

SMOKE OLD CHUM

The Tobacco of Quality
1/2 LB. TINS
and in packages

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.

A startling fact is just being brought to light. There are thousands of one-eyed people in the Province of Ontario. Moreover—and this makes the matter all the more serious—the number of these one-eyed people is continually being added to. Everyone knows that cross-eye or squint is common among children, a condition that can easily be put right with the proper glasses or by operation. What the public does not know unfortunately, is that the vast majority of these children with squint have defective vision and that many, far too many, are blind in one eye. When I say blind, I mean what doctors call Amblyopic. All of these children can see

light from darkness and many can even count one's fingers held up in front of them when their sound eye is closed. The dimness of sight in these people is permanent and the obstruction cannot be removed. It is too late to make them see clearly. How did these people become one-eyed, you may ask? It very probably happened this way: Take any one of these unfortunate people as an example, and go back to his or her childhood days. Just about the time the youngster was able to leave its mother's apron strings and toddle about alone, a squint, i.e., a cross-eye developed, but passed unnoticed. No doctor or nurse had examined the child, and the parents were not aware that anything serious was wrong. Perhaps the cross-eye was noticed, but defective vision never suspected, so that nothing was done, it being thought that the child would "grow out of it," or the parents may have been ill-advised and taken the child to one who fitted glasses, instead of to a qualified medical practitioner. In this case permanent injury may have resulted from failure to correctly treat the defective eye. It may even have been given proper glasses, but the blindness of the eye was neglected. It is recognized by authorities in all countries that the eyes of young children cannot, with any certainty, be correctly tested for glasses without the use of drugs which a licensed medical practitioner alone may use. If the defective eyesight remains unnoticed for a time, the strain put upon the eyes when the child commences its school studies will show that something is wrong, and the worried father or mother may realize after a time that the child should be examined. But there is every likelihood that it may be too late to effect a cure. Defective vision from this cause should be treated before the age of five, and if the defect is not rectified by six years of age, there is practically no hope of permanent improvement being brought about.

FARMERS' BOOKLETS

SENT FREE

Any of the following may be had free on application to the

Publications Branch
Department of Agriculture
Ottawa, Canada.

- Alfalfa growing in Eastern Canada.
- Crop Rotation for Central and Eastern Canada.
- Potato, The, Its Cultivation and Varieties.
- The All-Year Hog Cabin.
- The Feeding of Sheep.
- Keeping Dairy Herd Records.
- Why and How to Use Milk.
- Why and How to Use Cottage Cheese.
- Winter Egg Production.
- Poultry Keeping in Town and Country.
- The Farmer's Poultry House.
- Simple Methods for the Storage of Ice.
- Dehorn Your Commercial Cattle.
- Dressing and Cutting Lamb Carcasses.
- Bovine Tuberculosis.
- Feeds for Wintering and Winter Fattening of Beef Cattle in Eastern Canada.
- New varieties and Selections of Grain.
- The Root Vegetables Act, 1922.
- Illustration Community Work in Dundas County, Ontario.
- The Winter Finishing of Steers in Western Quebec.
- Report of the Division of Horticulture, Dominion Experimental Farms, 1921.
- Report of the Poultry Division, Dominion Experimental Farms, 1921.
- List of 300 Available Publications.

Name

Post Office

R.R. No. Province

(No postage required).

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF TORONTO



Sir Herbert Samuel

Who faces a huge task in Palestine, where, according to Bishop MacInnes, of Jerusalem, now in Canada, Mohammedans and Christians are joining forces to oppose the high-handed politics of the Zionists.

tact, the right course to follow in the preservation of health and physical fitness. Her work is not confined to any particular age, but to every age.

Starving Londoner Steals Cake from Child.

The spectacle of a man snatching a cake from the hands of a child and devouring it was reported by a policeman in the Hounslow district, adding that no arrest was made, says a London despatch. He said a woman left the child to play outside a baker's shop, purchased a cake and gave it to the child and then returned to the shop.

Standing near by was a ragged man, shivering, who suddenly seized the cake and ate it ravenously while he looked piteously at the child. Then he moved away, holding his face in his hands. The policeman was not censured for looking the other way.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

He Obeyed.

A little boy had returned home after having been out to dinner. Said his mother: "I trust that when it came to the extra helpings you had manners enough to say 'No'?" "Yes, ma; I said 'No' several times" "You did?" exclaimed his mother, sceptically. "Yes; Mrs. Stout kept asking me if I had had enough!"

PNEUMONIA

and other Lung Diseases
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 kindred 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.

CUTICURA HEALS ITCHY PIMPLES

Face Inflamed and Disfigured. Lost Rest at Night.

"My face broke out with hard, red pimples which festered and scalded over. They were in blotches and itched and burned so badly that I had to scratch them, and my face was inflamed and disfigured. I lost rest at night on account of the irritation.

"I saw an advertisement for Cuticura Soap and Ointment and sent for a free sample, which relieved me. I bought more, and after using four cakes of Cuticura Soap and two boxes of Ointment I was healed, in about three weeks." (Signed) Miss Juliette Ortiz, Box 1018, San Diego, Calif., Feb. 7, 1921.

Use Cuticura for all toilet purposes. Sample Each Free by Mail. Address: "Lyman's, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 2c. Ointment 10c and 5c. Telegram: "Cuticura Soap shaves without mug."

A WOMAN'S RIGHT TO GOOD HEALTH

It Can be Hers if She Keeps Her Blood in Good Condition.

To every woman belongs the right to enjoy a healthy active life. Yet nine out of ten suffer, often in silence, from splitting headaches, torturing backaches or some other of the many evils that follow anaemia or bloodlessness.

That is why one sees so many women with pale, thin cheeks, dull eyes and drooping figure—all signs that the blood is out of order. These women should win the right to be well by refreshing their bodies with the new, rich blood of health that so promptly transforms them into healthy, attractive women.

There is no other medicine can supply this rich, red blood so speedily and so surely as Dr. Williams' Pink Pills. Through this medicine thousands of tired, suffering women have found new health. For example, Mrs. F. Lane, Paris, Ont., says:—"A few years ago I was in a badly run down condition. My appetite was poor, I fell off in weight, and could with difficulty do my housework. Nothing I took seemed to do me any good until a neighbor advised me to try Dr. Williams' Pink Pills. I had only taken a few boxes of the pills when I began to feel stronger and I continued using them until I had taken ten boxes, when I felt as well as ever I did, and had regained my lost weight. My husband and children have also used the pills with good results, and I would advise anyone who is rundown to give them a fair trial."

You can get these pills through any dealer in medicine or by mail post-paid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Paper from Peat.

English experimenters have demonstrated the possibility of making newspaper and other papers from peat mixed with wood pulp for the finer grades.

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

A Warning.

Mr. Meant-To has a comrade,
And his name is Didn't Do;
Have you ever chanced to meet them?
Did they ever call on you?
These two fellows live together
In the house of Never-Win,
And I'm told that it is haunted
By the ghost of Might-Have-Been.

Royal Ontario Museum

253 Bloor St. West, Near Avenue Road
Largest permanent exhibition in Canada. Archaeology, Geology, Mineralogy, Palaeontology, Zoology. Open daily, 10 a.m. to 5 p.m. Sunday, 2 to 5 p.m. Bloor, Belt Line, Dupont and Avenue Rd. cars. When in Toronto visit the

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
K. Clay Glover Co., Inc.
129 West 24th Street
New York, U.S.A.

PETRIE'S MACHINERY TORONTO

For Nervous Headaches

IS THE RELIEF from headache or neuralgic pains worth one cent to you? That's all it costs for an application of "Vaseline" Mentholated Jelly. With the first indication of a headache rub a small amount of it gently on the forehead and temples. So convenient, effective and economical!

CHESEBROUGH MANUFACTURING COMPANY
(Consolidated)
1880 Chabot Ave. Montreal

Vaseline
TRADE MARK
MENTHOLATED
PETROLEUM JELLY

HORSES COUGHING? USE
Spohn's Distemper Compound

to break it up and get them back in condition. Thirty years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as preventive; acts equally well as cure. Sold in two sizes at all drug stores.

SPOHN MEDICAL COMPANY, GOSBEN, INDIANA

Classified Advertisements

PATENT ATTORNEYS.

RIDOUT & MAYBEE, NENT BLDG., Yonge Street, Toronto, Registered Patent Attorneys. Send for free booklet.

EMITTING AT HOME.

WE REQUIRE PARTIES TO KNIT for us at home, either with machine or "by hand"; write for information; send postage. The Canadian Wholesale Dts. Co., Dept. A, Orillia, Ont.

FOR SALE.

CORD WOOD, SLAB WOOD, CAR lots. Reid Bros., Bothwell, Ontario.

MATICULATION.

MATICULATION CLASS NOW forming—Students accepted for all grades teachers' certificates, twenty-five years of success; send for Catalogue, Canadian Correspondence College, 507 York Bldg., Toronto, Ont., Dept. W.

FOXES.

CHOICE SILVER BLACK FOXES, pups, adults. Reid Bros., Bothwell, Ontario.

BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

Broken Glass.

The safest way to gather up broken glass is to wipe it up with a wet woolen rag, which should then be wrapped in paper and thrown away.

Minard's Liniment for Distemper.

Saved Hand Labor.

Operated by compressed air, a machine has been invented to rub down the paint on automobile bodies and save much hand labor.

The horse has no eyebrows.

-no winter
this winter

California

Santa Fe

4 daily trains via the Santa Fe.
Pullmans via Grand Canyon Park, also to Southern Arizona.
Fred Harvey meals "all the way."
May I send you our picture folders?
F. T. Hendry, Gen. Agent
Santa Fe Railway
404 Free Press Bldg., Detroit, Mich.
Phone: Main 6847

Grand Canyon Line

FARMER'S WIFE REGAINS HEALTH

Gives Credit to Lydia E. Pinkham's Vegetable Compound

Fork River, Manitoba.—"I saw in the newspapers where Lydia E. Pinkham's Vegetable Compound was doing so much good to women, and as I needed something I began to take it. I used to be very sick but I am not now. I live on a farm in the home-stead district and we have to do all our own work. I tell all the women I see what Lydia E. Pinkham's Vegetable Compound does for me. I think it saves me from going to a doctor and is the best medicine women can take."—Mrs. WM. COULTAS, Fork River, Manitoba.

Lydia E. Pinkham's Vegetable Compound is a medicine for the ailments peculiar to women. It is prepared from medicinal plants, with care and accuracy. It can be taken by women of any age.

Women make a serious mistake in allowing themselves to become so weak and nervous that it is well-nigh impossible for them to attend to their necessary household duties.

Such symptoms as pains and irregularities, all-gone feelings, backache, headache, hot flashes, nervousness, with a general run-down condition, indicate some form of female trouble. The Vegetable Compound has brought relief to thousands of women suffering from such ailments. Let it help you.