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**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.

**Health Confessions of Business Girls.**

Every business girl knows better than anyone else that it takes a great deal of careful planning for her to keep herself continually up to the mark, both mentally and physically. Just look at her day for a moment. A third of it is spent at work, where she wants to be physically well, nicely dressed and neat in her person, active-minded and, most of all, self-controlled. For these eight hours she must efface her own moods and be something of a machine, cheerful and serene and on the spot. Another third of her life is spent in sleep. For this she must provide herself with some kind of sleeping quarters, must contrive to keep sufficient time for sleep and also to sleep during the time kept. This may mean the refusal of invitations which would cut down her sleep or simply the avoiding of tea or coffee if they keep her awake. There remain only eight hours in which to eat, dress, shop, see her friends, take exercise, keep body and clothes in good repair, and, according to circumstances, perhaps do housework and possibly develop some talent. Quite obviously it

is bound to be "close going," and to do it successfully needs (1) a reasonably healthy body in good running order; (2) ability to organize and plan wisely; (3) self-discipline.

Now there is a technique of living just as there is a technique of games and another of arts, and the people who know most about the technique of a business girl's life are those who have gained their knowledge by experience. Probably very few girls know all the rules which, if followed, would enable them to keep their bodies and minds at their best and help them to get the most out of life. One girl has discovered one rule or one little "trick of the trade" or one little labor-saving device, another girl another. If all this experience could be pooled it would form a collection of knowledge of how to keep healthy and happy, which would be of great value to everyone. It would be proved knowledge, too, not just theory out of a book about what may happen to the body if it is underfed or under-repaired or under-exercised, but actual facts from personal experience, showing what in one case did happen.

The Division of Industrial Hygiene of the Provincial Board of Health for Ontario wants to collect just such material, and has the following plan for doing so. It is offering prizes for the best short letter on the most important thing or things to enable a business girl to keep physically well and mentally alert and happy. What is wanted is personal opinion, based on actual experience. It does not matter how simple or trivial the thing you have found useful may seem—simple things are often just as important as ones which sound bigger.

The questions to ask yourself are: "What do I find the most value in keeping me healthy?" and, "Is there anything I do which might be useful to another girl, and which she might not have thought of?"

**Rules and Conditions.**

- (1) Your letter must not be longer than 500 words, and must be written on one side of the paper only.
- (2) Sign your letter with a pen-name, and print your own name and address clearly on an attached slip of paper.
- (3) Your letter may deal with only one point or with as many as you like.
- (4) Style, spelling, writing, etc., will not be taken into account. The prizes will be given to the girls whose letters are judged to contain the most valuable information on how to keep healthy, and such as would be of the most use to other girls.
- (5) Information taken from books will not help you to win the prize. What is wanted is your intimate personal experience and first-hand knowledge.
- (6) Any of the letters may be published in this column and may be used in a book on personal hygiene, but all names will be kept strictly confidential and nothing which would identify a girl will be published.
- (7) The successful letter will be published in this column, either with the girl's name or with the pseudonym, according to the girl's own choice.
- (8) The first prize is \$15, the second \$10, the third \$5.
- (9) The judges will be Dr. Edna Guest; Miss Mary MacMahan, Business Women's Club; Miss Jessie M. Robson, Welfare Department of the T. Eaton Company.
- (10) Letters must be in before November 16.

Letters are to be addressed to Sylvia Gray, care Division of Industrial Hygiene, Provincial Board of Health, Spadina House, Spadina Crescent, Toronto.

**His Own Back.**

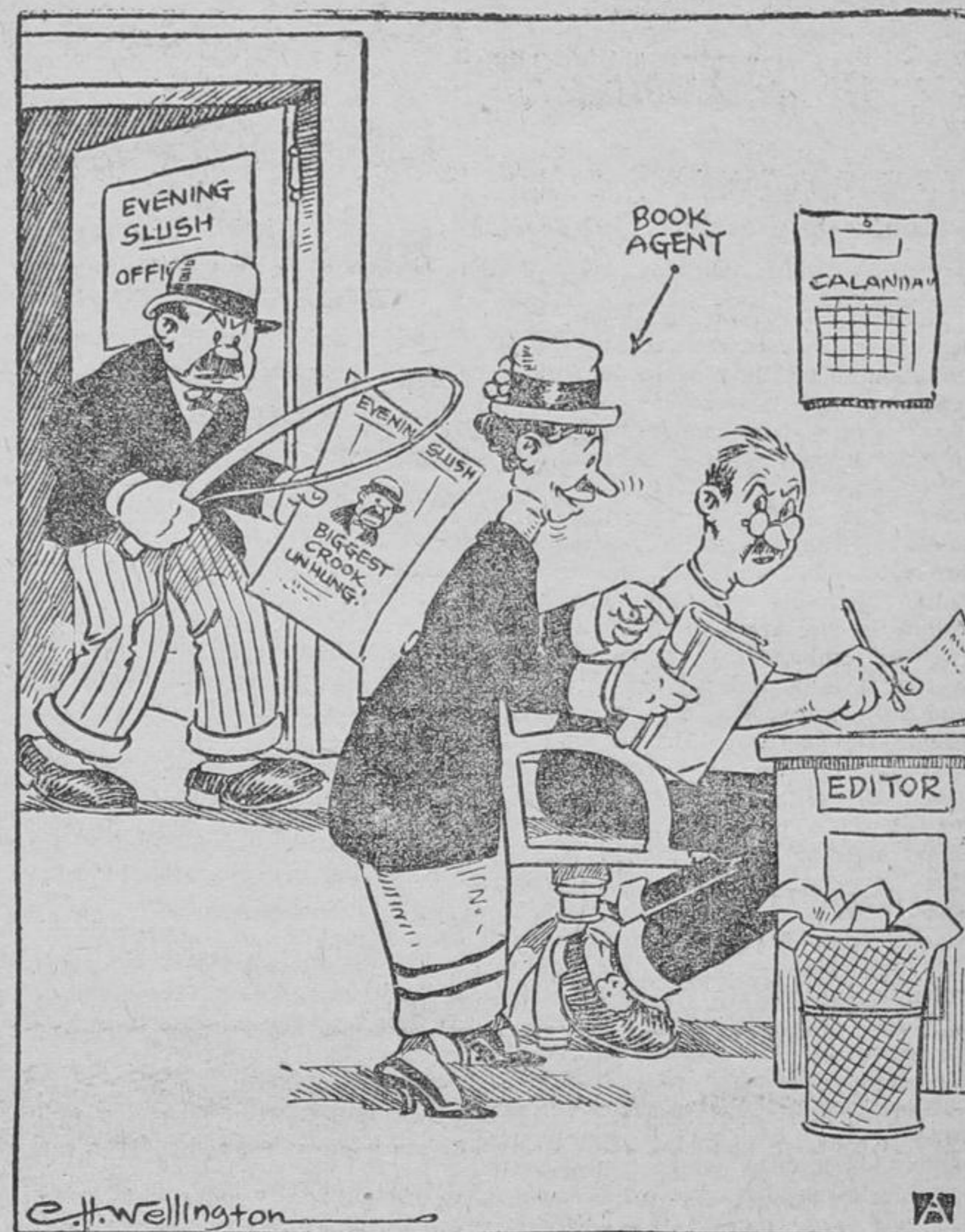
Bob was cashier in a bank in a small country town. He had been engaged to Dolly Brown, but, alas! a rift came in the lute! They quarrelled.

"And please remember," said Dolly, in haughty tones, as she handed back the ring, "that when we meet again we meet as strangers."

A few days later she entered the bank to cash a cheque. Bob was on duty. He took the slip of paper, eyed it back and front, and then instead of counting out the money, handed back the cheque.

His time for revenge had come! "I'm sorry, madam," he said, coldly, "but it is against the rules of the bank for the cashier to cash cheques for strangers. You must find someone in town to identify you!"

and the worst is yet to come



**Stories of Famous People**

**Ninety Miles of Icy Sea Did Not Daunt Dr. Peck.**

One of the most interesting persons to be seen these days on the streets of Ottawa is a short, thick-set man of about seventy, with a bushy white beard and the somewhat rolling walk of a sailor.

This is Rev. E. J. Peck, made a doctor of divinity not long ago by Wycliffe College, Toronto, for his labors in translating the Scriptures into the Eskimo tongue. For forty years he was a missionary of the Church of England on the east coast of Hudson Bay and in Baffin Land, and farther back than that he was an A. B. seaman in the same ship of her Majesty's navy as a small youth, Midshipman Fisher, better known to this generation as Admiral Sir John Fisher.

At the present time impaired eyesight reduces Dr. Peck's activity, but he usually manages to work in one or two addresses or sermons a week on behalf of his beloved Eskimo. Until three years ago he made an annual trip to inspect and supervise the mission stations in Hudson Strait and Baffin Land, traveling by the Hudson Bay Co. steamer Nascope, which sails from Montreal up the coast of Labrador and through Hudson Bay to York Factory.

It was Dr. Peck's custom to leave the Nascope as he went into the bay at the southern point of Baffin Land and rejoin her again when she called on her way out. On his last trip he was anxious to spend more time at a mission station on the southern shore of Hudson Strait than would be allowed by the one or two days' stay of the steamer on her way out. There was a small motor boat and a supply

of gasoline on the north shore, but no crew. Nothing daunted, Dr. Peck discovered an Eskimo youth who said he could run the engine, and taking the tiller himself, they plunged out into the icy dangers of Hudson Strait, which at that point is ninety miles wide.

Dr. Peck brought his little craft into the haven on the south shore without mishap and spent a week at the mission station before the Nascope arrived. The captain and crew of the big steamer were astonished at the feat, but to Dr. Peck, who for forty years had traveled about Hudson Bay in whaleboats, canoes and Eskimo skin boats, the trip of the power boat seemed rather a pre-vidential opportunity than an adventure.

**Explorer's Dreams.**

If you want to know what hunger is, try the frozen North, and see how you like the doubtful diet which it provides! A slice of penguin and a whale chop do not form the most appetising meal in the world, not even if a hard dog-biscuit is added.

Sir Ernest Shackleton used to relate a delightful yarn bearing on this subject. He was approached one day by a gushing lady, who immediately tackled him about his voyages.

"I always think," she said, "that one must have such wonderful dreams while leading that kind of life!"

"Beautiful dreams, indeed!" admitted Sir Ernest.

"Oh, do tell me," she cried, "what you used to dream about in the Antarctic?"

"Treacle pudding!" replied Shackleton.

**Wealth From Water.**

What will be among the largest artificial lakes in the world are being built in Sardinia, one of the islands off the Italian coast.

They are being constructed for purposes of irrigation and to furnish water-power for electric-lighting stations. At the present moment the mining industry of the island produces more than a quarter of the entire Italian output. Of zinc alone 200,000 tons are mined every year, but the minerals have to be exported to other countries to be manufactured into articles of commerce.

When the lakes are completed this state of affairs will be altered. There will be sufficient water-power available to drive works where the various products can be manufactured into the finished article.

The change will bring great prosperity to the island, which will, it is hoped, become one of the richest parts of the Italian kingdom.

**Well, Well.**

"See those bugs waving their antennae?"

"Sure. Now I understand."

"What?"

"They talk by radio."

Lister, the surgeon, was one of the greatest originators of antiseptic surgery.

The native of Iceland is dependent upon his own resources for all the necessities of his family. He makes his own clothes, builds his own boats, and shoes his own horses.

**THE FALL WEATHER HARD ON LITTLE ONES**

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

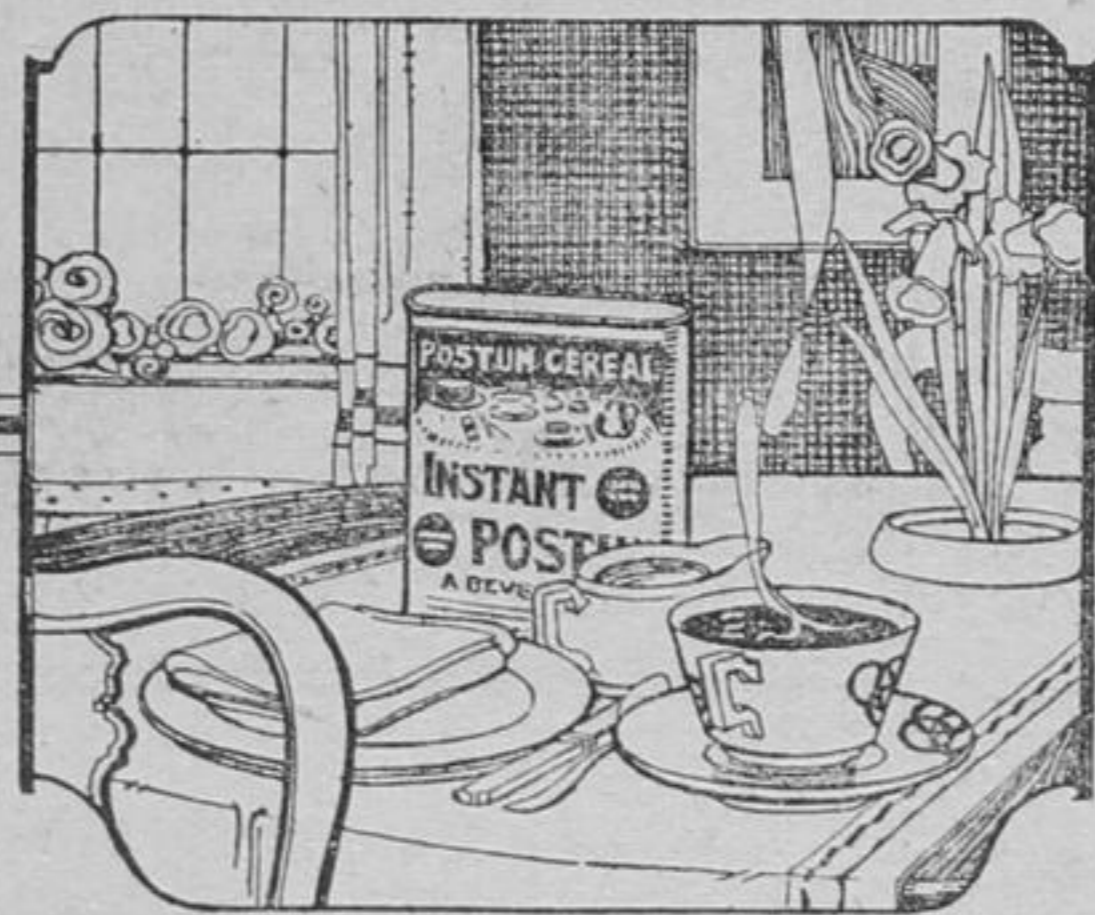
**Iron Soft as Lead.**

The action of sea water on cast iron cannon raised in Europe after an immersion of 133 years had made them almost as soft as lead.

Walking-sticks are made from the backbone of sharks stiffened with a steel rod, in Venezuela.

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