The Oregon caves, which a hunter stumbled upon in 1874, by no means equal the Mammoth Cave of Kentucky in extent, but far surpass that of any other known cave in the United States

Water, saturated with carbonate of lime, seeping from the ground above, has slowly incrusted the whele surface of the cave. Ceilings and walls are frescoed; alcoves, balconies and corridors are fringed with the most immaculate of draperies; floors have the lustre of silk and look as if never meant for the tread of mortal feet. The formations are curious; many bear actual or fancied resemblance to objects of various kinds—weird, fantastic, awesome. Everywhere crystal facets gleam in response to the explorers' light. Here the walls glow softly as if with the sheen of velvet; they blaze as if with the twinkle of distant stars reflected in myriads

of mirrors; everywhere diamond-like points and facets scintillate with fire nd color.

The caves have not been wholly explored, but the visitor can travel per-haps three miles and a half underground. The trip takes three hours. The entrance to the caves is twentyseven miles from the nearest railway

NOTHING TO EQUAL **BABY'S OWN TABLETS**

Mrs. Georges Lefebvre, St. Zenom Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say They have found by trial that the lets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colds, colic, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Nurse a grievance and it will grow up to eat you out of house and h



HAROLD ROBB

A Toronto boy who won the 2 1/3-mile Ward Eight School Boys' Running Road Race, held on March 30, 1921. He is 16 years of age and lives at 201 Kingswood Road. He is the Patrol Leader of the 51st Toronto Troop Boy Scouts

NEW STRENGTH FOR VICTIMS OF ANAEMIA

Loss of Strength Follows When the Blood Becomes Thin.

Anaemia is the medical term for thin, watery blood. The sufferer loses strength, becomes short of breath and complains of palpitation of the heart the slightest exertion, such as walking up stairs. The lightest task becomes a burden. There is a loss of ambition, the victim loses weight and as the disease progresses the appetite is affected, color fades from cheeks and lips and fainting spells

may occur. Anaemia is not a disease that corrects itself, and if unchecked it progresses steadily. But it can be combatted by good food, fresh air and proper tonic for the blood. As the blood becomes rich and red this treatment, the symptoms disappear as in the case of Miss Evelyeen Joyce, Westville, N.S., whose mother "Almost from infancy my savs: daughter was very delicate, and was often under the doctor's care. As her father had died of consumption my

friends feared she would fall a victim to that dread disease. As the years went by and she was merging into womanhood I began to fear that I would lose her. Then I decided to try Dr. Williams' Pink Pills, and I could soon see a change for the better. For the next three years, at intervals, she took the pills, always with the best of results. Now at the age of sixteen she is a fine healthy girl, and I never tire of telling those who see the wonderful change in her condition that she owes it to Dr. Williams' Pink Pills.'

Miss Joyce herself says: "It gives me pleasure to confirm the statements made by my mother. Since using Dr. Williams' Pink Pills I have gained in weight, and from a sickly girl, suffering from headaches, dizziness and a languid feeling, I am now as well as other girls of my age, and I owe it all to Dr. Williams' Pink

Dr. Williams' Pink Pills can be

Is Canada to Bar the Door?

Labor leaders and the Labor Press want immigration stopped. Lobbyists have been busy at Ottawa for some teen minutes. Then take it to the Both flat feet and weak ankles are fearful results in unemployment that picturing before members the would likely follow if Canada does not bar the door to immigration. The unin the shape of the bones. What is employment situation is not a new problem. Winnipeg and Canada have average of 4 people per square mile exercise for the feet and lower part been dealing with it annually for the in Canada. of the legs; also shoes that permit past twenty years. Any excess in unon artificial media can be reduced to the toes to be moved and that do not employment at the present time is due less than five per cent. of these push, cramp and bend the toes. Cure to the fact that the public stopped of chronic cases has been effected, but buying goods made dear by too high a it is a slow and tedious process.
Rheumatism is sometimes the configures largely. There is abundance hibited so as to delay the natural tributing cause of flat feet, light shoes of work in Canada and there will be another, poor muscle tone a third. twenty-four hours, the milk mean- Consult a reliable orthopedic surgeon grans and all-for years to come. The present difficulty is that capital will not gamble on the present high cost of production. Therefore it is not the scarcity of work that is causing the trouble but the scarcity of capital.

have been spreading in the Labor Press is of an entirely selfish and class distinction. The phase of the immigration question considered by them, is how will immigration affect Labor supply, or to be more concrete, how will it affect wages? Labor leaders speak of possible immigration aggregates that will likely flood Canada, but they never eliminate the 30 to 40 per cent. of women, school children, and under, included in immigration totals, that do not enter the labor market. Statistics show that of every twenty male immigrants over 21 years of age, the average is about skilled laborers, ten unskilled workers, and the other seven of professional and miscellaneous occupations. What would Canada have done in pre-war years without immigration? Where will Canada be if the resolution now before the Ottawa House "that all immigration be suspended until a normal condition of affairs is established," is

considered. There is a general impression that the only immigrants Canada needs, are those going directly on the farms. That is true, but will the immigrant coming to Canada go directly to the farm? Mr. W. S. Bennett, member of the United States Immigration Commission, who worked two and a half years investigating the question of immigration abroad, challenges any statement that the cities are the wrong place for the immi-grant, so far as the immigrant is concerned.

Mr. Bennett goes on to say that the Immigration Commission found the fact to be that 98 per cent. of the immigrants in a general way, and some times very specifically, know what employment they are going into before they leave their homes, their wives and other dependents. The reason why the immigrant goes to the cities, Mr. Bennett explains, is that he has a better chance to earn a little ready money and that there are also oppor tunities for him, if he is of a foreign tongue, to talk to men of his own people, who speak his language, which is most essential during the time that he is learning the English language and the local situation. "If the opportunities on the farm are greater than those offered in the city, the immigrant will soon find it out and act accordingly," says Mr. Bennett.

Mr. Bennett asks the question should anyone blame the newly arrived immigrant for going to the place where he finds compatriots, a place of worship, and helpful surroundings for him to get the right start in a new land. If he cannot speak English, he has an opportunity in the first few months to gain a wider knowledge of Canadian conditions from people of his own birth who are always to be found in the cities and towns. If when the immigrant first lands he is not trained or even equipped to go cut on the prairies to settle down and get a living from the soil, what is the use of sending him out there to be come a disgruntled and dissatisfied citizen? Immigration is a problem of great consequence to the people of Canada to-day. Immigration has a great influence on industry and on our prosperity which is the basis of re the government. The public generally, should seriously protest against any governmental action which would prevent the entry of desirable immigration into Canada. constructive policy of selective immigration is needed and it is up to Canada to establish a constructive policy based on a careful examination of conditions here and abroad to the end that it may safeguard our interests and promote the general welfare, regardless of any one class.

Canada needs new people, needs them badly, on the farms and in all lines of industrial activity where it is now almost impossible to get men to do the great amount of necessary rough labor to keep industry moving. Certainly, there are people who should not be permitted to come into the country, because in the very nature of things their admittance means conflict and radical social disturbance in our midst. Canada already has its share of this class.

Canada is not the congested country that Labor leaders would have people think. Canada covers an area of 3,603,910 square miles. Now let us deduct one-third, or say 1,200,000 of what might be classed at present, as undesirable or unproductive areas. This leaves a basis of approximately two and a half million square miles. Canada could absorb the entire population of the British Isles (England, Scotland and Ireland) and then have 350 less people to the square mile than now exists in the Old Land. Placing our present population at 10,000,000, that means an

The population per square mile for Great Britain and Ireland is 374. The population of France taken by the census of 1913, gave 40,412,220, or a population of 193 persons to the square mile. In 1912 the population of Belgium was 7,510,418, and the population per square mile was 658 sons. The population of the German Empire in Europe in 1911, was 60,100, 000, or a population of 311 to the square mile.

In face of the above, is there any wonder why the people of Great Bri-The propaganda that Labor leaders tain, of France, and of Belgium, should not be turning their eyes to a country such as Canada where the possibilities for the future are so great? Is there any reason why as a part of the Great British Empire, we should close our gates to the people of Great Britain especially, or to the people of France, Belgium or the United States, from whence so many desirable ciizens have come to us. In

Fisherman's Friend

The Original and Only Genuine



Scouting and the Church.

Many men who have been associated with Scouting as well as other types of boys' work, over a period of years, pelieve that it presents greater oppor believe that it presents greater oppor-tunities for developing the boy re-ligiously than does any other move-ment instituted solely for boys. Its aim to develop the boy physically, mentally and morally is being realized

The Boy Scout Movement has been developed on such broad lines as to embrace all classes, all creeds, and at the same time to allow the greatest possible independence to individ-ual organizations, officers and boys.

The Boy Scouts Association main tains that no boy can grow into the best kind of citizenship without recognizing his obligation to God. The re cognition of God as the ruling and leading power in the universe, and the grateful acknowledgment of His favors and blessings, is necessary to the best type of citizenship and is a wholesome thing in the education of the growing boy. No matter what the boy may be—Roman Catholic, Protestant or Jew—(and in Scouting there are all three) this fundamental need of good citizenship should be kept before him.

The Boy Scouts Association, as an

organized body, recognizes the religious element in the training of a boy, but it is absolutely non-sectarian in its attitude toward religious training. Its policy is that the religious organization or institution with which th Boy Scout is connected shall give definite attention to his religious life. If he be a Roman Catholic Boy Scout the Church of which he is a member is the best channel for his training. If he be a Hebrew boy, the Synagogue will train him in the faith of his fathers. If he be a Protestant, no matter to what denomination of Protestantism he may belong, the Church of which he is an adherent or a member will only perform its full duty when it accepts this responsibility. It is interesting to note in this con nection that Boy Scout Headquarters statistics show that the great majority of Scout Troops in Ontario are cor nected with Churches, Scouting activities being specially promoted by the churches concerned as real worth while activities for their boys. And experience shows that the Sunday School or Church School class organ ized on Scout lines has better discipline, better attendance and greater in

Boy Scout idea was put into it. Minard's Liniment Relieves Distemper

terest than was evidenced before the

Returned in Kind.

An Irishman paid a visit to China He was quick-tempered and it was not long before he had an argument with native who spoke very broken English. Seizing a dish from a counter close at hand, Pat let fly with it and the Chinaman's head was cut. On being brought before the English consul he was asked why he had insulted the native.

"Sure," replied Pat, "he spoke broken English and I just gave him broken China in return."

Norway has established a national domestic science school for girls at

Turn not away from the man who has beaten you, but stay and study him. You may meet his like again.

The high cost of living is increased by forest fires. Every citizen should help to keep down fires.

ATHLETES-

Muscular fatigue quickly yields to the use of **BAUME**

Try a tube today. EWARE OF SUBSTITUTES THE LEEMING MILES CO., LTD.
MONTREAL
Agents for Dr. Jules Bengué RELIEVES PAIN



Use Cuticura Talcum To Powder and Perfume

An ideal face, skin, baby and dusting powder. Convenient and economi-cal it takes the place of other perfumes. A few g uns sufficient. Seap 25c. Claiment 25 emiller. Talcum 25c. Sol throughout the Dominion. Canadian Depot Lymrs, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap chares without mu-

sified Advertisemen

His Excuse.

Gus Stevens, the village washer and man-of-all-work, was a frequent borrower of small sums from his neighbor, Major Norton, and as a rule he repaid these little debts at the appointed time. But on one occa sion when he had been accommodated with a loan of \$2.50, which he promised to return in a few days, he allowed two or three weeks to pass without making any mention of his indebtedness, and, in fact, seemed to avoid his creditor.

One morning, however, the major unexpectedly encountered Gus at the

"Hello, Gus!" he exclaimed. "Didn't you borrow a little money from me several weeks ago?"

"That's right, major," said the old man. "I shorely did." "You told me you'd pay it back in three or four days. Have you had bad luck?"

"No, suh," said Gue. "I'll tell vo' how it was, major. I lacked jest \$2.50 of havin' \$10 in de savin's bank, an' I used it fo' dat. It's all right, major, an' I won't forgit it."

MONEY ORDERS.

Buy your out-of-town supplies with Dominion Express Money Orders. Five Dollars costs three cents.

The North-West Fur Co. of Montreal was formed in 1779, in opposition to the Hudson Bay Co. It set up fur trading posts in the country west and north of Lake Superior. A bitter trade rivalry followed for some years, until they were amalgamated in 1821.

Minard's Liniment for Dandruff.

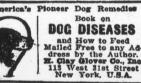
According to official returns for the year 1918, the sum of \$635 was col-lected in fines for setting fire to forests in different parts of Canada, and one man received a jail sentence for





Drop a little "Freezone" on an ach ing corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. It doesn't hurt a bit.

Your druggist sells a tiny bottle of 'Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the catluses, without a particle of pain. America's Pioneer Dog Remedies DOG DISEASES



USE SLOAN'S TO WARD OFF PAIN

You can just tell by its healthy, going to do you good

TF I only had some Sloan's Liniment!" How often you've said that! And then when the rheumatic twinge subsided—after hours of

matic twinge subsided—after hours of suffering—you forgot it!

Don't do it again—get a bottle today and keep it handy for possible use tonight! A sudden attack may come on—sciatica, lumbago, sore muscles, backache, stiff joints, neuralgia, the pains and aches resulting from exposure. You'll soon find warmth and relief in Sloan's, the liniment that penetrales without rubbing. Clean, econom trates without rubbing. Clean, econical. Three sizes—35c, 70c, \$1.40

ASPIRIN

Only "Bayer" is Genuine



Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lum-bago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

ISSUE No. 16-'21.

Gorgeous Caves. in natural splendor.

Or. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldgs.

Toronto. The dangers from milk-borne dis-| specific organisms of tuberculosis, diphtheria, enteric fever,

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health. Ontario

ases, such as tuberculosis, are such a constant menace to health, that the necessity of pasteurizing all milk with fore a valuable measure of protection the exception of "certified," is be- against the recurrence of those milkcoming increasingly apparent. The cently recommended that no other fied milk and pasteurized milk, and was that it was a substitute for the same recommendation should ap-

to prevent its contamination. a very close veterinary inspection; there is a medical inspection of the employees, sanitary inspection of the dairy, and testing of the milk for

Pasteurized milk germ-free_"Pas teurization" is a process of heating milk at a moderate temperature for a short time, so that any germs it may contain may be killed off without destroying vitamines and other beneficial constituents of fresh milk. Pasteurization may be defined as the extemperature not exceeding 158 deg. F., for a short period, and then rapidly cooling it to a temperature as much

below 59 deg. F. as possible. Where pasteurized milk cannot be urchased or where for other reasons it is desirable to pasteurize milk at home, the process can easily be per-

How to pasteurize—Take a deep pered, within the saucepan, and then pour in some very hot (but not boiling) water; put over fire, and when water comes to the boil remove replaced by cold. Keep the bottle in water till a meal has been prepared. this method the micro-organisms which are capable of being cultivated which can be cultivated from the original milk; the fermentation bacteria can be destroyed or in-

dysentery and diarrhoea. It is thereborne outbreaks which figure in the York Milk Commission has re- epidemic records of this country.

Overcoming objections-One milk be sold to the public except certi- jection in the past to pasteurization cleanliness. It was claimed that farmers and dealers would be inclined When a milk supply is certified, it to be lax in their efforts to keep the means that every known precaution milk supply clean and pure, if they has been taken to keep it pure, and knew that the milk was afterwards The to be pasteurized. Such laxity can be milk is obtained from cows that are entirely controlled by testing the raw tuberculin-tested and safe-guarded by milk before it is pasteurized, and keeping it up to a certain definite standard of purity. Anything below this standard will indicate that the milk is of questionable purity and

cannot be recommended. Epidemics sometimes result-It is the duty of Public Health authorities to educate both the consumer and the dealer to the danger of non-pasteurized milk, and the hability of milk borne diseases being conveyed by it. The quickest and most effective form of education is, of course, an epidemic posure of milk (previously cleaned by as in Poughkeepsie, New York, where filtration or centrifugalization) to a a few years ago a serious epidemic of scarlet fever broke out due to unpasteurized milk. This at once started an agitation which resulted in Poughkeepsie adopting ordinances compelling the pasteurization of all

with the exception of "certified." It certainly seems too bad that we must wait for epidemics to stimulate formed without special apparatus, as public interest in such matters, but Pills." at the present time this appears to be the only route by which drastic and naucepan, fit in at the bottom a piece up-to-date milk legislation is brought or by mail, at 50 cents a box or six of wood about half an inch thick and about. Education, however, we hope boxes for \$2.50 from The Dr. Williams' broad enough for two half-pint bottles will change this point of view; and Medicine Co., Brockville, Ont. to stand upon; place the bottle or show the value of prevention of epics rather than their cure.

W. E. C. asks if flat feet can be

Answer: Yes, in many cases where the saucepan and set it aside for fif- the condition has not become chronic. sink and put it under the cold water dependent upon weak and poorly detap so that the hot water gets rapidly veloped muscles as much as changes required to prevent this is proper keeping perfectly wholesome. before getting a foot support, or be-Pasteurization will also destroy the fore starting the foot exercises.

> It's Really Amazing the amount of nourishment you'll find in a small dish of ape:Nu

with cream or good milk added Sweet with its own sugar, developed from the grains in the making, this sturdy blend of wheat and malted barley contains, in compact form and at low cost, the nutritive and mineral elements needed to build health and strength.

