

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.

At the recent meeting of the Ontario Health Officers' Association there was an interesting symposium on "Cancer." Statistics showed that cancer was on the increase, but whether this was due to the present mode of civilization was a debatable point, as was also the best means of eradicating it. On one point, however, all those taking part in the discussion were agreed, and that was the paramount importance of an early diagnosis. If taken in hand early, it was stated.

The symposium on cancer was opened by Dr. Adam Wright, chairman of the Provincial Board of Health, who raised the question as to whether or not it was advisable to alarm the public as to symptoms which might, or might not be, indicative of the disease. Constipation, he stated, was one of the chief causes of cancer. Indigestion was a danger signal. Faulty food, or too much food, should be avoided.

Prof. Clarence Starr, Toronto, said that records of cancer were found in the scrolls of Egypt, and in the writings of Hippocrates, who lived 500 B.C., and Galen. The disease was more widespread now, but whether

this was due to present methods of living was questionable, although the habit of taking hot foods followed by cold drinks had been commented on in some quarters. Treatment of malignancy, he said, should be radical, with the surgeon's knife being called into action. Radiation treatment was useful where the growth was inaccessible to operation, in helping to relieve the pain of the patient. The medical aspect was commented on by Dr. W. Goldie, who also emphasized the importance of early diagnosis and the symptom of indigestion. Dr. Grant Fleming, Toronto, presented some statistics in regard to cancer. Twenty years ago deaths from the disease were one in twenty, now they were one in ten. In Ontario deaths from this cause in 1922 numbered 522.

Dr. L. Hess, Hamilton, showed how the X-ray had been utilized in fighting the disease, a number of lantern slides of X-ray photographs of cancerous growths being screened. Every ulcer, he stated, should be regarded as a potential cancer. The discussion was closed by Dr. H. W. Hill, Western University, London, who stressed the necessity of educating the public on the matter and teaching them where to look for the first signs of trouble.

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the newborn babe with perfect safety. They are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Paid in Full.

A working sense of fun is a good thing to possess, for sometimes if the humor of a situation cannot take the place of cash there is no compensation at all. A case in point is that of H. D. Traill, an English litterateur.

One of Traill's earliest journalistic commissions was to write a series of articles in a paper edited by a lady well known years ago as a strong advocate of "women's rights," as the phrase then went, on the anomalies and injustices of the British law relating to woman's property.

The articles were duly written and published, but the remuneration agreed upon was not forthcoming. After repeated but fruitless demands for payment Traill brought a suit against the lady, who successfully invoked against her contributor the very law she had engaged him to attack.

A gramophone small enough to go in the waistcoat pocket has been designed by a Hungarian engineer. There is room in the case for ten discs as well as the necessary motor.

In 1920 there were cut, in Canadian forests, 4,024,826 cords of pulpwood. This wood, if piled four feet high and four feet wide, would reach in a continuous line over 6,000 miles, or the distance from Vancouver to Halifax and out over the Atlantic to Queens-town, Ireland.

Minard's Liniment used by Physicians

Broad Highway.

Instead of riches give to me
The golden earth, the jewelled sky,
The best that in all hearts doth lie.

Give me this: When day's begun,
A woodland glade, a ray of sun;
Falling where the dewdrops lie,
Give me this, and rich am I.

Give me this: The song of bird
In lonely wood at sunset heard,
Piping of his evening hymn
'Mid a leafy twilight dim.

Give me these, with eyes to see,
And richer than a King I'll be.
—Jeffrey Farnol.

A Sagacious Newfoundland Dog.

At certain seasons of the year the streams in some parts of North America, not far from the coast, are filled with fish. A real Newfoundland dog (which, by the way, is much slighter in build than is generally thought), belonging to a farmer who lived near one of these streams, used to keep the house well supplied with fish. This is the way he managed it.

He was absolutely black, with the exception of a white forefoot, and for hours together he would stand almost immovable, on a small rock which projected into the stream, keeping his white foot hanging over the ledge as a lure for the fish. He remained so still that it acted as a very attractive lure. Whenever curiosity or hunger tempted an unwary fish to approach too close, the dog plunged in, seized the fish, and carried it to the foot of a neighboring tree. He would do this again and again. On a successful day he would catch a great number.

LOW SPIRITED AND DEPRESSED

A Condition Due to Poor Blood and Weak Nerves.

Nearly all women and most men suffer at times from fits of depression and low spirits, from which they are unable to free themselves. They cannot attend to their duties satisfactorily and are unable to get any pleasure out of life. People who suffer in this way soon lose their energy of mind and body. They lack vitality because their blood is poor and ill-nourished, and their nerves are starved in consequence. The only way to obtain new health is by building up the blood with Dr. Williams' Pink Pills. The new rich blood made by those pills will carry renewed health and energy to every part of the body. Your appetite will improve, your spirits brighten and you will be endowed with fresh energy and find a new joy in living. Mrs. G. Reid, Napanee, Ont., tells of the benefit she found through the use of Dr. Williams' Pink Pills. She says: "I have used Dr. Williams' Pink Pills on different occasions and cannot emphasize too strongly the benefits derived from them. I was growing nervous, my complexion was becoming sallow and my eyes dull and listless. My vitality was poor and I did not sleep well. I became despondent, losing interest in my work, which seemed to tire me so easily. I began using Dr. Williams' Pink Pills and after taking six boxes I began to enjoy life again and looked much brighter and felt happier. My appetite improved, I gained in weight and could sleep without any nervous wakefulness during the night. I also used these pills while nursing my baby and found them a wonderful help both for myself and for making my baby better natured. For these reasons I gladly recommend them to anyone who needs a tonic for the rebuilding of strength and energy."

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



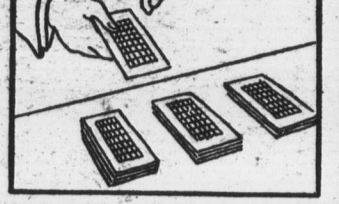
Would Make Him Happy
Puss—"What glorious weather! I feel as if I would like to make someone very happy to day."
Pig—"Then, why don't you scratch my back?"

Located.
"Look here!" exclaimed the stranger as he stumbled into his twentieth puldie. "I thought you said you knew where all the bad places were on this road?"
"Well," replied the native, who had volunteered to guide him through the dark, "a-finding them, ain't we?"

The cost of building a first-class battleship in 1914 was approximately \$2,500,000. The cost now would be about \$16,500,000.

EASY TRICKS No. 23

The Triple Deal



This is an easy but effective card trick. You will need 21 playing cards. Ask a friend to observe the cards as you deal them on the table and mentally to select any card he likes. Impress upon him the fact that you do not in any way influence his choice.

Deal the cards one at a time into three heaps, showing the face of each card as you place it on its heap. Ask your friend to tell you into which heap his card was dealt. Pick up the cards with apparently careless but really be careful that the heap containing his card goes between the other two cards. Repeat twice (three deals in all) each time putting the heap containing the selected card between the other two.

Show that neither the top card nor the bottom card is not the selected card. Put the cards behind your back. Quickly count eleven cards from the top of the pack. The eleventh card will be the card selected by your friend.

This trick is the same in effect (but different in method) as the trick described several days ago as "The Three Piles." By doing the trick twice, using a different method each time, you will puzzle the astute spectator who thinks he knows "how it is done."

(Clip this out and paste it, with others of the series, in a scrap-book.)

Isles Where People Live in Solitude.

The islet of Holm, one of the Orkney group, supports a population of exactly two people—a man and his wife.

Holm, therefore, ranks officially as the British island with the fewest population, though several others run it very close. Hunda Isle, for example, one of the same group, possesses a population of three all told, and Copinsay has seven.

Further north, in the Shetland group, three islands are mentioned which have three, four and six inhabitants respectively.

Another curious fact recorded is that in these remote outposts of Britain, January 12 is celebrated as New Year's Day, and all other dates are correspondingly behindhand, the reason being that when the Gregorian Calendar was adopted by this country more than a century and a half ago—eleven days being struck out of the year 1752—the Shetlanders ignored the change.

Another tiny islet with a population of only three is Read's Island, in the Humber. It is an upstart among islands. Years ago it was not an island at all. It was a sandbank called Pudding Pie Sand.

But a thrifty Lincolnshire farmer fought the waters for it, putting off every day at dawn from the mainland and returning at dusk, and now he dwells there permanently, farming its several hundred acres of fertile soil with the aid of his wife and a lad.

According to the census, Read island has one occupied house, and—marvel of marvels!—one house "to let."

Night Camp.

A horse to ride and a dog to love,
And a fire to warm me by,
End of the trail and high above
The sweep of the starlit sky—
And where is there more for a man's desire

Than a horse and a dog and a pine-wood fire?
The horse will bear me far and swift,
The dog will guard my rest
When I lie me down on a dead leaf drift,
Close to the brown earth's breast.
But ah! the ache of an old desire,
And the face that glows in the pine-wood fire.

—C. T. Davis.

MONEY ORDERS.

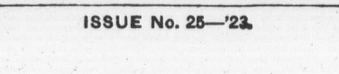
Send a Dominion Express Money Order. Five Dollars costs three cents.

Tin Plate in India.
One of the most modernly equipped plants in the world has been begun for the manufacture of tin plate in India.

A post office and police station have been established on Craig Island, the most northerly island in the world, 550 miles from the Pole.

A THLETES!

For the best rub down of your life try Minard's Splendid for Sore Muscles, Sprains, Bruises.



ISSUE No. 25—23.

WONDERS HOW SHE EVER ENDURED IT

Mrs. Connor Declares Stomach Trouble Was So Bad She Could Hardly Eat At All.

"If I hadn't gotten Tanlac when I did I believe I would have had to go to a hospital," declared Mrs. Wm. Connor, 226 Hess St., Hamilton, Ont., recently. "My stomach was so disordered that everything I ate made me deathly sick and caused pains in the pit of my stomach that nearly drove me distracted. Often the agony was so great I couldn't help crying, and for two or three days at a time I wouldn't eat a morsel of food. I was as nervous as a witch, miserable for the want of sleep, and often wonder now how I lasted through it all."

"The splendid results my husband got from Tanlac about a year ago caused me to try it, and the treatment ended my suffering in a few weeks' time, and gave me a new lease on health. I don't believe there's a healthier woman in Hamilton than I am now, and I can't praise Tanlac enough."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanlac Vegetable Pills are nature's own remedy for constipation. For sale everywhere.

Numbered Words.

The Bible is said to contain 724,592 words. Gibbon's "Decline and Fall of the Roman Empire" is nearly twice as long, containing about 1,421,700 words, according to a book reviewer's estimate. Richardson's novel, "Clarissa Harlowe," runs into a million words, and is longer even than Tolstoy's "War and Peace." "Pickwick Papers," 36,000 words, and "Vanity Fair," 308,000, are much longer than the average present-day novel.

Minard's Liniment for sale everywhere

A chemist has pointed out that a small quantity of the new "sneeze gas" introduced into illuminating gas during its manufacture would prevent many accidental deaths from asphyxiation; and those who should try to commit suicide by the use of gas would find it impossible—unless they sneezed themselves to death.

Friendship is founded on faith, and hedged about by delicacy. To intrude is to be offensive; to question is to intrude.

Machinery is rapidly replacing hand lace makers in France.

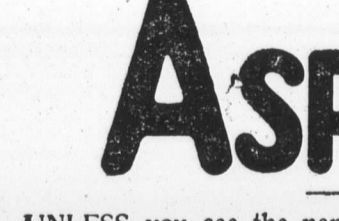


Live Glossy Hair

Follows use of Cuticura Soap and Ointment. On retiring rub Cuticura Ointment into the scalp, especially spots of dandruff and itching. Next morning shampoo with Cuticura Soap and hot water.

Soap 25c. Ointment 25c. and 50c. Taken 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 246 St. Paul St., W., Montreal.

Cuticura Soap shaves without stung.



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-acetyl-salicylic acid 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.

FOR SALE
QUARTER CUP TO 10000 BUSHES TIMBER
Hold Bros., Bethwell, Ontario.
NEW FORD OWNERS CAN ENJOY LUXURY, comfort and economy with the latest attachment. In unrepresented territory one may get his FREE. Write Auto Specialty Co., Peterboro, Ont.
WANTED—FEMALE CLOTH WEAVERS, Velours, Polos, etc. Highest wages paid. Apply Singsby Manufacturing Co., Ltd., Hamilton, Ontario.



The Straw Hat Season Opens

"Hey, Bill, how do you like me in a straw hat?"

Far more homes are made miserable by envious women than by dominant and brutal men.—Dr. Josiah Oldfield.

MURINE NIGHT & MORNING KEEP YOUR EYES CLEAN CLEAR AND HEALTHY

Attractive Proposition
For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

America's Pioneer Dog Remedies
Book on DOG DISEASES
and How to Feed Mailed Free to any Address by the Author.
W. C. Gray Glove Co., Inc., 129 West 24th Street New York, U.S.A.

MOTHER OF LARGE FAMILY

Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hemford, N. S.—"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Pinkham's Vegetable Compound, for I think it is the best medicine ever sold. You may advertise my letter."—Mrs. GEORGE I. CROUSE, Hemford, N. S.

My First Child

Glen Allen, Alabama.—"I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet. A neighbor recommended the Vegetable Compound to me after I had taken doctor's medicines without much benefit. It has relieved my pains and gives me strength. I recommend it and give you permission to use my testimonial letter."—Mrs. IDA RYE, Glen Allen, Alabama.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book, on "Ailments Peculiar to Women."