

SMOKE



in 1/2 lb. tins and 15¢ pkts.

OLD CHUM

The Tobacco of Quality

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.

Correcting wrong impressions is one of the most important tasks confronting those who try to do educational work along health lines. Habits and ideas once acquired, however erroneous they may be, are hard to dislodge. The old saying "What's good enough for my forefathers is good enough for me" has upset many teachers. Every once in a while one meets prejudiced people—the type that know better than everybody else. No matter what the subject is—health or otherwise—they cannot be taught. Recently I met a man holding public office who held very skeptical views about the value of health education and the work of Health Departments in general. He did not know any details about the good work of the Health Department in his own city. He knew or pretended to know nothing about the disappearance of typhoid due to water filtration and chlorination, he knew nothing of milk inspection, he knew nothing of the work of the public health nurses in lowering the infant death rate and having physical defects corrected in children, he knew nothing of the Schick test or the value of antitoxin in diphtheria, he knew nothing about the work carried on in combating venereal disease, nothing about industrial hygiene that is aiming to raise health standards in industry and lower the rate of sickness and accident in plants, factories, and workshops of every description.

None of these things he knew about or appreciated, and yet he was willing to throw cold water on all health efforts. There are many such men and women. They are stumbling blocks everywhere you go. They take up the wrong side of the argument without any reason except prejudice, and why this prejudice has been developed nobody seems to know.

Again, we see the type of individual who puts more confidence in a bottle of medicine than all the health talks or health articles that come his way. He doesn't want to know about the value of sleeping in well ventilated bedrooms. He doesn't want to know about the physical exercises and how they keep the body fit, nor does he care about the proper kinds of food to eat, or the value of a contented, happy outlook on life. What he does from day to day is to go along his own prejudiced paths, disregarding the inevitable consequences of his wrong methods of living, trusting to medicine to put him right when the impending crash comes. How many wrecks of humanity we see around us as a result of such practices. How many untimely deaths occur through neglect of the principles that tend to prolong life!

What is the moral of all this? What is the remedy? It seems to me that one important thing to do is to educate the young, to teach them the little simple facts of health, before they acquire wrong habits or impressions.

IS THERE A BABY IN YOUR HOME?

Is there a baby or young children in your home? If there is you should not be without a box of Baby's Own Tablets. Childhood ailments come quickly and means should always be at hand to promptly fight them. Baby's Own Tablets are the ideal home remedy. They regulate the bowels; sweeten the stomach; banish constipation and indigestion; break up colds and simple fevers—in fact they relieve all the minor ills of little ones. Concerning them Mrs. Moise Cadotte, Makamik, Que., writes: "Baby's Own Tablets are the best remedy in the world for little ones. My baby suffered terribly from indigestion and vomiting, but the Tablets soon set her right and now she is in perfect health." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Where Many Would Be Friend—"Good-bye, old man; but you haven't told me yet what you think of prohibition." Tourist (boarding ship)—"Oh, about that I'm all at sea!"

Whales suffer a great deal from rheumatism.

Human speech calls for the exercise of forty-four different muscles.

Minard's Liniment used by Physicians.

The Population of Newfoundland.

The eighth decennial census of Newfoundland and Labrador, which has just been completed, gives the population as 262,979, which compares favorably with the census of 1911, when the total was 242,619, an increase of 20,360 or 8.39 per cent. Of this total, 259,358 represents the population of Newfoundland, and 3,621 Labrador, as against 238,670 and 3,949 respectively in 1911. A gradual increase in population since the official census of 1857 is shown by the report. In that year the population was only 124,288. In 1874 it had increased to 161,374; 1901, 220,984; and 1911, 242,619.

Newfoundland, for census purposes, is divided into eighteen districts, and all of these, with the exception of four, show increased population over the 1911 figures. The four districts to show decreases are Carbonear, Harbor Grace, Port de Grave and Harbor Maine. In the ten-year period ending 1921, the natural increase in population of the ancient colony was 31,347. In addition, immigration totalled 1,242. However, there was a loss of 12,229 due to emigration, leaving a net gain in population of 20,360.

Labrador's Population Declines.

Lack of development in Labrador has been the cause of a steady loss of population since 1884, when the total population was 4,211. Figures for each succeeding ten-year period show a slight decline, and the 1922 census returns record a falling off of 328 from the last report issued in 1911. There was no immigration to Labrador between 1911 and 1921, while there was a loss of 47 due to emigration. The natural increase in population shows a decline of 281, leaving a net loss to the territory of 328 persons.

An analysis of the report shows that while the figures regarding nationality have not yet been checked, there would appear to be 262,475 persons either born or naturalized British subjects in Labrador and Newfoundland, and only 504 persons of other nationalities.

EASY TRICKS

No. 25
Why?

13 YDS.	6 FT.	11 IN.
-11	6	13
1 YD	2	10
+10 YDS.	2	1
11	4	11
-11	3	11
	12 YDS.	

The question "Why?" is for you to answer. After you learn how to do the trick, you may wish to know why it always "comes out right."

Write on a slip of paper "Twelve yards," fold it and hand it to a spectator to hold until the completion of the trick. Ask him to write on another piece of paper any distance he likes, expressing it in yards, feet and inches. The distance, however, must be greater than 12 yards. Ask him to reverse the numbers (as in the second line of the illustration) and subtract. Ask him to reverse the answer (as in the fourth line) and add. Next he is to subtract 1 foot, 11 inches from the sum. The result will be 12 yards. The trick ends when he looks at the slip of paper and discovers that you predicted the result of his calculations.

The answer will always be 12 yards if the spectator writes a distance in which the number of odd inches is less than the number of even yards. If the number of inches were greater it would be impossible to reverse and subtract.

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

TO AVOID PAINS OF RHEUMATISM

This Trouble is Located in the Blood, and Relief Comes Through Better Blood.

Rheumatism comes with thin, impure blood, and can only be driven out of the system by enriching and purifying the blood.

The chief symptom of rheumatism is pain. The most successful treatment is the one that quickly banishes this disagreeable symptom. Many rheumatic people suffer pains that could be avoided by building up the blood. The value of Dr. Williams' Pink Pills in rheumatic troubles is proven by the testimony of Mrs. A. Bryson, Arthur, Ont., who says: "I was used up with rheumatism in my shoulders and neck that I could not turn in bed without the help of my husband, and the pain at times was almost unbearable. I took doctors' medicine which did me little or no good. Then I began taking Dr. Williams' Pink Pills and have since been free from rheumatism. I can also recommend the pills to young mothers, as in my own case I found they are unexcelled. I may also add that I recommended Dr. Williams' Pink Pills to a neighbor who took fainting spells at the change of life, and who could not walk any distance. She took the pills for nearly three months and they made her a strong well woman."

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

Higher Tax, Lower Revenue.

An interesting example of the way in which high taxes defeat their own purpose is quoted by the Financial Post. At \$6 a thousand, cigarettes were heavily taxed, but Canadians smoked nearly 2,500,000,000 a year. The tax was increased last year to \$7.50 a thousand and smokers turned to pipes and to rolling their own. Cigarette consumption dropped by about half a billion a year and the government suffered a net loss in revenue of about \$2,000,000. The higher tax actually provided a lower revenue. Taxes that are too high will always defeat revenue purposes.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

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, And 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.

PLEATING

\$1.00 A SKIRT—HEMSTITCHING 10c PER YARD.

On Lisgarie St. Spadina Shop, 120 Danforth Avenue, Toronto.

The Traveler's Slogan.

The seas beyond the Golden Gate Like liquid sapphire run To coral islands set in foam And bright with sand and sun; The cherry trees of old Japan Are whiter than the snow On Fujiyama's sacred crest— Let's go.

The huddled roofs of Hongkong shine Like jade beneath the moon, At Singapore the temple bells Boom out in solemn tune. In all the Burmese women's ears Red chips of rubies glow, Big game still roams in Africa— Let's go.

In Paris now the people slip Their coffee out of doors, All night the click of dancing feet Is heard on polished floors, The lilacs scent the misty air, Romance glides to and fro Across the bridges of the Seine— Let's go.

In London streets the flower girls Display their fragrant wares, The Thames is gay with punts and skiffs Propelled by loving pairs. In dusky woods the nightingales Are fluting sweet and low, And lanes are pink with hawthorn buds— Let's go.

White roads are winding east and west, The boundless billow calls To Moorish palaces in Spain And Alpine waterfalls, To sunrise on the Apennine Way, The Tiber's turbid flow And Venice with its long canals— Let's go.

The liner's waiting at the pier, The plane is ready, too, And only needs a touch to soar To spaces wide and blue. I hear the panting limited Its piercing whistle blow, The travel itch is in my foot— Let's go.

—Minna Irving.

To Build Memorial of Zeebrugge Raid.

The foundation-stone of what will be a noble memorial to the famous British raid staged at Zeebrugge, Belgium, in wartime, was laid recently by the Governor of West Flanders, in the presence of a distinguished Anglo-Belgian company, including Admiral Sir Roger Keyes, Lord Burnham, Lord Emmott, the British Ambassador, Sir George Grahame, and the Belgian Minister of Public Works.

The memorial, which will stand near the shore end of the mole, will take the form of a granite column 70 feet high, surmounted by a figure of St. George slaying the dragon. It will be visible far out at sea, and will be inscribed on the side facing the sea with the words: "Saint George for England," and also, "United for Justice." Likewise on the monument will appear the names of the British who fell in the action and also the names of the participating warships.

The Governor, when performing the ceremony, described the landing of the British in the face of the German fire as one of the most brilliant deeds in naval history. Other speeches delivered at the ceremony and preceding the banquet in Bruges Town Hall stressed the close Anglo-Belgian ties. Magnificent wreaths were subsequently deposited.

The nightingale's song may be heard at a distance of a mile on a calm night.

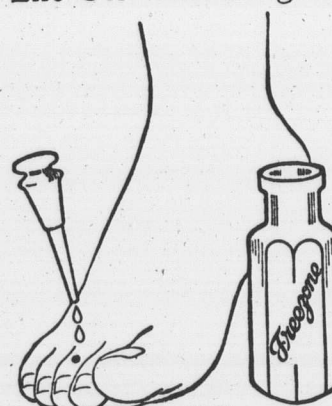
The best remedy for a burn is plenty of turpentine. After it has been applied twice the burning will cease and the healing will be rapid.

America's Pioneer Dog Remedies

Book on DOG DISEASES And How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 129 West 24th Street New York U.S.A.

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, corn between the toes, and the calluses, without soreness or irritation.

ISSUE No. 18-23.

MRS. A. HARBACH GAINS 24 POUNDS

Declares Tanlac Restored Her Completely When Health Was Practically Destroyed.

"The Tanlac treatment restored my health and strength and increased my weight twenty-four pounds two years ago, and I am one of the happiest women in Canada, for I have been feeling fine ever since," declared Mrs. Alice Harbach, highly esteemed resident of 26 Dundas St. W., London, Ont. "I was so nervous I trembled like one with the palsy and feared a complete breakdown. I couldn't relish my food, many days I didn't eat a thing, and lost weight until my clothes were way too large for me. I had piercing headaches, was so weak I would give out before the middle of the day, and at night just seemed to hear the clock strike every hour. I suffered more agony than tongue can tell.

"But Tanlac ended all my troubles, and if I had my say I would put a bottle in every home. It has won my everlasting gratitude, and I will always praise it."

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

Well Qualified for Job.

He was an applicant for a position as a street car conductor.

"What are your qualifications for the place?" asked the superintendent.

"I used to work in a sardine packing establishment."

Minard's Liniment for sale everywhere

He Was Doing His Best.

The newly engaged Scottish laborer was left to his breakfast and told to help himself to a cheese on the table. After a long time the farmer went impatiently to the kitchen in search of his new hand.

"Sandy," he exclaimed, "you take a long while to breakfast, don't you?"

"Aweel," replied Sandy, "a cheese o' this size is nae sae soon eaten as ye may think."

To find the number of gallons of paint required to give a large surface two coats, divide the area of the surface, in square feet, by 200.

Enliven Your Eyes

through the Daily Use of MURINE. The Alluring Sparkle of Youth Quickly Returns to Eyes which have become Dull and Lifeless. Used safely for many years. Sold by Druggists Everywhere.



RED PIMPLES ALL OVER FACE

Itched and Burned. Face a Sight. Cuticura Heals.

"My face came out all over in little red pimples and then it would itch. I would rub and scratch it and little eruptions would come. They itched and burned and at night would bother me. My face was a sight. I tried different remedies without success and then began using Cuticura Soap and Ointment which completely healed me in two weeks." (Signed) Mrs. Eva M. Toothaker, Cundys Harbor, Maine, March 13, 1922.

Use Cuticura for every-day toilet purposes. Bathe with Soap, soothe with Ointment, dust with Talcum. Sample Each Free by Mail. Address: "Lymans, Limited, 364 St. Paul St., W., Montreal." Sold every-where. Soap 25c. Ointment 25c and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Classified Advertisements.

WANTED—YOUNG LADIES WITH GOOD education to train as nurses. Three-year course. Apply Welland Hospital, St. Catharines.

So Sudden.

The ardent youth had taken the girl of his heart out to tea.

"I say, who is that young man who has just come in?" he asked his companion. "I see he nodded to you. Do you know him?"

"Yes," answered the maiden, "I know him well."

"Shall I ask him to join us?" said the young man, after a pause.

"Oh, dear," murmured the girl in confusion. "This is so sudden."

"Eh, what do you mean?" he asked in surprise.

"Why, Jack," she replied, "he's our minister."

Girls are said to beat boys in the study of modern languages, English literature, music, and technical ability, but not in creative work, and history, or in originality.

BABIES LOVE

MRS. WINSLOW'S SYRUP

The Infants' and Children's Syrup. Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every label. At All Druggists

PAIN

Minard's penetrates to the root of the trouble and gives quick relief. Splendid for sore muscles, sprains, bruises. A good thing—rub it in.

MINARD'S

"KING OF PAIN" LINIMENT

EXCRUCIATING PAINS, CRAMPS

Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Eberts, Ont.—"I started with cramps and bearing-down pains at the age of eleven years, and I would get so nervous I could hardly stay in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sanative Wash, told me about it and I recommend it now, as I have received great relief from it."—Mrs. NELSON YOTT, R. R. 1, Eberts, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for ailments common to women. It has been used for such troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Yott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent to strengthen the system and help to perform its functions with ease and regularity.

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-acetylsalicylic acid of Salicylic acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets and Boxes of Bayer will be stamped with their general trade mark, the "Bayer Cross."