

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 Spadina House, Spadina Crescent, Toronto.

New healing cults are springing up all around us. Some base their claims on auto-suggestion, some on faith healing, some on a movement or adjustment of the spine. Deep below all these superficial requirements one great fact stands out supreme. One must live a natural, healthy life. All the auto-suggestions in Christendom or out of it will not cure a headache brought about by a stuffy atmosphere if the patient cannot get fresh air. Cough and all his associates cannot drive one case of constipation if the patient persists in eating the foods or combinations of food that cause the constipation.

It has been impressed on me of late very forcibly that the reason for the coming into being of all these cults and healers is because we as a nation have not followed nature's laws or practiced the rules of life that will bring good health in their train. The catchword, the auto-suggestion, is merely an inspiration, but first of all we've got to practice the simple and fundamental health rules, otherwise the auto-suggestions or the adjustments will bring no permanent relief. There was once a tramp who called at a farm house, and told the residents he could make stone-broth. Yes, he could make broth out of a stone. The farmer and his wife were impressed. They were inclined to be skeptical but thought they would like to see such an interesting thing attempted. So the tramp was provided with a large sauceman and into this he put some water and a large flat stone that he carried in his pocket. The watchers were deeply interested, but as is usual in such cases it took an unusually long time for the water to come to the boil. The tramp was anxious to finish his

demonstration as soon as possible so he asked if, to hurry matters and get the stone-broth developing, he could be given some old scraps of meat. This was willingly provided and the little party anxiously gazed at the contents of the sauceman. The water was beginning to bubble and the tramp was quite pleased. If only he had a handful or so of barley he said he could make the experiment go twice as fast, so the barley was added. He even managed to help the wonderful stone by putting some scraps of lettuce, onions and potatoes that had been left over into the sauceman and very soon the mixture got quite tasty and the honest farm people looked on in wonder at the marvelous tramp produced a pot full of very good soup.

There is a moral here that seekers after health might do well to study. It was not the stone that made the soup, but the stone was needed to attract and hold the attention. If we could only get the public impressed with the importance of right living, eating the right kind of food and the right combinations of food, sleeping in well-ventilated bedrooms, keeping the body clean by frequent bathing, spending as much time as possible out-of-doors, and taking healthful exercise, and avoiding excesses of all kinds, there would be no need for new cults. Mothers would give their infants a good start in life by feeding them at the breast, and as they grow older, having their health kept under supervision at the baby clinics. If the health rules are then practiced and children taught hygienic habits, there is every hope that the coming generation will be better physically, mentally and morally than the present generation or those that have gone before.

HEALTH FOR WEAK DESPONDENT PEOPLE

From End to End of Canada Dr. Williams' Pink Pills Doing Good Work.

There is not a nook or corner in Canada, in the cities, towns, villages and on the farms, where Dr. Williams' Pink Pills have not been used and from one end of the country to the other people sound their praise. You have only to ask your neighbors and they can tell you of some run down man, suffering woman, ailing youth or unhappy anaemic girl who owes their present health and strength to Dr. Williams' Pink Pills. The success of this medicine is due to the fact that it acts directly upon the blood, making it rich and pure, and thus brings new strength to every organ and nerve in the body. Mr. Andrew F. Webb, Melanson, N.S., tells what Dr. Williams' Pink Pills have done for him as follows: "I was in a run down condition from overwork and what the doctor called a nervous breakdown. My sister urged me to try Dr. Williams' Pink Pills. After taking several boxes I improved wonderfully and feel like a different person. I sleep well, eat well, and my nerves are stronger and with confidence I can recommend these pills to all weak, run down people."

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or they will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Banff-Windermere Road Opens in June.

The Minister of the Interior has set the date for the opening of the Banff-Windermere motor highway through the Canadian Rockies for traffic for Saturday, June 30. The official ceremony will take place about noon at Vermilion Crossing, a point midway between Banff, Alberta, and Windermere, British Columbia. It is proposed that motorists from the east of Banff end of the road and from the west of Windermere end should leave their respective points early enough in the morning of that date to meet at the Crossing at noon in time for the ceremony.

The new highway, which forms the connecting link in the 8,000 mile "Grand Circle Tour" through Western Canada and the United States, was completed last fall and the engineers expect that by the end of June everything will be in readiness for the opening and the summer traffic.

The new road is built through the heart of some of the finest scenery in the Rockies, seventy-three miles of it being through virgin mountain and forest country where many of the peaks as yet bear no name. One of the unique features of the road is that it crosses two mountain passes. The main range of the Rocky Mountains is traversed via the Vermilion pass at an altitude of 5,800 feet and later the road is carried over the Brisco range through the Sinclair pass at an elevation of 4,950 feet. The grades, however, are easy, the average being 3 per cent. A grade of 9 per cent is the maximum and this occurs only at one point over a stretch of about 400 feet.

Minard's Liniment for sale everywhere.

STORMY WEATHER HARD ON BABY

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep its stomach and bowels working regularly. This will not fall to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

PASSING OF FLOWER GIRLS OF OLD LONDON

PICTURESQUE FEATURE OF STREET LIFE.

Altered Conditions Reduce the Profits—Five Hundred Parade at Funeral.

Another of the picturesque features of London street life seems doomed to pass. The flower girls are an expiring race and their total extinction is threatened by changed economic and social conditions which have come about in these post-war days.

This was emphasized grimly the other day when a mere remnant of the "girls" gathered in fashionable St. Clement Danes Church in the Strand to pay funeral honors to one of their number, "Fanny," a rare personality who for thirty years had offered her blooms daily under the shadow of St. Paul's Cathedral. In the days when royalty went to St. Clement's it was always "Fanny" who made the presentation bouquets and the wife of the present vicar of the church, who for years has been the patroness of the flower girls, made all arrangements for her funeral and paid public tribute to Fanny's staunch and helpful character.

When the funeral service was concluded the procession of 500 flower girls followed the coffin from the church along Fleet Street and past Fanny's pitch on Ludgate Hill. It was the first time within memory of those who looked on that such a funeral had been seen in bustling Fleet Street and under a heavy London fog it was like a darkened picture from Victorian times.

Visit Barrooms.

The favorite pitches of the remaining flower girls (they are all called girls, although most of them are rather aged widows) are at Charing Cross and Piccadilly Circus, where they offer their blooms to the thousands who daily pass those thoroughfares. Occasionally they leave their pitches to "do the pubs," where they dispose of their wares to bar patrons deep in settling such questions as the French occupation of the Ruhr and the ultimate place of Mr. Gladstone in the history of British statecraft.

But these days all the "girls" complain about hard times. In black shawls and black straw hats they are at Covent Garden long before daylight to fill their baskets and it's a good week when their sales total thirty shillings. In all kinds of fog, wind and

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative



Hurry Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even if cross, feverish, bilious, constipated or full of cold, children love its "fruity" taste, and mothers can rest easy because it never fails to work all the souring food and nasty bile right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

rain they stand in their accustomed pitches and in soft-toned not unusual voices cry their wares: "Lovely violets, lovely violets."

But as a jolly-faced woman in Piccadilly Circus explained, "Trade's bad; people haven't got the money. There is only twopenny to be made on a shilling's worth of violets these days. It was sixpence before the war. Flowers is terrible dear."

Monument and Tablet for Fort Moncton.

The historic site of Fort Moncton at the mouth of the Gaspereau river, near Port Elgin, N.B., known before the year 1755 as Fort Gaspereau, and one of the strongholds of French Acadia, is to be redeemed from oblivion by the erection of a monument and tablet bearing record of the historic interest of the site. The capture of Fort Gaspereau and Beauséjour by the British and New England forces was the prelude to the fall of Acadia as a French colony and was immediately succeeded by the dispersal of the Acadians. Beyond a few soldiers' graves there is little now on the site of Fort Moncton to mark the momentous events of 1755. The Canadian National Parks Branch, on the recommendation of the Historic Sites and Monuments Board, has decided to take immediate steps to place there on a permanent memorial of this ancient battle ground.

Not Getting His Money's Worth.

Freddie came out of the candy shop with a big lollipop proudly displayed in his fist.

"What ye got?" asked his friend Ernest.

"An all-day sucker," replied Freddie. "Ay, what's the use? It's five o'clock now!"

Contentment may be better than wealth, but they ought to go together.

Out of one hundred men, about forty per cent. talk in their sleep. Among women the figure is thirty-five per cent.

Roland is a thoughtful little fellow who likes to ask questions. One day he was watching his father feeding the chickens, when suddenly he looked up with a puzzled face, and asked, "Papa, doesn't the other end of a feather hurt a chicken?"

Cough?

Take half a teaspoon of Minard's Liniment internally in molasses. Heat liniment and rub well into affected parts for external treatment. Soothes—penetrates—prevents.

Minard's Liniment

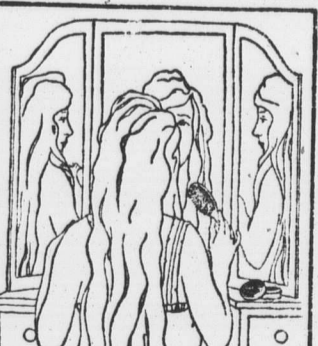
The Family Medicine Chest

INDIGESTION, GAS, UPSET STOMACH

Instantly! "Pape's Diapepsin" Corrects Stomach so Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

PETRIE'S MACHINERY TORONTO



Thick Lustrous Hair Kept So By Cuticura

At night touch spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with a wash of Cuticura Soap and hot water. Rinse with tepid water. Keep your scalp clean and healthy and your hair will be luxuriant.

Soap 25c. Ointment 25c and 50c. Taken 25c. Sold throughout the Dominion. Canadian Depot: Empire Limited, 344 St. Paul St., W., Montreal. **Don't** Cuticura Soap shares without using.

ISSUE No. 9-23.

WILLIAMS TELLS OF WASTED CASH

Declares He Spent Hundreds But Wife Continued to Suffer Until Tanlac Ended Stomach Trouble.

"I never saw such a change as Tanlac has made in my wife and she says she is feeling like a girl of sixteen now," declared Howard Williams, a well-known shoemaker of 28 Cornwall St., Toronto, Ont., recently.

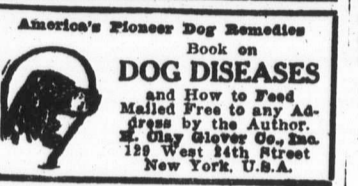
"For years she had suffered from indigestion and was so weak and run-down I often thought she would fall in her tracks. Nearly everything she ate disagreed with her and at times she was simply in agony. Her nerves were so unstrung the least little thing would worry and upset her for hours and she could scarcely get any sleep.

"Well, after spending hundreds of dollars on different medicines, I didn't have much hope that Tanlac would help her, but, it's a fact, when she finished the treatment, every ailment was gone and she was eating, sleeping and feeling fine. That was several months ago and since then her health has been splendid. Hereafter we will always pin our faith to Tanlac."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

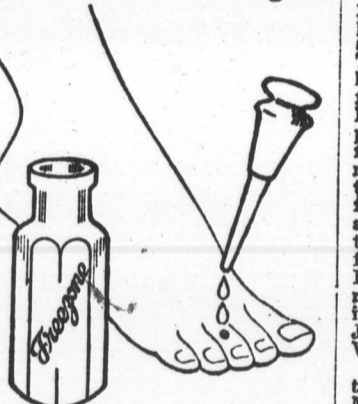
The word "ahh!" is usually wrongly used, as it means "elsewhere."

Minard's Liniment used by Physicians.



CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Chest colds—broken!

Inflamed membranes, congestion, oppressive pain. Apply Sloans to chest and throat. It scatters congestion—your cold is gone!

Sloan's Liniment

Made in Canada—kills pain! For rheumatism, bruises, strains, chest colds

Classified Advertisements.

SALESMEN WANTED. EXCEPTIONAL OPPORTUNITY FOR earnest, intelligent men. Permanent money-making business selling Watkins 150 Quality Products. World's largest factory to consumer sales organization, established 84 years. Sureties required. Write the J. R. Watkins Company (Dept. HC), Hamilton, Ont., for full particulars.

FEMALE HELP WANTED. EARN \$20 WEEKLY. SPARE TIME at home, addressing, mailing, music, circulars. Send 10c for Music Information, etc. American Music Co., 1688 Broadway, N.Y.

EUBAM CLOVER. HUBAM CLOVER THE GREAT annual. Write for interesting information D. Fraser, R.R. 2, Alderton, Ontario.

Much of the wrongdoing of the world results from busy-oneself with things that don't matter.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

YOUNG DAUGHTER MADE WELL

Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B.C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who had heard of a woman who was taking it for the same trouble, we were told of Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was represented to do and we have told a number of friends about it. I am never without a bottle of it in the house, for I myself take it for that weak, tired, worn-out feeling which sometimes comes to us all. I find it is building me up and I strongly recommend it to women who are suffering as I and my daughter have."—Mrs. J. McDONALD, 2947 28th Ave. East, Vancouver, B.C.

From the age of twelve a girl needs all the care a thoughtful mother can give. Many a woman has suffered years of pain and misery—the victim of thoughtlessness or ignorance of the mother who should have guided her during this time. If she complains of headaches, pains in the back and lower limbs, or if you notice a slowness of thought, nervousness or irritability on the part of your daughter, make life easier for her. Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Accept only an "unbroken package" of Bayer Tablets of Aspirin, which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada of Bayer Manufacturing of Monro, accessories of Bayer Tablets. Write to Bayer Manufacturing of Monro, 500 Broadway, New York, N.Y., for full particulars. The name of Bayer Tablets will be stamped with their general trade mark, the "Bayer Cross."