

HEALTH EDUCATION

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Middleton will be glad to answer questions through this column. Address him at Spadina House, 241 Queen Street, Toronto.

The Canadian Government has recently established a Committee on Industrial Fatigue, the objects of which are not different in many respects from the Division of Industrial Hygiene, Provincial Board of Health of Ontario. Its main purposes are—

1. To offer manufacturers the assistance of scientific laboratories in solving the health problems presented by particular processes in their plants.
2. To offer all interested the use of the Committee's Intelligence Bureau where the most up-to-date information on general and specific problems of industrial hygiene is kept.
3. To co-operate in investigations into the conditions in different industries; into the incidences and causes of sickness, whether occupational or general; and into the actual relation existing between hours of work, working environment, etc., and production.

In instances where manufacturers are in doubt as to the possible health effects of some new method or process, the question might in many instances be answered in a scientific laboratory, where the actual effects of the process could be discovered by practical experiment. Again, where certain physical symptoms appear among employees engaged on similar work, scientific investigation can decide whether the symptoms are caused by direct contact, by fume inhalation, or by skin absorption, and, in each case, should be able to indicate the preventive measures to be taken.

The Committee has also provided an intelligence bureau where the most up-to-date information on general and specific problems of industrial hygiene is kept.

In this connection there are on hand reports of trade investigations and surveys, results of scientific experiments, reports and articles by plant physicians, health officers, sanitary engineers, and safety men. Special attention is paid to industrial hazards, whether disease or accident, particularly from the point of view of preventive medicine. For instance in the painting, printing, and stone-cutting trades, or the white-lead, rubber, dye and phosphorus industries, etc., the most reliable information is being collected.

Provision is even made for co-operation in investigations into conditions in different industries; into the incidence and causes of sickness, whether occupational or general; and into the actual relation existing between hours of work, working environment, etc., and production.

Note

Almost the requirements of a number of Cancer sufferers complete rest while taking treatment, arranged in a comfortable and pleasant environment in the hospital, where, if they wish, they can be attended by experienced physicians.

The American Discipline.

English naval officers were delighted with the prompt appearance of American destroyers in European waters after the United States had declared war on Germany and have many times expressed their admiration of the effective way the boats carried out their assignments. The English officers, however, must have been caused many times by the lack of formality they detected in the discipline of the "gobs" on the American vessels. Capt. J. G. Sutherland in At Sea With Joseph Conrad, tells an incident illustrative of their free and easy ways.

A commander, he writes, had just completed adjusting the compass of an American destroyer when he politely asked the lieutenant in charge if he kindly lend him a binocular.

The lieutenant shouted down the forward hatchway, "Anybody down there?"

"Yep," came the answer.

"Well, say," continued the lieutenant, "one of you go down to my cabin, and in the middle drawer on the right-hand side you'll find a pair of binoculars. Bring 'em right along."

"All be done just exactly as you say, sir," was the reply.

It is easy to imagine the difference on board a British warship, where a bluejacket would have bounded up a ladder two steps at a time and, on reaching the top, would have sprung smartly to attention, saluted and with an "Aye, sir," carried out his instructions. There's an old saying, "Different ships, different long splices," and I suppose it is the same with nationalities: "Different countries, different customs."

Accident to a Shirt.

Husband (looking up from the paper which he had been reading)—"I see Thompson's shirt store has been burned."

Wife (slightly deaf)—"Whose?"

Husband—"Thompson's shirt store."

Wife—"Dear me, who tore it?"

Butcher—"I have some nice round steak." Mrs. Newbridge—"How much is it—per diameter?"

ARE YOU GOOD AT PUZZLES?

THE FARMERS' GUIDE, Canada's Finest Farm Paper, is offering you over \$2,000.00 in cash prizes, in a most unusual and attractive undertaking.

WHAT IS THE AGE OF THE LION?

This is the big question.

HOW OLD IS THE LION?

Send to Puzzle Editor, The Farmers' Guide, Gardenvale, Que., for full size copies of the big LION and full details, enclosing a postage stamp. Lack of space prevents giving the details here.

Here is a fascinating pastime for the whole family for the winter evenings. Do not fail to take advantage of this attractive offer of Canada's Finest Farm Paper.

WRITE NOW!
You will enjoy it.

A Little Lad From Laughtertown.

A little lad from Laughtertown has come to us to stay.

With eyes of blue and hair of brown, and smiles of smiling May, they brought him by the fairy route that new-born babes arrive.

And, oh, he's sweet, from head to feet, and really he's alive;

He whimpers in his sleep a lot. His fists are tiny, true. And all the babies I've forgot are in this babe made new!

His daddy's eyes, his mother's mouth, a bit of granddad where His brows are arched a few strands south of his soft, silky hair;

He has a smile and he can cry, and Oh, how much he sleeps—

But that's because these babies fly so far across the deeps;

An autumn flower, but I shall see Soft spring within his heart When all the babes come back to me From shadows far apart!

In quiet hours when slumber falls, through slumber soft he crows; And, oh, how far that music calls, that mystic music flows!

For maybe he's in Laughtertown in dreams to say goodbye To angels that had guarded him ere he came from the sky;

Sweet gift he is, and happy gleams Are in our hearts—who find Such baby love amid our dreams To greet his heart and mind!

—B. B.

No Samples.

"I use no trunks," the salesman said. "Oh, I thought you wuz one of those traveling salesmen," said the porter.

"I am, but I would like you to know that I sell brains."

"Well, you are the fust travellin' fella I seen this season who ain't carryin' no samples."

When it's really cold there's nothing like Hot Bovril

THE CAUSE OF SICKNESS

Almost Always Due to Weak and Impoverished Blood.

Apart from accident or illness due to infection, almost all ill-health arises from one or two reasons. The mistake that people make is in not realizing that both of these have the same cause at the root, namely poor blood. Either bloodlessness or some other trouble of the nerves will be found to be the reason for almost every ailment. If you are pale, suffering from headaches, or breathlessness, with palpitation of the heart, poor appetite and weak digestion, the cause is almost always poor blood. If you have nervous headaches, neuralgia, sciatica and other nerve pains, the cause is exhausted nerves. But run down nerves are also a result of poor blood, so that the two chief causes of illness are one and the same.

If your health is poor; if you are pale, nervous or dyspeptic, you should give Dr. Williams' Pink Pills a fair trial. These pills act directly on the blood, and by enriching it give new strength to worn out nerves. Men and women alike greatly benefit through the use of this medicine. If you are weak or ailing, give Dr. Williams' Pink Pills a fair trial and you will be pleased with the beneficial results that will speedily follow.

If your dealer does not keep these pills you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Town Lot Poultry Keeping.

By S. W. Kniffe.

Only a small space is required to keep a few hens in which would supply table eggs all the year.

But someone says, "I have no one to look after them and I am not able myself." This obstacle has been overcome in many families where there are no boys or girls. I was much interested in the poultry displays at the school fairs this Fall, and I had the pleasure of visiting quite a number. On a small town in particular (of one thousand inhabitants) had an exhibit of close on two hundred fowl, all colors and stages of growth. The prizes were well deserved where they were awarded and were in the form of a setting of eggs in Spring, from pure-bred stock, thus encouraging the youthful fancier. We are all aware of the vim a youth will put into anything interested in; and boys and girls in many cases have made a decided success in the poultry, taken in as prizes with their parents.

The following interesting items, by courtesy of The Reliable Poultry Journal, will show what two farmers did, both under 14 years of age. At the time of writing, these children had finished their 3rd year in the business.

Paul and Aileen Warner started poultry-keeping on a three-quarter-acre town lot, with 20 White Leghorns, 120 Barred Rocks and 20 Rhode Island Reds. All were good standard breeding, as shown by the fact that they took 31 first and 18 second prizes at various shows. A great many adults would be proud of such a record, both in prizes won and net profits made by these young poultry keepers.

Their first year they sold, from 36 hens:

Eggs at local market	\$129.12
Eggs for hatching	102.90
Chickens sold for breeding	31.50
Chickens sold for eating	38.51
Feed and supplies cost	302.03
Profit	192.13

Second year with 18 hens:

Eggs sold on market	\$230.07
Eggs sold for hatching	125.50
Chickens sold for breeding	44.00
Chickens sold for eating	80.27
Premiums from shows	65.50
Feed and supplies cost	592.74
Profit	297.23

Third year with 110 hens:

Eggs sold on market	\$431.23
Eggs sold for hatching	152.00
Chickens sold for breeding	52.00
Chickens sold for eating	140.25
Premiums from 58 prizes	72.50
Feed and supplies cost	848.12
Profit	366.22

Also an inventory value of \$143 increased flock.

Another instance I came across was a boy of 13 years, who had the caring for 25 pullets of real good stock. They got finest care and attention possible, with the result that their average production for the year was 216 eggs each in a pen 10 ft. by 14 ft.

Get your boy or girl interested in poultry and thereby instill into their young minds a fundamental knowledge of business, also their ability to assume responsibility. It will benefit them mentally as well as financially.

Vienna possesses an orchestra all the members of which are doctors of medicine.

If the cells of the lungs were spread out flat they would form a surface of 480 square feet.

If you are not afraid of failure it is very probable you will never have to face it.

Ask for Minard's and take no other.

CHILDHOOD CONSTIPATION

Constipated children can find prompt relief through the use of Baby's Own Tablets. The Tablets are a mild but thorough laxative which never fails to regulate the bowels and stomach, thus driving out constipation and indigestion; colds and simple fevers. Concerning them Mrs. Gaspard Daigle, Demain, Que., writes: "Baby's Own Tablets have been of great benefit to my little boy, who was suffering from constipation and indigestion. They quickly relieved him and now he is in the best of health." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

His First Vice.

The Serpent—"What's that smudge coming out of your hut?"

Eve—"That's Adam smoking a shirt I made for him out of the leaves of a nasty tasting weed."

Harmless.

An Englishman was paying his first visit to Scotland. He arrived at a small town and began to question the porter. "I suppose you have a provost here?"

"Aye," said the porter.

"And does he have insignia like our mayors?"

"Have what?"

"Insignia—well, for instance, does he have a chain?"

"A chain?" said the astonished porter. "Na, na. He gams loose; but dinna be feared, he's quite harmless."

The Poplar.

You tree they call austere—
O star communing tree,
What nests you hid your leaves amid!
And can it be that none will see,
As you stand bare in the fall of the year?

Me too they called austere—
Communing with the skies,
They had not guessed at the sheltered nest:

Oh, what surprise, if they sharpened their eyes.

As we stand bare in the fall of the year!

—Edith M. Thomas.

London's famous Tower Bridge possesses a double set of hydraulic engines for raising and lowering the bascules. This is to avoid the risk of a breakdown.

MURINE You Cannot Buy New Eyes

But you can Promote a Clean, Healthy Condition FOR YOUR EYES. Use Murine Eye Remedy Night and Morning.

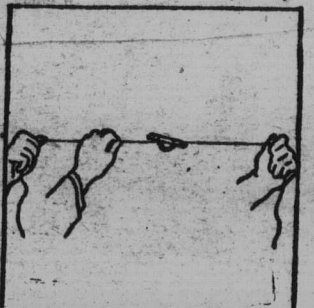
Keep your Eyes Clean, Clear and Healthy. Write for Free Eye Care Book. Murine Eye Remedy Co., 9 East Ohio Street, Chicago.

SEVERAL CARS DRY MILL
slab wood, stove length. Reid Bros., Bothwell, Ontario.

EASY TRICKS

No. 55

A Rubber Band Mystery



You'll show a rubber band and a piece of string two feet long. You'll tie the string through the band and ask a spectator to hold the string, one end in each hand. Your task now is to get the band off the string without the spectator letting go.

That is, of course, impossible—but magic is the doing of apparent impossibilities.

You will have hidden in your hand a duplicate of the rubber band. Borrow a match. Grasp the band (which is on the string) in the hand in which the duplicate is hidden. Bend the hidden band around the end of the string, calmly pushing the spectator's hands off the string. Of course, while you are doing this, you are slipping the band off the string and hiding it in your hand. As the spectators think they can see the original band on the string, no attention will be paid to this movement, especially if you do it boldly. The other hand, in the same manner takes the other end of the string.

The spectator is now asked to take the match away, quickly. The rubber band, of course, falls to the floor. You haven't done exactly what you promised to do—but you have done a mighty good trick.

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

Overheard by J. P. M.

Conductor—"How old is that child, madam?"

Mother—"Sir, that is an impertinent question."

Conductor—"Excuse me, madam, but it's a fare question."

Mrs. Blank (visiting)—"Really, James and I meant to call long before this, but somehow we kept putting off the evil day."

Mother! Give Sick Baby "California Fig Syrup"

Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic babies and children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping drugs. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeit! Insist upon genuine "California Fig Syrup" which contains directions.

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Tit for Tat.

She was a very gaudily dressed lady, and she tendered the bus conductor half a crown for her penny fare with the air of a grand duchess. "I'm sorry," she drawled, "but I have no pennies."

"Don't you worry, lady," replied the conductor affably. "You're going to have twenty-nine in a minute."

Keep Minard's Liniment in the house.

Careful.

The cake had been passed to everyone at the table but Bobbie, three and one-half years old.

Bobbie—"I'll take a piece of cake, please."

Mother—"No, dear, banana cake is too heavy for little boys."

Bobbie (after several seconds of thought)—"Well, I'll use both hands."

An electric motor drives a circular saw mounted on a new mitre-box.

ASPIRIN

Say "Bayer" and Insist!

BAYER

Genuine

Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians over twenty-three years for:

Colds Headache
Toothache Lumbago
Earache Rheumatism
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Drug-gists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocarbonylchloride 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."

THE CHILDREN'S COUGH REMEDY MINTINE

Its efficiency proven by over 50 years.

Sole Agents: Harold F. Ritchie & Co., Limited, Toronto.

HOARSE

Gargle several times a day with Minard's in water. It cuts the fungus and gives relief.

MINARD'S "KING OF PAIN" LINIMENT

Clear Your Skin Restore Your Hair With Cuticura

Daily use of the Soap keeps the skin fresh and clear, while touches of the Ointment now and then as needed soothe and heal the first pimples, redness, roughness or scalp irritation. Cuticura Talcum is excellent for the skin.

Soap 25c, Ointment 25c and 50c, Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 344 St. Paul St., W. Montreal.

Cuticura Soap shaves without mug.

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