# EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontarlo

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

minster. His address was noticeable race. from several aspects but particularly "One thing is certain, we are not at from that of his faith in the coming present doing nearly enough to pregeneration.

taining the burden of Empire than among the young. These young peo- aches and dizziness, lost weight rapidwere our fathers before us," said Bal- ple, growing up uncared for, unsuper- ly, and thought I was about done for. four. "The task is now one of great vised, sometimes poorly nourished and After getting so weak I couldn't work difficulty, but let us not lose faith or oftentimes not up to standard in courage. I look forward with un- health, will be the men and women of flinching faith to the success of the the future. It is on the children of labors of those who are going to fol- to-day that will have to rest in days low the generation to which I belong, to come, the civil, business and domesand the generation that is to succeed tic burdens of the Empire. Will these that, for I know that they will not fall young people be equal to the task? short of the example which we have Will their health be so safeguarded in endeavored to set them, and which youth that they may grow up strong, gained seventeen pounds and returned our fathers before us set us. To be virile and fit to carry on, when those an optimist is to be a believer in who come before them hand over the youth. It is, after all, the young peo- reins?" ple who are going to do this work. | "Records show that at present we Let us believe in them-I believe in are only on the threshold of what can them. If it was not for the young, be done-what must be done to safehow would the world go on, and how guard the race, and improve the surwould it live, how would new ideas roundings and influences among which gists. Over 35 million bottles sold. come in?

Surely it is the solemn duty of every while.

farewell to the City of London con- who takes an interest in the country's Michigan Central, in recognition of his stituency that he represented so long welfare to do something that may help forty years continuous service to that in the House of Commons at West- to bring about an improvement of the road.

vent or curtail the terrible record of "We are not less capable of sus- infant mortality, and physical defects

the great majority of the people live. "A nation's greatest assets is its Personal and community hygiene children. If the physical, mental and must be practiced by all classes of moral condition of the rising genera- the community, for after all, the basis tion is left to haphazard, the nation of all health work rests with the indiwill suffer. We will gradually fall vidual. In work of this kind there away in world prestige and like some are many discouragements, but when Move Child's Bowels with of the great nations of the past be one gets the goal in view, the strugrelegated to a place of minor import- gle for better citizenship and a ance in the councils of the world, healthier race of people is worth

#### Homesickness.

Here the cloudy light Circles on crystalline peaks, And the soft fall of satin petals Stirs wide eddies of perfume In the emerald pools Of walled gardens. Here the delicate accent Of bright waters And the cadenced music Of a gentle tongue Float upon the air And curl themselves in silence As late sunlight Fades in deep rivers.

The grapes have purpled many times Against that wall, I know the fountain's legend now By heart; The story of this gracious land Is told.

Those harsh, time-eaten hills, Like peasant women, stooped and shawled,

They crouch as though to warm themselves together; They wait, as peasant women wait,

For their own sons.

I must go back to them; I must go back.

-Henry Bellamann.

Sensible Saving.

She was so bored by him that she felt she could weep.

"It costs a great deal more than you think to become a broad-minded and intelligent man of the world," he remarked.

The young thing saw her opportunity and took it.

"I suppose so," she said. "And I don't blame you for saving your money."

Peat is now used for the production of gas.



Wake \$2,000 to \$10,000 Yearly - Have a Business of Your Own Thousands of our graduates are making big money in the auto business. Kuntz (Sask.) making more money than he ex-pected; Pettigrew (Quebec) appointed In-structor at Tech. School; Collette (Alberta) in business and has all he can do; Steckle (Penn. was getting \$18 weekly, now mak ing \$100 per week; Mayes (Kas.

ed from "pencil pusher" at \$13.50 weekly to auto me-chanic at \$42.50 per week. Hundreds more like them. Complete Course-

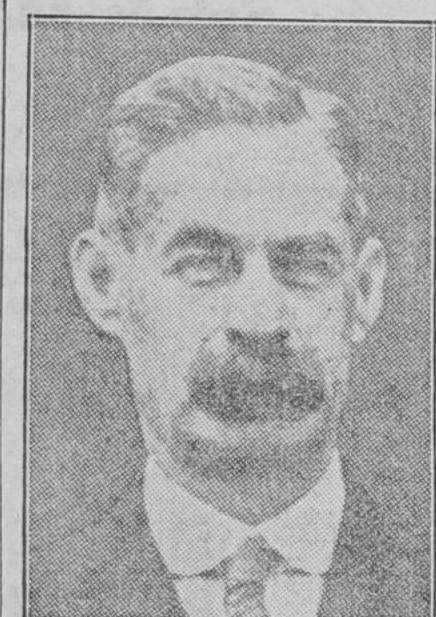
Endorsed by Big Auto Factories Every branch of the auto business is taught;-Construction, operation, up-keep and repairs of autos, trucks, tractors, farm lighting plants and gas engines. All teaching by actual practice. No guess work. Students learn by

actual factory methods. Big our Courses and give our students fullest co-operation, also heartly endorse our Special Courses in Battery Repair, Tire Repair, Brazing, Welding and Machine Shop Practice.

Good Positions Awalt Our Graduates-Factories, garages and service stations continually eall for M.S.A.S. trained men. -40 calls in one day recently offering positions with good salaries and excellent opportunities for advancement, or go into business for yourself. Come Now! Den't Walt-The man who "gets

there" must first "get busy." It's not a question of "Can it be dene?"—but "Do you want to do it?" If you do, here's your chance. Start New! Write Today for FREE Catalog. Michigan State Automobile School 5372 Auto Bldg., Detroit, Mich.

The Earl of Balfour recently said good citizen, every man and woman wears a gold button given him by the



Canada Has a Drug Problem

Dr. J. A. Amyot, Deputy Minister of Health, in a speech in Ottawa last week declared that Canada has between 12,000 and 15,000 drug addicts who constitute a serious menace to the Dominion. His department is at work combating the evil.

## Tracing Cows by Nose Prints.

You know that no two people in the world have finger-tips that are exactly alike. The arrangement of the little ridges and furrows of the skin differs in every case, hence finger-prints are the most certain method of identification that is known.

method can be used for identifying cattle, but in this case the nose is used as the testing spot. The wrinkles of the tip of the nose are never duplicated in different animals.

Nose-prints are made by applying a thick ink to the soft skin between the nostrils, and then taking an impression upon a piece of soft, absorbent paper.

ed up after a show. No one could safe- by itself .- L. M. Montgomery. ly steal a pedigree animal whose noseprint had been taken and "filed," for it would be impossible for the thief to remove the means of identification.

# Destruction of Eider Duck.

A considerable decrease in the number of Eider ducks, one of the most valuable of the water fowl protected under the Migratory Birds Convention Act, is reported this season by the Chief Migratory Bird Officer for the Maritime Provinces. This scarcity is more noticeable along the sea coast of Nova Scotia, one of the principal lanes in the migrations of water fowl, this official states in a recent report to the Commissioner of the Canadian National Parks. Similarly in Massachusetts the Director of the Division of Ornithology of the State Department of Agriculture in his "Notes for Observers." of November 15 remarked that Eider as well as other ducks and geese were appearing in Massachusetts water with few if any young testifying to a disastrous nesting season.

A real salesman is one part talk and nine parts judgment; and he uses the nine parts of judgment to tell when to use the one part of talk.

### ENGINEER MAKES 17 POUNDS GAIN

Old Time R. R. Man Says Tanlac Put Him Back on Job Feeling Fine,

Oran Denne, a veteran railroad man, living at 53 Forest Ave., St. Thomas, Ont., has obtained remarkable results from the use of Tanlac. Mr. Denne

"A year ago," said Mr. Denne, "I had indigestion so bad I couldn't eat and was too nervous and miserable to sleep. I was almost wild with head-I took a trip out West, thinking the change might help me.

"But I kept getting worse until my sister, whom I visited in Kallspell, Montana, got me to try a bottle of Tanlac. In a week's time I was a different man, and in seven weeks I had to my work in as good health as any man in St. Thomas. I never have any of my old troubles now. That's just how good a job Tanlac has done for

Tanlac is for sale by all good drug-

# MOTHER!

"California Fig Syrup"



Hurry Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even a cross, feverish, constipated child loves its "fruity" taste, and mothers can rest easy because it never fails to work all the sour bile and poisons right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

# No Ordinary Feller.

"Yes, my dear," said the old lady, "there's one thing I'm thankful for, and that is that my daughter Lizzie married a gentleman."

"And 'ow do you know 'e was a gentleman?" said her friend.

"Because I put 'im to the test," replied the old lady. "The first time my daughter brought 'im 'ome, I gave 'im a cup of 'ot tea, and when 'e poured it It has been found that a very similar out into 'is saucer, 'e didn't blow on it like any ordinary feller, 'e fanned it with 'is 'at."

# MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Live so that you beautify your name, even if it wasn't beautiful to They supply an invaluable method begin with, making it stand in people's of sorting out valuable cattle when, as thoughts for something so lovely and sometimes happens, they become mix- pleasant that they never think of it

Minard's Liniment for Neuralgla.

The largest plant in the world is probably the gigantic seaweed known as Nereocytis, to be found in the Southern Pacific. It grows in the water to a height of 300 feet.

# INDIGESTION, GAS,

UPSET STOMACH

Instantly! "Pape's Diapepsin" Corrects Stomach so Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

188UE No. 1-122

# "Cascarets" 10c

For Sluggish Liver or Constipated Bowels

\* CIERT LONG. TOREIT. BEET HIE.

When you feel sick, dizzy, upset, when your head is duil or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping-nicest laxative-cathartic on earth for growr-ups and children. 10c a box. Taste like candy.

The skin of a large whale is 2 feet thick.

# Candruff?

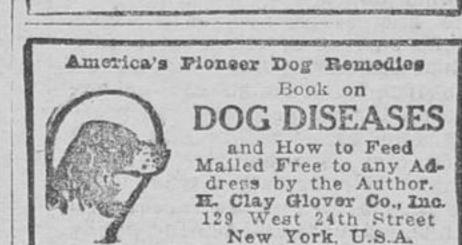
Rub Minard's Liniment into the scalp-it cleanses the surface, it opens the pores, it works down to the roots and stimulates them into activity. Apply four times a week, rubbing thoroughly-no dandruff.

> Minard's Liniment

The Family Medicine Chest.

#### COARSE SALT SALT LAND Bulk Carlots

TORONTO SALT WORKS TORONTO





The daily use of the Soap cleanses and purifies the pores of the skin, thus preventing blackheads and pimples. The Ointment soothes and heals any irritation or roughness. They are excellent for the toilet as is also Cuticura Talcum for powdering and perfuming the skin. Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold

throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

# Classified Advertisements

AUTO SCHOOL

TO \$10 PER DAY; MEN WANTED at once; city and prairies demand automobile mechanics and driving, tractor operating, tire vulcanizing, exy-acetylene welding, storage battery, electrical work. We teach these trades, practical training, only few weeks reouired; day-night classes. Write for free catalogue; big wages, steady employment. Hemphill Auto Gas Tractor Schools, 163 King West, Toronto.

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E REQUIRE PARTIES TO KNIT for us at home, either with mation; and postage. The Canadian Whole-Co., Dept. A. Orillia, Ont.

FOR SALE.

C ORD WOOD, SLAB WOOD, CAR lots. Reid Bros., Bothwell, Ontario.

# BELTING FOR SALE

ELTING OF ALL KINDS NEW OR D used, pulleys, saws, cable, hose, etc. shipped subject to approval at lowest prices in Canada. York Beiting Co. 118 York St. Toronto.

"A man's worth is estimated in this world according to his conduct." -La Bruyere.

Minard's Liniment for Rheumatism.

A woman's face is usually more beautiful when regarded from the left.



Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.-"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for



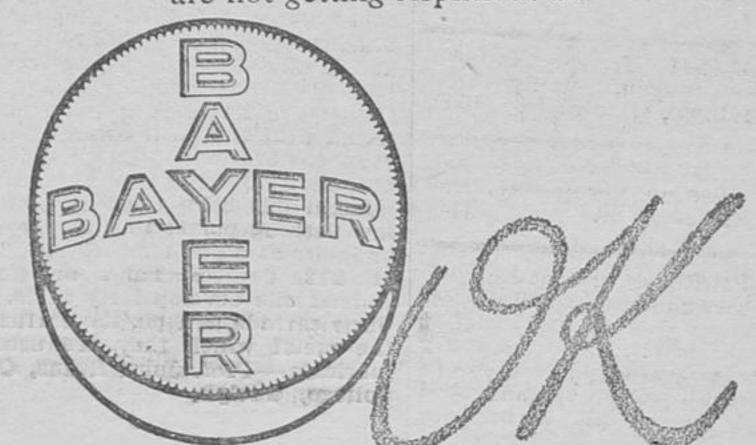
me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor

said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine bouncing baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."-Mrs. EMILY DAVIS, 721 McGee Street, Winnipeg, Man.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women " will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ont. This book contains valuable information.



UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



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

Colds

Toothache Earache

Headache Neuralgia Lumbago

Rheumatism Neuritis Pain, Pain

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."