## 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

If the health of the people is to be maintained, one of the first essentials maintained, one of the first essentials is for every worker to receive a living wage. The Ontario Minimum Wage Board is working towards this end, and has issued a large calendar for 1923, which sets forth the aims and objects of the Board, especially as regards women in industry. Some of the useful information it supplies is as follows:

Old Man Ontario is determined that

Old Man Ontario is determined that none of his daughters shall lack the necessities of life—even the insane and the criminals are to be fed, cloth-

Every right-minded employer ap proves the minimum wage principle He believes in paying living wages.

An industrial group is an indus-trial family. The first charge on any industry should be the support of its

Men are what their mothers make them. Working girls of to-day are the mothers of to-morrow.

Women, for various economic reasons, are the most helpless class of workers. No community can afford to stand aside and see them exploited.

## 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 his whole system. To guard against this a box of Baby's Own Tab lets 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 The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

About half of the copper produced in the world comes from less than a score of mines.

Minard's Liniment used by Physicians.

65 YONGE ST.

of these: A sailing-ship withstanding stormy seas.

breaker's sting,
Tall forests waiting patiently for spring;

And his old face that, while daylight



Strength. My weakness bows before the strength

Rocks with their breasts bared to the

Watches with smiling lips and quiet

-Dorothy C. Cochran



Half Belleving. "Do you believe half of all you hear? "No; only half believe all I hear."

# SPRING IMPURITIES

A Tonic Medicine a Necessity at This Season.

Dr. Williams' Pink Pills are an allyear-round tonic for the blood and nerves. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these pills helps to enrich the blood. In the spring one feels weak and tired-Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor-Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring and the criminals are to be fed, clothed and housed. And Industry, which takes the life's effort of thousands of wages is the natural enemy of the working women, is commanded to do as much.

The average income of the Canadian people is probably the highest in the world. There is enough to give in the world. There is enough to give food, decent clothing and simple comports. The Minimum wage levels are his rampart against unscrupulous wage-cutting.

A good employee earns and should wages them exploited. Weak digestion. It is in the spring that poisons in the blood find an outtangle of the pays good that poisons in the blood find an outtangle of the pays low wages. The one builds up society; the other degrades and destroys society.

The decent employer deserves protection against "shyster" competition, neuralgia and many other troubles are most persistent because of poor, weak blood, and it is at this time food, decent clothing and simple comforts. The Minimum Wage Law of Ontario requires no more.

A good employee earns and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages as a house is built on income, as a house is built on its foundation. Health, intelligation, and this season, but the so only further weaken themselves. A purgative merely gallops through unhealthful. It robs working women of, their independence and makes some industries parasitic upon others.

Many working women are supporting in a community is to provide the blood which reaches every nerve and every organ in the body, bring factories. Too low wages means a population too poor to buy much and when all nature takes on new life that the serves and should get good wages. A good employer deserves and should get good wages. A good employer deserves. All the better things of life are built on income, as a house is built on its foundation. Health, intelligence, art, justice and wisdom can prevail only after physical needs are met. Carlyle said "The heart of a good citizen is the job."

To maintain a good standard, of living in a community is to provide when all nature takes on new life that the serves and should get good wages. A good employer deserves and should get good wages. A good employer deserves and should get good wages as a house is built on its foundation. Health, intelligence, art, justice and wisdom ca they will not disappoint you.

Sold by all medicine dealers or sen by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville

### Music Must Be Made to Appeal to Three Classes.

In all high schools the students, both boys and girls, are divided into three general groups:

1. Those who possess distinct interest and capacity in musical accomplishment.

terest and capacity in musical appreciation, but only a moderate interest or capacity for musical accomplish-

3. Those who possess no interest or capacity for musical appreciation.

It is readily seen that there can be no well defined line of demarkation between groups two and one or two and three, and that students may, and should, pass readily from one group into the next. Any music curriculum which even approaches the ideal is one that makes adequate provision for all three groups of students. The pro-fessional musicians of the future must find it possible to carry on their intensive study of music during the four years of high school.

The larger group who, in the future, will make up the ranks of amateur musicians, and appreciative listeners, the men and women who will so fully and willingly support the symphony orchestras and other worthy musical enterprises, must have their interest sustained, their musical knowledge broadened and their musical tastes and habits formed during the most formative years of their lives. The third group who, up to the high school age, have evinced little if any interest in music, must be led to realize what a socializing force music is, and what an important place it may occupy in

With its figures set in rows, Prosy as all figures are, Not a sign of romance shows; Yet who reads between the lines Sees all sorts of hopeful signs-

Through the trellised digits dun,

To the hopeful something more Are the figures than they seem; They're the numbers on the door

Knock and knock again, or ring-"Is she yet at home—Miss Spring?"
—Maurice Morris.

## He Failed Again.

Mr. Jones was at a dinner party. He was extremely shy and nervous, and never could summon up courage to say anything neat.

to think of something nice to say to his hostess. At last he thought he saw his chance. "What a small appetite you have,

lose his appetite." And now he wonders why he was never asked to the house again.

### MONEY ORDERS. a Dominion Express Money

Order. They are payable everywhere. The earliest known almanac devot-

ed expressly to the year of issue was published by Rabelais in 1533.

Minard's Liniment for sale everywhere

### A Knight of To-day. WILLIAMS TELLS

DUE TO POOR BLOOD

Sir Walter Raleigh, history says,

To save the feet of Good Queen Bess
From contact with the muddy ground,
Flung down his clock with readiness
For her to step on—gone for aye
These Sciences

Oaths, piteous cries! A poor draft

Has fallen in the icy street, nd vain his struggles to arise. A good man passing, 'neath its feet His auto robe spread on the ground, And quick the beast sure footing found

No title bore this humble man So swift to minister to need, But one of nature's noblemen, Of gallant heart, he was indeed. Say not the days of chivalry Have passed when live such knights as he!

## Our Most Powerful Light.

The discovery of X-rays was a lucky accident. Professor Rontgen, who has just died, was certainly not searching for them when in 1895 his eyes for the first time beheld a light more power ful than any ever known before.

He was experimenting in a darker ed room with a Crookes' tube, stimu lated internally from an induction coil, and covered by a shield of black card board, when he became conscious of a faint, greenish, flickering light on a paper which he had painted with a scent chemical preparation.

The value of this ray to medicine has been incalculable. Prior to its discovery the position of an internal inury had to be guessed at, and a patient might even have had to be cut open so that the surgeon might see where the mischief lay.

Now the Rontgen ray can disclose the exact position of the broken bone or foreign matter in the body.

The rays have caused the death of nany experimenters since their discovery by Rontgen, but, fortunately those days are passed, and the X-ray is doing ever increasing work for the service of man.

### A Safe Rule.

Pedestrians, keep to the left. When the traffic law requires that motor driven and horse-drawn vehicles keep on the right on public highways, pe destrians should always walk on the left side of the road. In this way the pedestrian will always face the vehicles which travel on his side of the road. Safety first and all the time.

Pa Was a Corker.

Father-"Every time you are bad, get another gray hair." Son-"Well, you must have been corker. Look at grandpa."

## Lift Off with Fingers



Doesn't hurt 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 remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

## in short order

Whenever you feel that tightening in the chest, that deep-seated irritation that is the sure forerunner of a chest cold-

Apply Sloan's to chest and neck. It breaks up the congestion and brings instant relief. The penetrating warmth of the liniment restores normal circulation and reduces inflammation. Don't let your chest cold

develop. Wherever con gestion causes pain—use Sloan's. Mado in Canada Sloan's Liniment-kills pain!

ISSUE No. 14--'22.

## OF WASTED CASH

## Spent Lots of Money, But Wife Got No Better Until Tables Fried Stevenson Tanlac Ended Stomach Trouble.

"I never saw such a change as Tanac has made in my wife and she says she is feeling like a girl of sixteen declared Harold Williams, well-known shoemaker, of 28 Cornwall St., Toronto, Ont., recently.

"For years, she was so weak and run-down I often thought she would fall 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 vould worry and upset her for hours and she could scarcely get any sleep. "Well, after spending bundreds 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. 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 drug-gists. Over 35 million bottles sold.

## Shark-Proof Basins at Aus-

tralian Beaches. The prevalence of man-eating sharks in the bathing waters along Australia's oast has stirred various municipal hodies near the infested regions to take active measures against this danger. Googeo, in particular, one of the most popular beaches in New South Wales, has been the scene of a number of tragedies in which sharks made successful raids upon the bathers. To prevent a repetition of such disasters the town council at that point is now making a bold attempt to fence in the entire bay with steel nets, which will be carried on hawsers.

An Indian named Man-Afraid-of Nothing married a woman in Montana not long ago. One week after the wedding he applied to his tribe to have his name changed.

## **OOTHACHE** Place a piece of cotton wool saturated with Minard's in the



Large and Red. Itched and Burned. Cuticura Heals.

"My face was itchy and broke out with large, red pimples. They were scattered all over my face and itched and burned so that I scratched which caused them to grow larger. I could hardly sleep at night. They were a real torture and my face was a sight. "The trouble lasted about three

"The trouble lasted about three months. I began using Cuticura Soap and Ointment and the first treatment stopped the itching and after using two cakes of Cuticura Soap and one box of Cuticura Ointment I was healed." (Signed) Miss: Ora Goulette, R. F. D. 4, Box 86, Barre, Vt., March 24, 1922.

Use Cuticura Soap, Ointment and Talcum exclusively for every-day toilet purposes.

Sample Each Free by Mail. Address: "Lymans Lim-ited, 344 St. Paul St., W., Montreal." Sold every-where, Song 25c. Ontment 25 and 50c. Talcum 25c. Cuticura Song shaves without mug.

## Classified Advertisements.

PREE.

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### REPAIRS AND SUPPLIES.

CHATHAM FANNING MILLS, Chatham Incubators, Thermometers, apply Manson Campbell, Chatham, Ont. UXFER STUDIOS—MAKERS AND designers of finest stained glass windows. 162 Parliament Street, To-

### Hopeless.

"What are your hopes for the

future?" asked the solemn man. "I have none just now." replied the youth. "To-morrow is my girl's birthday and I am worrying about the pre-

## うううううころ Pimples Disappear

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots druggists call it "Mother Seigel's Curative Syrup—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine, 50c. and \$1,00 Bottles. At drug stores.





So Says Mrs. MacPherson of Lydia E. Pinkham's Vegetable Compound

Brantford, Ontario.—"I was always tired and the least exertion would put me out for a day or two. I had a pressing pain on the top of my head, pain in the nape of my neck, and when I stooped over I could not get up without help, because of pain in my back. I did not sleep well and was nervous at the least noise. I keep house, but I was such a wreck that I could not sweep the floor nor wash the dishes without lying down afterwards. A friend living near me told me what Lydia E. Pinkham's Vegetable Compound had done for her so I began to take it. With the first bottle I felt brighter and got so I could wash dishes and sweep without having to lie down. Later I became regular again in my monthly terms. I have taken ten bottles all told and am now all better. I can truly say that your all better. I can truly say that your wonderful medicine cannot be beaten for putting health and vim into a woman."—Mrs. James H. MacPherson, 809 Greenwich St., Brantford, Ont.

If you are suffering from a displacement, irregularities, backache, or any other form of female weakness write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Lydia E. Pink-ham's Private Text-Book upon "Ail-ments Peculiar to Women." C

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



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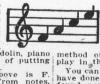
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You don't have to know anything whatever about music to learn to play a musical instrument this new way. You don't have to pin yourself down to regular hours, to regular classes. You practice whenever you can, learn as quickly as you please. All the intricate "mysteries" of music have been reduced to a method of amazing simplicity—each step is made as clear as ABC. Thousands have already learned to play their favorite musical instruments this splendid that the statement of the second of the statement of the superior of the statement of the superior of the supe IEARW TO PLAY ANY
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OU know how easy it is to put letters together and throw words, once you have learned the alphabet. Playing a musical instrument and through the notes together correctly.

The first note shown above is the word "face" correctly. The first note shown above is playing the plano or banjo or any other musical instrument, that note in the first space is always F. The four notes indicated are F. A. C. E. easy to remember, because they spell the word "face" certain strings on the mandolin, certain keys on the planor represent these same notes—and once you learn them, playing melodies on the mandolin, certain keys on the planor represent these same notes—and once you learn them, playing melodies on the matter of putting the notes.

Anyone can now learn to play a musical instrument at home without a teacher. A new, simplified method or teaching reduces all music to its simplest possible form. You can now master singing, piano playing or any musical instrument you wish right at home, quickly, easily, without endless study and practice.

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the worthy use of leisure time. On a Calendar.

On a desk the calendar

Sees arbutus trail and twine Sees the winter peak and pine When we get to "21," Leaving only on some heads

Certain frosty looking threads. That has screened a cherished

dream.

speak because he felt his inability to All the evening he had been trying

Mr. Jones-" she remarked, with a "To sit next to you," he remarked gallantly, "Would cause any man to