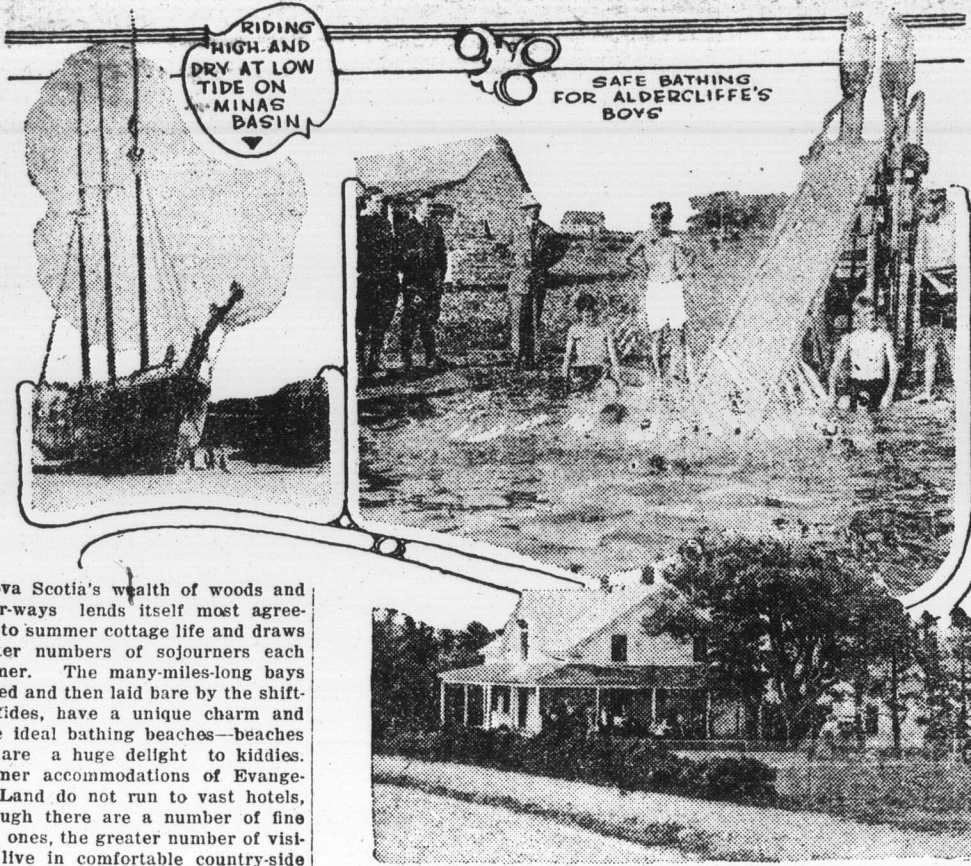


**SIMPLICITY: THE KEYNOTE OF SUMMER LIFE OF COTTAGE COLONIES IN EVANGELINE LAND**



RURAL SUMMER HOTEL OVERLOOKING LAKE AT HEBRON

Nova Scotia's wealth of woods and water-ways lends itself most agreeably to summer cottage life and draws greater numbers of sojourners each summer. The many-miles-long bays flooded and then laid bare by the shifting tides, have a unique charm and make ideal bathing beaches—beaches that are a huge delight to kiddies. Summer accommodations of Evangeline Land do not run to vast hotels, although there are a number of fine large ones, the greater number of visitors live in comfortable country-side hotels and boarding houses and cottage colonies.

First among the latter stands the Kedgemakooe Rod & Gun Club, located on the shore of Lake Kedgemakooe, at the end of thirty miles of good motor road which begins at historic Annapolis Royal. Kedgemakooe is in the heart of a wild, rich sporting country. Here the fisherman may enjoy excellent fishing, and here the hunter may bag the biggest of moose. The cabins are rustic in design, but modern in equipment, fitted with fireplaces and running water. The general club house is all that a country club should be.

Other well known and popular cabin colonies are found at North West Arm,

near Halifax, Annapolis Royal, Evangeline Beach, Milford, Port Lorne and Smith's Cove. Cottages are run in connection with The Pines Hotel at Digby, the Bay View Hotel at Yarmouth and The Gainsborough at Hubbards, while Camp Acadia for girls, located at Hebron, a short five miles from Yarmouth, and Aldercliffe Camp for boys at Weymouth, are old established institutions.

These resorts are either in or close to farming centres and guests are fed on fine fresh dairy and garden products. Bathing, boating and fishing are the principal pastimes. Tennis,

golf, squash and croquet grounds are provided at most resorts. Then there is always the lovely historic country to be explored. One cannot travel many miles in any direction without passing spots of historic interest. Here the painter finds inspiration for new canvases; the writer for songs and stories; the tired business man and weary teacher find balm and strength for mind and body, and the busy mother peace and rest while her lively youngsters, safe from city perils, disport themselves in daisy fields or on the red mud flats that at high tide are glorious bathing beaches.

**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 the Parliament Bldgs, Toronto.

There are reasonable and scientific grounds for the belief that during recent years the average span of life is lengthening—that is, that people on the whole are living longer than formerly. To Public Health activity, including the control of communicable disease and generally improved sanitation and observance of public health principles, this increasing longevity is chiefly due. Because, counteracting these reforms are the stress and strain of modern conditions with resulting wear and tear on the human system which have during the past quarter century reduced the average lifetime to 55 years or thereabouts, instead of the allotted three score and ten.

An old saying, with a grain of truth in it, is that a man is as old as he feels, and there is no reason why he should not at 60 or 70, provided his general health is good, be engaged at useful work without being a burden to anyone.

There are many causes leading up to early or premature death that could be largely eliminated if health habits were formed in early life and more observance made of the quarantine and control of communicable diseases. To illustrate this latter point, take the case of heart disease, which causes an enormous number of deaths in this country every year. What makes the heart diseased and unable to properly carry on its function? There are many causes, but a very important one is poisoning of the heart tissue by germs of communicable disease. Scarlet fever, measles, smallpox, whooping cough, acute pneumonia, rheumatism are among the diseases that affect the heart and prepare the way for sudden or premature death in years to come. Then there is malnutrition, and anaemia, where the

heart, through its efforts to pump enough of the weakened blood through the system to keep the body strength to normal, is strained or overexerted.

One can readily see how an increased vigilance both on the part of Public Health officials and the general public, can curtail the spread of communicable disease and thereby prevent weakening or injury to the heart, especially in young people who are more susceptible to infectious disease than adults. In fact, there is a noticeable low rate of deaths from heart disease reported in localities where protective and quarantine measures are enforced for the prevention or spread of any outbreaks. Child mortality, however, results from many other causes outside that due to organic changes of the heart due to infection. One very noticeable and regrettable of these causes is the motor-car. In Toronto alone, there have been four or five fatalities within the past few days due to children being run down by automobiles. In some instances, of course, the driver is not to blame, but generally speaking, a careful man or woman at the wheel seldom meets with an accident. If so, it is the exception and probably only occurs once. Newspaper readers were interested last week in a despatch from England stating that a motor-car driver was given one year's imprisonment for running over a child with fatal results. There are many cases in Canada that could be thus summarily dealt with to advantage, and it would have the result of making our streets safer for pedestrians. Fatalities to children as the result of automobile accidents must be stopped, and to this and the recent recommendations of a Toronto cor-

oner to have school playgrounds kept open all day, is very commendable. Popular sympathy is nearly always with the injured child, but when youngsters are allowed to play indiscriminately on the streets it is practically impossible to lay the blame entirely to the motor driver. It should be made a criminal offence to allow children under six on a city street without a parent or guardian. Children, however, must play, and the school playground seems the most suitable recreation place for them in large cities. Arrangements might be made to have vacant lots or institutional grounds set apart for children to play in. To prevent damage to property extra caretakers would of course be necessary, but reforms and precautions of this nature are of such vital importance that the question of expense should not be allowed to enter—especially when human life is at stake.

Then, of course, there are avoidable accidents in industry due to lack of protection for the worker at his trade, and often to carelessness on the part of the worker himself. Add to this the appalling list of deaths of children resulting from improper feeding in childhood and some idea is given of the tremendous but preventable infant mortality amongst us every year.

**KEEP CHILDREN WELL DURING HOT WEATHER**

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours' illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if the trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**How They Advertise in the Orient.**

Oriental countries, having awakened within very recent years to the worthwhileness of advertising, have adopted methods of their own which are rather odd and picturesque.

In particular they go in for street processions. Enterprising advertisers in Chinese and Japanese cities organize parades, with banners and strange devices, such as dragons and other monsters, carried by men or on wagons.

This is real jazz as applied to publicity work. We have nothing equal to it in its way. In the Philippines similar methods are pursued. Not long ago, in Manila, to advertise a new cigar, there was a very striking procession in which gigantic walking cigars took part, accompanied by men carrying huge placards lettered in English and Spanish, extolling the product and inviting the public to try it.

Africa embraces nearly one-fourth of the total land area of the globe.

**THE CAUSE OF BACKACHE**

Only in Rare Cases Does Backache Mean Kidney Trouble.

Every muscle in the body needs constantly a supply of rich, red blood in proportion to the work it does. The muscles of the back are under a heavy strain and have but little rest. When the blood is thin they lack nourishment, and the result is a sensation of pain in those muscles. Some people think pain in the back means kidney trouble, but the best medical authorities agree that backache seldom or never has anything to do with the kidneys. Organic kidney disease may have progressed to a critical point without developing a pain in the back. This being the case, pain in the back should always lead the sufferer to look to the condition of his blood. It will be found in most cases that the use of Dr. Williams' Pink Pills to build up the blood will stop the sensation of pain in the ill-nourished muscles of the back. How much better it is to try Dr. Williams' Pink Pills for the blood than to give way to unreasonable alarm about your kidneys. If you suspect your kidneys, any doctor can make tests in ten minutes that will set your fears at rest, or tell you the worst. But in any event to be perfectly healthy you must keep the blood in good condition, and for this purpose no other medicine can equal Dr. Williams' Pink Pills. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**Scouting and the Kiwanis Clubs.**

If a man can write a better book, preach a better sermon, or make a better mouse-trap than his neighbor, though he build his house in the woods, the world will make a beaten path to his door.

Literary men have been having a squabble over the author of this mouse-trap quotation. Some credit it to Elbert Hubbard. But he has been eliminated as he did not begin to write until after the quotation had become famous.

Then Emerson's works were looked into. But no comfort has been found there.

But who cares who wrote it? It fits the Boy Scouts. That is the only reason it appears in our thoughts today.

Business men are peculiar ducks. To say they are egotistical is putting it so mildly as to be complimentary. They have such confidence in their own powers that one cannot interest them in a proposition which does not entail miraculous accomplishment. They really believe that they can work miracles.

So when a gang of fellows goes parading by bearing their miracles with them, the Kiwanis Club blinks its eyes, stares, wonders, and then, as if seized by one common impulse, falls in behind to do what it can, as tickled as a boy carrying water for the elephant at the circus.

It's hard to fool men. But you can't fool boys at all. And when men realize the work of the Boy Scouts, they are not being fooled. Neither are the boys who compose the Boy Scouts.

They get training, mentally and physically, and if there are any other ways they get them too—real downright valuable stuff, that makes men out of them. And they like it, just as our boys who entered the army liked the intensive training that was handed out to them by their superior officers.

The Scouts have made good in spite of the ridicule which was heaped upon them only a few years ago, when their elders first heard of them. The police and the rest of us laughed at the idea of having Boy Scouts help handle big crowds. But now!—why, they are the first ones we turn to when something big and difficult has to be done.

That is the reason why the Kiwanis Club is for the Boy Scouts. Their lives are open books by virtue of the honesty which they are taught. They preach better sermons than the rest of us usually here—right in the lives which they lead. They make better mouse-traps than the rest of us—and in the woods—and our happiest hours are spent in our pilgrimages to them. They have done much. They have dared much. They have done that which was assigned them. Worthy of our confidence! Not worthy of our confidence? Who, then, is worthy of our confidence?

**MONEY ORDERS.**

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

**In Praise of London.**

I, the son of London men, Give thanks to London once again. Here was I born; and I will die Under this friendly leaden sky— Like grandfather's grandier, so will I.

City of beauty, flower of cities all— Where "Themmes" runs swiftly, and the buses roar (Even down the stately reaches of Whitehall) While chocolate trams invade the Surrey shore— Yours is a glamour which the years enhance And in your grimy streets lives all romance.

Minard's Liniment Relieves Neuralgia

**BITS OF HUMOR FROM HERE & THERE**

**Hen-Made.**  
Mrs. Newlywed—"And these eggs. Are they real country eggs?"  
Shopkeeper—"Yes, mum; genuine hen-made."

**Nothing Lower.**  
Jack—"I don't think I should get a zero on this examination."  
Professor—"Correct, but that's the lowest mark I know of."

**Knew How to Use It.**  
The clerk of the works of a new building was short of help. One morning he stopped an old tramp who was passing by, and said: "Are you looking for a job?"  
"Yes," said the tramp.  
"Can you do anything with a shovel?" asked the clerk of the works.  
"Yes," replied the tramp, rubbing his eyes: "I can fry bacon on it."

**He'd Been.**  
"How far do you travel in crossing the ocean from Liverpool to New York?" asked the teacher.  
"Four thousand miles," replied the bright youth.  
"Oh no. Think again," said the teacher.  
"I'm right," persisted the youth. "It says three thousand miles in the book, and that's what it is in a straight line. But I'm counting the ups and downs. I've been across!"

**Mighty Awkward.**  
"You've made a mistake in your paper," said an indignant man, entering the editorial sanctum of a country newspaper. "I was one of the competitors at that athletic contest yesterday and in your report you have called me 'the well-known light-weight champion.'"  
"Well, aren't you?" inquired the editor.  
"No, I'm nothing of the kind, and it's mighty awkward, because I'm a coal merchant!"

**How It Was Done.**  
An American poultry farmer went over to England to have a look round the poultry farms there and see where the farmers were making mistakes. He did not hesitate to tell how far advanced was the art of poultry keeping in the States, and spun several very tall yarns on that subject.  
Twenty chickens from twelve eggs appeared to be an everyday occurrence in the United States, if the stories he told could be believed.  
But a bluff old English farmer was game for him.  
"Happen, maister," said the old man, "ye have never seen as many as a hundred chickens hatched by one hen at a setting?"  
"Waal," answered the American, "I can't say that I have, but—"  
"Well, then, listen here, maister; happen I have," returned the farmer. "Down Ipswich way we allus fill a barrel with eggs and set the hen on the bungle!"

**NOTHING TO EQUAL**

**MINARD'S "KING OF PAIN" LINIMENT**

For Sprains and Bruises.

The first thing to do when you have an injury is to apply Minard's famous Liniment. It is antiseptic, soothing, healing, and gives quick relief.

**COARSE SALT LAND SALT**

Bulk Carlots

TORONTO SALT WORKS

G. J. CLIFF - TORONTO

America's Pioneer Dog Remedies

**DOG DISEASES**

and How to Feed and Dress by the Author.

Mailed Free to any Address by the Author.

E. Gray Stover Co., Inc.

111 West 21st Street

New York, U.S.A.

**ASPIRIN**

"Bayer" only is Genuine

Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Drug-gists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacturing of Monacettical-ester of Salicylicacid.

**FEARED SHE HAD HEART TROUBLE**

MRS. SMITH SUFFERED AFTER EVERY MEAL.

Toronto Woman Says Since Taking Tanlac All Her Troubles Have Disappeared.

"Before I had taken half a bottle of Tanlac I began to straighten right up and now I feel just fine," said Mrs. O. E. Smith, 169 Yarmouth Road, Toronto, Ont.  
"I was told that I had high blood pressure, but whatever my troubles were they began to disappear when I got Tanlac and now I haven't a trace of any of them. For one thing, I suffered from indigestion something awful. After eating, the gas from my undigested food would press up into my chest until my heart fluttered frightfully and at times I actually thought it would stop beating.  
My head ached terribly at times and I got so dizzy I couldn't stand up. My kidneys also bothered me and my back and legs hurt constantly. My legs hurt worse while lying down and nights I couldn't sleep any to speak of, so that I always felt tired and worn out.  
"But all my troubles are gone now. My digestion is just perfect and I never have a headache or dizzy spell any more. Even those pains have disappeared from my back and legs and I'm so thankful for my good health that I just want to praise Tanlac all the time."

Tanlac is sold by leading druggists everywhere. Adv.

**Pine Needles.**  
If Mother Nature patches The leaves of trees and vines I'm sure she does her darning With needles of the pines!  
They are so long and slender; And sometimes in full view, They have their threads of cobwebs And thimbles made of dew.  
—Wm. H. Pay.

**Minard's Liniment for sale everywhere**

**Old Greek Coins.**  
Coin collectors regard the collecting of old Greek coins as their most formidable task, not because of their rarity, but because fully 1,000 independent cities had a distinctive series of coins.  
In Honduras 90 per cent. of the people cannot read and write.

**Cuticura Is Just Right For Baby's Tender Skin**

Bathe him with Cuticura Soap and warm water. Dry gently and if any sign of redness, roughness, irritation or rash is present anoint with Cuticura Ointment to soften, soothe and heal. Finally dust on a few grains of the fragrant, delicately medicated Cuticura Talcum.  
Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Agents: Lyman, Limited, 344 St. Paul St., W. Montreal.  
Cuticura Soap shaves without mug.

**DO ALL MY HOUSE WORK**

Before I took Lydia E. Pinkham's Vegetable Compound I could hardly get about.

Cobourg, Ont.—"For many years I have had trouble with my nerves and have been in a general run down condition for some time. I could not do my work half of the time because of the trouble with my monthly sickness. I was told of Lydia E. Pinkham's Vegetable Compound by friends and advised to try it. It has done me good, and I strongly recommend it. Since I have taken it, I have been able to do all my own work, and I also know friends who have found it good. You can use these facts as a testimonial."—Mrs. ELLEN FLATTERS, Box 761, Cobourg, Ont.  
Why will women continue to suffer so long is more than we can understand, when they can find health in Lydia E. Pinkham's Vegetable Compound?  
For forty years this good old fashioned root and herb remedy, which contains no narcotics or harmful drugs, has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.  
If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

**This food builds strength**

Maximum nourishment with no burden to the digestion is secured from that famous food—Grape-Nuts.

The nutriment of wheat and malted barley, from which Grape-Nuts is made, builds strength and vigor—and delights the taste.

**"There's a Reason" for Grape-Nuts**

Sold by all grocers