

## WINNING FAME IN HALF AN HOUR

"IT CAME IN A MOMENT,"  
SAID TENNYSON.

Great Masterpieces of Poetry  
Which Were Written "in  
No Time at All."

Tennyson wrote that exquisite lyric, "Crossing the Bar," in a few minutes. He said to his son, the present Lord Tennyson, "it came in a moment."

Burns composed what Carlyle characterizes as the greatest of all battle odes, "Scots Wha Hae" whilst riding through storm and darkness across a lone moor. One of the very greatest productions of poetic inspiration, Keat's justly famous "Ode to a Nightingale," was written in the course of one afternoon in the poet's garden at Hampstead, and his great sonnet on Chapman's Homer was the product of an hour.

During the Night.  
While visiting at Minto, Thomas Campbell went to bed early one evening, his mind full of a new poem. About two in the morning he suddenly awoke, repeating, "Events to come cast their shadows before." Ringing the bell, he summoned a butler, who found the poet half-in and half-out of bed.

"Are you ill, sir?" asked the servant.  
"I was never better," replied the poet. "Leave the candle, and bring me a cup of tea."

Seizing his pen, and changing "Events to come" to "Coming events," he not only coined one of the best-known lines in English poetry, but went on to finish the first draft of "Lochiel's Warning."

Cowper composed and memorized the whole of his "humorous masterpiece," "John Gilpin," during a sleepless night. Hayley, the poet's biographer, tells the story:

"It happened in those years when his accomplished friend, Lady Austen, made a part of his little evening circle, that she observed him sinking into increasing dejection; it was her custom on these occasions to try all the resources of her sprightly powers for his immediate relief. She told him the story of John Gilpin to dissipate the gloom of the passing hour. Its effect on the fancy of Cowper had the air of enchantment."

Byron's Speed Record.  
"He informed her the next morning that convulsions of laughter, brought on by his recollections of her story, had kept him awake during the greater part of the night, and that he had turned it into a ballad. So arose the pleasant poem of 'John Gilpin.'"

Seeing that it runs to 252 lines this is no mean feat.  
Sir Arthur Phibro must be included in any list of rapid writers. His "Two Hundred and a Year" was the work of a single afternoon, and "The Money-Spinner" was written with almost equal rapidity; whilst "Lords and Commons," a big work, cost only ten days' toil.

Of course, Byron worked as fast as the fastest. He said to himself that he was like a tiger—if he missed his first spring, he had to go grumbling back to the jungle. Two rainy days at Ouchy produced "The Prisoner of Chillon," and it has been said that he wrote it at one sitting with one pen; and the first sketch of "The Bride of Abydos" was written in four nights.  
Longfellow's fine ballad, "The Wreck of the Hesperus," one of the most familiar poems in the language, came to him as he sat cozily by the fire during a violent storm which made the windows rattle. Like Cowper, he went to bed, and, finding himself too preoccupied to sleep, finished the poem before morning.

In a Quarter of an Hour.  
Charles Kingsley returned home one night rather dejected because a sermon he had preached that day in London had proved a little too "socialistic" for the incumbent. Instead of going to bed, he paced back and forth in front of the fire, and his wife, knowing he was composing, left him, and retired. In the morning he recited to her that moving lyric:

"Three fishers went sailing out into the west,  
Out into the west as the sun went down."

There is a tablet in the porch of Wrexham Church to the memory of Bishop Heber, which records that the most popular of all missionary hymns was composed in the town. Reginald Heber, who was then vicar of Hodnet, happened to be staying at the vicarage with his father-in-law, Dr. Shipley, Dean of St. Asaph's, who was to preach a missionary sermon on the Sunday.

Heber and other friends were assembled in the library on the Saturday, when the dean asked his son-in-law if he could write something for the service next morning. Heber retired to the farther end of the room for the purpose, and at the end of fifteen minutes he read the first three of the four verses of which the famous hymn "From Greenland's icy mountains," consists.

His hearers were all very delighted, but Heber said the service was not complete, and devoted another five minutes to the fourth stanza.

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## Why You Say It.

"A Red-letter Day" is an expression which arose out of the old Ecclesiastical Calendar, in which festivals and high holidays were printed in red ink. These important days consequently became known as "Red-letter Days"—hence the term today.

"Murder will out" is a phrase which Geoffrey Chaucer originated, although in the first instance it was spelt, "Mordre wol out."

"Truth is stranger than fiction" is a well-used saying, and perhaps it is not generally known that it was originally employed by Byron in his "Don Juan."

"Escaped with the skin of my teeth."

## 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 Bldg., Toronto.

Great advances in Public Health work are being made at present not only in Ontario but throughout the Dominion and the world. It is rapidly becoming one of the most important functions of Government, and its progress or retardation will have a profound bearing on the status of citizenship. New avenues of Public Health activity are being opened up from time to time, because the subject is so broad as to include all the complexities of human life. Although the field is vast, the whole question of Public Health and Preventive Medicine can be conveniently described in two words—Right Living.

The Public Health objective is to improve the health standard of all classes in the community, and to this end ways and means are being provided for educating the masses along the lines of Public Health and practical hygiene, supplying practical measures to preserve the health of the expectant mother, to bring home to mothers the importance of feeding infants rationally—that is, at the mother's breast, or failing this, by scientific adjustment of cow's milk, sugar and water; to correct physical defects in young children and to prevent the spread of communicable diseases.

Although people of all ages are becoming increasingly interested in Public Health matters in this Province, the need for which has been strikingly demonstrated by the great losses we sustained during the war, it is in childhood and youth that the most lasting impressions are made in teaching an important subject such as the preservation and maintenance of health. With this end in view the Public Health Nurse has stepped into the field, and her work is bound to bring more important results. She is the pivot in every community around which and from which all public health activities will radiate, for she alone is in a position to get intimately acquainted with the needs of the district and to direct her energies along the lines that they are most needed.

The duties of the Public Health Nurse will include home visiting, which will be carried out in a systematic manner, and will enable her to stimulate local interest in child welfare, and also detect, if possible, any cases of communicable disease such as tuberculosis, that are not under medical supervision.

The Public Health Nurse will point out such dangers and will also report any cases of venereal disease or mental defects that come under her

It is interesting to observe, originates in the Bible—Job, chapter 19, verse 20.

"Field" originally meant land on which fires had been "felled" or "fied."

"Necessity is the mother of invention" is well over two and a half centuries old. These well-worn words were first found in Franck's "Northern Memoirs," written in 1658.

"Eaten her out of house and home," a phrase, in view of the present price of food, undoubtedly repeated by worried housewives, was originated by Shakespeare in his "Henry IV."

"Anything for a quiet life" is an expression which arose from a play by Middleton, bearing that title. "To turn over a new leaf," by the way, was first used in the same play.

## "Cascarets" To-night For Constipation

Just think! A pleasant, harmless Cascaret works while you sleep and has your liver active, head clear, stomach sweet and bowels moving as regular as a clock by morning. No griping or inconvenience. 10, 25 or 50 cent boxes. Children love this candy cathartic too.

For two lovers the other people in the world have about the importance of figures in a painting.

Minard's Liniment for Dandruff.

# BITS OF HUMOR

FROM HERE & THERE

A Quitter.

"The hired man says he is going to quit."

"Well," said Farmer Corntozel, "I'm reconciled. He quit working long ago. The only thing he can quit now is showin' up at meal times."

## What a Dietitian?

When the Old Ladies' Home added a dietitian to its staff, the appearance of the young lady in the dining-room, in her starched uniform, caused a stir.

That evening, two of the residents were discussing her.

"What is she anyway?" said one.

"She's a dietitian," the other answered.

"And what's she here for?"

"I don't exactly know," the second old lady answered, "but I think someone died in the kitchen."

## One on the Teacher.

Arithmetic, according to the average small boy, was simply invented in order to give teacher a good excuse for punishing their unhappy pupils.

And certainly little Tommy Smith found it the unpleasant feature of his young life.

"Now, Tommy Smith," said the school teacher one morning, during the usual hours of torture, "what is one-half of eight?"

"Which way, teacher?" asked the youngster, cautiously.

"Which way?" replied the astonished lady. "What do you mean?"

"Well, on top or sideways, teacher?" said Tommy.

"Why, what difference does that make?"

"Why," Tommy explained, with a plying air, "half off the top of eight is three."

## WHAT TO DO FOR STOMACH TROUBLE

Good Advice From One Who Had  
Suffered Much.

Nine-tenths of all forms of indigestion or so-called stomach trouble are not due to the condition of the stomach at all, but are caused by other influences. The great contributing cause of indigestion is thin blood. Good blood and plenty of it is required by the stomach to take care of the food. If the blood is thin the stomach functions sluggish, food lies undigested, gas forms and causes pains in various parts of the body. Instead of getting nourishment from the blood the system gets poison.

Relief from this condition can be obtained by the tonic treatment which Mr. D. Shaw, Mr. Stewart, F.E.I., tried and now warmly recommends to others. Mr. Shaw says: "I suffered from indigestion for over four years, and have tried many of the well-known remedies for such troubles, but never obtained more than temporary relief. The trouble was aggravated by constipation setting in owing to the stomach failing to do its work, and laxatives only gave relief to the bowels and left the stomach in worse condition. The result was my blood was growing more and more anaemic, I did not sleep well at night and was growing despondent. I was in this wretched condition when a friend advised me to try Dr. Williams' Pink Pills. I got three boxes and by the time they were finished there was some change for the better. This greatly encouraged me, and I continued taking the pills for some three months, by which time my stomach was all right again, my blood good, nerves strong and life was again living. My advice to all who suffer from stomach trouble is to give Dr. Williams' Pink Pills a fair trial."

Dr. Williams' Pink Pills can be obtained through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Boy Scouts Association.  
Boy Scouts are organizations of boys and youths between the ages of twelve and eighteen years and upwards, which aim to develop character, to aid in furnishing equipment for a career, and to train in service for others, physical health, and efficient citizenship, by utilizing the natural activities and interests of the adolescent period.

The development of the Boy Scout movement in England is due to Lt. General Sir Robert Baden Powell, Bt., who during the siege of Mafeking, in 1899, had seen the boys, under Lord Edward Cecil's command, organized and drilled into an efficient messenger service. When Baden-Powell returned to England, in 1902, the idea was fostered, and received popular support, and a general plan of organization was adopted. The first Boy Scouts organization was formed in 1908, and a royal charter of incorporation was granted in 1912, the organization being recognized as a "non-military, public service body."

The Boy Scouts Association in Canada is non-military and non-sectarian in character, the movement being supported by Roman Catholics, Protestants and Jews alike. Of late it has also been given consideration as an educational adjunct by well-known

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educators, some schools adopting the Scout programme in part or as whole, while some of the universities and leading technical schools conduct special courses for Scoutmasters and other Scout officers.

Local Associations or Troop Committees are organized to supervise and extend the movement in communities upon application by representative citizens to provincial headquarters, Dominion Bank Chambers, Bloor and Sherbourne Streets, Toronto. Such Associations and Committees become responsible both to their communities and to headquarters for the leadership of Scout troops in their area and for their encouragement and support.

The Scouts themselves are organized into patrols of eight boys, two or three or four patrols to a troop under a Scoutmaster. Scouting is now recognized as the most natural and at once the most successful type of organization for boys. Nearly 9,000 Ontario boys are now members, and many thousands more have had the benefits of Scout training during the past twelve years.

## And the Old Men Shall Dream Dreams.

The old men sit by the fire and doze  
And dream to their soul's content.  
They were gallant enough in their time,  
Go, know that!

But the gold of their youth is spent.  
They were rovers, daring and eager  
Then,

In their manhood's radiant dawn;  
They are rovers still, for their souls at will

Go venturing on and on;  
The length and breadth of the Hebrides,

From the far north fields to the southern  
erm seas.

Past the austere Pillars of Hercules,  
Venturing on and on.

They stir uneasily in their sleep,  
They shuffle their hearth-bound feet;  
While the visions last they must hold  
them fast,

For the dream is sweet, is sweet!  
The old wives sit by the fire and knit  
And dream of their girlhood gone;  
But the souls of the old men seek the  
lands

They never have trod upon:  
For the languid beauty of tropic  
shores,

through the shrouding mists of the far  
Azores,

Past the frozen cliffs that are Labrad-  
or's,

Venturing on and on.

We, too, shall sit by the fire some day  
When our blood runs chill and thin;  
And our once swift feet are no longer  
fleet

For wandering out and in.  
We, too, shall sit where the old wives  
knit

And the old men doze and yawn,  
As bent and gray and as spent as they,  
When the flower of our youth is  
gone.

We shall nod and dream as the years  
drift past,  
Till we come to the one great dream,  
The last,

And then, with our hands on our  
hearts locked fast,  
Go venturing farther on.

## Ancient Cemetery Found.

Beneath the streets of London, York and many other cities and towns in England are buried the remains of ancient Romans, some of whom were alive not long after Christ was born. Occasionally they are dug up, each one being found incased in a massive lead coffin.

The Romans of old seem to have used lead for a surprising variety of purposes, and traces of their mining operations in Britain show that they dug for it on an extensive scale, especially in Wales where they found much ore ready at hand on the surface of the ground. They smelted the metal on the spot in small furnaces and shipped the "pigs" on the backs of horses.

## ASPIRIN

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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 Manufacturing of Monocetate of Salicylic Acid.

When RHEUMATISM  
HITS YOU HARD!  
Sloan's Liniment should be kept handy for aches and pains.

WHY wait for a severe pain, an ache, a rheumatic twinge following exposure, a sore muscle, sciatica, or lumbago to make you quit work, when you should have Sloan's Liniment handy to help curb it and keep you active, and fit, and on the job?

Without rubbing, for it penetrates, apply a bit today to the affected part. Note the gratifying, clean, prompt relief that follows. Sloan's Liniment couldn't keep its many thousands of friends the world over if it didn't make good. That's worth remembering. All druggists—three sizes—the largest is the most economical. 35c, 70c, \$1.40.

Sloan's Liniment (Pain-  
enemy)

Pigs of lead produced by them are found occasionally where they were dropped, or perhaps lost in the snow, while en route. The metal as mined in Wales contains a good deal of silver—a fact well known to the Romans, who were accustomed to extract it. In fact, many pigs bear an inscription stating that their silver content has been removed.

## A GENTLE LAXATIVE FOR THE CHILDREN

Mothers—the surest way of keeping your little ones well and happy; whether it is the new-born babe or the growing child, is to keep their bowels regular and their stomach sweet. Nine-tenths of all childhood ailments are the result of clogged bowels and sour stomach. The most necessary and the best medicine for little ones is a gentle laxative—something that will relieve constipation; sweeten the stomach and promote rest and natural sleep. Such a medicine is Baby's Own Tablets. They are a gentle but efficient laxative; are absolutely guaranteed free from opiates or other injurious drugs and may be given to the youngest infant with perfect safety. They banish constipation and indigestion; break up colds and simple fevers and give the baby that health and happiness which all children should have. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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Promising for office use is the new "automatic typewriter," which furnishes its own dictation, being operated on the same principle as a player piano.

Rolls of perforated paper, similar to the music rolls used on player-pianos, govern the movements of the type-keys. All that is necessary is to adjust one of these rolls in the machine and the writing "does itself."

By this means perfectly written "form letters" are produced, with space left for signature; or the same method may be employed for turning out any other matter previously prepared in the shape of a perforated roll.

## MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

The Lord Chief Justice, Britain's highest salaried judge, receives \$40,000 a year. The Lord Chancellor receives \$50,000.

## A Health Saving REMINDER

Don't wait until you get sick—USE

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"KING OF PAIN"  
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## DANDERINE

Stops Hair Coming Out;  
Thickens, Beautifies.

A few cents buys "Danderine." After a few applications you cannot find a fallen hair or any dandruff, besides every hair shows new life, vigor, brightness, more color and abundance.

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AGENTS WANTED: BLISS NATIVE Herbs is a remedy for the relief of Constipation, Indigestion, Biliousness, Rheumatism, Kidney Troubles. It is well-known, having been extensively advertised, since it was first manufactured in 1853, by distribution of large quantities of Almanacs, Cook Books, Health Books, etc., which are furnished to agents free of charge. The remedies are sold at a price that allows agents to double their money. Write Alonzo O. Bliss Medical Co., 121 St. Paul St. East, Montreal. Mention this paper.

### His Outbreaks.

A small, henpecked, worried-looking man was about to undergo a medical examination for life insurance.

"You don't dissipate, do you?" asked the physician, as he made ready for tests. "Not a fast liver, or anything of that sort?"

The little man hesitated a moment, looked a bit frightened, then replied, in a small, piping voice:

"I sometimes chew a little chewing-gum!"

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