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### Say Something Good.

Pick out the folks you like the least and watch 'em for a while, They never waste a kindly word, they never waste a smile; They criticise their fellowmen at every chance they get, They never found a human just to suit their fancy yet, From them I guess you'd learn some things, if they were pointed out, Some things that everyone of us should know a lot about, When someone knocks a brother, pass around the loving cup, Say something good about him—if you have to make it up!

The eyes that peek and peer to find the worst a brother holds, The tongue that speaks in bitterness, that frets and fumes and scolds; The hands that bruise the fallen, though their strength was made to raise

The weaklings who have stumbled at the parting of the ways, All these should be forgiven, for they know not what they do, Their hindrance makes a greater work for wiser ones like you, So, when they scourge a wretched one who's drained sin's bitter cup, Say something good about him—if you have to make it up!

# SMOKE OGDEN'S CUT PLUG

15¢ per packet  
80¢ a ½ lb. tin



If you roll your own, ask for OGDEN'S FINE CUT (green label)

## 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.

Does fatigue cause the greater percentage of industrial accidents? Many authorities think it does, but Mrs. E. E. Osborne and Dr. H. M. Vernon of the Industrial Fatigue Research Board, are inclined to doubt it. These observers claim that the controlling factors in causing accidents are speed of production and the physical state of the workers. This latter factor is suggested by the number of accidents that occurred in a shell factory just after the workers had begun their night-shift. They were then for the most part in a lively and excited state, but as they calmed down in the course of the night, accidents gradually fell to half the original number. The unimportance of modern fatigue as a factor in the causation of accidents is suggested by laboratory experiments. When a test involving modern muscular activity was carried out continuously for a period of three and one-half hours the accuracy attained improved throughout, though much more slowly in the latter half of the experiment than in the first half. There was no indication of loss of manual skill, such as might under industrial conditions have led to increased accident liability.

Temperature of the workshop or factory would seem to have some bearing on the number of industrial accidents. It was found that the least number of accidents occurred at 67 deg. F.; at lower temperature their frequency gradually increased till at 52 deg. F. they were 35 per cent. more numerous than at 67 deg. F. At a still lower temperature (47 deg. F.) they fell off slightly, perhaps because the workers were too cold to work with their usual speed, so that there was a consequent diminution of accident risk. At temperatures above 67 deg. F. the accidents showed a slight rise among women workers, but the men suffered 38 per cent. more accidents at 77 deg. than at 67 deg. F., their greater liability being probably due to the heavier and more trying nature of their work.

It has been observed in some industrial plants that a large number of accidents occur within ten minutes after starting in the morning and within ten minutes before closing time at night. Lack of concentration would seem to be the principle cause of the mishaps in these cases. But as the morning's and afternoon's work progresses, it has been found that accidents increase. What is the cause? Fatigue may have some part in it, but the speed of production and the physical state of the workers would appear to be the chief factors.



### HEARTLESS!

Mrs. Goodsole: I haven't seen you at church for some time. Don't you like the rector?  
 Mrs. Dogophile: No, I don't. I'll never forgive him for refusing to read the funeral service over my poor little dead doggy.

### Three Wishes.

If a fairy came to me  
 With the gift of wishes three,  
 First, I'd have a house (quite small!)  
 With roses on the southern wall,  
 Four red chimneys, leaded lights,  
 And shutters for the winter nights.

Then, I'd have a garden, too,  
 Where the old-world flowers grew;  
 Lavender in misty beds,  
 Flaming scarlet poppy heads,  
 Fruit for jam, a kitchen plot,  
 Wallflower and forget-me-not.

Last, a white fence and a gate  
 Where the One Beloved could wait,  
 Watching the long road for me,  
 Looking outward tenderly.  
 —And it's a pity, so I say,  
 That fairy folk have passed away!

—V. Arlett.

Music can lull to slumber any form of disease curable by science, according to a professor at Cincinnati University.

### A Practical Avocation.

One of the most practical avocations is music. In the welter of modern business life, the business man who can rest his mind and glorify his soul by a few minutes of musical expression every night has the asset which men like Lloyd George and Arthur Balfour have found invaluable. If there is the slightest manifestation of musical talent in the boy in your family teach him to play some instrument, give him a chance, it may be priceless to him some day.

Men must begin to realize how closely music is bound up with the social and industrial life of the country. The old day when it was thought

that the business man should take no time for music or that the musician could not possibly be a successful business man has fortunately passed into oblivion.

Many of our best musicians have proved remarkable business men, not merely in the publishing field, where there are some startling successes, but also in the great world of business.

"Too much holiday is as bad as too little," says a well-known doctor.

Fresh water eels travel a distance equal to a quarter of the earth's circumference, about 6,000 miles, in their lives.

### Wipers He Knew; Ypres He Didn't.

Old Bill, who fought all through the war, was telling his adventures to some interested ladies at a London bazaar where money was being raised for the care of crippled veterans.

"So we started out from Wipers," he said.

"Ypres," an old lady who was in his audience said very correctly.

"Well, as I was saying, we went from Wipers—"

"Ypres," said the old lady.

"We set out as I say and after four days up in the line we was back again in Wipers."

"Ypres," said the old lady.

Old Bill stopped and looked at her pityingly.

"You ain't 'alf got 'iccups," he said.

### WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Bramshott Hut is a Canadian Shrine.

Letters in 1915-16-17-18 which bore the postmark "Bramshott, Surrey," were balm to the hearts of many a soldier's wife and mother, telling her as they did that HE wasn't in the trenches, anyway. Canadians, in those war years, made a little Canada in that little corner of England; their bright breeziness, unquenchable spirits, their slang and chaff, smiles and jokes, and good friendship illumined even the clouds of war.

Come with me to-day and have a look at Bramshott, where it lies deserted under the Surrey hills. The huts where Jack Canuck worked and played are mostly gone. Sold by the government, they are scattered all over England. Some are homes for heroes, some storehouses, barns, club-rooms, a thousand uses they serve. But here is one hut—at first sight just an ordinary derelict army hut. But there are strong shutters on the windows and an imposing padlock on the door, and while we are looking a watchman comes to demand that we move on unless we have a permit to go inside.

Our curiosity piqued, our permit later unlocks the door. My dear, the walls are covered with sketches done in crayon; French battle scenes, local landscape scenery, bits of Canada, Toronto bay with the Niagara boat pulling out, lifelike sketches of men and women, and here the smile of a little child. No one knows who was the artist; just that some Canadian Tommy did them in the last part of the war. No one can tell if he lies in "Flanders Fields" or if he went back to his Canada. But even the government has guarded these sketches with its often abused red tape, deeming them, rightly, a precious legacy.

Standing here, is it fancy that the hut seems thronged with a very fury of youth; with crowded memories of the little human things that count, the tones of a voice, the sound of a laugh;

good times and bad times; thoughts of brave endeavor; ghosts of the boys who didn't "go home"? Maybe they come in from their English and Flanders graves and dream of the past among these pictures.

Close the door softly on this little Canadian shrine.

### "Paid in Germany."

If you have to call in the doctor, you will eventually pay him in the usual way, by coin, note, or cheque. But if you were in certain parts of Germany, he would request you to pay him in sausages!

The money question in Germany is getting so perplexing that actual goods instead of money are being used in many districts for the purposes of barter. In Pomerania, for instance, a schedule of medical fees has just been issued, and it sets forth that doctors for a night-time visit involving a journey of more than seven miles, shall receive thirty pounds of butter, a ham weighing twenty pounds, or one thousand pounds of potatoes.

For an ordinary day-time visit, the fee shall be nineteen pounds of butter, seven pounds of sausages, or three hundred pounds of potatoes.

The fee for a serious appendicitis operation is one pig.

Doctors are not the only people who are insisting on being paid in kind rather than in cash. The farmer in Weimar must pay the school authorities one hundred pounds of rye per term for his son's education. An hour's electric light at Auma will cost you ten eggs, or, if you prefer it, three pounds of flour.

While a travelling tailor, if you happen to be in the dairy business, will furnish you with a first-class suit at the ridiculously low figure of from sixty to eighty pounds of butter.

## FARMERS' BOOKLETS SENT FREE

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