

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.

A health message recently issued by the Metropolitan Life Insurance Company is well worth repeating. It is reproduced as follows:

On an Enchanted Island of the South Seas where the shining water is ever the sky's blue looking-glass, runs the Aia Lolo Alofa, the Road of the Loving Heart—a Road of Gratitude.

The road was built by the Samoan chiefs for their beloved "Tusitola"—Teller of Tales—as they called Robert Louis Stevenson, the beloved of every nation.

In thanking the old chiefs who built the road as an expression of gratitude for his never failing kindness, Stevenson said:—"When a road is once built, every year as it goes on, more and more people are found to walk thereon. . . . so perhaps even this road of ours may be useful for hundreds and hundreds of years. And it is my hope that our far away descendants may remember and bless those who labored for them to-day."

Stevenson's Road—paved with love and gratitude—led to the Island home he built in a world-wide quest for health. The road still climbs up the mountainside to Vaillima, and is trod yearly by hundreds who visit Stevenson's former home because of their gratitude for the priceless heritage of his life and writings.

But a far greater road is being built to-day—a road on which year after year more and more grateful people shall walk. A road which shall not only endure for hundreds of years, but for all time. A road for which far away descendants will remember and bless those who are laboring for them now. It is the Road of Health. Its builders are far-seeing physicians and

public and private health agencies. They are working with loving hearts, as the old Samoan chiefs worked, to insure a road that "shall never be muddy"—a road that is clear of the Pitfalls of Ignorance and that is free from the murderous Highwaymen of Contagious Diseases.

The Road of Health is the only road upon which the sun shines. It is the only road from which the real beauties of life can be seen. It is the road sign-posted with Happiness and Success. It is the road which leads to the delectable mountains of fulfilled hopes and ambitions.

Health is not the monopoly of any one group or class. And so the Road of Health is a great Public Highway open to all—to all who keep themselves physically fit to travel it.

For however smooth a roadbed, however free from dangers, wrecks cannot be avoided unless the machine that travels the road is in good condition. And just as no locomotive or motor would be sent out, even on the best of roads, without occasional examination, so the human body—the greatest machine in the world—must be thoroughly examined by your doctor and regularly overhauled, if wrecks along the Road of Life are to be avoided—if the Road is to be the Road of sound bodies, cheerful minds and loving hearts.

Failure to have the complex human machine examined regularly means that you are ever in danger of being sidetracked to The Road of Sickness—a road over which many thousands needlessly struggle. Upon it are the Hills of Difficulty. It is sign-posted away to Poverty, to Broken Homes and to the Valley of the Shadow long before one's time.

WHY MANY WOMEN SUFFER IN SILENCE

Do Not Realize That Their Trouble is Due to Impure Blood.

A woman needs a blood building medicine regularly just because she is a woman. From maturity to middle life the health of every woman depends upon her blood. If her blood is poor she is weak, languid, pale and nervous. If the blood supply is irregular she suffers from headaches and backaches, and some women have grown to expect this suffering and to bear it in silence. They do not realize that if the blood supply is kept rich and pure, their troubles will disappear, but such is the case. In every woman's life a tonic blood-enriching medicine is needed and for this purpose nothing can help them so much as Dr. Williams' Pink Pills, which act directly on the blood, furnishing the elements necessary to make it rich and pure. Mrs. S. J. Watts, Kingston, Ont., gives her experience with this medicine as follows:—"My first experience with Dr. Williams' Pink Pills was while attending the Collegiate Institute at about the age of seventeen. I became very much run down, and could not go up stairs without resting half way. Finally I had to quit school and notwithstanding all that was done for me there were no signs of improvement until after I had begun using Dr. Williams' Pink Pills, under the use of this medicine I became well and strong. My next experience with this medicine was some years after I was married. After my baby boy was born I did not gain up as I should, so I at once started taking Dr. Williams' Pink Pills again. I took them all the time I was nursing baby, and you should have seen what a lovely, fat, healthy boy he was, and I was strong once more. Whenever I feel a bit run down Dr. Williams' Pink Pills are my tonic and I strongly recommend them to growing girls and all women."

You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Rubber Trees Yield Oil.

An oil similar to linseed oil is extracted from the seed of rubber trees and the residue used as fodder. A mill has been set up in Malaya and small consignments have been sold in Europe at good prices. Under present conditions on the rubber plantations seed for this purpose is easily secured.

Willie's Joke.

"Pa, I know why our dog turns round 'n' round before he lies down."
"Why, my son?"
"So he will sleep like a top."

For Your RADIO

Supplies and Sets, try the Old Established Firm. Price lists and information free. Become a satisfied customer. Mail orders our specialty.

THE VIKY SUPPLY CO., LTD.
Dept. M.O., 567 College St., Toronto

MURINE Night and Morning. Have Clean, Healthy Eyes. If they Tired, Itch, Smart or Burn. If Sore, Irritated, Inflamed or Granulated, use Murine often. See to it. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago

MARCH WEATHER DANGEROUS TO BABY

Our Canadian March weather—one day bright, but sloppy, the next blustery and cold—is extremely hard on children. Conditions make it necessary for the mothers to keep the little ones indoors. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against these colds and to keep the baby well till the better, brighter days come along, 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. The Tablets are a mild but thorough laxative which never fail to regulate the stomach and bowels and thus they relieve colds and simple fevers and keep the baby fit. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Had Done His Share.

A certain schoolmaster has the habit of talking to his boys in the first person plural: "We will translate this passage now," or "We will have Latin composition after chapel," and so on. The other day he had occasion to punish a member of his form. He said to him: "We will write five hundred lines for this, if you please!" The next day the boy appeared with a nice roll of manuscripts. "How's this?" asked the master, after counting. "Didn't I tell you to write five hundred lines? There are only two hundred and fifty here!" "When you said we'd write five hundred lines—and I've done my share—I thought you meant them to be divided between us equally, sir," replied the boy.

Three at a Time.

A sportsman with a wonderful power of imagination was telling how at one shot he had bagged two partridges and a rabbit. His explanation was that, though he had hit only one partridge, the bird in falling had clutched at another partridge and brought that to earth entangled in its claws. "But how about the rabbit?" he was asked. "Oh," was the calm reply, "my gun kicked and knocked me over, and I fell on the rabbit as it ran past."

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

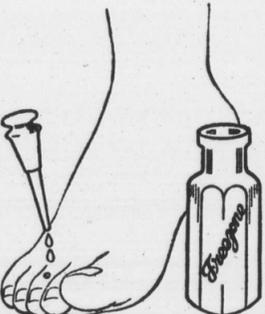
To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gas, indigestion, sour, upset stomach, and all such distress gone by morning. Nicest physics on earth for grown-ups and children. 10c a box. Taste like candy.

Reducing the Profit.

Always on the spot when business was to be done, Ikey Ikestein went under the canopy with Rachel Gelberger, widow of old Judas Gelberger, the money-lender. After the ceremony, one of Ikey's friends congratulated him on his good fortune. "Why, Ikey," he exclaimed, "you're going to handle about fifty thousand dollars!" "Not as much as that," returned the bridegroom. "What do you mean—not as much as that?" asked the friend. "Why, old Judas must ha' left that at the very least." "Yes; but the wedding is going to cost me a fiver," returned Ikey, somberly.

CORNS

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 "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Life without reading would be meagre indeed.—Sir Michael Sadler.

Minard's Liniment for sale everywhere

The Heart Blossom.

An apple, big and red and round; No orchard monarch ever found Surpassed in beauty, taste or smell. This, that from perfect ripeness fell. Midway 'twixt stem and blossom end My blade I made all haste to send—I halved it. In that apple's heart I saw the blossom's counterpart.

A seed pod, where each petal fair Had been, lay spread before me there, A working model of the bloom. That once had lightened March's gloom.

Through all the fortnights that had flown The while that fruitage fine had grown, The blossom's image had remained. To that great apple's heart enchained.

Deep down within each human heart Lives our Creator's counterpart! The God-thought out of which we came Still lingers, ever more the same.—Stickland Gillilan.

Circumstantial Evidence.

Sam had passed through a harrowing experience. He had seen no less a thing than a ghost. "Ah! Joe's come outer de cow pen, whah Ah'd been milkin' de cows," he said, "an' Ah had a bucket o' milk in mah hand." "Lawd!" interrupted one of his auditors, "At suttinly must of been terrible! Didn't yo' shake wid fright, Sam?" "Ah'd don't know what Ah shook wid. But when Ah got home Ah foun' all de milk gone, an' two poun's o' butter lef' in de bucket."

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative



Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little stomach is upset, tongue coated, or if your child is cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you a well, playful child again. Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child to-morrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Proof!

A Georgia politician was waiting for a train. One hour, two hours, three hours passed, but no train. Just as he was about to make arrangements to drive to the next town, the agent said: "I wouldn't go to that trouble, sir. That train will be along soon now." "What makes you think so?" "Well," said the agent, "I'm pretty certain it will. Here comes the conductor's dog."

PUT STOMACH IN ORDER AT ONCE "Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for a few cents.

Greenland is the largest island in the world, its area being 827,300 miles.

Sprain?

Soothe the sore ligaments, rapidly recover full use of the limb, by rubbing in Minard's Liniment. It penetrates, it heals. Athletes all use it.

Minard's Liniment

The Family Medicine Chest

ISSUE No. 12—22.

MRS. LEWIN SAYS IT'S WORTH \$1,000

Toronto Lady Values Tanlac Highly, Declaring It Ended Stomach Trouble—Gains Nine Lbs.

"I wouldn't take a thousand dollars for the good Tanlac has done me, for I would have given that much before I took this wonderful treatment to feel the way I do now," was the positive statement made the other day by Mrs. Matilda Lewin, 12 Strange St., Toronto, Ont.

"I suffered with stomach trouble, general run-down condition, and my nerves were so excited they nearly drove me wild. I ate scarcely enough to keep going, was dreadfully thin and weak, and often had to give up my housework to avoid a breakdown. Gas on my stomach bloated me till I could hardly breathe, I had to rush to the window for air, and seldom got a good night's sleep.

"If I live to be a hundred years old I will always bless the day I started the Tanlac treatment. I have gained nine pounds, am free of indigestion, nervousness and sleeplessness, and my housework is like play. Tanlac is simply grand."

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

"How Are the Mighty Fallen?"

Not long ago a woman who was playing a bugle in the Boulevard Montmartre, in Paris, and collecting money, was recognised, just as the police were taking her to the station, as the Princess Poltouchhof, a former lady in waiting to the czarina. She was destitute and had been reduced to that means of getting food. A compatriot who knew her succeeded in obtaining her release.

How to Prevent Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, Long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it chases away indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and \$1.00 Bottles.

Sloan's



Keep it handy for bruises—sprains

Sprains—bruises—painful turned ankles—stiff, sore muscles—no family can avoid them.

That is why millions keep Sloan's handy.

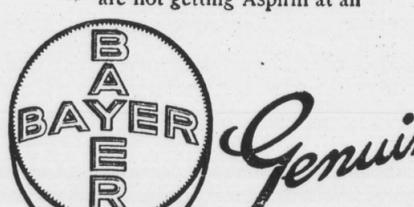
You will soon find Sloan's is more useful than any other item in your medicine cabinet. It breaks up the congestion that causes the pain.

Use Sloan's to protect you from pain as you would use an antiseptic to prevent infection. At your druggist's.

Made in Canada. Sloan's Liniment—kills pain! For rheumatism, bruises, strains, chest colds

ASPIRIN

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
- Headache
- Rheumatism
- Toothache
- Neuralgia
- Neuritis
- Earache
- Lumbago
- 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-acetic acid ester of Salicylic acid. 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."

Classified Advertisements.

PURE WOOL, EATTS, BEAUTIFULLY carded and spun. Entirely free from oil or grease. Large sample, enough for comforter, one dollar. Woolens Mills, Georgetown, Ontario.

RUBAN CLOVER
HUBAM CLOVER, THE GREAT annual. Write for interesting information. D. Fraser, R.R. 2, Ilerion, Ontario.

A BUSINESS OF YOUR OWN.

WE HAVE A FEW OPENINGS FOR ambitious individuals—who stand for honesty and integrity in their community—who want a business of their own. To the proper party we offer the opportunity of building a permanent business in their locality. We are manufacturers of women's and misses' dresses, coats, suits and hosiery. We eliminate the middleman's profit by selling direct to the consumer through representatives in each locality. Experience or investment not necessary—we teach you how. Tell us all about yourself. National Mail Order House, direct Out-fitters of Ladies' ready-to-wear. Unity Building, 46 St. Alexander St., Montreal.

America's Pioneer Dog Remedy Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. E. Clay Glover Co., Inc. 129 West 24th Street New York, U.S.A.

ECZEMA IN RASH ON HANDS

Fingers Cracked. Lost Sleep. Cuticura Heals.

"Eczema began with a rash on my hands and I could not put my hands in water. It grew worse every day and my hands and fingers all cracked which made them covered with eruptions. I lost sleep with the itching. The trouble lasted three months before I heard of Cuticura Soap and Ointment, and after using three cakes of Cuticura Soap and two and a half boxes of Cuticura Ointment the eczema was healed." (Signed) Miss Eva E. Belliveau, 338 Highfield St., Moncton, New Brunswick.

For every purpose of the toilet and bath Cuticura Soap, Ointment and Talcum are wonderfully good.

Sample Book Free by Mail. Address: "Kryman, Limited, 244 St. Paul St., Montreal. Sold everywhere. Soap 5c. Ointment 10c and 25c. Talcum 5c. Cuticura Soap shaves without using.

BEFORE MY BABY CAME

I Was Greatly Benefited by Taking Lydia E. Pinkham's Vegetable Compound

Sydenham, Ont.—"I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. I just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others take it."—Mrs. HARVEY MILLIGAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.

Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs, and does not contain any harmful drugs. It may be taken in safety by the nursing mother.