



SMOTHERING THE ENEMY—"ALL BLACKS" STYLE

The "All-Blacks," famous New Zealand Rugby team, is to tour Canada, sailing from Liverpool on January 24th aboard the "Montaurier" and travelling via Canadian Pacific lines. At Vancouver and Victoria they will play Canadian teams. They did not lose a game on their recent tour of the Old Country and France. The photograph taken in the match against Cardiff gives an excellent impression of the deadly "All-Blacks" team-work.

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.

Child welfare is a big subject. It has to do with all phases of child life and the general happiness and health of children. It has to do with everything that affects their vitality either directly or indirectly. With a little thought one can understand what a wide subject child welfare is. It goes back to the beginning of things and takes into consideration the health of the parents as well as of the children. There is something in heredity. As a child often inherits the looks and physical appearance of the parents, so it inherits some of their health characteristics and their freedom from or susceptibility to certain diseases or weaknesses. Child welfare includes all this and more. It, in fact, can be defined as "everything to do with the child." It includes every possible provision for children before and after birth; before, during and after school age; and into adolescence and suitable employment. Child Welfare work includes the care of those children who are destitute, neglected, delinquent, abnormal in mind and body, orphaned, badly born, deprived of natural relationships and support. Protection must also be given to normal children, for the great aim of preventive medicine is to keep well children well. This great purpose of preventive medicine, of course, applies to adults as well as children, but it is to children that we are especially directing our thoughts at the present time. It is, therefore, the duty of all who are interested in Child Welfare to remove all sinister influences which militate against perfect growth and development. These influences include not only environment and general upbringing as regards children, but also the condition of their physical health, their freedom from any condition that

would tend to lower vitality or hamper normal progress. Some of the things we have to keep in mind in this sense are adenoids, diseased tonsils, decaying teeth, constipation and other conditions that often are thought to be of little account in the progress the child is making, but which have a profound bearing on its general vitality. One of the most important features of child welfare work is the reduction of infant mortality. There are far too many deaths in Ontario and indeed in Canada, of infants under one year of age. Many features contribute to this high death rate, one of the chief of which is intestinal troubles brought about by improper feeding. Artificial feeding is difficult to carry on successfully or weakly. Child welfare includes all this and more. It, in fact, can be defined as "everything to do with the child." It includes every possible provision for children before and after birth; before, during and after school age; and into adolescence and suitable employment. Child Welfare work includes the care of those children who are destitute, neglected, delinquent, abnormal in mind and body, orphaned, badly born, deprived of natural relationships and support. Protection must also be given to normal children, for the great aim of preventive medicine is to keep well children well. This great purpose of preventive medicine, of course, applies to adults as well as children, but it is to children that we are especially directing our thoughts at the present time. It is, therefore, the duty of all who are interested in Child Welfare to remove all sinister influences which militate against perfect growth and development. These influences include not only environment and general upbringing as regards children, but also the condition of their physical health, their freedom from any condition that

we could concentrate our thoughts on the care of mothers before birth and the inestimable benefits of breast feeding for infants, we would have struck two notes that would do much to reduce our present high rate of infant mortality.

A DANGEROUS SEASON FOR THE LITTLE ONES

Winter—with its extreme changes of temperature—one day warm and bright, the next cold and stormy, is decidedly dangerous to the health of little ones. The mother is afraid to take the children out for the fresh air and exercise they need so much. The children are cooped up in over-heated, badly ventilated rooms and in consequence many of them are seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They are a sure regulator of the stomach and bowels and in this way drive out constipation and indigestion and break up colds or grippe. By their use baby will be aided over the winter season with perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

War Holds Up Soy Beans.
The export of soy beans from China is threatened by the present warfare, which involves Manchuria, the chief centre of soy bean cultivation.

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The Known Fact.
Wife—"They say it takes nine tallors to make a man—I hope that isn't so in your case."
Hubby—"I can't say; but I can tell you for a certainty one dress-maker can break me."

Alligators by Air Mail.

One of the strangest "parcels" ever sent by air arrived at Croydon recently in an aeroplane from Amsterdam, says a London newspaper.
The "parcel" consisted of six baby alligators, in a special tank, the temperature of the water in which had to be kept at 70 degrees Fahrenheit. If they had been sent by any other way the journey would have taken so long that there would have been a risk of a drop in the temperature of the tank that would have proved fatal to the infant saurians.
Throughout the trip a special attendant was watching over the comfort of the reptiles, who seemed none the worse for an adventure that was surely new in the experience of their kind.

But Seldom Is.
Many a man who has made a failure of everything else imagines he is a success as a husband.
Parents usually appear infallible in their children's eyes. And that is as it should be.

For First Aid—Minard's Liniment.

WOMAN'S HEALTH WHEN FORTY-FIVE

A Critical Period When Dr. Williams' Pink Pills Are a Real Blessing.

At special periods a woman needs a medicine to regulate her blood supply, or her life will be a round of pain and suffering. It is at such times that Dr. Williams' Pink Pills are worth their weight in gold, for they make the new rich blood that banishes the symptoms of distress that only women know. The better blood that comes with the use of these pills strengthens every vital organ and brings womanly health and happiness. This is fully proved by the case of Mrs. G. Witthuhn, Arcola, Sask., who says:—"I am one of the many for whom Dr. Williams' Pink Pills have done wonders. About three years ago I was so weak that I could not do my household work, or even go about without feeling utterly worn out. The doctor suggested that an operation was the only thing that would help me, but this I refused to undergo, and I returned home almost in despair. My trouble was all due to the lingering change of life. At this stage I read an advertisement of Dr. Williams' Pink Pills and decided to try them. By the time I had used six boxes there was no doubt they were just what I needed, and under their continued use for some time my health was fully restored, and since that time I have been in the best of health. I am writing this letter in the hope that it may induce some other suffering woman to use Dr. Williams' Pink Pills and regain her health."

These pills are sold by medicine dealers or will be sent by mail at 50c a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

Stars in Pairs.
There are many stars that are double, says Nature Magazine. That is, they are made up of stars revolving around one another. Most of these pairs are of contrasting colors, one blue and the other gold, or one red and the other green. Albireo is considered to be one of the finest of the pairs that are visible in small telescopes.

A Wonderful Hat.
Miss Gush—"I want you to see my new hat. My friends say that I look well in it."
Miss Rush—"I am anxious to see it. It certainly must be a wonderful hat."

Chinese Exports.
Exports from the Chinese province of Chihli include feathers, goats' beards, fox tails, horroice, human hair, pig bristles and lanterns.

Birds in Yellowstone.
About 300 kinds of birds are found in Yellowstone National Park.

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America's Smartest Resort Hotel.
Famous for its European Atmosphere.
Perfect Cuisine and Service.
Single rooms from \$5.00
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European Plan
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GUSTAVE TOTT, Manager

EASY TRICKS The Disappearing Tumbler



This is a favorite trick with several professional magicians. If you will practice it, you will discover that it will make a veritable sensation when you perform it. It is performed while the performer is seated at the dinner table.

A coin is borrowed and marked and is placed on the table in front of the performer. A tumbler is inverted over the coin. A sheet of newspaper is placed over the tumbler and is moulded to its shape. The performer makes a few mystic passes over the hidden tumbler and lifts it, seemingly surprised to discover that the coin has not vanished. He repeats the performance. Again the coin does not vanish.

"This time it has got to go!" he exclaims. "One! Two! Three! Go!" As he says "go" he strikes the tumbler with his open palm. No harm is done, however, for the paper collapsed. The tumbler has vanished! The coin is still there—its mission being merely to mislead the spectators as to the purpose of the trick.

The secret is simple. The second time he lifted the tumbler all eyes were on the coin. The magician took advantage of this to let the tumbler slip out of the paper into his lap. The moulded paper, holding the form of the tumbler, looks exactly as it did and the absence of the glass is not suspected. The magician makes a sort of runway of his legs and lets the tumbler slide, noiselessly to the floor. When he strikes the paper, he gives the tumbler a shove with his foot so that when it is discovered it will be as far away from him as possible.

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

World's Storehouse.
Mexico is often referred to as the "storehouse of the world" because of the great fertility of its soil and its almost inexhaustible natural resources. Humboldt, the German naturalist, nearly a hundred years ago spoke of Mexico as the "treasure house of the world." Although still undeveloped, Mexico is one of the most richly mineralized regions of the earth.

Imagination, Reason and Good Judgment.

Look ahead! Think! Plan! Dream. And have faith in your dreams. For out of dreams grow empires. Let imagination be the architect of your future. But do not forget that reason and good judgment must be the actual builders of it. Without their service your plans will never be anything more than plans.

The safe way to send money by mail is by Dominion Express Money Order.

Romance in Transportation.
Probably the most romantic chapter in Canadian history is the one which has to do with transportation. First there was the pack horse, then the ox-cart, finally the wagon. Now the modern locomotive and automobile lead the list.

For Every Ill—Minard's Liniment.

A tea your grocer recommends is usually good tea

RED ROSE TEA "is good tea"

And most grocers recommend it.

Frontier College.

The Frontier College, established by the Canadian government to educate the workers in the lumber and construction camps, is generally known as the University in Overalls. Since its beginning it has sent more than seven hundred instructors into camps in different provinces, and each year approximately fifteen hundred men receive instruction in some kind of school work. The founder writes: "Education must be obtainable on the farm, in the bush, on the railway and in the mine. We must educate the whole family wherever their work is, wherever they earn their living, teaching them how to earn and at the same time how to grow physically, intellectually and spiritually to the full stature of their God-given potentialities."

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 487, 70 Fifth Avenue, New York City, will be given a prompt reply. advt

The ship encircles the earth of one's own effort and fetches back a cargo only in return for one sent out. Call it trading if you will. I call it "God's law of compensation." It is as absolute as gravity's law itself.—O. S. M.

Court-plaster, used to cover a wound, will be much more comfortable, and less likely to draw, if it is pricked all over with a fine needle before being applied.

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Duck Potatoes.
Wild ducks are very fond of the bulbous rootstocks of the arrowweed; they are sometimes called duck potatoes.

Reckless Driving Condemned.
Reckless driving and other flagrant disregard of the rights of others by any user of the streets or highways should be punished.

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Minard's is the best remedy for distemper and other ills of horses, cattle and dogs.



CUTICURA HEALS ITCHY PIMPLES

On Face, Neck and Chest. Were Hard, Large and Red. Lasted Six Months.

"My trouble began with pimples on my face, neck and chest. The pimples were hard, large and red and festered and itched very badly, especially at night. The irritation caused me to scratch and the scratching caused eruptions. The trouble lasted about six months. I began using Cuticura Soap and Ointment and they afforded relief, and after using one cake of Cuticura Soap and one box of Cuticura Ointment I was healed." (Signed) Miss Harriet Gussdorf, 617 S. Elm St., Spokane, Wash., June 4, 1923.
Cuticura Soap daily, with Cuticura Ointment occasionally, prevents pimples or other eruptions. They are pleasing to use, as is also Cuticura Talcum, an excellent deodorant.
Sample Book Free by Mail. Address Canadian Depot, Cuticura, P. O. Box 3616, Montreal. Price, Soap 5c, Ointment 25c and 50c, Talcum 10c. Try our new Shaving Stick.

NERVOUS BREAK-DOWN

Pains in Back and Legs Relieved by Lydia E. Pinkham's Vegetable Compound

Ford, Ontario.—"I had a nervous break-down, as it is called, with severe pains in my back and legs, and with fainting spells which left me very weak. I was nervous and could not sleep nor eat as I should and spent much time in bed. I was in this state, more or less, for over two years before Lydia E. Pinkham's Vegetable Compound was recommended to me by my neighbor. Before I had taken five doses I was sitting up in bed, and when the first bottle was taken I was out of bed and able to walk around the house. During my sickness I had been obliged to get some one to look after my home for me, but thanks to the Vegetable Compound I am now able to look after it myself. I have taken Lydia E. Pinkham's Blood Medicine in turn with the Vegetable Compound, and I certainly recommend these medicines to any one who is not enjoying good health. I am quite willing for you to use these facts as a testimonial."—Mrs. J. SHEPHERD, 130 Jos. Janisse Avenue, Ford, Ontario.

Nervousness, irritability, painful times, run-down feelings and weakness are symptoms to be noted. Women suffering from these troubles, which they so often have, should give Lydia E. Pinkham's Vegetable Compound a fair trial. All druggists sell this medicine.

For Colds

ASPIRIN

Proved safe by millions and prescribed by physicians for

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Safe

Accept only "Bayer" package which contains proven directions. 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 Monocetio-acetic acid of Salicylic acid (Acetyl Salicylic Acid, "A. B. A."). 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."