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.

all around us. Some base their claims he asked if, to hurry matters and get on auto-suggestion, some on faith the stone-broth developing, he could be healing, some on a movement or ad- given some old scraps of meat. This justment of the spine. Deep below all was willingly provided and the little these superficial requirements one party anxiusly gazed at the contents great fact stands out supreme. One of the saucepan. The water was bemust live a natural, healthy life. All ginning to bubble and the tramp was the auto-suggestions in Christendom quite pleased. If only he had a handor out of it will not cure a headache ful or so of barley he said he could brought about by a stuffy atmosphere make the experiment go twice as fast, if the patient cannot get fresh air. so the barley was added. He even Cone and all his associates cannot 'e- managed to help the wonderful stone position with Yankem, the dentist." lieve one case of constipation if the by putting some scraps of lettuce, onpatient persists in eating the foods ions and potatoes that had been left or combinations of food that cause the over into the saucepan and very soon

very forcibly that the reason for the der as the marvellous tramp produced coming into being of all these cults a pot full of very good soup. bring good health in their train. The soup, but the stone was needed to atcatchword, the auto-suggestion, is tract and hold the attention. If we merely an inspiration, but first of all could only get the public impressed we've got to practice the simple and with the importance of right living, fundamental healt's rules, otherwise eating the right kinds of food and the the auto-suggestions or the adjust- right combinations of food, sleeping in unable to read words and yet able to

could make broth out of a stone. The and avoiding excesses of all kinds, farmer and his wife were impressed, there would be no need for new cults. They were inclined to be skeptical but Mothers would give their infants a thought they would like to see such good start in life by feeding them at an interesting thing attempted. So the breast, and as they grow older, the tramp was provided with a large having their health kept under supersaucepan and into this he put some vision at the baby clinics. If the health water and a large flat stone that he rules are then practiced and children carried in his pocket. The watchers taught hygienic habits, there is every were deeply interested, but as is usual hope that the coming generation will in such cases it took an unusually long be better physically, mentally and time for the water to come to the boil. morally than the present generation The tramp was anxious to finish his or those that have gone before.

New healing cults are springing up demonstration as soon as possible so the mixture got quite tasty and the It has been impressed on me of late honest farm people looke on in won- a Dominion Express Money Order.

and healers is because we as a nation There is a moral here that seekers have not followed nature's laws or after health might do well to study. practiced the rules of life that will It was not the stone that made the ments will bring no permanent relief. well-ventilated bedrooms, keeping the calculate and read figures," says a There was once a tramp who called body clean by frequent bathing, spend- well-known doctor. at a farm house, and told the residents ing as much time as possible out-ofhe could make stone-broth. Yes, he doors, and taking healthful exercise,

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 mothare often confined to overheated, badly ventilated rooms and catch colds tion till the brighter days come along. ville, 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'se 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.

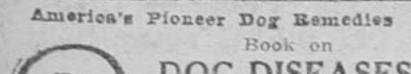
"Why, Miss Ma'y, all de quality in our congregation has letters after their names. Dr. Price, he has D.D., Dr. Simmons has M.D. an' there's LL.D. for some of 'em and U.S.N. for dat Yankee off'cer, an' coase I naturally has 'em, too."

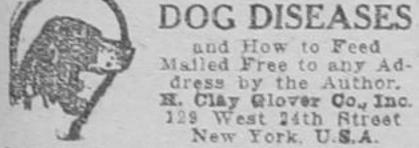
"But what do they mean?" I insisted. "Now, Miss Ma'y, don' you know? E. O. B. - Episcopal organ blower. Dat's what I is."

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 bilious, constipated or full of cold, all degrees of temperature from 10 degrees below zero to 130 degrees above.





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 Reil Rebellion of 1885, the massacre of the ofer to keep them in the house. They ficials of the Indian Department and of the priests of the Roman Catholic mission by the Indians under the chief, which rack their whole system. To Big Bear. In 1906 the bodies of the guard against this a box of Baby's victims were removed from their vari-Own Tablets should be kept in the ous burial places by the Northwest house and an occasional dose given | Mounted Police into a small cemetery the baby to keep its stomach and nearby where each grave was marked bowels working regularly. This will with an iron cross bearing the name not fail to break up colds and keep of the victim and the date of the disthe health of the baby in good condi- aster. It is now proposed to mark the site in more permanent fashion by The Tablets are sold by medicine deal- some form of memorial which will ers or by mail at 25 cents a box from bear the standard bronze tablet of the The Dr. Williams' Medicine Co., Brock- Canadian National Historic Sites and testify to the national care of the burial places of these unfortunate victime of the Northwest Rebellion.

Minard's Liniment for sale everywhere

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

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, children love its "fruity" taste, and mothers can rest easy because it never | pain and misery-the victim of thoughtfails to work all the souring food and lessness or ignorance of the mother who 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 | daughter, make life easier for her. has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.



Push and Puil,

Binks-"I see Spivins landed a good Jinks-"Yes, he got it through pull."

MONEY ORDERS.

When ordering goods by mail send

The Irish Mail.

An American visiting Ireland asked a man servant at a tazern, "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

Cough?

Take half a teaspoon of Min-ard's Liniment internally in molasses. Heat liniment and rub well into affected parts for external treatment. Soothespenetrates-prevents.

Minard's Liniment

The Family Medicine Chest

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 trou-

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

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

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

ISSUE No. 9-'23.

WILLIAMS TELLS OF WASTED CASH

Declares He Spent Hundreds But Wife Continued to Suffer Until Tanlac Ended Stomach Trouble.

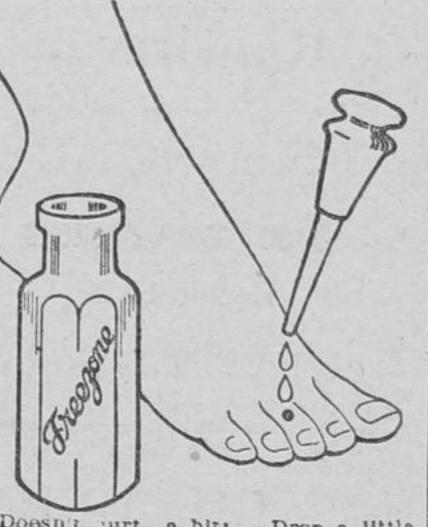
"I never saw such a change as Tanlac has made in my wife and she says now," declared Howard Williams, a well-known shoemaker of 28 Cornwall St., Toronto, Ont., recently.

"For years she had suffered from indigestion and was so weak and rundown I often thought she would fall Ontario. in her tracks. Nearly everything she ate disagreed with her and at times she was simply in agony. Her nerves were so unstrung the least little thing would worry and upset her for hours and she could scarcely get any sleep.

"Well, after spending hundreds of dollars on different medicines, I didn't have much hope that Tanlac would help her, but, it's a fact, when she finished the treatment, every ailment was gone and she was eating, sleeping and feeling fine. That was several months ago and since then her health has been splendid. Hereafter we will always pin our faith to Tanlac."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

Lift Off with Fingers



Doesn't surt a bit: Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toss, and the calluses, without soreness or irritation.

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.

E ARN \$20 WEEKLY, SPARE TIME, at home, addressing, mailing, Music, she is feeling like a girl of sixteen circulars. Send 10c for Music, Information, etc. American Music Co., 1658 Broadway, N. Y.

HUBAW CLOVER,

TUBAM CLOVER. THE GREAT annual. Write for interesting information, D. Fraser, R.R. 2, Ilderton,

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 griping-nicest laxative-cathartic on earth for grown-ups and children. 10c a box Taste like candy.



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 "our hair will be luxuriant.

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

Chest colds-broken!

Inflamed membranes, congestion, oppressive pain. Apply Sloan's to chest and throat. It scatters congestion -your cold is gone!

Sloan's Liniment -kills pain! Made in Canada

For rheumatism, bruises, strains, chest colds

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 Mono-aceticacidester 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."