

CANADA A COUNTRY OF MANY CLIMATES

WINTER IS ASSET RATHER THAN LIABILITY.

Roses on Vancouver Island at Christmas While Quebec Enjoys Curling Bonspiel.

Winter time in Canada has joys and advantages all its own. The pessimist does not agree with this statement. He complains that it is too cold, disagreeable and unhealthy; that it produces heavy coal and clothing bills, and the prevalence of serious illnesses and the interruption of traffic and general business.

Canada is a country not of one, but of many climates, with roses blooming at Christmas time on Vancouver Island, while Winnipeg, Montreal and Quebec are getting ready for their annual curling bonspiel. As a matter of fact, the climate of Canada constitutes one of its greatest advantages. Anyone who will take the trouble to glance at a map of the world will observe that Canada lies in the same latitude as the virile white races of Europe, and there can be no question that the climate of the northern temperate latitude is more favorable to the development of healthy races than are the more southern climates. Vital statistics bear this out. Nowhere in the world will a healthier class of children be found than in Canada, and the state of health of the children is perhaps the best indication of the advantages of the climate. Canada's death rate per 1,000, for example, is lower than that of England, Germany, Hungary, Spain, Sweden, United States, Chile, etc.

If it were not for Canada's climate, we would not be producing the finest milling wheat in the world; the prime of beef cattle; the growing output of timber and furs and the fine, vigorous race of young men and women that so cheerfully demonstrate, in the recent Armagedden its ability to endure and accomplish.

Long summer days, with short growing season, put the quality in "No. 1 Northern"; bracing cold weather puts bone and muscle, fat and hide on horses and cattle; snow solves the lumberman's and fur trapper's transportation problem, while to the lover of outdoor sports, winter time is a season to be anticipated.

From the Canadian Rockies to the shores of Nova Scotia, the first snowfall is hailed with delight. Lumbermen move into their winter camps and prepare to snake out logs; trappers and hunters look to the strings of their snowshoes; sleds and toboggans are brought from their summer resting places and enthusiastically overhauled; skiers dream of record jumps as they usher in winter with an initial run; and hockey players get down to training for the strenuous games that put the Canadian "Falcons" into the premier place at the Antwerp Olympic championship contests of 1919.

The ramparts—Dufferin Terrace—at old Quebec, take on a picturesque appearance little dreamed of in the days of Wolfe and Montcalm. Here, within a radius of 150 yards of the famous hostelry "Chateau Frontenac," skating, curling, ski-jumping, and tobogganing hold sway. A kaleidoscopic array of colors and costumes puts the finishing touch to an infectious atmosphere of the joy of living. Those who know it not—who annually go off suldering to Florida, California or Bermuda, whose experience yet lacks a taste of Canadian winters, will continue to be among the critics, but once having tried it, they find it good—and they come back.

They realize, as have others before them, that Canadian winters may well be added to the long list of this country's natural resources, and that Canadian winters are undoubtedly assets—and in capital letters.

All Mother's Fault.

"Look here, Elsie," angrily exclaimed the French teacher, "I've spent hours trying to drum this lesson into that thick head of yours, but it seems to be hopeless! On the top of this I have just seen your homework. Your French is disgraceful. I shall have to write to your mother about it!"

"Mamma will be very angry," replied Elsie calmly.

"I'm afraid she will," said the teacher; "but you deserve it."

"I don't mean with me," retorted Elsie; "I mean with you. You see, mother does my French lesson for me!"

Unpropitious Setting.

"Hum," said the magazine editor, "this is going a bit too far."

"What's the trouble?"

"A chap who says he has received fifty rejection slips from me in the last twelve months states in this note that he'd like to meet me."

"Well, you might grant the poor devil an interview."

THE HEALTHY MAN HAS THE BEST CHANCE

Is Always Full of Life and Energy—Failures Are Weak and Bloodless.

Some men seem to have all the luck. If there are any good things going these men seem to get them. If they are business men they are successful; if they are workmen they get the foreman's job. They have the power of influencing people.

The same is true of women. Some have the charm that makes men seek them out; others are neglected. But this is not luck. It is due to a personal gift—vitality. Men and women of this sort are never weak, puny invalids. They may not be big, but they are full of life and energy. The whole thing is a matter of good blood, good nerves and good health. Everyone would wish to be like this and the qualities that make for vitality and energy are purely a matter of health.

By building up the blood and nerves, sleeplessness, want of energy, weakness of the back, headaches and the ineffectual sort of presence which really comes from weakness can be got rid of. Dr. Williams' Pink Pills have made many weak, tired men, vigorous, and many pale, dejected girls and women, rosy and attractive, by improving their blood and toning up their nerves. If you are weak, low-spirited or unhealthy, try Dr. Williams' Pink Pills and note their beneficial effect.

You can get these pills through 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.

Women and Tree Planting.

The women of the Prairie Provinces have energetically taken up the subject of tree planting, which is one of the reasons for the steady development of this work. Aside from the cash returns which shelter-belts give on prairie farms they add much to the appearance and comfort of the home and this side appeals especially to the home-makers.

The first envelope ever made is kept in the British Museum.

Minard's Liniment for Garget in Cows.

BITS OF HUMOR FROM HERE & THERE

Embarrassing Moment.
Podger (to new acquaintance)—I wonder if that fat old girl is really trying to flirt with me?
Cooler—I can easily find out by asking her. She is my wife.

The Other Way.
The teacher had been talking about a hen sitting on eggs and, with the incubator in mind, asked if eggs could be hatched in any other way.
"Yes, sir," said an experienced person of nine. "Put 'em under a duck."

Quite True.
"Dolly," said her father, "your young man stays until a very late hour. Has not your mother said something to you about his habit?"
"Yes, father," replied Dolly, sweetly. "Mother says men haven't altered a bit."

Exciting.
Betsy's grandmother had been reading to her the Bible story of the Creation. When asked by her mother how she liked the Bible so far, she exclaimed:
"O mother, I love it. It is so exciting. You never know what God is going to do next."

Playful Firemen.
"These firemen must be a frivolous set," said Mrs. Dumpling.
"Why?" asked her husband.
"I read in the paper that after the fire was under control the firemen played all night on the ruins. Why didn't they go to bed like sensible men, instead of romping about like children?"

Retort Courteous.
Counsel for the prosecution had been bullying the witness for an hour, when he asked, finally:
"Is it true that there are traces of insanity in your family?"
"Very likely," answered the witness. "My grandfather, who was studying for the ministry gave it up to become a barrister."

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.

If ever direct evidence was needed to prove that the general health and physical development of the people are below par, the late war supplied that evidence. In England, Canada and the United States it was estimated that of the hundreds of thousands of young men who were volunteered or were drafted for active service, one-third were unfit to bear arms against the enemy, and had either to be rejected or else utilized for less urgent work at the base.

This article is not by any means an argument favoring military training, or compulsory service such as was the case in Germany before the war. It is solely to point out the dramatic fact revealed by medical examination of recruits, that a large percentage of young men who should be physically and mentally fit, are far from it, the regrettable part of this unfitness being that it is largely due to defects that could have been avoided or put right during childhood and early youth.

Prompted by these alarming statistics and impressed with the great necessity of having some organized scheme for helping the present generation of children to grow up healthier and more free from defects than that of the grown-ups of to-day, the Provincial Board of Health have recently commenced making searching examinations into the physical and mental condition of children of pre-school and school age throughout Ontario, and the results so far obtained are distressing. In many of the schools in rural districts where no medical examination of children had previously been made, defects were found in a large proportion of the children who were believed by their parents and teachers to be well and physically fit. The urgency of having these children receive proper medical and nursing attention is emphasized by the fact that most of the defects could be rectified if attended to early, before they have had a chance to become chronic and interfere with the child's health and normal growth. This is a serious state of affairs, and some means must be devised to deal with it comprehensively. The only solution seemingly would be to bring the entire childhood of the nation under medical supervision. How to bring this about is the problem

confronting all Public Health workers at the present time. The question is a tremendously big one, and has many aspects. In the first place the care of the child must begin actually before birth. On first thought this seems an impossibility, but with the establishment of a network of ante-natal clinics all over the country, the foundations of such a scheme would be laid. These clinics must be so widely established that they will touch every class of people in the community, but first of all there will have to be a campaign of education conducted in such a way as to demonstrate the great usefulness of these ante-natal clinics in child welfare work.

The general health of the prospective mother, her freedom from disease, the kinds of food she eats, the amount of exercise she takes, the little illnesses and indispositions which she may be subject to—these must all be thoroughly investigated. Sometimes a slight headache or swelling of the feet, seemingly insignificant, may be the direct forerunner of serious trouble that may prove fatal either to the mother or infant at the time of childbirth. There is a tendency for the average young woman who has never been told of the possible seriousness of seemingly trifling ailments during this critical period of her life to disregard these danger warnings and not consult a doctor at all.

It is to overcome this lack of knowledge among prospective mothers that the ante-natal clinics are being established. There is every hope that the public will soon begin to realize how great a benefit to themselves and to their offspring it will be to have specially trained doctors and nurses at these clinics where prospective mothers may go for advice, knowing that each individual case will be gone into thoroughly, and appropriate treatment recommended.

Ante-natal clinics have already been established in Toronto, Hamilton and London. By degrees they will be opened at every centre of population throughout the province, and from them good results will undoubtedly follow, when the public begin to realize how much they can do to improve the health and happiness of the mothers and children of this generation, and of the generations to come.

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Alfred Naud, Natagan River, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Naud says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Days.

We are the marchers,
Marching endlessly,
Marching tirelessly,
Marching ragedly,—

Column by column,
And column and column,
Clad in gray.

We shall never double-step,
Never run—
But quietly, quietly,
Forever, forever.

—William Newman.

MONEY ORDERS.

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

Brazil Rich in Minerals.

The mineral wealth of Brazil is known to be very great, and there are large tracts of the country which have yet to be explored.

Minard's Liniment for Distemper.

The teacher's patience was almost exhausted.

"Willie," she said, angrily, to a small boy at the foot of the class, "have I not told you before that you cannot take mules from oranges, or dogs from apples, or monkey-nuts from corkscrews, or—"
"But, teacher," ventured the culprit, "this morning I took a light from our fire and a bone from our dog."

The Severn tunnel, the longest in England, is to have a new system of ventilation, one feature of which is a fan 27 ft. in diameter and 9 ft. in width, which will revolve one hundred times a minute.

Classified Advertisements.

BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cables, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO. 115 YORK STREET, TORONTO.

HELP WANTED.

LADIES WANTED—TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

Mother! Move

Child's Bowels With California Fig Syrup

Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.



Cuticura Shampoos Mean Healthy Hair

Especially if preceded by touches of Cuticura Ointment to spots of dandruff, itching and irritation. This treatment does much to keep the scalp clean and healthy and to promote hair growth.

See 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 244 St. Paul St., W., Montreal.

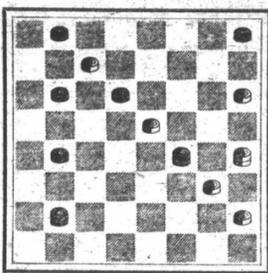
25c. Cuticura Soap shaves without razor.

CHECKERS—By Heck

The solution of problem No. 8, published last week, is as follows:

W.	B.	W.	B.
1 39-27	10-15	4 6-9	15-18
2 11-8	3-12	5 27-24	
3 2-6	12-16	White wins.	

No. 9—White to move and win.



Solution of this position will appear next week.

Feigns Death.

The death-feigning instinct is largely developed in some birds. The corn-crake, for instance, has often been put in a sportsman's pocket, apparently quite dead, and, when his chance came has got out and escaped.

You're Constipated! Take "Cascarets" For Liver, Bowels

Sick headache, biliousness, coated tongue, or sour, gassy stomach—always trace this to torpid liver and delayed, fermenting food in the bowels. Cascarets work while you sleep. They immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels. Get a 10-cent box now and let "Cascarets" straighten you out by morning.

For Sore Throat, Cold in the Chest, Etc.



RHEUMATIC ACHES QUICKLY RELIEVED

THE racking, agonizing rheumatic ache is quickly relieved by an application of Sloan's Liniment. For forty years, folks all over the world have found Sloan's to be the natural enemy of pains and aches. It penetrates without rubbing. You can just tell by its healthy, stimulating odor that it is going to do you good.

Keep Sloan's handy for neuralgia, sciatica, lame back, stiff joints, sore muscles, strains and sprains. At all druggists—35c, 70c, \$1.40. Made in Canada.



RESULT WAS A BIG SURPRISE TO HER

MONTREAL GIRL SAYS TANLAC IS SIMPLY WONDERFUL.

Hasn't a Trace of Former Trouble Left and Feels Like a New Person.

"It was certainly a happy surprise to me when I saw Tanlac was restoring my health," said Miss Yvonne Roy, 3 Hotel de Ville St., Montreal. "For a year and a half before I got Tanlac my health was simply awful. I slept so fitfully I gained no real rest and I woke up mornings feeling all tired out. My nervous system just collapsed and I would jump at any little noise. I frequently turned so dizzy and sick I could hardly stand the smell of food cooking. My condition seemed to get worse constantly and I worried all the time.

"Well, the first thing Tanlac did for me was to give me a splendid appetite. Then all my troubles gradually disappeared, my nerves got better and I could enjoy a good night's sleep. My whole system is now in excellent condition and I'm enjoying the best of health. Tanlac is certainly a wonderful medicine."

Tanlac is sold by leading druggists everywhere. Adv.

THIN, FLAT HAIR GROWS LONG, THICK AND ABUNDANT

"Danderine" costs only 35 cents a bottle. One application ends all dandruff, stops itching and falling hair, and, in a few moments, you have doubled the beauty of your hair. It will appear a mass, so soft, lustrous, and easy to do up. But what will please you most will be after a few weeks use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. "Danderine" is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. This delightful, stimulating tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.



COARSE SALT LANDSALT Bulk Carlots TORONTO SALT WORKS C. J. CLIFF - TORONTO

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. 113 West 31st Street New York, U.S.A.

Genuine



ASPIRIN

Never say "Aspirin" without saying "Bayer."

WARNING! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 21 years and proved safe by millions for

- | | | |
|-----------|-----------|------------|
| Colds | Headache | Rheumatism |
| Toothache | Neuralgia | Nervitis |
| Earache | Lumbago | Pain, Pain |

Handy tin boxes of 12 tablets—Bottles of 24 and 100—All Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoacetic diester of Salicylic acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."