

Coughs and colds sneezes and sniffles quickly yield to

BAUME BENGUE

The relief is most gratifying and so refreshing.

BEWARE OF SUBSTITUTES

THE LEWING MILLS CO., LTD. MONTREAL

Agents for Dr. Jules Bengue RELIEVES PAIN

April is a Baby.

April is a baby— She laughs and cries and plays, And has a thousand different moods Throughout her thirty days.

Golden-haired and blue-eyed, What has she to do But laugh and cry and bloom and grow Her whole life through?

April is a baby, Growing with the flowers, Laughing, crying, laughing, So she spends the hours!

Brake for Planes.

The newest idea for airplane wheels is to mount upon the periphery of each wheel a number of little wheels. This arrangement, says the Popular Science Monthly, helps to retard the forward motion of the flying machine on making a landing. The little wheels, brought successively into position by the force of impact, tend to check the plane and bring it to a quick and smooth stop.

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 the Parliament Bldgs., Toronto.

One of the best ways of maintaining the public health of a community is in providing a pure, wholesome water supply. If this is neglected, there is always danger of spasmodic attacks of illness breaking out, which at times may develop into a serious epidemic of some form of communicable disease. Many diseases are conveyed by water, but the most common, and the most dangerous are typhoid, dysentery, cholera and, to a somewhat lesser degree, septic sore throat. Sore throat also results sometimes from the fumes of sewer gas or defective drains, but investigation will soon reveal the source of the trouble. The danger in not keeping the water supply pure is that the presence of impurities—particularly of germs causing the serious diseases already mentioned—is often not revealed by the taste or appearance of the water. Indeed, a clear, sparkling water may be seriously contaminated, yet its good appearance and taste may put people off their guard. Here one sees the absolute necessity of frequent bacteriological, as well as chemical examination of the water. Some municipalities are very careful about their water supply, because they may have previously learned a costly lesson by a serious outbreak of a water-borne disease—others are careful because they have progressive men on the local Board of Health who realize the importance of keeping the water pure, and who do not believe in the old adage of waiting to lock the stable door after the horse has been stolen.

In addition, there may be particular circumstances calling for a regular and frequent examination of water. One is the presence of carriers—people who harbor the germs of typhoid, dysentery or cholera in their systems, and who, though showing no symptoms of the disease, are a source of danger to the entire neighborhood, and may pollute the water supply by infective discharges from the bowels finding their way through the ground. This is especially true in country districts where there is no water-borne system of sewage disposal and where the people have to rely on privies, cess-pools, etc. The closeness of these places to inhabited houses, or to wells, and the slope of the ground,

Develop Unsettled Parts of Empire.

The British Government has decided to hold a conference with representatives of the British dominions in order to formulate a policy of promoting the settlement of British colonists in new and undeveloped parts of the British Empire, says a London despatch.

This plan is intended to serve the double purpose of distributing the population of the United Kingdom—as to populate the empty spaces of the empire and insure that the additional population of these undeveloped territories will be British both in birth and spirit. By these means it is hoped to provide for the defence as well as the development of the empire and to reduce the surplus of women over men in the population of the United Kingdom.

BABY'S HEALTH IN THE SPRING

The Spring is a time of anxiety to mothers who have little ones in the home. Conditions make it necessary to keep the baby indoors. He is often confined to overheated, badly ventilated rooms and catches colds which rack his 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 his stomach and bowels working regularly. This will prevent colds, constipation or colic and keep baby well. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Trees' Convention.

Once on a time in April weather The forest trees met all together; Oak and ash and elm and pine, And others I'll not here define, Drank each to each of springtime's wine, And then in friendly converse they Told of their plans for future day.

First spake the oak in deep rich voice, Of all my aims this one my choice: By yonder wayside I would bide, And throw my shadows cool and wide, Across the road where horses go, With heavy loads that they must tow; Perchance some driver, kind, humane, Will bid them halt and slack the rein That they a grateful rest may know 'Ere tolling through miry slough.

The hick'ry then took up the cue, And told what best she'd like to do: My nuts encased in firm tough shell, The merry squirrels love so well, I hope I may in autumn tide A bounteous feast for them provide.

And now the pine in whispering tone Soft as distant ocean's moan, Said, my friends, in shadows deep, Some weary one I'll sing to sleep; When in my branches breezes die, In dreams, perchance, their tender sigh Will seem his mother's lullaby.

The graceful elm whose pencies high Trace arabesques on summer sky, Declared the most delightful thing To furnish bough where blackbirds sing And orioles their nests might swing.

And so they told in varied ways Of cherished plans for coming days; And sure I am that you'll take note Dear lad and lass, that all had tho't For others in the plans they wr't.

Coins as Large as Dinner Plates.

While books of reference will say that the first actual coining of money was by Pheidon, King of Argos, in 895 B.C., it must not be supposed that there had not existed a keen appreciation of the value and uses of money for centuries previous to the introduction of coinage.

The ancient Egyptians had a gold and silver standard of currency, and their money was in the form of gold and silver ornaments, rings, and nuggets, the value of which depended upon weight.

The Greeks improved upon this by marking the weight upon the gold and silver nuggets, so that it would not be necessary to weigh them at every place. Next came the gold, silver and copper nuggets of graded uniform sizes and value. After that there was the moulding and stamping of disks made from the previous metals.

Some of the first coins were enormous, the idea apparently being to discourage the greedy from attempting to accumulate and carry around too many of them. There were copper coins as large as dinner plates. This inconvenient style had to give way to the demand for smaller and more convenient forms of currency, and the giant pennies soon dwindled in size to meet the popular demand.

The earliest trace of the use of gold as money is to be found in the pictures of the ancient Egyptians weighing in scales heaps of rings of the precious metals. But there is no actual record that these rings were known as coins with a fixed value.

Iron was once extensively employed as currency. Lead has also served as money—in fact, it still does in Burma. Copper has been more widely employed as money than either of the two last-mentioned metals. The Hebrew coins were composed chiefly of it, while down to 269 B.C. the sole Roman coinage was an alloy of copper.

Tin money was once used in England, probably on account of the rich tin mines in Cornwall. Early English coinages contained much of this tin money, principally in the form of farthings and half-pence.

Silver formed the basis for the early Greek coins, and was used in Rome first in 269 B.C. Mediaeval money was first composed of silver.

The Swiss were the first to date their coinage. They introduced the dated coin four hundred years ago, and the style was adopted in all countries in a very short time.

A Temperamental Bird.

The raven is a bird among birds, self-reliant and formidable. Naturalists, says a writer in the New York Sun, call him the most wary, the most amusing, the cleverest of birds. He is also described as grave, dignified and sedate.

The bill of the raven is a formidable weapon, strong, stout, sharp at the edges and curved toward the tip. It is his one weapon of offense, but it answers the purpose of two or three. Like the dirk of the old-time plainsman, it is available as a dagger or as a carving knife; and it can also be used as a pair of pincers. With one blow it can kill a rat, and the raven can easily drive it through the spines of a hedgehog. If it is true that the raven will never attack a man, probably it is not so much from lack of courage as from the bird's keen intellectual perception of what is unwise.

Like most of his tribe the raven is omnivorous; his dietary ranges from "a worm to a whale." When his nest is built beneath some overhanging rock you can often discover its position by the remains of rabbit neatly laid in the short grass at the top of the cliff. In districts where food is scarce the raven will attack without scruple a newly born lamb.

The raven has a passion for solitude. He will tolerate in the neighborhood of his nest not even his own offspring. He drives them ruthlessly away as soon as they are able to shift for themselves.

April Song.

April! the robe of Winter gone From off the trees and wistful lawn; The budding leaves, and waters flow Speak happiness in whispers low.

April! the scented breath of pine; And flower-eyes, where tranquil shine Fair dreams of hope, and in my ear Winds breathing joy to find you near.

Charlie's Present.

Charlie had been to school that morning for the first time in his life. When he came home for lunch his mother said to him: "Well, Charlie, how do you like going to school?" "I like it well enough, ma," replied Charlie. "But I haven't got my present yet." "What present?" queried mother. "What do you mean?" "Why, teacher said, when she saw me, 'You may sit here for the present, little boy.' But I sat there all the morning, and didn't get it. Perhaps I'll get it this afternoon."

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

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A Real Smash!

A Scotsman, anxious as usual to "make a bit," hit upon the idea of collecting old tins and pieces of scrap-iron.

Having accumulated a good collection, he sent them to a local marine store.

Somehow or other, however, they went astray, and were delivered to the wrong place.

Imagine his surprise the next morning when he received the following letter from a garage:

"Dear Sir,—Your motor-car to hand. We have never seen a worse smash, but we will do our best to put it together again. We send you herewith an estimate for the cost of repair and approximate date of delivery."

Under the last census of India,

there was stated to be 100,451 children of Anglo-Indian marriages in that country.

With the going good, an Eskimo

dog will draw an average of 300 lbs. weight for thirty-five miles in one day.

BITS OF HUMOR FROM HERE & THERE

Timely.

The Fisherman—"I suppose this rain will do a lot of good, Pat?" Pat—"Ye may well say that, Sorr. An hour of it now will do more good in five minutes than a month of it would do in a week at anny other time."

Mether Forgot.

Johnny Jones came into school two hours late. The first lesson was over, and the second one nearly so. Yet he did not seem to hurry, but walked very slowly from the door to his seat in the class.

"How is it that you are so late?" asked the teacher.

Johnny looked at him sheepishly. "If you please, sir," he said, with the slightest suspicion of a break in his voice. "I have got new boots on, and muvver forgot to cut the string!"

Identified.

Lucy was gazing through the window of the local photographer, her eyes glued on a certain picture. It was the annual procession of school children through the village.

"Mary!" she shrieked excitedly to her friend. "Come 'ere!"

"What's the matter, Lucy?" asked the other.

"You see the photo of Annie Smith on the third row there?"

"Yes," replied Mary.

"And you see the pair o' boots behind Annie?"

"Yes."

"Well, that's me."

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ASPIRIN

"Bayer" is only Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Drug-gists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing of Monoaceticacidester of Salicylicacid.

BRINGS HAPPY EASE.

MINARD'S "KING OF PAIN" LINIMENT

The Remedy your Grandmother Used to Get Sure Relief. On Sale Everywhere. A GOOD THING. RUB IT IN.

America's Pioneer Dog Remedies Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author, E. Gray Glover Co., Inc. 118 West 31st Street New York, U.S.A.

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine.

Classified Advertisements.

Wool blankets. Georgetown Woolen Mills, Ont.

HELP WANTED.

LADIES WANTED TO DO FLAIN and light sewing at home; whole or spare time; good pay; work sent any distance charges prepaid. Send stamp for particulars. National Manufacturing Co., Montreal.

The Unlucky Doctor.

The Chinese have a strong sense of humor.

This joke, told by a writer in the Open Court, will bring a smile to almost any face:

There was a doctor who understood so little of his profession that every now and then he killed one of his patients. He had a son and a daughter. One day he had sent the son of a family-to the other world, and since the family was much dissatisfied he gave them his own son in compensation. Subsequently he had the misfortune to dispatch the daughter of another couple and was obliged to give them his own daughter to make good the loss. He was now alone with his wife. They were feeling lonely and miserable one evening, when again some one knocked at the door and asked for the doctor. He went out himself and inquired of the man who it was that needed him. The man said that it was his wife.

The poor doctor went back into his room and, shedding tears, said to his wife, "I see it coming. There must be somebody who has cast an eye on you."

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Raising the Goat.

In some of the towns of Queensland goats are used for drawing water carts, in teams of four or sometimes eight.

Goats are also bred and trained for racing in that Australian province, and a race meet here speedy billies and nannies are entered may always be counted on to draw a large crowd.

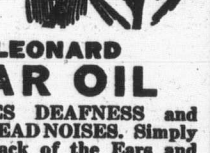
Minard's Liniment for Dandruff.

Britain's police force is practically the only one in the world that is not armed.

Diamonds were first found in India.

There are 110,000 Freemasons in Canada in 800 lodges.

DON'T DO THIS!



LEONARD EAR OIL

RELIEVES DEAFNESS and STOPS HEAD NOISES. Simply Rub it Back of the Ears and Insert in Nostrils. Proof of success will be given by the druggist.


MADE IN CANADA

ARTHUR SALES CO., Sales Agents, Toronto
A. O. Leonard, Inc., Mfrs., 70 5th Ave., N. Y. City

"Pain's enemy" -I'll say it is!

WHEN you want quick comforting relief from any "external" pain, use Sloan's Liniment. It does the job without staining, rubbing, bandaging. Use freely for rheumatism, neuralgia, aches and pains, sprains and strains, backache, sore muscles.

Keep it handy



35¢
70¢
1.40

At all druggists

PIMPLES ITCHED AND BURNED

Face Was Badly Disfigured. Cuticura Soap and Ointment Healed.

"Small red pimples and black-heads began on my face and my face was badly disfigured. Some of the pimples festered while others scaled over and there were places where the pimples were in blotches. They used to itch and burn terribly. "I saw an advertisement for Cuticura and I tried them. They stopped the itching and burning and I used four cakes of Soap and three boxes of Ointment which healed me." (Signed) Miss V. A. Hayne, Stormont, N. S., Dec. 26, '18.

Soap 25c. Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Iveson, Limited, St. Paul St., Montreal. Cuticura Soap shaves without any.

POSTUM CEREAL IS IN FAVOR

with thousands who can not drink tea or coffee.

They are champions of POSTUM because it helped them out of trouble — back to comfort.

POSTUM is a cereal beverage of attractive flavor, free from any harmful element.

Economical—Satisfying

"There's a Reason" for Postum

Canada has 4,000 elevators, with a capacity of 225,000,000 bushels. The number being built do not keep pace with the need as the annual crop increase.

Minard's Liniment Relieves Distemper