

PAIN IN THE JOINTS

Is An Indication That the Blood is Thin and Watery.

The first sign of rheumatism is frequently a pain and swelling of one of the joints. If this is not treated through the blood, which is the seat of the disease, the poison spreads, affecting other joints and tissues—sometimes rheumatism attacks the heart and is fatal.

A remedy that has corrected many cases of rheumatism is Dr. Williams' Pink Pills. These pills enrich and purify the blood so that the poisonous rheumatic matter is driven out of the system as nature intended. Miss Gertrude Denne, Washago, Ont., was attacked with rheumatism and found relief through Dr. Williams' Pink Pills. She says:—"About a year ago I was attacked by rheumatism and for two weeks was confined to my bed. The trouble was so painful, affecting the joints of my limbs so that I could not stand alone. Mother had a box of Dr. Williams' Pink Pills in the house and thought they might help me. I began taking them, and when I had taken these pills got a further supply, with the result that the rheumatism vanished and I was a well girl. I may add that my mother and two of my sisters have also used the pills for various ailments with equal success, and now we are never without them in the house."

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or by mail, at 50 cents a box, from The Dr. Williams' Medicine Co., Brockville, Ont.

Love Song.

I have loved you enough;
Though much went wrong,
This was good,
This was strong;

Unshaken in spite
Of the going of years,
Too sure to retract,
Too proud for tears.

Let my love be the pillow
Under your head,
On your lips like a song,
To your hunger, bread.

—Sara Teasdale.

Fatty fish contain large amounts of fat-soluble vitamins.

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.

Public Health is a subject that touches very closely the life and happiness of every one of us. It is not an abstract subject or one which a person takes up merely for cultural reasons or as a pastime. It is a necessary subject to know—so necessary, in fact, that ignorance of its principles is at the root of a great deal of suffering in this world, causes race deterioration and often brings people to an early grave. There are many ways of explaining what Public Health means, and could fill a volume in doing so, but it can be conveniently described in two words—"Right Living."

The Great War that shook the foundation of the nations of the world has taught us much. One of the most important things it has brought to our attention is the great need for the preservation of the human race.

So many precious lives were sacrificed on the battlefields during those terrible years that thinking men and women have come to realize the necessity of preventing the useless sacrifice of human life in times of peace. Take the question of infant mortality alone. The annual list of deaths of children from malnutrition, preventable diseases and so forth, is a disgrace to any civilized country. By the enforcement of public health and hygienic measures, many of these little lives could be saved. But there are many other fields of public health work equally important. One of the earliest codes of health regulations with which we are familiar, dates back to the time of Moses, and this is remarkable on account of the fact that many of the regulations are in entire harmony with the recognized principles of hygiene of the present day. This is especially true of the warnings against discharges and eruptions from the body, of the emphasis placed on washing and bathing as a means of purification and of the explicit directions for proper disposal of excreta (see Lev. IV, and Deut. XXIII).

With the low standards of medical knowledge prevailing during the dark ages, it is not surprising to find practically no traces whatsoever of activities relating to Public Health Education. In the thirteenth, fourteenth and fifteenth centuries, however, mainly because Europe was repeatedly devastated by various plagues, the need appears to have been felt for furnishing authoritative information regarding the dreaded plagues. The result was the publication of numerous leaflets called "plague tracts," dealing with many scourges such as leprosy, syphilis, plague, alcoholism and sweating sickness. A reawakening of interest in public health was observed mainly in England, in the early part of the nineteenth century, and we find, as a result, that communities concern themselves more actively in the provision of pure water supplies, in the disposal of refuse, the construction of better streets.

Towards the end of the century, especially during the eighties, a campaign was begun for the suppression of tuberculosis. This campaign was developed very effectively in the United States. Up to ten or fifteen years ago, a large amount of the effort against infant mortality was expended in hunting out and providing medical care for sick babies in summer time. That this was absolutely illogical and ineffective in combating infant mortality was not then recognized.



Hon. Marguerite Shaughnessy
Daughter of the late Lord Shaughnessy, Chairman of the Canadian Pacific Railway, who acted as sponsor at the launching from the Clydebank yards of John Brown & Co., of the Canadian Pacific S.S. "Princess Marguerite" recently. The new vessel is a twin screw, oil burner, and will be an important addition to the Company's Pacific Coast fleet. The ship comprises five decks and has an over-all length of 368 feet.

London.

Romance has set her castle here, where beats
The heart of England; hither no winds blow
But sing of youth; long since the Bells of Bow
Called Whittington; here Milton, Lamb and Keats
Once bowed the knee to her; and he that meets
In some pale dawn that gallant band shall know
Her secret, and why Shakespeare long ago
Left Stratford for the beauty of her streets.
Still when the moth of twilight flutters down
Poets and kings and sages long since dust
Leave Paradise to gather at her gate;
These gave their lives as jewels for her crown.
Left us this London's a holy trust,
Bidding us keep their faith inviolate.
—Lucy Malleon.

A windy Christmas and calm Canadians are said to be signs of a good year.

Minard's Liniment Relieves Pain.



MAMMOTH FOUND IN TRAFALGAR SQUARE, LONDON

The fossilized bones of a mammoth and a hippopotamus that, about 100,000 years ago, lived in Trafalgar Square, now one of the world's busiest spots, have recently been discovered thirty feet below the surface. The bones, including also those of the aurochs, or great ox, and the red deer, have been identified by Sir Arthur Keith, the renowned anatomist, and Mr. R. H. Burns. They have been placed in the museum of the Royal College of Surgeons, to which they have been presented. The bones were found when foundations were being dug out adjacent to the head European Offices of the Canadian Pacific Railway (right). It is assumed in Geological circles that these relics of the past belong to one of the milder periods of the Ice Age. The spot where they were found is marked by a cross.

Sockeye Salmon in the Fraser River.

With a view to re-establishing sockeye salmon in the Upper Fraser River the Department of Marine and Fisheries has this season distributed 1,000,000 eyed sockeye eggs in the tributaries of Bowron lake and 4,000,000 in the principal tributaries of Quesnel Lake. Arrangements have also been made to make similar plantings in the Seton-Anderson Lakes and the Shuswap Lakes districts.

An inspection of the salmon spawning areas of the Fraser River basin has shown that the number of sockeye salmon that reached the spawning beds of the Fraser, above Hell's Gate Canyon, was too small to make a visible impression in any section. Not a sockeye was in evidence in Quesnel lake or its two main tributaries, and not a resident at Quesnel Dam, the outlet of the lake, or on the Horsefly River, one of its principal spawning areas, was found who had seen a sockeye this year. Formerly the Quesnel Lake section was one of the great

est spawning districts in the Fraser basin. The records kept there disclose that in 1909 over 4,000,000 sockeyes entered that lake. None are known to have entered it in the last two years.

The Indians in the Chilcotin country reported that they have not taken in excess of 50 sockeye at their three principal fishing stations this year. None were caught by the Indians at Chimney Creek or at Soda Creek. The Indians at the Bridge River canyon, on the Fraser, above Lillooet, caught very few sockeye and none were seen entering Seton or Anderson lakes. A few were seen in the Thompson river.

It was also reported that the sockeye run to the Birkenhead river at the head of the Harrison-Lillooet section was the best in many years. More sockeye were seen there this year than have been seen since the hatchery was established in 1905 and it is the belief that the run was as great as it ever has been in the last twenty years.

While it cannot be stated with absolute certainty that the abundance of salmon in the Birkenhead river is due to the fry distributed there from the hatchery four years previously, there is scarcely any other agency to which it can be attributed. It is only in the Lower Fraser, where hatcheries have been operated, that the sockeye run has been maintained, and in the Upper Fraser, in the Quesnel, Chilcotin, and Seton Lakes districts, where there are no hatcheries, the run has disappeared.

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers and making teething easier. Concerning them, Mrs. Saluste Pelletier, St. Dumas, Que., writes:—"I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



He—"I suppose you danced with Jack six times and with me once—to make me jealous?"
She—"No, I danced with you once to make Jack jealous."

Little Tommy, upon his return from school one day, was asked by his mother what he had learned on that occasion. "Well," said Tommy, "I have been studying ants. There are two kinds—the sort that gets into the sugar bowl and the kind that lives with their married sisters."

Eskimo mothers caress their babies by touching noses. The people of that race make very good and affectionate parents.

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EASY TRICKS

No. 847

With A Glass Of Water



A tumbler is filled with water until it can hold no more, and is placed on the corner of a handkerchief which is placed very near the edge of a table. The table should have no cover.

The problem is to remove the handkerchief without touching the glass or spilling any of the water. Although the task seems impossible of accomplishment, it can be done very easily.

Grasp the opposite corner of the handkerchief and hold it in a horizontal position, holding the corner as far as you can away from the table. With your other hand strike the handkerchief a sharp downward blow. If you do this, the handkerchief will be drawn from under the glass. It is desirable that the tabletop be very smooth and that the handkerchief have no heavy hem.

(Hold this out and paste it, with other of the series, in a scrapbook.)

Mint Harvest in England.

Within a few miles of London the peppermint harvest is in full swing, and the pretty blue flowers of this sweet-smelling plant are fast falling beneath the swish of the sickles, or mint hooks.

During the last eleven months the distillery has been silent. Now it is busy night and day, as cartloads of the "herb," as it is called, are tossed through the large door of its upper floor and the air is filled with a pungent odor at first well nigh overpowering. On this upper floor are two huge, copperlike stills, each with its huge lid, or "cap," suspended above it. The bottom is perforated so that the steam may rise easily to the mint. Three boiler men load the stills, and as soon as they are brimful the cap is lowered and sealed by a water suction arrangement fitted round the brim. Meanwhile the boilerman gets up steam until forty pounds is registered, at which degree of heat the steam is allowed to pass into the well filled still.

When sending money by mail use Dominion Express Money Orders. Safer than sending bills.

Every church bell of any size contains four distinct notes; when the bell is rung these combine to sound the keynote of the bell.

Minard's Liniment for Rheumatism.

Since the Dominion Government, through the Forestry Branch of the Dept. of the Interior, inaugurated its free trade distribution scheme on the prairies, some 40,000 plantations have been established. Many of these are valued by the owners at \$1,000 apiece. Even at a conservative estimate of \$300 apiece these plantations represent a total of twelve million dollars, many times the entire expenditure of this branch on the work from the time it started.

MORE THAN 55,000 FARMERS

have bought their farms in Western Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large acre of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

NURSES

The Toronto Hospital for Insane, in affiliation with DePaul and Allied Hospitals, New York City, offers a three year course of training to young women, having the required education, and desiring of becoming nurses. This hospital has adopted the eight-hour system. The pupils receive uniforms at the school, a monthly allowance and traveling expenses to and from New York. For further information apply to the Superintendent.

The Queen of Sheba's Airship.

There is reason to believe that someone constructed an airship which Solomon gave to the son of the Queen of Sheba. Of course, there was no motor—possibly it was a glider. The Secretary of the Royal Aeronautical Society states that Solomon gave to the Queen of Sheba "a vessel wherein one could traverse the air for wind."

There are other references to flight in Abyssinian sacred writings, and there is a long description of the miraculous way in which the Queen of Sheba's son Menyelek left Solomon, journeying to his mother's country. "No man hauled his wagon, or loaded camels, such was raised above the ground to a height of a cubit."

A cubit, according to the ancient Egyptians, measured about twenty inches, but elsewhere it is recorded that over the Red Sea they were lifted up three cubits, "and everyone traveled in the wagons like an eagle when his body glideth above the wind."

By wearing a pedometer, an American housewife has discovered that she walked on an average five miles each day in preparing meals for her family.

Classified Advertisements

MONEY TO LOAN.

FARM LOANS MADE. AGENTS wanted. Reynolds, 77-Victoria Street, Toronto.

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Minard's takes the sting out of them. Quickens circulation and prevents complications.



MINARD'S "KING OF PAIN" LINIMENT



Get Rid Of Irritations By Using Cuticura

Bathe freely with Cuticura Soap and hot water to cleanse and purify. Dry lightly and apply Cuticura Ointment to soothe and heal. Nothing better for all eczemas, rashes, pimples, itching and irritations. Cuticura Talcum also is ideal for the skin.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 2616, Montreal, P. Q. Soap, Ointment and Talcum, 50¢. Try our New Shaving Stick.

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Although only 2 1/2 years old, this little boy, Reginald Alvis, recently journeyed home from Glasgow, Scotland, to Toronto. During the sea voyage on the Regina he was the pet of the ship and there was no lack of volunteer guardians on the train which brought him over the Canadian National Railway from Halifax to Toronto.