teach you. Write for particulars. Chief Instructor, Canada Vulcanizer, London, Ont.

FARM WANTED. SEND DESCRIPTION and price. John J. Black, Chippewa Falls, Wis.

CANADIAN MATRIMONIAL PAPER. 25c. No other fee. A. McCreary, Chatham, Ont.

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ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO. 115 YORK STREET, TORONTO.

The greatest of faults is to be conscious of none.

America's Pioneer Dog Remedies

Book on DOG DISEASES

and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 329 West 24th Street New York, U.S.A.

WOMAN TAKES EVERY CHANCE

To Recommend Lydia E. Pinkham's Vegetable Compound, for It Helped Her So Much

Fredericton, N. B.—"I was weak and had some troubles women often have, and usually I was unfit for my work. I saw your advertisements and decided to try Lydia E. Pinkham's Vegetable Compound. I am very much pleased with the result and recommend your Vegetable Compound whenever I have a chance. You may use this letter for the benefit of others."—Mrs. WANDLESS, 360 Church St., Fredericton, N. B.

Mrs. Wandless, like many, many other women who have found relief by taking Lydia E. Pinkham's Vegetable Compound, is anxious to let other women know of this splendid medicine. So by word of mouth and by letter, one woman to another, its virtues are made known.

Women suffering from female ailments, indicated by such symptoms as backache, nervous troubles, hot flashes, pain in the side and a general run-down condition of the whole system, should take Lydia E. Pinkham's Vegetable Compound. For nearly fifty years it has been helping women. Let it help you.

Lydia E. Pinkham's Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to Lydia E. Pinkham Medicine Co., Lynn, Mass.