

I Like to Live on the Farm.

Where there is work and more work, all of it worth while and essential. Where the air is pure and sweet all day, not blanketed with smoke from factories.

Where we may see without obstruction the pinks and lavenders of the dawn.

Where the golds and reds and silvers are clear and open above the fields, at sunset.

Where one may see the full canopy of stars and moonlight does not have to rival street lights.

Where the sounds of living and growing mingle with the breath of pines and maples, not marred by rushing traffic, honking horns, cut-outs and street cars.

Where labor is of one's own choosing, of great variety and based upon ambition for accomplishment and not "eight hours."

Where women and men are real business partners, the women an economic aid and not parasite.

Where the standard of housekeeping is the pleasure and comfort of the family.

Where social gatherings are few enough to promote real joy in the company of others—Fun, laughter and story-telling rather than boring socialization or keen competition for favors from the other sex.

Where we may dare to eat real butter and cream, fresh eggs and smoked ham, though we may not possess a single pair of cubed silk hose?

And these are only the beginning of reasons why I like to live on the farm.—Lena Martina Smith.

The Festival of the Fire Walkers.

Walking barefooted through a charcoal fire four feet deep and more than thirty feet long cannot be a pleasant thing to do. Nevertheless, it forms a part of the extraordinary religious festivities that annually take place in honor of a Hindu goddess at one of the temples in Singapore.

A loud tom-tomming, says a tourist, announced the arrival of the fire walkers. There were about two hundred of them, the men in saffron-colored robes, the women in saffron-colored robes. With blazing eyes and loosened hair, they pressed on, accompanied by the weird wailing of pipes. Some of the walkers fought in their haste to enter the flames, others hung back and had to be urged forward by priests or relatives. Some were propped up, some were carried on a stretcher, some were carried on a stretcher, some were carried on a stretcher.

Most of them walked hurriedly through the fire, holding a bunch of neem leaves above their heads; a few strolled along leisurely over the glowing charcoal. Some carried in their arms small children, who cried lustily from the terrific heat; and one or two boys and girls about eight years old went through the ordeal alone. A tragic figure was a young girl with unbound hair and terrified eyes, who, unable to face the fire alone, was persistently pushed forward by an old woman at her back. Those who have passed through the fire declare that they feel no pain at the time. They admit drinking bang to work them up to the necessary pitch of excitement, but declare that they rub nothing on their feet.

Weather Signs.

Flowers, trees and low growing plants send out storm warnings. Certain plants and flowers close up tightly on the approach of rain. They give ample warning. The common dandelion does this, and also the leaves of the white clover. The silver leaf poplar gives fair warning of rain by tossing the silver under side of its leaves upward continuously.

I have always understood that birds and chickens oil their feathers before a rain storm. The weatherwise person is sensitive to the feel in the air that foretells rain. He can also tell from the sound of the rain—beats, whistles, locomotives, bells and traffic sounds; all are unusually distinct.

Aching joints and grumbling corns are signs in which their victims firmly believe. I once knew a lady who for at least two days before the arrival of an electrical storm suffered excruciating pains in her head. These disappeared when the storm had spent itself.

For several years a bottle of witch hazel stood on a shelf over my kitchen sink and unconsciously I formed the habit of glancing frequently at it. Gradually I became aware of the fact that the north side of this bottle was sometimes coated with drops of witch hazel and at other times was perfectly clear. I began to study the phenomenon and found that the drops on the inside of the bottle were a twenty-four hour warning of rain. By the time the rain arrived the bottle was clear of moisture. This differed from the sweating of water glasses and pipes, because the moisture was always on the inside of the bottle.

Good housewives know that candy and jelly making is attended with difficulty and sometimes absolute failure when undertaken in weather that threatens rain. Of course this is due to the heaviness of the moisture laden air, which roasts boiling.

The County of London measures 117 square miles, Metropolitan Police London 690 square miles, and the City of London, under the Lord Mayor, just over one square mile.

AUTO REPAIR PARTS

For most makes and models of cars. Your old broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and accessories. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. Shaw's Auto Salvage Part Supply, 923-921 Dufferin St., Toronto, Ont.

Boy Scout Notes.

Sudbury Scouts are playing a fast team in this year's Junior Football League.

Grimsby and New Toronto Scouts have recently been the recipients of grants from their municipal councils. The Village of Grimsby and the Township of Grimsby gave \$250 and \$50 respectively, and the Town of New Toronto gave \$50. Warton Scouts similarly benefited from a town grant of \$100.

Brockville Scouts have something more than the very desirable badge awaiting them when they become First Class Scouts, a local merchant having made a splendid lot of Scout equipment available for presentation to the first 19 Scouts to put up the "four-deils and scroll."

Toronto Scouts held an eight mile bicycle road race on Victoria Day for a cup and prizes donated by the "Ratepayer"—a weekly newspaper circulating in the Deacons District.

Under the heading "A Boost for the Boy Scouts," Toronto's big weekly paper, "Saturday Night," said the following in a recent issue:

"Many circumstances have militated against the Boy Scout Movement holding a large place in the public eye as it did a few years ago, but this Spring and Summer we hope to see a great revival of interest in its highly effective machinery for the development of courage, honor and courtesy in growing boys. During the first

week in April a provincial convention was held at Halifax which was attended by 200 delegates from all parts of Nova Scotia, where the movement has been spreading like wild-fire during the past six months, and a similar re-birth of enthusiasm is looked for in other provinces.

"The aims of the Boy Scout movement are noble and unassailable at every point. Its methods inculcate idealism, and appeal profoundly to the boy-temperament. They stimulate both mental and physical health and their entirely non-sectarian character creates the best kind of patriotic influence. Among all the progressive movements in Canada today that of the Boy Scout organization strikes the public as the finest, sanest and most definitely useful."

Campers and Forest Protection.

Holiday time is approaching and already some people are getting their tents and canoes and tackle ready for a trip in the woods. This open life in regard to which Canadians are especially privileged, and it is a particularly valuable and health-promoting form in these days, when so many people live in crowded cities. Camping in the woods will doubtless increase in Canada from year to year, and so long as campers are careful with fire their presence does the forest no harm. It has been noticed, however, in many quarters, that too often in the past the trail of the camper has been marked by forest fires. If during the coming season every camper will determine that neither from his camp-fire nor from his pipe will he permit fire to escape into the forest, a great stride forward will be made in forest protection. Let all unite in preserving this great natural resource of Canada.

The loss of population in France due to the war has been estimated at 4,000,000.

Minard's Liniment Relieves Distemper

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.

If there is one feature of life in rural districts that for importance outweighs everything else from a public health point of view, it is maintaining a pure water supply. Once the water used for drinking purposes becomes infected there is no telling where the damage will end, or how many people will suffer. The reason for this is obvious. Drinking water is used by everybody in the community, and should it become contaminated is liable to infect every individual with diseases such as typhoid fever, dysentery or cholera. The victims may include visitors who drink the water, and develop the disease after leaving the district, thereby causing suspicion of the water supply of other localities where the infected persons actually reside. It consequently is very difficult sometimes to trace the origin of outbreaks such as typhoid, and the disease thus gets a chance to spread.

A recent example of this kind occurred in Buffalo where a remarkably large number of cases of typhoid were reported. The water supply of Buffalo was examined chemically and bacteriologically and declared free from typhoid contamination. Where then did these people contract the disease? It was found that one of the patients had arrived in Buffalo from Maryland a week or two before he developed symptoms of typhoid. Another drunk water in a country village he had been visiting shortly before he took ill. No less than fifteen of the typhoid cases came from Jordan, Ontario, and the value of intercommunication between Medical Officers of Health has become evident. For the health commissioner of Buffalo immediately notified the Provincial Board of Health, Ontario. As a result, the Chief Medical Officer sent an epidemiologist to Jordan without delay to investigate the local conditions and analyze the water. The source of the pollution was found at once. A well located near the Dominion Canneries was found to be contaminated

with typhoid, evidently from one or two flush closets that were in the immediate neighborhood. The Provincial Board of Health forthwith had the offending well closed, and no further cases have occurred. An interesting feature of the infected well at Jordan was that twelve persons inoculated last year with the preventive typhoid serum escaped the disease, although they drank the contaminated water which made the others ill. The value of preventive inoculation against typhoid in the country is thus apparent, and it would be a wise measure if District Medical Officers of Health would encourage everyone to be inoculated with the antityphoid serum, especially during the Fall months when the disease is especially prevalent, or where the water supply is derived from wells or other sources which may be liable at any time to contamination.

As a further preventive measure it is wise for everybody to boil their drinking water if obtained from wells during the Fall months of the year. No matter how often the water is analyzed, infection is liable to get in at any time, with serious results. No cesspool, privy or latrine of any kind should be tolerated within eighty feet of a well, the discharges from a single patient having been known to percolate through the soil and infect large volumes of water.

By boiling the water or adding chlorine in proportions recommended by the local Medical Officer of Health, all bacteria can be destroyed. Typhoid and dysentery bacilli can be killed in ten minutes by the following method, suitable for villages, summer camps, etc. A level teaspoonful of chlorine lime should be rubbed into a teaspoonful of water. This solution should be diluted with three cups of water, and a teaspoonful of the whole added to each two-gallon pailful of drinking water. This will give four or five parts of free chlorine to a million parts of water, a very effective germ-killer.

Ready to Eat and Every Bit Eatable Grape-Nuts

is convenient, free from waste, and moderate in price.

Skilled blending and long baking bring out the full flavor and richly-nourishing qualities of this cereal food, and make it easy to digest.

"There's a Reason"
For sale by all grocers

A WOMAN'S HEALTH NEEDS GREAT CARE

When the Blood Becomes Watery a Breakdown Follows.

Every woman's health is dependent upon the condition of her blood. How many women suffer with headache, pain in the back, poor appetite, weak digestion, a constant feeling of weariness, palpitation of the heart, shortness of breath, palor and nervousness? Of course all these symptoms may not be present—the more there are the worse the condition of the blood, and the more necessary that you should begin to enrich it without delay. Dr. Williams' Pink Pills are a splendid blood-building tonic. Every dose helps to make better blood which goes to every part of the body and brings new health to weak, despondent people. Dr. Williams' Pink Pills are valuable to all women but they are particularly useful to girls of school age who become pale, languid and nervous. There can be neither health nor beauty without red blood which gives brightness to the eyes and color to the cheeks and lips. Dr. Williams' Pink Pills build up the blood, as is shown by the experience of Mrs. E. Veniotte, West Northfield, N.S., who says: "For several years I was in a bad state of health. I was pale and nervous, my appetite was poor, and I suffered from weakness, headaches and a feeling of oppression. I got so nervous that I was afraid to stay in the house alone. All this time I was taking medicine, but it only did not help me, but I was growing weaker. Finally I decided to try Dr. Williams' Pink Pills, and after using six boxes I felt much better. I had a better appetite, slept better and felt stronger. However, I continued taking the pills for a couple of months longer and now I am feeling as well as ever I did. I give all the credit to Dr. Williams' Pink Pills, and hope that my experience may be of benefit to some other weak woman."

You can get Dr. Williams' Pink 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.

Hills of Home.

After long days when I come
Once more from far roving home,
While I watch with eager eyes
Old loved landmarks, friendly-wise
Sudden bursting into view
Sharp etched on the skies' clean blue,
Lo, the hills of home arise.

Always round the curve they lie
Waiting hid as I draw nigh.
Till I pass the angled bend,
And the last long slope ascend,
The shortening road runs straight
There to welcome me they wait—
Hills of home, and journey's end.

Hoof beats quickening on the trail—
Grind of train wheels on the rail—
Motor swerving sharp and sheer—
Steamboat reaching for the pier—
Curve or headland, break or bend
I must pass, and at the end
Stand the home hills, clean and clear.

Thus, when fate my spirit brings
To the ordained end of things,
I shall come as now I come
Through far spaces wearisome,
Through the shrouding veils that lie
Twixt time and eternity;
Till they blaze against the sky
Gold and jade—the hills of home.

A War Mystery Solved.

The mystery about the "Big Bertha" which shelled Paris from a distance of 75 miles during the war, has been solved. The Allied officers who have been trying to find out why guns of the supposed dimensions were not surrendered by the Germans under the treaty, and why they could find no trace of them anywhere in the war area, have at last discovered that the "super-gun" never existed. The shells that fell into the streets of Paris were fired by ordinary naval guns of twelve or fourteen inches. The barrels were strengthened by introducing a steel bushing that reduced the calibre to about nine inches, and the breeches were reinforced by a massive steel jacket. In guns thus strengthened double charges of explosive would be used; and by making the shells longer and more pointed, and by grooving them to fit the rifling, several additional miles were gained. Guns so built had never before been used because artillerymen had never before been willing to sacrifice accuracy to distance. The "Big Berthas" were not accurate and did not need to be, for the Germans were firing at a mark several miles wide. So long as they hit some part of the city of Paris they were satisfied, for their object was merely to spread terror among the Parisians. As it was, several of their shots missed the target altogether and fell some distance away from the city.

Migratory Birds.

An amendment to the Migratory Birds Convention Act increases the penalty for violation of the act from \$100 to \$300. Section 12 now reads as follows: "Every person who violates any provision of this Act or any regulation shall, for each offence, be liable upon summary conviction, to a fine of not more than three hundred dollars and not less than ten dollars, or to imprisonment for a term not exceeding six months, or to both fine and imprisonment."

BITS OF HUMOR FROM HERE & THERE

Nothing New.

Irate Visitor—"Mr. Editor, I've been told that you have printed in your sheet that I am the greatest swindler the world has ever known?"
"No, sir! Not in my paper. It contains only the latest news."

Housing Problem.

The Policeman—"You folks can't stay in the park all night. You'll have to go home."

Mr. Doubleup—"But it's not our turn, officer. We share our flat with another family and they occupy it tonight."

Cork to Cork.

Three men were travelling in a train in Ireland en route for Cork.

The train was very late, and to make matters worse it was held up frequently between the stations.

At last they reached a station where an inspector came down the train to examine the tickets.

"Where for?" he demanded, as he looked into the compartment occupied by the three men.

"Cork," they replied in unison.

"Then you're all Cork," replied the inspector wittily.

"Yes," replied one of the three men; "and if your train was all cork, too, maybe it would be easier to draw. At present it's the best stopper I've seen."

He Knew How to Do It.

A lady took her four-year-old girl to a photographer. The child couldn't be made to keep still. He of the camera was as naive as he could be, and worked every device of gentle persuasion to make the little wriggle sit without moving. Finally, he said to the despairing mother:

"Madam, if you will leave the little dear alone with me a few minutes, I think I can succeed."

The mother had scarcely withdrawn when she was summoned back by the triumphant photographer, who said he had taken a satisfactory negative.

When they reached home the mother asked: "Nellie, what did the man say to you when I left you alone with him?"

"He said," replied Nellie, "Sit still, you little rascal, or I'll shake you."

WHEN BABY IS SICK

When the baby is sick—when he is cross and peevish; cries a great deal and is a constant worry to the mother—there is a simple remedy. The Tablets are an ideal medicine for little ones. They are a gentle but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation and indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. Philippe Payen, St. Plavien, Que., writes: "Baby's Own Tablets have been a wonderful help to me in the case of my baby and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Canadian Trees for British Forests.

The demand for timber during the war aroused interest in Great Britain in the subject of forestry. It was seen that even in the thickly populated Motherland there were very considerable areas which would give a greater return in growing trees than if handled in any other way. In fact, as foresters have been pointing out for years, many areas cannot be made to produce anything but trees. The British Forestry Commission have undertaken a programme of planting and seeding these. It has been found that certain Canadian trees do well in the British Isles, and through the Forestry Branch of the Department of the Interior, a quantity of tree seeds has been collected and forwarded for sowing on certain areas. These shipments have been sent for several years in succession and have amounted to as much as half a ton in a year. The trees most favored in this connection are Douglas fir and Sitka spruce and a recent visitor to England reports the plantations of these species as doing remarkably well. Some consignments of Canadian tree seeds have also been sent to Belgium to help restore the devastated forests of that country.

MONEY ORDERS.

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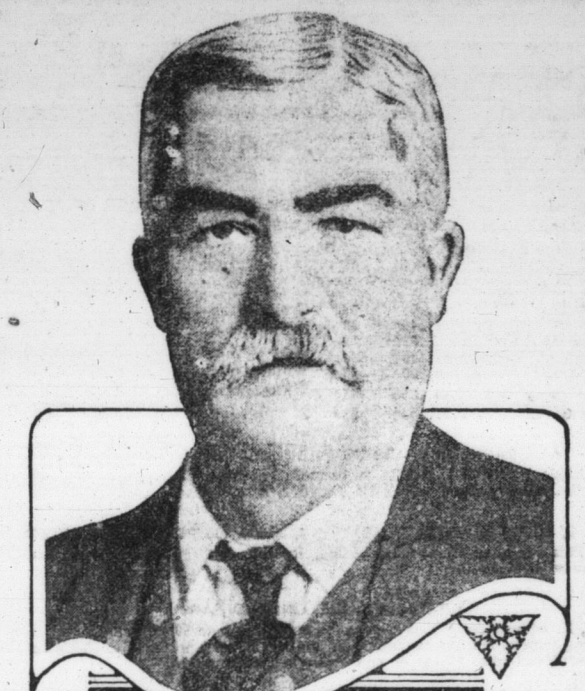
Canada has a vast coal deposit on the upper Mackenzie River that was on fire when Alexander Mackenzie discovered the river in 1789, and it has been burning ever since—a seam more than a mile long.

Chinese make pineapple cloth from the leaf fibres of the plant, extracted by hand labor, obtaining about a pound of fibre from each 100 pounds of leaves.

Besides a salary of \$45,000 a year, the President of the United States has traveling expenses and the upkeep of White House paid for him.

Minard's Liniment for Dandruff.

Prominent Western Man Praises Tanlac



G. W. Logan, Peabody, Kansas, U.S.A.

"Tanlac has completely restored my health and I feel finer than in years," was the straightforward statement made recently by Mr. George W. Logan, of Peabody, Kansas, U.S.A., one of the most prominent stock-dealers in the Middle West. "I took just six bottles to make a well man of me. I now have a fine appetite, everything tastes good and my digestion is perfect."

"My wife was also troubled with indigestion at times and it relieved her the same way. You may publish my statement wherever you like and if anyone doubts it, just tell them to see me."

Tanlac is sold by leading druggists everywhere.

Walk With Your Feet Parallel, Advises Doctor.

Mothers who train their children to walk with toes pointing outward and counsel their little girls never to wear high heels when they grow up have been told they were all wrong by Dr. W. H. Thethowan, orthopedic surgeon, in an address at the Institute of Hygiene, in London.

"To walk properly," he said, "the feet should be kept absolutely parallel. The 'quarter to six' attitude is one of the big mistakes of physical training. Three minutes to twelve and three minutes past is what you want when standing."

"A long stride is not good for the feet. A slow, short step is better, for it makes you rise on the toe."

"Never discourage a child who is turning his toes in unless he has an actual deformity of the foot. He is probably trying to cure himself of knock-knees or weak ankles."

Reasonably high heels are very excellent things, the surgeon said. Low heels are all right for children, or for adults with a perfect foot, but unfortunately no foot is perfect.

Good Pasture.

Smithson called one day on an old school friend, and was shown into a room where his chum's sister was busy arranging some dried grass she had collected.

"What a quantity of dried grass you have collected, Miss Ritchie!" he said.

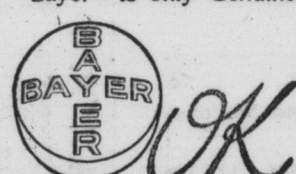
"Then his humor burst forth. "Nice room for a donkey to get into."

"Then make yourself at home, Mr. Smithson," said the girl, pleasantly.

If all the houses and buildings in London were placed side by side in a long line, they would reach across the three great continents of Europe, Asia, and America.

ASPIRIN

"Bayer" is only Genuine



Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty-one years and proved safe by millions. 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. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monocetlicacidester of Salicylicacid.

Lifelong Health Conditions Noted in One Certificate.

A very comprehensive form of health certificate is proposed for use in Germany. If adopted, it would form a record of the health of each individual at each stage of life, and at death would furnish a complete history of that individual's whole physical life. This record would constitute a single health certificate, in which would be combined the certificates of birth, of vaccination, the health reports of school medical examiners, and in later life the reports of health-insurance societies, in which all Germans in industrial life are registered. The result would be of value, during the life of the individual, in furnishing any attending physician with a complete family history; and after death, these certificates would be collected in a central bureau, where they would furnish material for the study of heredity.

At the Yarmouth Y.M.C.A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sunburn, an immediate relief for colic and toothache.

ALFRED STOKES,
General Sec'y.

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