

TEN COMMANDMENTS ABOUT TIME OF HEALTH GIVEN

The first annual American Education Week Exposition ended last week. The closing address was made by Dr. Thomas Darlington Former Health Commissioner of New York.

Dr. Darlington offered what he called his "Ten Health Commandments."

They were:

1. Keep your mouth closed when breathing, also when angry.
2. Drink cool water with your meals, also between them.
3. Bathe daily, a shower if possible.
4. Eat slowly, this leads to eating sparingly. Make your meal a ceremonial pleasure.
5. Exercise daily and breathe deeply while so doing, but avoid over exertion and never eat when fatigued.
6. Never read or transact any business while eating.
7. Work ten hours, sleep eight and use the balance for recreation and meals. Always rest on Sunday.
8. Ever keep a contented mind. Equanimity means longevity.
9. Neglect no portion of the body. Employ a physician to examine you at regular intervals and so watch for the beginnings of disease and build up resistance and pay some attention to his opinion and directions.
10. Moderation in all things.

"The enforcement of law is better done by education than by penalties," said Dr. Darlington. "Eighty to ninety per cent of the infectious diseases originate in the mouth, where the bacteria reeds. There would not be so many bacteria if people would brush their teeth oftener, and there would be fewer sore throats. There would be much less tonsillitis in children if their teeth were brushed before going to bed. Brush your teeth seven times a day before and after each meal and before going to bed."

A CHILD'S RIGHT

Just as a child's heritage ought to be robustness, so has a child the right to sound bones and teeth. Everything depends upon the quality of a child's diet.

Scott's Emulsion

is vitamin-nourishment, that should in most cases be a part of the regular food allowance.

Scott's Emulsion abounds in those elements that have a favorable influence on the bone-structure and builds strength.

Scott & Bowne, Toronto, Ont.

FRANCE WAS PAYING UP

London, Nov. 28.—France may be called upon to make an immediate payment on her debt to England if the government press does not change its tone over the British attitude over the Egyptian crisis.

This is the warning which is given full prominence in the daily Express this morning and it is a true reflection of the resentment generally aroused here by the recent attitude of France in this matter. Austen Chamberlain will have a personal interview with Heriott shortly when there is bound to be some plain speaking. Britain is anxious to help France to get security but she wants to effect this without accepting the Geneva protocol which France is preparing to ratify. This is the reason that Britain is making haste to prepare her alternative plan which she intends to place before the League at the earliest possible moment.

There is a strong feeling in British official circles that France cannot expect to have everything her own way and that the time has now arrived when she should begin to discuss her indebtedness to Britain.

The French attitude in the Egyptian affair has only crystallized this sentiment and the chief exponent of this line of thought is Winston Churchill the new Chancellor of the Exchequer.

Hair And Temperament

"Did you ever realize that the color of your hair had anything to do with your individual temperament?" asked Charles Nestle in a recent address before a convention of hairdressers in Chicago. He stated that mental disposition and even physical strength are believed by many to be indicated by the hair.

"Black hair, whether curly or stiff, is said to indicate a melancholy temperament," said Mr. Nestle. "Fair hair indicates a sanguine or phlegmatic temperament, and red hair either a very cunning or a very good character. Hence it has been said we meet in prisons with many red-haired women and black-haired men; rarely with fair haired criminals. Very fine hair indicates a nervous temperament and either artistic or literary inclinations."

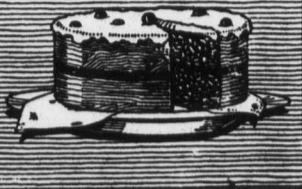
He added that he had found human hair to have such direct bearing on the temperament and disposition that he used it as an aid in hiring employes.

"I can take one glance at a

SUCCESS
in baking
is assured
when you
use

MAGIC BAKING POWDER

It contains
no alum and
leaves no
bitter taste



person's hair and decide his individual force immediately. And I find later that the work of this particular person usually bears out my judgment, which only proves that hair and temperament are more closely allied than any one realizes."

ATTRACTIVE MAGAZINE

The Advocate is in receipt of a copy of the Hockey Pictorial, published at 84 Victoria street Toronto, a very attractive, profusely illustrated magazine dealing with Canada's premier winter sport. The Pictorial, printed on heavy calendar is embellished with group pictures of championship teams from 1888-1924. Among these pictures is a splendid half tone cut of the Abegweit of Charlottetown who gave the Granites such a stiff work out last winter. The Hockey Pictorial contains the individual histories of players on the champion Olympic team, contains interesting reviews of last winter's hockey schedules and copies of both professional and amateur hockey rules. It is an excellent publication the most complete, it is claimed, ever produced for any single sport.

A NARROW ESCAPE

T.R. Kent, contractor for artesian wells, of St. George had a miraculous escape from death Saturday afternoon. He was driving from Weaver's Sliding to St. John in his Dodge sedan and at a railway crossing from which the planking had been removed, he slowed down to cross the bar tracks, when without warning a heavy freight train was on him. His car was approximately half way over the tracks when struck by the locomotive and was carried bodily a distance of 35 feet and thrown to the side. To give some idea of how rapidly the train was travelling; Mr. Kent says that the locomotive and 12 cars went past him before the train could be stopped. The train crew came back to pick up the pieces only to find; to their very great surprise that Mr. Kent was not hurt at all and the car still standing on its wheels. Mr. Kent drove the damaged sedan to St. John, some 150 miles under its own power and attributes his miraculous escape to the steel body construction of this particular make of car.

SCHOOL TAX BOOKS

Four and County Rate Books, Dog Tax Books, Receipt Books in Duplicate, Mill Saw Bills, Deed Forms, Teachers Agreements, for sale at the ADVOCATE OFFICE

Here and There

During the past season the Canadian Pacific Railway used on all its lines approximately 6,500,000 ties, according to a report just issued. The woods used include British Columbia fir, hemlock, tamarac, jack pine, spruce, maple and birch.

Tourist traffic in New Brunswick during the past summer left nearly \$3,000,000 in the province, an amount almost equal to the total provincial revenue, according to an estimate of the New Brunswick Tourist Association. Approximately 70,000 tourists visited the province.

One thousand British Columbia rose bushes are being shipped to Portland, Ore., "the Rose City." Portland, famous all over the continent for its roses, buys the varieties produced in British Columbia because they are the hardiest and best suited for growing in North America.

Silver production in Ontario for 1924 will not vary materially from that of 1923, judging by figures available for the first nine months of the year from the reports of several operating companies, though some increases will be shown. Production to date has amounted to about \$19,500 a day.

Caribou have been seen in very large numbers this season in the northern part of Yukon territory. Old-timers say that the main herd must have numbered tens of thousands, while in some of the smaller herds that had broken temporarily from the main herd there were hundreds and sometimes thousands.

The very first aerial stowaway ever known was discovered recently aboard a plane in the Laurentide Air Service, Limited, operating on its Rouyn gold fields service in association with the Canadian Pacific Railway. The serious effect of the extra weight on the flying powers of the machine was so noticeable that it led to the man's discovery. As he had hidden himself with a desire to see his sick wife and child, he was not punished.

The enormous contribution to the wealth of Canada made by the Canadian Pacific Railway was alluded to by E. W. Beatty, K.C., Chairman and President of the Company, when, speaking at Welland, Ont., on November 7th, at the celebration of the 100th anniversary of the building of the first Welland Canal, he stated that the company in 1923 dispersed in the Dominion \$202,000,000 in wages and materials, and \$7,000,000 in taxes of all kinds.

November 7th was the 39th anniversary of the driving of the last spike in the main line of the Canadian Pacific Railway, an event which completed the Dominion's first transcontinental railroad, fulfilled the terms of Confederation and made Canada a nation. A stone monument now marks the spot at Craigellachie, in the Rocky Mountains, where Lord Strathcona (then Sir Donald A. Smith) wielded the hammer which united East and West.

MRS. B. H. HART SICK FOR YEARS

Wants Women to Know How She Was Made Well by Lydia E. Pinkham's Vegetable Compound

Corwall, Ontario.—"I am now giving your medicine a fair trial and it surely is doing me good and I am going to keep on taking it. I used to feel so tired in the morning that I didn't want to get up, but that feeling is leaving me now. I also sleep better and feel more like working. For seven or eight years I have had headaches, tired feet, back pains, and my body aches. I had letters in the newspapers saying what good Lydia E. Pinkham's Vegetable Compound had done others. My husband says I quit too soon, but I am not going to stop taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine until I am better and haven't an ache or a pain. Isn't that the right way? I have great faith in your medicines. They must be good when those who take them speak so highly of them. I am recommending them to my friends and I will gladly answer letters from women asking about them."—Mrs. BURT H. HART, Box 1021, Corwall, Ontario.

Mrs. Hart wants to help other women and is willing to answer letters from sick women asking about the Vegetable Compound.



Children Cry for Fletcher's CASTORIA

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of Constipation, Wind Colic, Flatulency, To Sweeten Stomach, Diarrhea, Regulate Bowels, Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates. To avoid imitations, always look for the signature of J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

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Insist on BAYER TABLETS OF ASPIRIN Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24-years for

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- Pain Toothache Neuritis Rheumatism

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Cooked Ham, Spare Ribs, No. 1 Corn Beef
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More bread and better bread