

## BITS OF HUMOR FROM HERE & THERE



### No Chance.

Sandy McTavish—"Why, when I was a young man it was nothing for a youngster to get a job in London in some hotel, and it wasn't long before he owned the whole place."

Angus—"Aye. No doot, but since then they've invented cash registers."

### In Haste.

At an amateur musical entertainment given in an Ohio town the host was nervous and inexperienced. He arose hurriedly at the conclusion of one song.

"Ladies and—er—gentlemen," he began, in a shaky voice, "before Miss Spiffkins started to—er—sing, she asked me to apologize for her—er—voice, but I omitted to do so—er—so I—er—apologize now."

### An Unjust Teacher.

It was the infant-class's alphabet lesson, and the teacher had progressed as far as the letter "B" when she noticed that one little girl was obviously "wool-gathering."

Walking over to her, and pointing to the letter on the blackboard, she asked:

"Now, Maggie, what letter is that?"

Maggie, of course, did not know, so teacher, with a gentle shake, explained:

"Letter B, letter B."

"Please, teacher," answered the child, with one tearful eye on the child next to her. "I ain't touching her!"

### Too Bad of Him.

The mother of the young husband went to the bridal nest, and found her daughter-in-law in tears.

"My child," she gasped, "what is the matter? Has anything happened to George?"

"No," sobbed the young wife; "but my heart is b-breaking. He's taken to stopping out late at night!"

"What, already?" said the mother, in consternation. "It doesn't seem possible. How late does he stop out, dear—very late?"

"Well," said the bride, "you know he usually leaves his office at half-past five. The night before last he didn't get home till half-past six, and last night," she sobbed bitterly, "last night it was a quarter to seven! What shall I do?"

The danger of blood pressure lies in the weakening of the arteries, due usually to age.

## MUCH ILL HEALTH DUE TO BAD BLOOD

If the Blood is Kept Rich and Red You Will Enjoy Health.

More disturbances to health is caused by weak, watery blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment and you may be troubled with insomnia, neuritis, neuralgia or stasia. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders try building up the blood with Dr. Williams' Pink Pills. These pills have a special action on the blood and as it becomes enriched your health improves. The value of Dr. Williams' Pink Pills in cases of this kind is proved by the experience of Mr. D. J. McDonald, North River Bridge, N.S., who says: "For some years I suffered severely with headaches, pains in the back and a run-down condition. At times the pain in my back would be so bad that I would sit up in bed all night. From time to time doctors were treating me, but did not give me more than temporary relief. And then one day when I was suffering terribly a neighbor came to see me, and urged me to try Dr. Williams' Pink Pills. After taking two boxes I felt relief. I got five boxes more and before they were all gone I felt as though they were giving me new life, as in every way they built up and improved my health and strength. I am now working as a baker in a pulp mill, ten hours a day, and feeling none the worse after my day's work. I say with pleasure that this condition is due to Dr. Williams' Pink Pills."

You can get Dr. Williams' Pink Pills from 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.

### "Nuffink Yet!"

Little Teddy was being taken home by his aunt to view the baby sister who had arrived the day before.

On the way they met a lady friend of his aunt's.

"Well, my little man," said the lady, "have you any brothers and sisters?"

"Yes," said Teddy. "I've got two brothers and one sister."

"And how old is your sister?" asked the lady.

"She's nuffink yet," replied Teddy; "but I'm two years old."

Minard's Liniment Relieves Distemper

## Teaching Future Farmers

With agriculture the first industry of Canada and likely to remain so, the farmer is a factor of paramount importance in the Dominion's national life, and the better farmer he is, the greater the benefit to the country. His sons and daughters are the farmers and farmers' wives of tomorrow, and so their education is really one of the most important problems of the country. To keep the children of the farm on the land, a love of the farm and all that pertains to it must be inculcated in early years, and so it is incumbent upon all who have national agricultural progress at heart to make the education of the young people along agricultural lines as pleasant as possible. Agriculture is a life profession, the study of which is never exhausted, and the earlier one commences seriously upon erudition, the greater are the chances for the most absolute success in the pursuit. The ideals of intelligent farming cannot be infused at too early an age, nor the young idea set too early with his feet in the right paths.

And so boys and girls in Western Canada are being taught in their early years how to farm so as to obtain the utmost from the earth and yet maintain it in all the richness of its virgin state, and how to rear the best type of animal, discovering for themselves the fallacy of bringing to maturity the scrub animal. Instead of viewing farming through the drudgery of chores, in which they see little romance, they become imbued with the nobility of the agricultural profession, and are keen to adopt the pursuit as their life work.

This object is best achieved by giving

the child his own plot of soil to cultivate or his own calf or lamb to raise, playing upon the natural instinct of love in possession, and the inherent desire of creating. To further encourage the young idea, special classes are arranged for at provincial exhibitions, at which the youngsters can exhibit the grain and cattle for whose production and growth they are responsible, and compete with other boys and girls of the West, receiving all the benefits of competitive criticism. The competitions cover many classes of farm endeavor, and there are equal chances for the youngsters of both sexes in the awards. Though girls, in many cases, are just as interested in grain and live-stock entries as their brothers, there are many classes in which they shine alone, all of which have relation to the multifarious duties of the Western farmer's wife.

No one can doubt the success of this system of education who is present at one of these exhibitions and senses the animation which pervades the atmosphere of the judging events. Excitement waxes high as exhibit after exhibit is eliminated, and reaches its pitch in the culminating selection of grand champions. And in regions which are producing grain and cattle which carry off world honors, it can readily be understood that these winners are most creditable examples of their kind.

But the most valuable feature of the work is the love of good farming for itself, which is fostered in the minds of the young generation, and the inspiration to raise more and better produce to their own and the national gain.

## A Better Table Drink

# INSTANT POSTUM



Made instantly in the cup by adding hot water—no delay and no waste. Delightful and satisfying in flavor, with none of the harm that sometimes comes from tea or coffee.

"There's a Reason"  
Sold by grocers 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 Bldg., Toronto.

The fight against tuberculosis is being won. It is now necessary for everyone, whatever his walk in life, to co-operate with the health authorities in their efforts to destroy completely this terrible scourge. For it is the little, everyday circumstances and habits that count so much in controlling the disease in any community.

All promiscuous spitting must be stopped, for many people who expectorate in trains, street-cars, on sidewalks, etc., have consumption, but do not realize what a danger they are to everybody round about them. These germs of tuberculosis let loose in this way, dry in the air, and are easily carried about in dust and breathed in by others.

Every chance must be given to children to escape the disease by keeping the milk supply absolutely free from tuberculous germs, and pasteurization—that is, subjecting the milk to a temperature of 65 or 70 deg. C. for five minutes—should be resorted to in every instance where there is the slightest possibility of contamination of the milk supply. By this means all dangerous germs will be killed off, and any likelihood of conveying tuberculosis or other diseases removed. A large percentage of gland and joint tuberculosis in children can be traced directly to tuberculous milk, and the public health departments in city and province are now adopting rigorous measures to segregate, make tests for tuberculosis and even destroy or isolate all cattle condemned, or suspected of carrying disease.

During school hours, well-ventilated class rooms must be provided, with intervals for deep breathing in the open air allowed regularly during the school day. A scheme of physical culture graded to suit school children of every age should also be made compulsory, and by this means encourage chest development and adequate expansion of the lungs.

At home the welfare of the children should be fostered by medical inspection of the houses for poor sanitation, ventilation, overcrowding, dampness, insufficient sunlight and any objectionable features that would tend to develop tuberculosis in the young. Healthy home surroundings, coupled with rigid inspection of factories, workshops and mines in regard to ventilation and sanitation as well as protective measures for the individual in some of the dangerous occupations where the air of the workplace is filled with unhealthy dust or vapors, are doing much to reduce the toll of deaths from consumption in every civilized land. If a government scheme of compulsory physical culture for youths and young adults can be inaugurated, the benefits from a health point of view will be enormous.

Before the outbreak of the world

war the campaign against tuberculosis was making remarkable progress in all civilized countries. In England at that time the death rate had declined so consistently that Dr. Cobbett of Cambridge, the eminent authority on tuberculosis, confidently stated that in ten years at the then rate of decrease, the number of cases of tuberculosis would be practically negligible. But along came the war and blasted all these hopes. Cold, wet, exposure, food restrictions, all took their heavy toll of human life, and poison gas used in the latter stages of the great conflict brought on the inevitable aftermath of asthma, and tuberculosis of the lungs. The death rate from consumption during the war rose tremendously in all combatant countries. Since the cessation of hostilities and the return of the people to more or less normal methods of living, the mortality is again decreasing. This happy condition of affairs is in no small measure due to the anti-tuberculosis campaigns which are resuming activities after being side-tracked during the war.

In Ontario, practically all the cost of the effort against tuberculosis, with the exception of an annual grant of \$10,000 from the Dominion Government to the Canadian Association for the Prevention of Tuberculosis, has been borne by the Province, but such assistance has been received from voluntary societies and from the efforts of the Canadian Society for the Prevention of Tuberculosis. But this is not enough. The prevention of tuberculosis is a national problem and should be undertaken in the broadest spirit by the Government of the Dominion with the co-operation and earnest support of the entire country.

Even under present circumstances the campaign in Ontario is being carried on energetically. The number of Sanatoria in the Province has increased from ten in 1910 to twenty-five in the present year, and an amount of \$4,000 is provided by the Government towards the cost of building a sanatorium, and the sum of \$3.50 weekly has been donated towards the cost of each patient. As a result of this policy the annual grants for maintenance have increased year by year from \$26,073 in 1910 to \$279,491.22 in 1919. Ten years ago the accommodation for patients in Sanatoria in Ontario was six hundred and fifteen, now it is about two thousand, and in addition the Government has given during that period the sum of \$32,000 towards the establishment of these institutions.

Let every individual give the Government all the help and encouragement possible. Learn to protect yourself from tuberculosis and teach every tuberculous person you know to protect himself and others. The fight against "The White Plague" is being won.

## THE BEST MEDICINE FOR LITTLE ONES

Thousands of mothers state positively that Baby's Own Tablets are the best medicine they know of for little ones. Their experience has taught them that the Tablets always do just what is claimed for them and that they can be given with perfect safety to children of all ages. Concerning them Mrs. Joseph Therrien, St. Gabriel de Brandon, Que., writes: "Baby's Own Tablets are the best medicine I know of for little ones. I thought I would lose my baby before trying the Tablets, but they soon made him healthy and happy and now I would not be without them." The tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

### With the Boy Scouts.

Grimsby Boy Scouts recently had their funds augmented to the extent of \$535 through the action of the Village of Grimsby and Township of North Grimsby Councils which made grants to them of \$250 and \$50 respectively, and of the Grimsby Civilian Life Association, which made them a grant of \$235. The Scouts of New Toronto were also the recipients of a grant from their municipal council, this one amounting to \$50.

Toronto Scouts are holding their first annual bicycle road race for the "Ratepayer Cup" and prizes on Victoria Day. There is already a large entry list for the event, which will cover an eight-mile course.

A Brockville merchant offers a very desirable piece of Boy Scout equipment for each of the first twenty boys of the 1st Brockville Troop to qualify as First Class Scouts.

Sudbury Scouts have entered a strong team in the local Junior Football League and are expecting to make a good showing when the playing season commences.

Miss Ethel MacLachlan, Judge of the Saskatchewan Juvenile Court, is a real Boy Scout enthusiast. In a re-

cent article contributed to a Saskatchewan paper she writes: "The Scout training encourages play and a life of activity. Some of the saddest cases I have had before me are the boys who do not know how to play—the little boy with the bent back and cracked hands, with no smile on his face—the boy who knows nothing but hard work and thus becomes discouraged and runs away from home and finally finds his way into the Court. 'All work and no play makes Jack a dull boy,' but while a boy should have lots of play he should also have work mixed in with it in his leisure hours. In many small towns in the province the hours from after school until bedtime are spent in wandering aimlessly around the streets; in pool rooms; or in Chinese restaurants, the result being that the boys have too much time on their hands for planning mischief. The Scout training is opposed to all this and provides play, work, and nature study for the boy in leisure hours." How about your town? Is it doing anything more for its boys than the town Miss MacLachlan describes?

Births and marriages in England and Wales during 1920 were the highest ever recorded. The number of deaths was the lowest since 1862, when the population was only about 20,000,000. There were 957,994 births and 466,213 deaths.

### MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

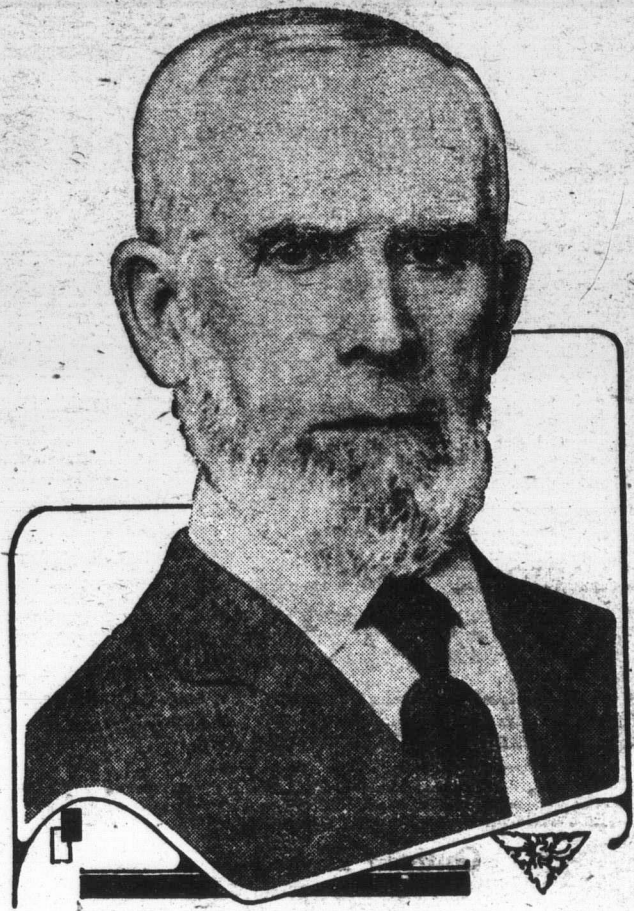
Canada has the largest combination elevator in the world, at Port Arthur, Ont., with a capacity of 10,000,000 bushels. It was built by the Canadian Northern Railway, and now belongs to the Canadian National Railways.

Nova Scotia was the first of the original Canadian Provinces to have a Provincial Government, founded by Great Britain, in 1719.

Douglas firs, the finest timber trees in the West of America, often grow so large that one tree will load up a train. Specimens of these trees 15 feet in diameter and up to 300 feet high have been found.

Minard's Liniment for Dandruff.

## Quaker Minister Is Grateful to Tanlac



Rev. Parker Moon

Nearly everybody in Southwest Missouri, U.S.A., either knows or has heard of the Rev. Parker Moon, who for a full half century has devoted his life and talents to Sunday school and organization work for the Society of Friends or Quakers.

"Uncle Parker," as he is more familiarly known, came from fine old rugged Quaker stock, and there is not a better known or more highly respected citizen in that part of the state. In referring to his remarkable restoration to health by Tanlac, he said:

"About five years ago I suffered a general breakdown. My principal trouble was nervous indigestion. My appetite was very poor and my food seldom agreed with me, and I had to live on a very restricted diet. I suffered a great deal from headaches and dizzy spells; I had severe pains across the small of my back and was badly constipated most of the time. In fact, I was so weak and rundown I was not able to attend to my duties.

"This condition made me very nervous and I could not sleep at night. Frequently I would lie awake most all night and was in that condition more or less for five years. My physician said he could not do anything for me and suggested a change

of climate. I then moved to Texas and went back and forth three times but did not get the relief I had hoped for. Finally I got so bad off I was not able to get around with any degree of comfort. I was also told I had heart trouble.

"I had read about Tanlac and, as it had been very highly recommended to me, I decided to try it. I got a bottle and had taken only a few doses until I could notice a marked improvement in my condition. I noticed especially that I was not troubled any more with sour stomach after eating, which was a great relief.

"I kept on taking Tanlac until I fully regained my health. My appetite is splendid; I enjoy my meals and I do not find it necessary now to take any laxative medicines of any kind. I can sleep much better and am not nearly so nervous.

"I take great pleasure in recommending Tanlac to anyone who suffers a good system builder, or who needs with stomach trouble. I have recommended Tanlac to a great many of my friends and am pleased to reach others by giving this statement for publication."

Tanlac is sold by leading druggists everywhere.

### Your Height.

Whenever a number of persons are gathered together and have enjoyed a good dinner, one is almost sure to remark:

"Isn't it extraordinary that a man weighs no more after eating a heavy meal than he did before?"

It would be extraordinary in the extreme if true, but it isn't. The man who tucks away two or three or three pounds of solid food, or of liquid, for that matter, will show it on the scales. This does not mean that if he eats, say, two pounds of food, he will weigh exactly two pounds more after dinner than before. The slight difference is due to the fact that the body is continually losing weight, whether one is eating, taking violent exercise, or doing nothing at all, by perspiration through the skin and by the moisture and carbon dioxide gas exhaled from the lungs. The more exercise, the greater the loss of weight, of course.

## 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 Manufacturing of Monoaceticacid-ter of Salicylicacid.

America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. E. Clay Glover Co., Inc., 118 West 21st Street New York, U.S.A.

At a certain athletic club records were kept for some time of the weight of members before and after dinner, and it was found that the average increase due to dinner was two pounds three ounces.

The average man will weigh one and a half pounds less after a Turkish bath than before, and a very fat man may lose two or three pounds. Men in good health who do very hard work not infrequently lose five pounds weight during the day and regain it during the night.

An optimist is a man who is happy when he is miserable; a pessimist is happy.



YARMOUTH, N.S.

Fishermen and Campers, Quick Relief.

PUT A BOTTLE IN YOUR OUTFIT

## Mrs. Lilian Taylor Tells How Cuticura Healed Her Baby

"Our baby was two weeks old when his face became very red and terribly itchy, and he was fairly crazy rubbing and scratching till the skin broke and bled. He could not sleep, and did nothing but cry. His face looked as though he might be disfigured for life."

"I thought I would give Cuticura Soap and Ointment a trial. I found the free sample so good that I bought more and two cakes of Cuticura Soap and a fifty cent box of Cuticura Ointment healed him." (Signed) Mrs. Lilian M. Taylor, Box 99, Bracebridge, Muskoka, Ont., Dec. 30, '18.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soften and soothe and Cuticura Talcum to powder and perfume are ideal for daily toilet purposes.

Soap 25c. Ointment 25c. and 50c. Sold throughout the Dominion, Canadian Depot: Lyman, Limited, St. Paul St., Montreal. Cuticura Soap shaves without razor.