

# HEALTH EDUCATION

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

New healing cults are springing up all around us. Some base their claims on auto-suggestion, some on faith healing, some on a movement or adjustment of the spine. Deep below all these superficial requirements one great fact stands out supreme. One must live a natural, healthy life. All the auto-suggestions in Christendom or out of it will not cure a headache brought about by a stuffy atmosphere if the patient cannot get fresh air. Cease and all his associates cannot believe one case of constipation if the patient persists in eating the foods or combinations of food that cause the constipation.

It has been impressed on me of late very forcibly that the reason for the coming into being of all these cults and healers is because we as a nation have not followed nature's laws or practiced the rules of life that will bring good health in their train. The catchword, the auto-suggestion, is merely an inspiration, but first of all we've got to practice the simple and fundamental health rules, otherwise the auto-suggestions or the adjustments will bring no permanent relief. There was once a tramp who called at a farm house, and told the residents he could make stone-broth. Yes, he could make broth out of a stone. The farmer and his wife were impressed. They were inclined to be skeptical but thought they would like to see such an interesting thing attempted. So the tramp was provided with a large saucepan and into this he put some water and a large flat stone that he carried in his pocket. The watchers were deeply interested, but as is usual in such cases it took an unusually long time for the water to come to the boil. The tramp was anxious to finish his

demonstration as soon as possible so he asked if, to hurry matters and get the stone-broth developing, he could be given some old scraps of meat. This was willingly provided and the little party anxiously gazed at the contents of the saucepan. The water was beginning to bubble and the tramp was quite pleased. If only he had a handful or so of barley he said he could make the experiment go twice as fast, so the barley was added. He even managed to help the wonderful stone by putting some scraps of lettuce, onions and potatoes that had been left over into the saucepan and very soon the mixture got quite tasty and the honest farm people looked on in wonder at the marvellous tramp produced a pot full of very good soup.

There is a moral here that seekers after health might do well to study. It was not the stone that made the soup, but the stone was needed to attract and hold the attention. If we could only get the public impressed with the importance of right living, eating the right kinds of food and the right combinations of food, sleeping in well-ventilated bedrooms, keeping the body clean by frequent bathing, spending as much time as possible out-of-doors, and taking healthful exercise, and avoiding excesses of all kinds, there would be no need for new cults. Mothers would give their infants a good start in life by feeding them at the breast, and as they grow older, having their health kept under supervision at the baby clinics. If the health rules are then practiced and children taught hygienic habits, there is every hope that the coming generation will be better physically, mentally and morally than the present generation or those that have gone before.



Push and Pull.

Binks—"I see Spivins landed a good position with Yankem, the dentist."  
Jinks—"Yes, he got it through pull."

### MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

### The Irish Mail.

An American visiting Ireland asked a man servant at a tavern, "How many mails do you have here a day?"  
The servant replied, "Three: Dinner, breakfast and supper."

"It is possible for a person to be unable to read words and yet able to calculate and read figures," says a well-known doctor.

### Cough?

Take half a teaspoon of Minard's Liniment internally in molasses. Heat liniment and rub well into affected parts for external treatment. Soothes—penetrates—prevents.

### Minard's Liniment

The Family Medicine Chest

## PETRIE'S MACHINERY TORONTO

### 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.

## YOUNG DAUGHTER MADE WELL

Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B. C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who had heard of a woman who was taking it for the same trouble, we were told of Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was represented to do and we have told a number of friends about it. I am never without a bottle of it in the house, for I myself take it for that weak, tired, worn-out feeling which sometimes comes to us all. I find it is building me up and I strongly recommend it to women who are suffering as I and my daughter have."—Mrs. J. McDONALD, 2947 26th Ave. East, Vancouver, B. C.

From the age of twelve a girl needs all the care a thoughtful mother can give. Many a woman has suffered years of pain and misery—the victim of thoughtlessness or ignorance of the mother who should have guided her during this time.

If she complains of headaches, pains in the back and lower limbs, or if you notice a slowness of thought, nervousness or irritability on the part of your daughter, make life easier for her.

Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions.

### Classified Advertisements.

**SALESMEN WANTED.**  
EXCEPTIONAL OPPORTUNITY FOR earnest, intelligent men. Permanent money-making business selling Watkins 150 Quality Products. World's largest factory to consumer sales organization, established 54 years. Sureties required. Write the J. R. Watkins Company (Dept. HC) Hamilton, Ont. for full particulars.

**FEMALE HELP WANTED.**  
EARN \$20 WEEKLY, SPARE TIME, at home, addressing, mailing, Music, circulars. Send 10c for Music, Information, etc. American Music Co., 1659 Broadway, N. Y.

**HUBAM CLOVER.**  
HUBAM CLOVER, THE GREAT annual. Write for interesting information, D. Fraser, R.R. 2, Ilderton, Ontario.

Only one man in 203 is over 6 feet in height.

## "Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.



## Thick Lustrous Hair Kept So By Cuticura

At night touch spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with a suds of Cuticura Soap and hot water. Rinse with tepid water. Keep your scalp clean and healthy and your hair will be luxuriant.

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

## STORMY WEATHER HARD ON BABY

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep its stomach and bowels working regularly. This will not fail to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### His Degree.

Eli Brown, a dark impressive figure in his long, black clerical coat, a gift of the rector of St. James's, had come, says a writer in Harper's, in answer to a post card of mine, asking him to whitewash my back fence.

"I've done moved, Miss Ma'y," he said when he had explained to me that he could not do the work that day, since noon service at St. James' necessitated his presence at the organ bellows, "an I reckon I'll jest leave my card so you kin know whar to sen' for me when you wants me ag'in."

With an expression of dignified gratification he unfolded a scrap of a church announcement leaflet that he had pulled out of the pocket of his waistcoat and handed me a card with the words: "Eli Brown, E. O. B., 50 Fenchurch Street."

"What do these letters stand for?" I asked.

"Why, Miss Ma'y, all de quality in our congregation has letters after their names. Dr. Price, he has D.D., Dr. Simmons has M.D. an' there's LL.D. for some of 'em and U.S.N. for dat Yankee officer, an' coase I naturally has 'em, too."

"But what do they mean?" I insisted.  
"Now, Miss Ma'y, don' you know? E. O. B. — Episcopal organ blower. Dat's what I is."

Minard's Liniment used by Physicians.

### The Sleepless Member.

Mother — "Tommy, slip upstairs quietly and see if papa is asleep."

Tommy (returning) — "Yes, mamma; he's all asleep but his nose."

Little larger than a man's watch, a new type of thermometer works with a special metal spring, and indicates all degrees of temperature from 10 degrees below zero to 130 degrees above.

America's Pioneer Dog Remedies  
Book on  
**DOG DISEASES**  
and How to Feed  
Mailed Free to any Address by the Author.  
E. Clay Glover Co., Inc.  
129 West 14th Street  
New York, U.S.A.

### The Frog Lake Massacre.

The Canadian National Parks Branch of the Department of the Interior propose to include in their historic sites series the cemetery at Frog Lake, situated ten miles north of the Saskatchewan river and forty-two miles from Lloydminster, where occurred the most tragic incident of the Red Rebellion of 1885, the massacre of the officials of the Indian Department and of the priests of the Roman Catholic mission by the Indians under the chief, Big Bear. In 1906 the bodies of the victims were removed from their various burial places by the Northwest Mounted Police into a small cemetery nearby where each grave was marked with an iron cross bearing the name of the victim and the date of the disaster. It is now proposed to mark the site in more permanent fashion by some form of memorial which will bear the standard bronze tablet of the Canadian National Historic Sites and testify to the national care of the burial places of these unfortunate victims of the Northwest Rebellion.

Minard's Liniment for sale everywhere

Dust from volcanic eruptions has been known to travel 500 miles through the air.

## MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative



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 if cross, feverish, bilious, constipated or full of cold, children love its "fruity" taste, and mothers can rest easy because it never fails to work all the souring food and nasty bile 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.