

## ALMOST HELPLESS FROM ST. VITUS DANCE

The Muscles of the Hands, Face and Body Affected.

St. Vitus dance is a disease of the nerves brought on by a morbid condition of the blood. It is common with children, and attacks girls more frequently than boys. Irritability is frequently one of the first signs noted. The child frets, is quarrelsome and does not sleep well. The jerky movements that characterize the disease come a little later. The limbs and sometimes the whole body jerks spasmodically, and in severe cases the power of speech is affected. Such a child should not be allowed to study, but should be kept quiet, given a nutritious diet, remain out of doors as much as possible. Dr. Williams' Pink Pills will help the blood restore the shattered nerves. The value of these pills in cases of this kind is shown by the following statement from Mrs. Frank Reynolds, Windsor, N.S., who says: "When a young girl I suffered very severely from St. Vitus dance. I could not keep still for a moment. If I tried to handle dishes I broke them, and could not safely attempt to hold a thing in my hands. No matter what was done for me I could not control the twitching in my face and body. My parents gave me several remedies, but they did not help me. Then one day my father brought home a half dozen boxes of Dr. Williams' Pink Pills. After two boxes had been taken there was an improvement in my condition. By the time the last box was gone, to my own great joy and relief to our family, my condition was normal, and I have since enjoyed good health. I never lose an opportunity to say a good word for Dr. Williams' Pink Pills."

### That's Funny.

Charles L. Dodgson, Professor of Higher Mathematics at Christ Church, Oxford, known to most people as "Lewis Carroll," and the author of "Alice in Wonderland," is responsible for the following peculiar calculation: Write down the number of your brothers that are living. Multiply this by two. Add three. Multiply the result by five. To this add the number of your living sisters. Multiply the result by ten. Add to this the number of your dead brothers and sisters. From the total subtract 150. The right-hand figure gives the number of deaths, the middle figure gives the number of living sisters, and the left-hand figure gives the number of living brothers.

Proud Mother—"Claude has learned to play the piano in no time." Musician—"Yes, he's playing just like that now!"

True politeness consists in treating others as you would like others to treat you.

Minard's Liniment for sale everywhere.

## 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.

Many people cannot quite understand what the term "preventive medicine" means. Some think it is a kind of liniment that you rub on your face and hands like citronella, to keep mosquitoes away. Others think it is something that one must drink if he wants to protect himself against typhoid, tuberculosis or any other disease that is "going around." There are many communities one visits where "something is going around." Nobody knows just what it is or how it got there, but anyway it is "going around," and so if the oldest inhabitant dies, or a child stays at home from school or Mrs. So-and-so keeps indoors for a day or two and complains of having got a chill—people begin to talk. "Ah, there it is," you will hear them whisper, "something is going around." I heard this expression very often in an Ontario town recently, and it interested me very much to hear it repeated, without any further interest being taken in what it was that was going around, where it came from, and when and how it would go away. As a matter of fact there was nothing "going around" in that town as far as I could see, except ordinary colds. Friends would call on friends and one would infect the other by coughing, probably while at tea or having a little confidential chat. It is worth while to remember that common colds are very contagious, and the "go around." Even robust persons may contract colds from those who have them. Care should be taken that no person with a cold either coughs or sneezes near anyone else without covering his mouth and nose with a handkerchief. If anyone coughs or sneezes without this precaution, a fine spray, carry-

## KING GEORGE V. IS A BORN SPORTSMAN

SHOOTING AND FISHING  
FAVORITE PASTIMES.

His Majesty Spends His Hap-  
piest Holidays on Scottish  
Moors and Windsor Forest.

"A holiday at home is good enough for me," King George once declared to a friend who asked him if a Continental holiday did not attract him, as it attracted his father. "I can find all the pleasure and recreation I want," he added, "without crossing the sea."

If ever a sovereign was a born sportsman it is surely King George; and nowhere can he enjoy the sports he loves as freely as in his own kingdom. He was a child of seven when he landed his first fish in Scottish waters; and there was little he didn't know about a horse by the time he donned his middle uniform.

And ever since these early days he has been perfecting himself in his favorite pastimes, until to-day he has few superiors in fishing and shooting, and he can more than hold his own with most men at a wide range of sports, from horsemanship and hunting to tennis and billiards.

Shooting Big Game.

Time was, too, when he was a cyclist of such exceptional speed that Mr. E. M. Mayes, his teacher, once declared, "If he had cared to compete, he might have had a good look-in at the English championship."

His Majesty's ideal holiday, however, is one spent with a gun or a fishing-rod. In his younger days he astonished the world by his skill and daring as a big-game hunter. He shot many a tiger in Nepal, when a false aim meant almost certain death; and once he brought down a charging elephant in Ceylon within a dozen paces of his smoking rifle. But his supreme feat of marksmanship was when once he killed five magnificent stags with half a dozen shots in the Forest of Mar.

To-day he spends many of his happiest holiday-hours with his guns on the moors of Scotland or in the Royal preserves at Windsor and Sandringham, where he has performed some truly amazing feats. Thus on one occasion, when shooting with Lord Iveagh, he brought down three widely-scattered and high-flying pheasants and a hare with four successive shots. On another occasion he accounted for 32 grouse in less than four hours.

Some Huge Bags.

But it is perhaps at Sandringham that his Majesty is most in his element with a gun. Here, in company with a few friends, he loves to spend long, busy days among the birds, rising at five in the morning, and shooting until dusk. He is a master of woodcraft, arranges his field with consummate skill, and always chooses the most difficult station for himself. How great the slaughter is may be gauged by the fact that in a single day ten guns once killed 2,835 head, including 1,275 pheasants.

But King George's guns have very formidable rivals in his fishing-rod.

Of his skill and of his wonderful catches, indeed, remarkable stories are told; while his patience is phenomenal. Once, for example, he fished for a whole week without catching a solitary salmon; but his temper and patience remained unruffled.

He declared he was "enjoying himself immensely"; and when on the eighth day he landed four beauties, scaling together over sixty pounds, he was as delighted as a boy.

As a caster he has few if any superiors; and his enthusiasm is such that once, when a new form of tackle was brought to St. James' Palace for inspection, he immediately left the Levee which was in progress to test and admire it.

His Majesty as an Angler.

Nearly fifty years have gone since he felt the thrill of drawing his first fish (with John Brown's assistance) from the waters of Abergeldie. Ever since then, he declares, many of his happiest holiday hours have been spent, rod in hand, by the pools of the Dee. Here he loves to escape from the ceremonial of Court life for a delightful week or two, with some favorite companion, usually an equerry, with whom he leads the simple life in an unpretentious cottage.

At about ten o'clock the two fishermen sally forth with their rods, tackle, and baskets for a long, happy day in the Royal preserves of Abergeldie or Balmoral, during which his Majesty smokes cigarettes incessantly. At noon a carriage brings luncheon to the pools, after which fishing is resumed until seven o'clock in the evening, when the anglers return for dinner, a final smoke, and early to bed. Torrents of rain and howling gales are powerless to damp the King's enthusiasm. He has come to fish, and fish he will, whenever it is possible to get a line on the waters.

## IS THERE A BABY IN YOUR HOME?

Is there a baby or young children in your home? If there is you should not be without a box of Baby's Own Tablets. Childhood ailments come quickly and means should always be at hand to promptly fight them. Baby's Own Tablets are the ideal home remedy. They regulate the bowels; sweeten the stomach; banish constipation and indigestion; break up colds and simple fevers—in fact they relieve all the minor ills of little ones. Concerning them Mrs. Mollie Cadotte, Makamk, Que., writes: "Baby's Own Tablets are the best remedy in the world for little ones. My baby suffered terribly from indigestion and vomiting, but the Tablets soon set her right and now she is in perfect health." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Out of Doors With the Boy Scout.

The education of the Boy Scout to-day has been greatly broadened out from the methods of training first planned for their outdoor life. Every idea has been taken up by men who are experts in planning for making the young Canadian rugged and healthy, intelligent, patriotic, courageous, and skilled to protect men, women and children from accidents, and to give aid in case of injury.

Athletic sports are only one method of making the Boy Scout strong and supple. All manner of athletic exercises are part of their curriculum, and in many cases they excel. Life-saving drills and swimming are parts of the training, but self-defense is by no means ignored.

The camp is perhaps the nearest approach to military discipline made by the Scout movement. The absolute necessity of discipline is evidenced at no other point in the whole work as it is in the summer camp, where the lives and limbs of a large number of boys are more or less dependent upon prompt obedience to order.

While the Scout movement recognized the need of enforcing discipline and teaching boys the habit of obedience to those in command, the point is kept in mind by the camp director and the Scoutmasters that the boys are there mainly to learn Scouting and not for undergoing harsh discipline. The fact that those who have once been to camp eagerly made preparation for returning is an indication that the lines of conduct are not so stringent as to prohibit the enjoyment of all normal boyish desires.

A typical day's programme at a camp is on this order: At half-past six o'clock the bugler's sound reveille. Tumbling out of their tents, the Scouts limber themselves up for the day by the setting-up exercises. Then they stand at salute as the flag is raised upon the high pole. As the flag breaks out at the top the ranks are dismissed, and with a shout the lads dash for the morning swim. "First in" is the cry of the swiftest, and soon they are diving in.

After breakfast comes a little work. Squads are formed for bringing in the wood and water. Others are set off for camp patrol duty, all squads taking turns at the various tasks on different days. Many hands make light work, and it isn't long before the chores are done and everything is ready for scout games.

The morning games are restricted to those of scouting and instruction, such as tracking and making friction fires. Then there is instruction in woodcraft, after which it is time for the noon meal, which is dinner, not lunch. After dinner the boys roll

## A Woman puts on Spectacles

(This was written by a woman in answer to our inquiry: "Do you read newspaper advertisements?")

Newspaper advertisements have an irresistible fascination for me. Sometimes I know I shouldn't take the time to read them—but I always do. Of course, I don't mean that I always read them ALL, but I certainly read some every day. I even read the men's ads. There is a certain satisfaction in surprising one's husband with up-to-date information on things only men are supposed to be interested in.

I used to have a prejudice against Life Insurance until I read the advertisements. I thought the premiums were too much for my husband to pay, but an advertisement I read changed my opinion about that at once. And I got my husband to make a will and appoint a Trust Company as his executor because of an advertisement I read about it, which set me thinking.

But, of course, the advertisements that interest me most are those of domestic things. Whenever I order groceries for instance, I find myself asking for the things whose names are familiar to me through reading the advertisements in the newspapers. They may not be better than others, but as I don't know the names of others how can I tell? Goods that are attractively and regularly advertised always strike me as prosperous, and prosperous things must be good, otherwise they wouldn't be prosperous, would they?

And when I am buying things for my toilet I always buy the well-known things, although salesgirls try to sell me others sometimes. I never let them, though. Why buy the unknown when you can be sure of the quality of the known?

And I find my friends like to talk about the well-known things that they eat or use or wear—like foods, canned soups, cheese, washing machines, corsets, gloves and things like that. So there must be something in a name after all. The way I feel about it is that no business man would spend a lot of money to advertise a poor article; therefore, those things that are advertised must have superior qualities about them. And I have found that advertised articles, far from costing more than unadvertised goods, can very often be bought for less. At least you know what you should pay for them—the makers tell you generally in their advertisements.

As for the advertisements of the stores, some of them are not as attractive as many of the more general advertisements, but I just couldn't shop without them. You see, I am like many other women. I have a young family, and I cannot get out too often during the day. But I read the store advertisements regularly, and by doing so know just what is being sold, and I can always telephone my order if I can't go out conveniently that day. That, I think, is the great value of advertisements to women in the home. They do keep one well informed. Don't you think so?

around on the grass until two o'clock, just absorbing the healthful air and thanking the stars that their parents had enough common sense to allow them to become Boy Scouts. Then comes the daily baseball games, as many teams being chosen as there are nines. Sometimes there are track meets and sports to vary the program. Perhaps Tent No. 3 thinks it can run around the island faster than Tent No. 4, which says it can beat it. Boy nature can't stand the insult, and before long they are scouting around the island like young head hunters of the South Sea who spy a new scalp in the distance.

### The Return.

They went to seek the Summer in lands where she had flown; I bided with the Winter. In our stern north alone. But now the haughty Summer Comes back a-seeking me, And only I who waited know How sweet her smile can be.

### No Handicap.

Superstition never keeps people from accepting thirteen eggs for a dozen.

### Watching Your Step.

Too often the error of a minute becomes the sorrow of a lifetime.

Minard's Liniment Relieves Neuralgia.

## BITS OF HUMOR FROM HERE & THERE

What He's There For.

"07—"You are always behind in your studies."  
"23—"Well, you see, sir, it gives me a chance to pursue them."

Groundwork.

"Why did you sell your car?"  
"Cost too much for repairs."  
"Wasn't it a good machine?"  
"First-rate. Never got out of order. But I had to pay for repairing the people it ran over."

Not Much Left.

A man purchased some red flannel shirts guaranteed not to shrink. He reminded the salesman forcibly of the guarantee some weeks later.

"Have you had any difficulty with them?" the latter asked.  
"No," replied the customer, "only the other morning when I was dressing my wife said to me, 'John, when did you buy that coral necklace?'"

Always There.

"What is your name, little boy?" inquired the teacher of her new pupil.  
"I don't know," replied the little boy, bashfully.

"Well, what does your father call you?"  
"I don't know"—still more bashfully.

"What does your mother call you when dinner's ready?"

"She doesn't have to call me," beamed the new pupil. "I'm always there."

Too Cheap.

A Sunday-school class had been reading the story of Joseph, and the minister had come to examine the scholars. The replies to all his questions had been quick, intelligent, and correct.

"What crime did those sons of Jacob commit?"

"They sold their brother Joseph."

"Quite correct. And for how much?"

"Twenty pieces of silver."

"And what added to the cruelty and wickedness of these bad brothers?"

There was no answer.

"What made their treachery even more detestable?"

Then a bright little fellow stretched out an eager hand.

"Well, my little man?"

"Please, sir, they sold him too cheap."

Wanted the "Jigger."

"Don't be surprised at the faith cures you hear about. Even in legitimate medicine faith plays a large part," said a local physician, the other day.

"A friend of mine treated an old woman for typhoid fever. At each visit he put his thermometer in her mouth to take her temperature. She improved, and finally a day came when my friend could dispense with his temperature taking. That day he merely prescribed and departed.

"But he hadn't got far from the house when the old woman's daughter ran after him and called him back.

"Mother's much worse," she said.

"My friend went back to the old woman. She looked at him reproachfully from her pillow and moaned:

"Doctor, why didn't ye gimme the jigger under me tongue to-day? That does me more good than all the rest of yer trash."

MONEY ORDERS.

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

A Little Wisdom.

A cheerful heart means an unlined face.

He who is doing nothing can always find helpers.

You should think all you say, but say not all you think.

Asperation is the gossip's trade; to listen is to lend him aid.

The lesson of pain is that we should take care of ourselves.

The most troublesome load to carry is a bundle of bad habits.

Those who make the best use of their time have most time to spare.

A little each day is much in a year—either in money or in minutes.

Never despise a small cut, a poor relation, or a humble enemy.

The grasshopper menace in the Province of Manitoba is well under control by the effective use of poison supplied by the Department of Agriculture.

Yarmouth, N.S., March 24, 1921.

Mr. Joseph LeBlanc, Secretary of the Athletic Association, who were the Champions for 1920 of the South Shore League and Western Nova Scotia Base Ball, states that during the summer the boys used MINARD'S LINIMENT with very beneficial results, for sore muscles, bruises and sprains. It is considered by the players the best white liniment on the market. Every team should be supplied with this celebrated remedy.

(Signed) JOSEPH L. LeBLANC,

Sec'y Y. A. A.

America's Pioneer Dog Remedies

Book on DOG DISEASES

and How to Feed Mailed Free to any Address by the Author

W. C. Gray, 111 West 11th Street, New York, U.S.A.

Minard's Liniment Relieves Neuralgia.

## MRS. DOYLE LIVED ON MILK AND BREAD

CAN NOW EAT ANYTHING  
SINCE TAKING TANLAC.

Hamilton Woman Says It Not  
Only Restored Her Health  
But Also Helped Her  
Daughter.

"I think it is enough to make anyone happy to enjoy the splendid health I do now," said Mrs. John Doyle, 123 John Street North, Hamilton, Ont.

"Last winter I had the 'flu' and, as I had been in a badly run-down condition for several years, it just seemed to wreck my whole system. All through the winter I was down in bed half the time and instead of getting better, I seemed to get worse. My stomach was so badly upset that I had to live entirely on bread and milk. If I ventured to eat anything else at all I would simply suffer agony."

"I would have terrible pains in my stomach and would bloat up so bad that I often felt as if I was suffocating. My nerves were worn to a frazzle and I had frequent headaches. I went to bed tired, got up feeling tired and all through the day hardly had the strength to do a thing."

"But I'm so glad I tried Tanlac, because my suffering is all over now. I just feel splendid, eat whatever I wish and never have a touch of indigestion. My nerves are steady and I am free from headaches. I sleep perfectly sound and just feel so much stronger that the housework seems easier than ever. My daughter has taken Tanlac since it restored my health and it has helped her just like it did me. Tanlac has certainly been a blessing in our home."

Tanlac is sold by leading druggists everywhere.

Adv.

### Speed Comes With Age.

One of the most interesting of recent discoveries in connection with astronomy is that the older a star grows, the faster does it move.

A star, like an express train, takes time to get up speed.

In the course of the train, however, it is a matter of a few minutes only; with a star it is millions of years. The speed of the fastest star is about three hundred miles per second. This objectionable racer is invisible with the naked eye, but has a number of other means of identification for the convenience of astronomers.

It has been found that the average velocity of faint stars is much greater than that of brighter ones. Twenty-eight faint ones have been found to have an average velocity of 138 miles per second, whilst the speed of nine very bright ones averaged only eighty miles per second.

Judged from the standard of speed, our own sun—which would appear as a star if it was far enough away from us—is a comparative infant. Its speed is only about twelve miles per second.

A pessimist is like a blind man in a dark room looking for a black hat that isn't there.

## ASPIRIN

Only "Bayer" is Genuine



Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." 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 Monoaceticacidester of Salicylicacid.

## RED PIMPLES ITCHED TERRIBLY

On Chest, Face, Arms, Burned  
Badly. Cuticura Heals.

"Ever since I can remember, my chest, face, and arms were filled with dry, red pimples. They were scattered all over me, and itched terribly at times, and I scratched them, causing them to fester and get sore. Sometimes they would dry away and form scales which burned badly."

"Then I used Cuticura Soap and Ointment. I had used them two or three times when I felt better and I was healed with one box of Cuticura Ointment together with the Cuticura Soap." (Signed) Miss Bertha Kase, Russell, Manitoba, February 19, 1919.

Use Cuticura Soap and Ointment for all toilet purposes. Soap to cleanse, Ointment to heal.

Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion, Canadian Dispensaries, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.