

HEALTH EDUCATION

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldg., Toronto.

Children as a rule do not get enough sleep. On account of their rapid growth and development and their almost ceaseless inclination for play and activity their little frames get physically exhausted and need plenty of rest. Only during sleep is absolute rest obtained for the brain and nervous system generally. The infant should spend most of its time in sleep; the child of four at least half of its time. The child of seven should have at least eleven hours, and the child of nine as much as ten hours or more.

Children require more sleep in winter than in summer, and this necessity should be recognized; they should go to bed early, for the most refreshing sleep is obtained in the first few hours after going to bed.

The child will readily adopt these habits if it is trained to them, and it is just as easy to teach a child the right way as it is the wrong. To let a child stay up late at night is a practice that has nothing to commend it. It is allowed by some parents as a matter of expediency or personal comfort, because they will say the child, if it goes to bed early at night, wakes up the whole household at day-break next morning. This, however, is again a matter of habit, for up till nine years of age the child should have at least ten hours sleep.

The brain benefits from regularity of rest, no less than the stomach from regularity in meals. The signs of insufficient sleep are mainly mental, not largely physical as well. They are most marked in the case of the child, and children who get too little sleep are readily recognized. They are anaemic, languid, dull, drowsy and stupid. The appetite is poor, the growth is stunted. The face is pale; the eyelids are heavy; the eyes sunken and dark ringed. These children are

not inclined to muscular activity and are incapable of learning. Occasionally children showing such signs are found in the upper standards of the school. They are often hard-working, clever children. When found, they should be spoken to and advised, and the parents also warned of the risk of overworking the brain. Less time given to study, and more to recreation and sleep will often work wonders in such cases. In cities, children of the very poor often show the effects of lack of sleep through selling papers, sometimes till midnight. In the country districts children often suffer unnecessary fatigue through the strain of home work. Teachers, of course, insist that the junior pupils do a certain amount of homework, and rightly so, but the nature of the study and time required to master it should be carefully arranged. In no case should the work given children at home interfere with their time for recreation or sleep.

The bedroom should be kept airy and well ventilated. The body will not suffer if well and properly clothed. If consumptives and babies can sleep in the open air and thrive on it, there is no reason why healthy adults and children should not do so also.

Children should also be taught to go to the lavatory at the same time each day. This arrangement if consistently carried out makes for health, in that it tends to prevent constipation with its attendant ill arising from general lowering of tone and loss of appetite.

Plenty of restful sleep, and the right kind of out-door exercise, together with good nourishing food, are the essentials for a healthy active childhood. With these supplied, the growing child may be expected to make the best progress at home and at school provided its general health is good.

the bodies away, hiding them in a secret burial place.

Here the bodies remained for more than a century, when they were removed to the original tomb. During the Velerian persecution they were hidden again and afterward St. Paul's remains were buried in the spot on which now stands the Church of St. Paul.

The Liber Pontificalis tells us that the Emperor Constantine, after his conversion ordered that the body of St. Peter should be encased in silver, within a sarcophagus of brass. The Emperor then placed a cross of gold weighing 150 pounds, on which was inscribed the name of his mother and himself. The tomb was then decorated with jewels, while the altar and walls were hung with silver lamps. The brass sarcophagus was then placed in a chamber, which was faced with gold plates.

The disappearance of all these jewels and plates occurred during the sacking of Rome in 847 A.D., when the old Church of St. Peter, erected in his honor by Constantine, was resecrated, and this also happened later, in 1527. No reputable writer of that time tells whether the sarcophagus was desecrated. Only an old letter discovered fifteen years ago, written on June 17, 1527, by Theodoricus Vafer, says that "the tomb in which the bones of the holy Peter and Paul were laid, they, the imperial troops, broke and profaned."

Completing the Excavations.

Modern archaeologists refuse to believe this casual chronicler, especially as Father Torrigio, in 1594, when the basilica was being demolished to make way for the present church of St. Peter, writes that the architect of the new church, Della Porta, opened a hole in the pavement and sent for the Pope, Clement VIII, to view it. The Pope, accompanied by two cardinals, Bellarmine and Sfondrati, visited old St. Peter's, and with a lowered candle saw below the church a marble sarcophagus with a cross of gold on top. This cross evidently was that which the Emperor Constantine placed there, but the brass was gone.

The Pope was so overawed that he ordered the cardinals to cover up the hole with rubbish and rubble. The architect also saw the tomb. The spot would have been exactly where, in the present St. Peter's, is venerated the tomb of the Apostles. Torrigio writes that the Pope bound the cardinals to secrecy of what they had seen, but the story was made public.

Visitors to the church are many and the sacristan, Frate Damiano, an ardent archaeologist, enjoys showing every one the new finds. It was due to his passion for digging in the cellar that many valuable inscriptions were brought to light before the official excavations were undertaken. As he wishes to see the tomb of the Apostles before he dies he is working hard to aid the excavations.

A SMILE IN EVERY DOSE OF BABY'S OWN TABLETS

Baby's Own Tablets are a regular joy giver to the little ones—they never fail to make the cross baby happy. When baby is cross and fretful the mother may be sure something is the matter for it is not baby's nature to be cross unless he is ailing. Mothers, if your baby is cross; if he cries a great deal and needs your constant attention day and night, give him a dose of Baby's Own Tablets. They are a mild but thorough laxative which will quickly regulate the bowels and stomach and thus relieve constipation and indigestion, colds and simple fevers and make baby happy—there surely is a smile in every dose of the Tablets. Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Jest Fishin'.

One doesn't care much for politics, Or questions big and great, When his mind is on the minny pail Or a place to dig his bait.

He doesn't think of sickness, Ah! he never could be ill When he feels the line a-tuggin' With that joyous sort of thrill!

The place to lay aside your cares, Yer yearnin' and yer ishin' Is in a boat beneath the sky; Jest sittin' there a-fishin'.

Ask for Minard's and take no other.

Invocation.

I thought that beauty was forever dead, Until I saw a daffodil abloom And two bright tulips in my garden bed And silver spills beyond my little room.

I thought that grief would never go from me, Yet how wonderful are all the days; I am no longer hurt by misery But wild with joy and tremulous with praise.

O God, let not too many white stars fall, Nor let your bushes bloom in one small hour.

I could not bear the beauty of it all, For I would pause with awe before each flower And touch each blossom with my finger-tips And feel the wind's first sweetness on my lips.

Photography is eighty-two years old next August, the secret of the first pictures, those of Daguerre, having been disclosed in 1839.

A DESIRE TO EAT WHAT YOU WANT

Stomachs Can be Restored to a Healthy Condition.

Not to be limited in diet, but to eat whatever he pleases is the dream of every dyspeptic. No one can honestly promise to restore any stomach to this happy condition, because all people cannot eat the same things with equally satisfactory results. But it is possible to so tone up the digestive organs that a pleasing diet may be selected from articles of food that cause no discomfort.

When the stomach lacks tone there is no quicker way to restore it than to build up the blood. Good digestion without rich, red blood is impossible, and Dr. Williams' Pink Pills offer the best way to enrich the blood. For this reason these pills are especially good in stomach trouble attended by thin blood, and in attacks of nervous dyspepsia. Proof of the value of Dr. Williams' Pink Pills in cases of indigestion is given by Mr. John A. McDonald, Tarbot, N.S., who says: "Every sufferer from indigestion has my heartfelt sympathy, as I was once myself a bond slave to it. Eating at all became a trial, and as time went on I became a mere skeleton of my former self. I took all sorts of recommended medicines, doctors' and advertised, but to no avail. Then a friend said to try Dr. Williams' Pink Pills. I got a box and I thought before they were done I could feel a change. Then I got six boxes more, and by the time they were used I was eating my meals with regularity and enjoyment. My general health is now good, and it is no wonder that I am an enthusiastic advocate of Dr. Williams' Pink Pills."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

What the Boy Scouts Are Doing.

Has Walkerton got the "Scoutiest" family in Ontario? Mr. Fred B. James, County Engineer, is a former Scoutmaster and a member of the Troop Committee of the present 1st Walkerton Troop. His son, Treve James, is Scoutmaster, and three younger sons are members of the Troop. A daughter is Captain of the local company of Girl Guides and the youngest in the family, a little girl, is a member of the "Brownies"—the junior branch of the Girl Guides.

The 51st Toronto Troop has a Women's Auxiliary with Mrs. William Kay, mother of the Troop Leader, as president. The auxiliary is arranging for a garden fete for the Troop to be held on the grounds of Beech Avenue Methodist Church on June 18th.

Boy Scouts throughout the province have been busy recently assisting local committees having the Red Cross and National Sanitarium Association Campaigns in charge. Toronto Scouts alone distributed contribution envelopes to 75,000 homes and a few days later returned to gather them up again.

Carleton Place Scouts have a baseball team which is the talk of the whole county. On Victoria Day they journeyed to Lanark and defeated the Lanark crack junior team to the tune of 8 to 6.

Most Ontario troops were on the trek on Victoria Day and a great many also on the King's Birthday. Lindsay Scouts held a field day with Fenelon Falls at the latter place. The 1st Whitby and the 3rd Oshawa Troops hiked together to Quigley's Woods for games, camp cooking and other exercises. The two Belleville Troops journeyed to Foxboro to help the Foxboro Troop with their sports, and the Westport Troop spent the day with their brother scouts of Brockville. As the Scout Movement spreads throughout the province similar get-togethers will no doubt be much more frequent.

The only part of the King's Birthday programme carried through at Lindsay was a demonstration by the Boy Scouts of Lindsay, Fenelon Falls and Canington, the other events being cancelled because of bad weather. To Scouts there is no "bad" weather. There are just a whole lot of different kinds of good weather.

During the month of May new troops were formed or old troops reorganized at St. Thomas, Cayuga, Coltonville, Deseronto, Belleville, Lawrence, Marjona, Enterprise, Tamworth, Chester, Iroquois, Cardinal, Kingston, Osgoode, Metcalfe, Russell, Verona and Avonmore through the efforts of the two special field representatives of the Provincial Council for Ontario. If your town is not a "Scout Town" yet, drop a line to the Boy Scouts Association, Bloor and Sherbourne Sts., Toronto, and ask how you can help to make it one.

Opposums, which were introduced into New Zealand from Australia many years ago, have increased until they have become a pest in the fruit-growing regions. Nevertheless, their value for fur outweighs the damage they do. It is therefore proposed to give them every chance to breed in the forested regions. Watermelons, too, grow in New Zealand.

BITS OF HUMOR FROM HERE & THERE

Sad Difference.
Harold—"What's in a phrase?"
Margaret—"Well, before you married me you used to say, 'How womanly!' whenever I did anything; now it's, 'That's just like a woman!'"

How He Wanted It.
"Any special way you want your hair trimmed?" asked the barber.
"Yes, with the scissors," replied the crusty patron. "If I wanted it trimmed with passementerie and a bird's wing I'd have gone to a milliner."

Not Possible.
When a lady who was "burning up the road" on the boulevard was overtaken by a traffic officer and motioned to stop, she indignantly asked:
"What do you want with me?"
"You were running forty miles an hour," answered the officer.
"Forty miles an hour? Why, officer, I haven't been out an hour," said the lady.
"Go ahead," said the officer. "That's a new one on me."

Wrong House.
The book agent rang the bell.
"Have you a Charles Dickens in your house?"
"No, we haven't," said the woman who answered the ring.
"Or a Nathaniel Hawthorne?"
"No, I guess, mister, you got our house mixed up with the boardin' house two doors further along. Try there."

Not His Sisters.
"I say," he asked, as he stood in the streets of Paris for the first time and watched two Sisters of Mercy pass, "what kind of wimmen is them I seen go along, all in black, with a white thing round their face and neck?"
"Oh," replied the man addressed, "they're Sisters of St. John the Baptist."

"Get out!" was the sneering answer. "You can't fool me. Why, John the Baptist has been dead for centuries."

They Was Walls.
After a block of new houses had been partly finished, the builder and his foreman went on a tour of inspection. The former left his assistant in one house and went into the adjoining one, when the following conversation ensued:
"Can you 'ear me, James?"
"Yes."
"Can you see me?"
"No."

The builder rejoined the foreman, and remarked, with a self-satisfied air: "Now, them's what you can call walls!"

Work, the Solution.

I am the foundation of all business.
I am the source of all prosperity.
I am the parent of genius.
I am the salt that gives life its savor.

I have laid the foundation of every fortune.
I can do more to advance youth than his own parents be they ever so wealthy.

I must be loved before I can bestow my greatest blessings, and achieve my greatest ends.
Loved, I make life sweet, purposeful and fruitful.

I am represented in the humblest savings, in the highest stack of bonds.
All progress springs from me.
Who am I?
I am WORK.

MONEY ORDERS.
Send a Dominion Express Money Order. They are payable everywhere.

The distinctive scientific fact in the recent great earthquake in China is that it literally made the whole world tremble. Most earthquakes are local. They usually originate in the ocean near an island or a continent and radiate inland. The crust of the earth, which is estimated to be from fifty to one hundred miles in thickness, must from time to time undergo readjustment to changes in internal heat and to other internal happenings, but a quake that is felt and recorded the whole world over is unusual.

Women who play golf number more than 50,000 in England and Wales alone.

To a lover there are but two places in the world—one where his sweetheart is and the other where she isn't.

Rural Route No. 1, Maccoche, Quebec.
The Minard's Liniment People.
Sirs—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago, but they grew again till about three months ago I had one as large and shaped like a lady's thimble on the very place where my hair should be parted, and it was getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your liniment for another purpose and saw on the label good for tumors. Well, I tried it and kept at it for exactly two months, with the result that it has entirely removed all trace of the tumor, and were it not that they had been cut fifteen years ago, no mark would be seen. I have not been asked for this testimonial and you can use it as you see fit.
(Signed) FRED C. ROBINSON.
P.S.—I am a farmer and intend using Minard's Liniment on more for a strabed tendon, and am hoping for some results.
FRED C. R.

AFRAID TO GO OUT ON STREET ALONE

MRS. BEVERAGE LIVED IN FEAR OF ATTACKS.

Dizzy Spells Overcome After Taking Tanlac and Doesn't Feel Like Same Person.

"Tanlac has relieved me of my suffering and I just can't praise it enough," said Mrs. Margaret Beverage, 305 Hughson St. North, Hamilton, Ont. "For two years my appetite was very poor and I suffered a great deal from formation of gas on my stomach. I was also troubled with frequent attacks of dizziness and was actually afraid to go out or even get away from something to hold on to. One of these dizzy spells came on while I was calling on one of my grandchildren on the lawn. Last spring, when I started taking Tanlac, I had been confined to my bed for a month and was so weak I could not walk."

"Tanlac helped me from the very start, as I have not had a weak spell since I started taking it and I feel so good I can hardly realize that I'm the same woman. The dizzy spells are gone, my appetite is fine and everything I eat agrees with me perfectly. I have recommended Tanlac to any number of my friends and, I am glad to say, it has benefited them all. I just wish I could tell everybody who suffers as I did what Tanlac did for me."

Tanlac is sold by leading druggists everywhere. Adv.

Glassmaking in Belgium.

Glassmaking is one of the great national industries of Belgium. Even before the war it was a source of large wealth, and to-day it is playing an important part in rehabilitating the country. Belgium has been famous for its glassmaking for many centuries, and at the present time glass holds first rank among the general exports from Belgium to all other countries. There is scarcely a civilized nation in the world that is not more or less dependent upon Belgium for window glass, mirrors and table glass.

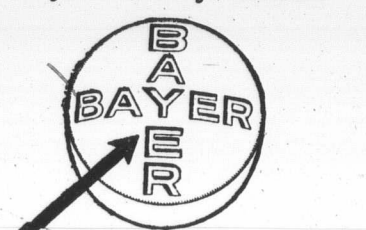
Minard's Liniment Relieves Neuralgia

Lucky the boy who lives in the land of trout streams! To push through the tall ferns, crawling foot by foot to within reach of the deep, quiet pool just under the bank, there to steep a cast over the willow bush and have the fly light neatly on the glassy surface; then to feel it spin away at the strike of some lusty patriarch of the river—that is for boyish delight and for lasting memories in places remote from brooks.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author,
W. Clay Glover, Co., Inc.,
115 West 21st Street
New York, U.S.A.

ASPIRIN

"Bayer" is only Genuine



Warning: Unless you see the name "Bayer" on the package or on tablets you are not getting genuine Aspirin. 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 Monoaceticacidester of Salicylicacid.

CUTICURA HEALS ECZEMA

All over baby's face. Came in water blisters and then formed a solid scale. Began to itch and burn so had to bandage his hands as he wanted to scratch. Face was badly disfigured. Trouble lasted 4 months. Began using Cuticura Soap and Ointment. Used one cake Soap and one box Ointment when he was healed. From signed statement of Mrs. Albert Ellis, Waterberg, N.S.

For every purpose of the toilet Cuticura Soap, Ointment and Talcum are supreme.

Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, St. Paul St., Montreal.

Cuticura Soap shaves without mug.

Saves Time-Saves Health

Here is a table drink made as quickly as you can pour hot water into the cup

INSTANT POSTUM

delights the taste, and causes none of the harm that often comes from tea and coffee.

"There's a Reason"

