

HEALTH EDUCATION

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldg., Toronto.

Whatever the tendencies of modern business and industrial methods are, one thing is certain, the hearts of the people are right. All the profiteering, labor disputes and social unrest that we see to-day are unnatural conditions, disliked by everybody. Brought into being largely by the dislocation of the whole world during the years of war, these social abnormalities must pass away. They cannot possibly endure; they will not be tolerated by the thinking peoples of the earth. Profiteering and labor disputes work towards destruction, but the world wants service. Everywhere we go this idea of being of service to our fellows is gaining ground. What a splendid example of this is afforded by the Rotary Clubs, a new organization which already has jumped into the forefront of the fight for human happiness and betterment. These splendid clubs are now formed in most of our large towns and cities, and as their watchword is "Service," no drones or lazy folk are admitted to membership. You must be a worker or you stay outside. Even after joining, if you fail to attend the regular meetings or take part in the club's activities, out you go.

These clubs being non-sectarian, all the most energetic men in the community are eligible for membership, and rarely is there any worthy cause that the Rotarians will not endorse and help forward by every means in their power. One of the most interesting features of the Rotary Club meetings is the promotion of cheerfulness and friendship. All conventions are set aside and members are called by their Christian names. After the soup is served there is a sing-song in which everybody must join. Good-fellowship without formality reigns supreme, promotes digestion, and rests the mind for an hour from the worries and concentration of business or professional life. Above everything else of use and service to others and to themselves. Their creed is progressive and rings true. Here it is: "My business standards shall have in them a note of sympathy for our common humanity. My business dealings, ambitions and relations, shall always cause me to take into consideration my highest duties as a member of society—to consider my vocation worthy and as affording me distinct opportunity to serve society—to improve myself, increase my efficiency and enlarge my service, and by so doing attest my faith in the fundamental principle of Rotary, that he profits most who serves best."

Surely nothing could be more in line with the Social Service program of Public Health than this creed of the Rotarians. May these clubs grow and prosper!

World's Biggest Saw.

There has just been fashioned for one of the big lumber mills in British Columbia the largest circular saw ever made. To be accurate, there are two of them, and they have been designed to meet the special requirements of the mill which is called upon to handle giant fir logs, many of which run from fifteen to twenty-five feet in girth. There are millions of acres of fir forests in British Columbia, there being sufficient timber in this single province of the Dominion to supply the world with all the lumber it needs for many generations to come. Each saw is nine feet in diameter, and boasts one hundred and ninety detachable teeth of the inserted spiral type. This is an important innovation, and means that should any of the teeth get broken or damaged, new ones can be inserted without removing the saw from its frame. Each blade was cast from ingots weighing 1,140 lb. After reheating, rolling, and trimming, the finished blades turned the scale at 795 lb. apiece. Great care had to be exercised in the final treatment, as they had to be mathematically true and perfect, and the steel of a uniform quality. This giant among saws is capable of attaining a speed of one hundred and thirty miles an hour. It can saw through the greatest forest giant that ever grew as easily as one can cut butter with a knife.

Eggs With White Yolks.

The secret of obtaining eggs with white yolks has been solved, it is stated, by two poultry breeders. The yolk derives its fine, yellow color from a natural dye, carotin, which also constitutes the pigment of carrots. This carotin produces, as well, the intense yellow coloring in the beak, the earlaps, and the legs of Leghorns, an Italian breed. By eliminating all carotin from the feed it was possible to produce perfectly white Leghorn hens, and these hens in turn laid eggs with white yolks; their fertility was not, however, limited in the least. The frequent disappearance of the yellow pigment from earlaps, legs, etc., which has been observed in Leghorns during the laying period, is caused by the fact that during this time carotin is excreted, first of all in the yolk. In the case of laying hens which produced eggs with white yolks, the carotin contents of the different feeds could be examined very easily. It proved that carotin is contained in greatest amount in Indian corn and green feed.

A Gift from Nature's Storehouse

The delicious, crisp granules of the wheat and barley food

Grape-Nuts

contain all the natural up-building values of the grains, including mineral salts so essential to health.

A food equally well suited to the requirements of young and old.

"There's a Reason" for Grape-Nuts

Sold by grocers everywhere

Here and There in Canada.

Five hundred mud sharks in less than two hours is the catch announced by the Anglo-British Canadian Company, Limited, which organization is now prosecuting the shark fishing industry in the gulf of Georgia.

Much has been done in recent years by the Dominion Experimental Farms to increase the production of eggs laid by varying breeds. In the eastern provinces many hens are now laying from 150 to 250 eggs annually, while at Indian Head, Sask., 105 pullets had an average of 183.7 eggs, the highest being 292. At Lethbridge production has been increased two or three times over that of nine or ten years ago. [At the Vancouver Island farm one pullet laid over three hundred eggs.]

Several prominent British financiers, interested in oil development, are expected in Calgary this summer, to investigate not only the Northern oil fields but the producing area of Southern Alberta.

W. A. Matheson and Mayor Hayne, of Fort William, have returned from a gold mining location, which they have taken up on the north shore of the Sapaw Lake, bringing with them some very rich samples of visible gold. The vein is a new discovery in a district where gold prospectors twenty years ago found some rich ore, and the vein is said to be from ten to twenty feet in width.

The fisheries production of Canada for the year 1920 reached a value of \$49,321,217, according to returns just issued by the Dominion Bureau of Statistics. British Columbia's fishing industry accounted for \$22,300,000 of the total, and that of Nova Scotia for \$12,700,000. Salmon is by far Canada's most important fish, the lobster coming second, and cod, halibut and herring in the order named. Nearly \$2,000,000 worth of whitefish were marketed.

On board the Canadian Pacific Railway steamship Victorian which arrived at Quebec recently was a party of twenty-eight English orphan boys en route to Sherbrooke, where they will be instructed in the rudiments of Canadian farming and after a course of one or two months will be sent out to different farms in the Dominion.

Approximately \$10,500,000 insurance is held by Canadian war veterans under the provisions of the Returned Soldiers Insurance Act, representing about 3,800 policies. There has been a marked increase in the number of policies taken out recently since an amendment to the act arranged for the payment of total amounts at death.

Electricity is being used for the first time in New Brunswick as power for rafting purposes, by the Nashwook Pulp and Paper Company, at the mouth of the Nashwook River, where rafts of timber are made up for shipment to St. John. A twenty-horsepower motor and a crew of seventy men now do the work formerly requiring a crew of 200 men, when the rafting was done by hand.

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Wanted a Change.
A somewhat befuddled guest appeared before the desk of a smart hotel and demanded in thick but firm tones that his room be changed. "I'm sorry," the clerk told him, "but all the rooms are taken." "Mush have 'nether room," insisted the guest. "What's the matter with the room you have now?" "Well, if you wish know," explained the dissatisfied tenant, "fish on fire!"

Minard's Liniment for sale everywhere

Digging for Fish.

Izaak Walton would scarcely believe his eyes if he were to walk through New Smyrna, Florida, and encounter Negroes digging live fish from the ground as if they were potatoes.

A certain variety of mud fish found in nearly all parts of the State is responsible for this state of affairs. This queer member of the finny tribe inhabits streams or ponds which have mud banks or bottoms. It is black, and weighs up to five or six pounds. When the water in a pond evaporates, as it does during certain seasons of the year, leaving only a mass of mud, which on the surface is almost dry, it doesn't worry the fish. The fish merely burrow into the mud to wait for rain, and apparently continue to live as long as the earth is wet. The Negroes locate the fish by exploring the mud with their bare feet. The fish is edible, but is not a favorite because of its stringy and coarse flesh.

It is much easier to keep up than to catch up.

STOMACH TROUBLE DUE TO THIN BLOOD

It Usually Disappears When the Blood is Made Rich and Red.

Thin blood is one of the most common causes of stomach trouble. It affects the digestion very quickly. The glands that furnish the digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state of health nothing will more quickly restore the appetite, digestion and normal nutrition than good, rich, red blood.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles, and awakens to normal action the glands that supply the digestive fluids. This is shown by an improved appetite and soon the effect of these blood-enriching pills is evident throughout the whole system. You find that what you eat does not distress you, and that you are vigorous instead of irritable and listless. If your appetite is fickle, if you have any of the distressing pains and symptoms of indigestion, you should at once take Dr. Williams' Pink Pills and profit by the better condition in which they will put your blood.

These pills are sold by all dealers in medicine, or you can get them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

With the Boy Scouts.

"What the Boy Scout training does for me" is the subject of a letter competition being conducted for Sarnia Boy Scouts by the local Association. Prizes of Scout books and subscriptions to Canadian Boy, the Boy Scouts' Magazine, will be awarded to the boys writing the best letters, and a number of these letters will be printed later in the Scout Column of the "Canadian Observer."

It is interesting to note that the team which won the Howison trophy in the Brockville junior baseball competition was entirely composed of Boy Scouts.

While Brockville Scouts seem to make baseball their athletic specialty, Sudbury Scouts go in for football. Two games with their chief opponents, the Copper Cliff Cadets, recently resulted in a tie and a 2-1 victory for the Scouts.

"Mother has joined the Scouts!" But on investigation we found that she really hadn't. What she did join was the Ladies' Auxiliary of the 51st Toronto Troop. The Scout Mothers recently held a garden fete in aid of the troop camping fund. A good program, in which local artists co-operated with talented members of the troop, netted the treasury over \$170.

The Catholic Boy Scouts at Espanola participated in the ceremony of illuminating the statue surmounting the soldiers' monument on the Sacred Heart grounds. They acted as a guard of honor and gave the full salute as the lights were turned on.

Scouting grows. Amongst the most recent troops to receive their Charters from headquarters are organizations having their headquarters in Blyth, Niagara Falls, Essex, Elk Lake, Winona, Eganville, Metcalfe, Dutton, Bridgeburg and Preston.

Taking up the slack in a boy's leisure time is one of the most serious problems of the home. The program of activities of the Boy Scouts Association has stood the test of twelve years as one of the most practical solutions of the problem ever devised.

Some men accept literally the biblical warning: Spare the rod and spoil the child. Others prefer the promise: Train up a child in the way he should go and when he is old he will not depart therefrom. The Boy Scout Movement is based on the latter principle and should be encouraged through increased leadership by men able to devote time to this great work.

Canadian Forest Investigations.

While in all districts where there are technically trained foresters located there are observations being made and investigations of a more or less detailed character being carried on, the organized scientific work in these directions has been mainly centered at the forest experimental station at Petawawa, Ont., and at the forest nursery station at Indian Head, Sask. At Indian Head, a large number of plantations of small area, in some cases of single species and in other cases of various mixtures, have been in existence for some years. Careful records have been kept from year to year of the growth and development of the trees and there is being steadily accumulated a store of information that will be of the greatest value in future planting work on farms or in the forests.—Annual Report, Director of Forestry, Ottawa.

MONEY ORDERS
A Dominion Express Money Order for five dollars costs three cents.

At Regular Rates.

Miss Margaret Moore hung on the arm of the editor of the Titusville Leader, to whom she had been engaged for three years, and endeavored to turn his gaze toward the sky. "Just notice the moon, Clarence!" she said, in a melting voice. "At the usual rates, Margaret, I shall be happy to do so," he replied.

WET AND DRY

Dangerous. Mrs. Arris—"Mrs. May, do you like apples?"

Mrs. May—"Apples? I 'ates 'em! I wouldn't eat a napple for the world. My old mother died of apple-plexy!"

Still, Small Voice. "But, Tommy," said his mother, "didn't your conscience tell you you were doing wrong?" "Yes," replied Tommy, "but I don't believe everything I hear."

Almost Like New. Caller—"Isn't that picture one of the old masters?"

Mrs. Newrich—I believe so, but my husband had it varnished and framed in a way that makes it look almost as good as new.

Took Pity on Him. "Darling," he cried, in tones of deep emotion, "at last you are safely in my arms and nothing shall part us more."

The object of his touching words and passionate embrace made no response, but remained cold and silent. Tears welled into his eyes. "Dearest," he continued, "how can I prove my love? Is there no sacrifice I can make for your sweet sake; no suffering I can endure?"

"The best thing you can do, my man," said a gruff voice, "is to come along with me," and a brutal policeman unfastened him from the lamp-post and led him silently away.

Same Old Things.

A Cambridge undergraduate, contrary to regulations, was entertaining his sister, when they heard someone on the stairs. Hastily hiding his sister behind a curtain, he went to the door and confronted an aged man who was revisiting the scenes of his youth, and was desirous of seeing his old rooms.

Obtaining permission, he looked round, and remarked, "Ah, yes, the same old room." Going to the window he said, "The same old view, and peeping behind the curtain, he exclaimed, "The same old game!"

"My sister, sir," said the student. "Oh, yes," said the visitor, "the same old story."

Think over the acts of your life carefully before you ask for exact justice.

Canadian expenditures on naval and military defence are the lowest of any country in the world, according to the statement of the Minister of Militia in the House of Commons, the per capita expenditure for defence, including that for militia, naval and air forces, being only \$1.89. The percentage of annual revenue to be devoted to defence purposes this year is 3.5 per cent.

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IMPROVEMENT IS TALK OF FRIENDS

TANLAC DID HER WORLD OF GOOD, SHE SAYS.

"Change It Has Made in Me Is Simply Wonderful," Says Toronto Woman.

"Tanlac has certainly had a good chance in my case to show what it can do, for I sure had a long hard struggle and had just about tried everything," said Mrs. Mary Richards, 251 Ashdale Ave., Toronto.

"I have been in a badly run-down condition ever since I had pneumonia six years ago. My stomach was nearly always out of order. My appetite was very poor and I had to be very careful about what I ate, as I suffered terribly from indigestion, bronchitis and pains in my chest. My sleep was never sound and I had a tired, worn-out feeling all the time. I had dreadful headaches and weak spells and had fallen off in weight until I was scarcely more than a shadow of my former self, and I was absolutely unfit for work of any kind.

"But Tanlac has done me a world of good. My stomach is in fine condition and I eat all I want and everything agrees with me perfectly. All my aches and pains are a thing of the past and I'm stronger than I've been in a long time. In fact, Tanlac has the same as made a new person of me, for I can do my household work with ease and my friends are talking about the wonderful change that has come over me. I don't believe anyone who suffers as I did can do better than take Tanlac."

Tanlac is sold by leading druggists everywhere. Advt.

Not for Vulgar Eyes.

There must be many Japanese still living who can remember when their countrymen would have regarded with horror the manner in which the Crown Prince allows himself to be gazed upon by foreign crowds.

So late as 1867 no Japanese was allowed to look upon the Emperor, who lived a life apart in the seclusion of his palace. All that was seen of him by those who waited on his commands was his back. When the rule was first modified to the extent of his leaving the palace all shutters had to be put up, all blinds drawn, and even the crevices covered with paper, and no one was permitted in the streets.

Vast changes have taken place since then, but even to-day it is not considered quite proper and respectful by the masses of the people to look at the Emperor or his heir when they drive through the streets.

ACUTE ECZEMA ON BABY'S HEAD

Face, Neck, Arms. Terrible Slight. Itched And Burned. Cuticura Heals.

"Baby was two months old when I noticed little pimples on her head. They kept getting worse and spread till her head, face, neck and arms were one mass of eruptions, burning, itching, and bleeding. I was told it was acute eczema. I had to cover up her arms and legs in linen. She was a terrible sight. For one year I had no rest night or day. "We got Cuticura Soap and Ointment. In less than two weeks she began to mend and in a few months she was healed." (Signed) Mrs. E. E. Egan, 243 E. 12th St., Toronto, Ont., April 10, 1920.

Stop the use of all doubtful soaps. Use Cuticura for all toilet purposes. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion, Canadian Depot: Lyman, Limited, 51, Paul St., Montreal. Cuticura Soap shaves without mug.

HAS NO PAIN NOW

What Lydia E. Pinkham's Vegetable Compound Did for Mrs. Baker and Mrs. Kiever.

Vancouver, B.C.—"I am pleased to say that Lydia E. Pinkham's Vegetable Compound has done me a lot of good. I can now walk about without the aid of a support and feel real strong again. A nurse advised me to take the Vegetable Compound and it is certainly helping me. It seems like Heaven to be relieved after months of pain."—Mrs. H. W. BAKER, 8874 10th Ave. West, Vancouver, B.C.

Albert Co., N.B.—"I have taken Lydia E. Pinkham's medicine and they have done me a lot of good. Since then I have been able to do my household work and I have a lot of work to do as we live on a farm. Seeing your advertisement in the papers was what made me think of writing to you. I hope this may help some one else."—Mrs. W. M. B. KEEVER, Upper New Horton, Albert Co., N.B.

The reason women write such letters to the Lydia E. Pinkham Medicine Co. and tell their friends how they are helped is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives. Freed from their illness they want to pass the good news along to other suffering women that they also may be relieved. If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co., Lynn, Mass.