

**Always keep**  
**BOVRIL**  
**in the House**  
*You can never tell when you may want it*

**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.

The question of height and weight of people at various ages is always important from a health point of view. In infancy the weight especially is of extreme importance in keeping watch on the baby's health and development. A baby of a certain age should weigh a certain amount, allowing for such things as his weight at birth, character of its feeding during the first few months of life and so on. Most mothers know something about what a child should weigh, and instinct teaches them to realize that something is wrong if the baby does not gradually gain in weight. The whole subject of infant feeding and care has now been reduced to a science and valuable and definite information is always to be had from Boards of Health for those who are interested.

However, in the matter of height and weight in growing children and adults the case is somewhat different, as no hard and fast lines can be drawn as to the exact amount that people should weigh, or the exact height they should be. Height is to a large extent a question of heredity, it being often noticed that a young man or woman above the normal height usually has at least one parent noticeably tall. The opposite holds good in the case of short people. Children take after their parents in this regard just as they do in physical features, disposition, etc. Of course there are exceptions to this, as to most of all conditions of a similar nature, but generally a child follows its father's or mother's footsteps as regards height.

Numerous experiments have been made to prove that good feeding in

infancy and childhood will undoubtedly add something to the height. In fact some countries of the world, anxious to increase the stature of its people, have adopted school feeding movements to try to bring about the desired result. It might be added that something can even be added to the height by standing straight.

Investigations have found that pupils being measured showed a difference in height of from one to three inches, brought about from a change from bad to good posture. The proper height of the desks and seats in school must be adhered to, otherwise the children will suffer. Up to about nine years of age the back of a standing child is straight, but when it has reached 12 or 15 years of age the hollow curvature of the back is much more pronounced. It is about this stage that variations from the normal curvature begin to show themselves.

For growing children or for adults it is not necessary to give meat every day. Many people can live and thrive without meat at all, but for ordinary diets, meat once every other day and at one meal a day is enough. Chicken and fish can very often be substituted for meat with advantage.

Cheese should be eaten sparingly, and not more than once per day.

One should especially cultivate a taste for fresh vegetables, as they contain important food factors that are not in cooked or preserved foods. These factors are known as vitamins and are very necessary to health. Fresh fruit should also be eaten daily, and milk and water should be taken freely, leaving out tea and coffee as much as possible.

**A Matin.**  
 There sang by my window a dear little bird  
 This dew-bathed morning in June;  
 He poured forth his lay ere the world  
 had stirred,  
 And oft through the day it seemed  
 that I heard  
 This sweet little birdie's tune.

As it told of the world that would soon  
 intrude  
 To chase soft Quiet away,  
 And how helpful to me it would be if I  
 would  
 Walk but a few paces with Solitude  
 At the dawn and dusk of day.  
 —Alexander Louis Fraser.

**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.

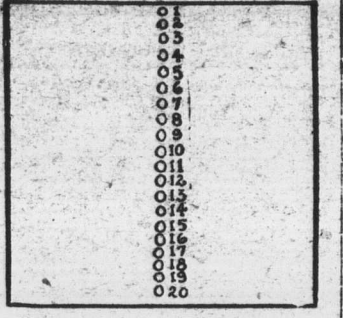
**Pulling Mr. Spider's Leg.**  
 The domestic spider has domestic difficulties. For example, his wife will not always let him eat in peace; she must pull his leg. And why? Merely because he has a fly and won't share it! Mr. William M. Savin, writing in Natural History, gives this rather amusing account of Mr. and Mrs. Spider at home:

One summer's day at nightfall I found a male domestic spider on the web of a female and placed a fly close to them. Both rushed for it, but as the male happened to be the nearer he swathed it and proceeded to devour it. The female seemed to be greatly annoyed and pulled at his hind legs for some fifteen minutes while he fought her off as best he could without turning to face her, feasting as he fought. She then became resigned and returned to her former position several inches from him.

When I placed another fly in the web the female promptly ran to it and swathed it. She again returned to her original position, dragging the fly behind her, but in doing so she took an indirect route and, passing the male, gave his hind legs several additional yanks apparently to apprise him of her good fortune in also securing prey—an act that might be interpreted to be the woman's "last word."

Waiting for something to turn up and turning something up while you wait marks the difference between a dreamer and a schemer.

**EASY TRICKS**  
 No. 20  
**Twenty Little Circles**



You'll need a blackboard, a slate or something else upon which you can write with chalk. Make 20 little circles, numbering each as in the illustration.

The problem is to rub out all of the circles in five rubs. That is easy. It becomes a little more difficult when you learn that you must rub out at each rub a group of circles ending with one that is numbered with an odd number. To make it a little harder, it is necessary to rub out an even number of circles each time.

The secret (that usually does not occur to the person to whom you present the problem) is it can be done by beginning at the bottom. Rub out 20, 19, 18 and 17 at the first rub, 16, 15, 14 and 13 at the second and so on.

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

**Moving from An Old House.**

When it has come and gone—that last Dread Day—  
 When, after feverish weeks of aching knees  
 And fruitless seeking for a moment's ease,  
 The final fatal van has rolled away;  
 When, in the flower-beds, once trim and gay,  
 Pale scraps of paper flutter aimlessly,  
 And stray, untidy straws lie carelessly  
 Just as they fell from some intrusive dray;  
 When, in a word, the Great Remove is done,  
 Like mourners round a corpse, we gently speak;  
 Ignore the fact that every floor was weak,  
 And say, The garden had a fine rich loam;  
 And, seeing it stand vacant in the sun,  
 Mourn for the dear House that once was home.  
 —Westminster Gazette.

**BABY'S OWN TABLETS**  
**AN EXCELLENT REMEDY**

When the baby is ill—when he is constipated, has indigestion; colds; colic or simple fever or any of the other many minor ills of little ones—the mother will find Baby's Own Tablets an excellent remedy. They regulate the stomach and bowels, thus banishing the cause of most of the ills of childhood. Concerning them Mrs. E. D. Duguay, Thunder River, Que., says:—"My baby was a great sufferer from colic and cried continually. I began giving him Baby's Own Tablets and the relief was wonderful. I now always keep a supply of the Tablets in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**Six Rules for Prevention of Fires.**

1. Matches.—Be sure your match is out. Break it in two before you throw it away.
2. Tobacco.—Throw pipe ashes and cigar or cigarette stumps in the dust of the road and stamp or pinch out the fire before leaving them. Don't throw them into brush, leaves, or needles.
3. Making Camp.—Build a small camp fire. Build it in the open, not against a tree or log, or near brush. Scraps away the trash from all around it.
4. Leaving Camp.—Never leave a camp fire, even for a short time, without quenching it with water or earth.
5. Bonfires.—Never build bonfires in windy weather or where there is the slightest danger of their escaping from control. Don't make them larger than you need.
6. Fighting Fires.—If you find a fire, try to put it out. If you can't, get word of it to the nearest fire ranger at once. Keep in touch with the rangers.



Needed at the Bar.  
 Wet—Hundreds of men will be admitted to the bar this spring.  
 Dry—"Admitted to the bar? What bar? Prohibition is functioning perfectly in this country."  
 Wet—"Still, there must be a constantly increasing number of lawyers to keep it in working order, you know."

**PRICE OF A HOME SPENT IN VAIN**

**Mrs. Logue States Money Failed to Buy Health, But Tanlac Restored It.**

"I bless the day I started on the Tanlac treatment, for it completely ended my troubles, which had kept me in misery ever since I came here from Scotland eleven years ago," is the grateful statement of Mrs. Emily Logue, 129 N. Park St., Hamilton, Ontario.

"At times indigestion, gas bloating and heart palpitation tortured me till I thought it would drive me frantic. My appetite was so poor I scarcely ate enough to keep going, and I grew so weak and worn out I had to let my housework go. My head ached till I thought it would split, I had fearful dizzy spells, and couldn't get a good night's sleep.

"I spent enough money on medicine to buy a home, but nothing helped me until I started on Tanlac. I now have a splendid appetite, my digestion is perfect, and I always feel strong and well, for Tanlac has built me up to robust health and I will always praise it."

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

Tanlac Vegetable Pills are nature's own remedy for constipation. For sale everywhere.

When giving gifts to the needy, keep in mind those whom God has not blessed with speech. A horse blanket or horse feed may be a triple gift, blessing the horse, the owner, and the giver.

Don't rest on your laurels; they're fine on your forehead, but they make a poor mattress.

America's Pioneer Dog Remedies Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author, Dr. Clay Glover, Co., Inc., 129 West 34th Street, New York, U.S.A.

**Attractive Proposition**  
 For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 78 Adelaide Street West.

**Cuticura Talcum**  
 **Soothes And Cools**  
 After a warm bath with Cuticura Soap there is nothing more refreshing for baby's tender skin than Cuticura Talcum. If his skin is red, rough or irritated, anoint with Cuticura Ointment to soothe and heal. They are ideal for all toilet uses.  
 Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 345 St. Paul St., Montreal.  
 \*Cuticura Soap shaves without mug.

Leslie, Sask.—"For about a year I was troubled with a distressing down-bearing pain before and during the periods, and from terrible headaches and backache. I hated to go to a doctor, and as I knew several women who had taken Lydia E. Pinkham's Vegetable Compound with good results, I finally bought some and took four bottles of it. I certainly do recommend it to every woman with troubles like mine. I feel fine now and hope to be able to keep your medicine on hand at all times, as no woman ought to be without it in the house." —Mrs. OSCAR A. ANDERSON, Box 15, Leslie, Sask.

Mrs. Kelsey Adds Her Testimony  
 Copenhagen, N. Y.—"I read your advertisement in the papers and my husband induced me to take Lydia E. Pinkham's Vegetable Compound to get relief from pains and weakness. I was so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others." —Mrs. HERBERT KELSEY, R.F.D., Copenhagen, N. Y.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound before they give up hope of recovery.

**Classified Advertisements.**

**NEW FORD OWNERS CAN ENJOY LUXURY,** comfort and economy with the latest automobile. In unexcelled territory one can get the FREE. Write Auto Specialty Co., Peterboro, Ont.

**WANTED—FEMALE CLOTH WEAVERS,** Victoria, B.C., etc. Highest wages paid. Apply Glasgow Manufacturing Co., Ltd., Brandon, Ontario.

**Unfavorable Outlook.**  
 A Cincinnati lawyer tells of a tailor defendant in a case tried in a court in that city, who seemed much cast down when brought up.

"What's the trouble?" whispered his counsel, who had observed his client's distress as he surveyed the jury-men.

"It looks pretty bad for me," remarked the defendant, "unless some steps are taken to dismiss that jury and get in a new lot. There isn't a man among them but what owes me money for clothes."

**MONEY ORDERS.**  
 Send a Dominion Express Money Order. They are payable everywhere.

If you have only ambition and no energy, you will get about as far as a locomotive without steam.

The cost of a thing is the amount of what I will call life which is required to be exchanged for it, immediately or in the long run.—Henry D. Thoreau.

**MURINE** Night and Morning, Eye Cleaner, Healthy Eyes. If they Titch, Smart or Burn, use Murine often. Soothe, Refresh, Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago.

**FACE SORE FROM SHAVING ?**  
 Dillie Minard's one-half with sweet oil cream and apply once a day; heals pimples, blotched & chapped skin.

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

**MRS. ANDERSON TELLS WOMEN**

**How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound**

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**Weeder is Adjustable to Width of Row.**  
 An adjustable weeder and cultivator is composed of teeth fastened to an expanding frame. It may be set to cultivate rows up to 14 inches in width. Owing to the V-shape of the cutting blades, the cut weeds are forced inward to the middle of the row. The tool is light and easily handled.

Well conducted business enterprise cannot fail to return a profit, but profit must, and inevitably will, come as a reward for good service. But business prospers only as it serves.—Henry Ford.

The man who knows so much that no one can tell him anything does not get far.

Minard's Liniment used by Physicians.



**The Largest Hotel in the British Empire**

**TRAVELLERS** who know the world and what is best therein appreciate the high standard of service which the Mount Royal Hotel supplies.

Large airy rooms overlook the famous mountain to the north and the majestic St. Lawrence to the south.

A famous cuisine serves a variety of restaurants, from the great main dining room to the Grill Room, the Cafeteria and, from June to September, the cool, luxurious Roof Garden.

Your stay will be a continuous pleasure.

**Mount Royal Hotel**  
**MONTREAL**  
 VERNON G. CARDY - Manager  
 Direction: UNITED HOTELS COMPANY OF AMERICA

**McLAREN'S INVINCIBLE**

**OLIVES**

**Olives of Quality**  
 Packed in a manner which insures their keeping in fresh condition. Remove capping from cork by dipping in hot water. Every single olive inspected for size and quality before it goes into the "INVINCIBLE" bottle.

Plain and Stuffed. At all Grocers. Insist on McLAREN'S INVINCIBLE. McLAREN LIMITED Hamilton & Winnipeg.

