

DOG'S GIFT OF TRACKING

Not long ago some interesting experiments were made in England to test the strength and acuteness of the sense of smell in dogs.

There was a terrier that could not be thrown off his master's track upon the pavement of Regent's Park although his track was crossed and recrossed by hundreds of fresher ones and by thousands that were not so fresh.

To make a test with a setter the master had his men in Indian file, and the gamekeeper brought up the rear of the line. Each man placed his feet in the footprints of his predecessor. The master's scent was most overladen; that of the gamekeeper was the freshest. When they had gone 200 yards the master turned to the right, followed by five of the men; the other six turned to the left, keeping their usual order. The setter followed the common track with such eagerness as to overshoot the point of divergence, but, quickly regaining this point, chose at once the track to the right.

The master and a stranger to the dog exchanged shoes and then went different ways. The setter followed his master's shoes and found the stranger. When the master and the stranger walked the park with bare feet the setter followed his master's trail, but not with the eagerness with which it followed the trail of the shoes. When he walked in new shooting boots the setter would not follow. The master placed a sole thickness of brown paper to the soles and sides of his old shooting boots. The setter did not take the trail until it came to a point where the paper having worn away, the bottom of one heel touched the ground.

Walking in new cotton socks left no trail that the setter could follow; in woollen socks that had been worn away the trail was followed, but not eagerly.

The master walked fifty yards in his shooting boots, then kicked them off and carried them with him while he walked in his stockings 200 yards, then took off his stockings and walked 300 yards more bare-foot. When the setter was put upon the track at the outset it followed with usual eagerness and maintained the pursuit throughout the whole distance.

Accompanied by a stranger to the dog, the master rode out along a carriage way several hundred yards from the house, then alighted and walked in shooting boots fifty yards beside the carriage. He then entered the carriage and his friend got out and walked 200 yards along the way. The setter ran the whole 250 yards at full speed without making any pause at the point where the scent changed. The master walked in his ordinary shooting boots, having first soaked them in oil of anise seed. Although the odor of the anise seed was so strong as to be perceived by a friend an hour after the trail was made, the dog followed the track of its master, thus disguised, with usual speed, after having examined the first three or four steps carefully.

Other experiments tested the power of scent through the air. The master walked down a trumpet field by a zigzag course for a quarter of a mile, then turned on one side, got over a stone wall and walked back toward the house. The stone was breast high and about a hundred yards to the windward of his course down the field. The dog, taking the trail at the top of the field, rapidly followed its master's winding course. The moment it sniffed the "wind's eye" of the place where he was standing, with only his eyes above the top of the wall, the dog threw up its head, turned from the track it was following, and went straight to its owner, although there were at the time several overheated laborers near it in the field.

A Love Token.

In every woodland tree,
Each wayside flower,
My eyes behold Thy goodness, Lord,
In each glad shower
And soft-singing breeze, I see
A love-token, dear God, from Thee.

The friend who came to me
From out the night
Was Thy hand reaching out, O Lord,
To point the Light.
Even the dark was meant to be
A love-token, dear God, from Thee.

For every gift so free,
Or large or small,
I never can show my gratitude.
But here's my all.
A joyful heart—each day to be
O love-token, dear God, to Thee.
—Nina M. Langford.

Distress in Switzerland.

Switzerland, having no coal or raw materials of its own, has always been obliged to cater to lovers of luxuries by the high quality of its manufacture; but other countries are now buying only necessities, and the competitors of Switzerland, especially Germany, are well organized to undersell the Swiss in everything. The hotel business, except in the large centres, is quite at a standstill. For the Swiss people who depend on their daily work for a living the situation is very difficult and, if it were not for the more severe suffering in other parts of the world, might well command some outside effort toward relief.

Fish, frogs, etc., which are able to change their color to conform with their surroundings, lose this power if they become blind.

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.

When the first tints of brown on trees and foliage indicate that the summer is waning, when the vacationists have nearly all returned from lake and seaside resorts and thoughts begin to revert to harvesting and corn roasts, then you will notice a goodly number of people wiping their eyes as they sit in a street car, or walk along the street. It is not regret at the departure of hot weather that is affecting these people, for who is there who is not charmed with the climate of early fall in Canada? What then, causes so many people to look miserable and seldom to leave the house except fortified with three or four extra handkerchiefs for emergencies? Hay-fever is the cause of all this mourning, and hay-fever is a most distressing complaint, as all its victims know. It is most common in the late summer and early fall when the pollen of certain plants is carried by the winds, and finds lodgment in the nostrils of persons who are particularly sensitive to this infection. The chief offender here in the plant line is the common rag-weed, but there is also the golden-rod and other similar botanical specimens that can add to the trouble.

While the disease is most prevalent in the fall of the year, there is one type common in the spring. Knowing the cause of hay-fever, it is particularly distressing to sufferers that energetic efforts are not made by governments and municipalities to destroy wholesale these plants that cause so much annoyance and suffering to so many people, hay-fever being entirely a preventable disease. Beginning like an ordinary cold accompanied with paroxysms of sneezing and with "nose blocked up", hay-fever sometimes attracts little attention and the victim receives scant sympathy, but the persistence of the watery discharge and the very frequent attacks of sneezing, indicate the nature of the complaint. Coughing also occurs at times, accompanied by asthmatic attacks which are very depressing to the patient and in some cases bring on a debilitated state of health.

The common rag-weed, the chief cause of hay-fever, grows to a height of one to four or five feet and blooms from August to October or later. It can be found on almost every vacant lot, neglected field, on the roadside and in uncultivated gardens and lawns. Its pollen is abundant and readily distributed by the wind, or where this is not feasible, to have the dangerous weeds uprooted or cut down before the flowering stage. This prevents the formation of pollen and the production of the seeds. If united action is undertaken by the government and public in making war on these weeds, and thereby eradicating or greatly decreasing hay-fever prevalence, it will be a boon to humanity.

From a public health standpoint, therefore, such noxious weeds are a nuisance and a menace. The happiness of large numbers of people are affected by the presence of these plants and it should be one of the prime duties of the Department of Agriculture to take steps towards their complete eradication. Some system of co-operation between the government and property owners should be evolved, so that neglected grounds could be cultivated, or where this is not feasible, to have the dangerous weeds uprooted or cut down before the flowering stage. This prevents the formation of pollen and the production of the seeds. If united action is undertaken by the government and public in making war on these weeds, and thereby eradicating or greatly decreasing hay-fever prevalence, it will be a boon to humanity.

Most encouraging results have been obtained by the use of auto-vaccines on hay-fever sufferers. The prospective victim should consult a specialist in hay-fever treatment several months before the attack is expected. Many complete cures have been effected by the administration of these vaccines.

Through all the dark forebodings of these doubtful days, bright flashes of optimism and hope for the future appear from time to time to strengthen and encourage humanity. In the stress and strain of modern industrial upheavals and crises the pessimist sees blue ruin threatening, but he only looks at the conditions of the moment. Wise is the man or woman who enlarges the viewpoint and considers the progress of the world in general. If this is done one cannot help but feel that we are struggling steadily, sometimes groping perhaps, but still making headway toward better things. There is not the slightest doubt to-day but that nations as well as individuals are more and more coming to realize that national prosperity means the happiness and health of the people; without these no nation can long maintain its position in the world of business, science and general progress. Once in a while some little incident, perhaps even an obscure item in the daily newspaper, brings to mind this fact that we are moving slowly towards a higher state of civilization.

Recently I noticed the following item in a Toronto paper recalling happenings of fifty years back, "Retail dry goods merchants of Toronto agitate for seven o'clock closing, except on Saturday night, during summer months." This is food for thought, and indicates that the move towards a shorter work day was started many years ago. More and more we are beginning to realize that unreasonably long hours of work persisted in day after day are detrimental to mind and body. It is all very well for the mill owner or merchant deeply interested in profits to spend long hours in his office, but it is quite a different thing for the wage-earner, who draws his weekly wage and pursues his oftentimes monotonous routine of work from day to day without interest in the firm's progress and with little hope of advancement or added remuneration however the profits of the firm may swell. There is no need to blame the employer for making legitimate profits—business conditions necessitate the accumulation of a just recompense in return for the capital invested, but many are the employers who would like, if they could, to share their fortunes with the men who help their industry to grow. Mere mechanical toil is not ennobling when a man or woman works just as a machine and is regarded as a "hand" rather than a flesh and blood being with a heart and soul. Many manufacturers and business firms are recognizing the value of co-operation in business, and are instituting profit-sharing in which the workers participate with excellent results. In that part of Public Health work dealing with Industrial Hygiene and the health and happiness of the workers, it is becoming evident that the interest shown in the employee's welfare and the conditions under which he lives and works is of material benefit to the

employer also. Distrust, suspicion and grievances of one kind or another, whether real or fancied, lead nowhere but to trouble and financial loss to all concerned. Take as an example the threatening conditions of labor in England to-day, where civil strife is looming up as a possibility. What the ultimate result will be is hard to foresee, but health and happiness rests in the contentment of the people. With strikes and lockouts everywhere not only the mental but the moral and physical condition of the workers, their wives and families are bound to suffer, resulting in malnutrition, higher infant mortality and a general deterioration of the race.

A Popular Crown Prince.

Of the royal family of Norway the favorite with the people is Crown Prince Olaf. His popularity is immense. But eighteen years old, he recently passed the examinations for entrance to the university.

From childhood he has received typically Norwegian training and has developed into a genuine son of the Vikings, tall, handsome and an excellent sportsman. He regularly participates in the annual Norwegian derby, the Holmenkollen ski-jumping competition, at which he is a frequent prize winner.

His popularity is no doubt partly due to his democratic tastes. Educated at a private school, he mingled with his fellow pupils on an equal footing and has always been wholly free from any tendency to self-importance. When he finishes a course at the military academy of Norway the Crown Prince will enroll as a student in the technical high school at Trondheim, to be educated as an engineer. Prince Olaf now has the right to attend Cabinet meetings, but as yet has no vote.

A MOTHER'S ADVICE

Once a mother has used Baby's Own Tablets for her little ones she is always happy to recommend them to others. Her advice, given after a careful trial, can be readily followed with assured good results. The Tablets are a mild but thorough laxative which never fail to regulate the bowels and sweeten the stomach. They always do good—they cannot possibly do harm even to the youngest babe. Concerning them Mrs. P. Laforet, St. Nazaire, Que., writes:—"For three months my baby was constipated and cried continually. On the advice of a friend I gave him Baby's Own Tablets and now at the age of five months he is perfectly well and weighs twenty pounds. I am delighted to be able to advise other mothers to use them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Many Uses for the Gaudy Sunflower.

The sunflower, although it originated in North America, in the great plains, is not used here so extensively as in some other countries, especially Russia in normal times. It is a long time since the plant first delighted the eyes of Europeans, being then cultivated in the gardens of Madrid. The early Spanish explorers had found it in this country and taken it home with them. The plant was utilized by the Americans long before the days of Columbus. When Champlain visited the Georgian Bay in 1615 he found the natives growing it and using the oil for their hair. It was raised chiefly, however, for the food afforded by the seeds.

In Russia the seeds have always been eaten in immense quantities, raw or roasted, as peanuts are in this country, and the oil obtained by pressing the seeds is an important article of diet. The frequent religious fast days in that country restrict the use of meat and lead to the consumption of vegetable oil, and in normal times the manufacture of sunflower oil is always of considerable dimensions. The best seeds yield an oil which compares favorably with olive oil.

The seeds of the larger and finer flowers are held to be quite equal to nuts in respect of palatability and wholesomeness. The stalks and dried leaves are highly prized for fuel, being in some parts of Russia almost the only available substitute for wood. An acre of sunflowers will yield many cords of good fuel.

The oil appears to possess more of the general properties of olive oil than any other known vegetable oil. It takes about a bushel of seeds to make a gallon of oil, and fifty bushels of seeds can be grown on one acre of land. As the oil sells for more than \$1 a gallon the profit is large.

Of late years purified sunflower oil has been used extensively in the adulteration of olive oil. It is of a pale yellowish color and decidedly palatable. In a crude state it is used by painters to some extent, but it is inferior to linseed oil for use in paint.

In addition to the oil from the seeds the stalks, when green, and the oil cake make excellent fodder. The fibre of the stalks, which is fine, silky and very strong, also has a value. In China it is woven into beautiful fabrics and it is believed that by the use of proper machinery it might be utilized most profitably in Canada.

In Austria employers are bound by law to maintain as many workmen as they had before the war.

A new form of phonetic writing in Chinese is being adopted, so complicated is the present system of writing that language.

DELICATE GIRLS NEED NEW BLOOD

Rich, Red Blood Means Health and Strength.

The anaemia of young girls may be inherited, or it may be caused by bad air, unsuitable food, hasty and irregular eating, insufficient out-of-door exercise and not enough rest and sleep.

It comes on gradually, beginning with languor, indisposition to mental or bodily exertion, irritability and a feeling of fatigue. Later comes the palpitating of the heart, headaches, dizziness following a stooping position, frequent backaches and breathlessness. In a majority of cases constipation is present. There may be no great loss of flesh, but usually the complexion takes on a greenish-yellow pallor.

Cases of this kind, if neglected, become more serious, but if taken in time there is no need to worry. Dr. Williams' Pink Pills, which are free from any harmful or habit-forming drug, are just the tonic needed to remedy this wretched state of health. Though it is not noticeable, improvement begins with the first dose. As the blood is made rich the pallor leaves the face, strength and activity gradually return and the danger of relapse is very slight.

If any symptom of anaemia appears, prudence suggests that Dr. Williams' Pink Pills should be given at once, and the sooner they are taken the more speedily will their action improve the blood. You can get these pills through any dealer in medicine, or by mail at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

With the Boy Scouts.

During a severe storm a North Bay Scout had the knowledge and presence of mind to ground an electric wire which had been brought down by a falling tree, and there is no doubt that his action resulted in saving both life and property.

Ever ready for public service, the Boy Scouts of Ottawa co-operated during the summer with the Canadian Forestry Association in a new form of forest protection propaganda. Selected patrol leaders visited most of the trains leaving the Central Station day by day delivering to adult passengers an informative pamphlet on the protection of woodlands against fire. The pamphlet explained the origin of forest fires as being due to human carelessness and put into concrete form an appeal for personal co-operation in fire prevention. Dressed in their Boy Scout uniforms and with a badge reading "Boy Scout Volunteer Forest Guard," the lads were given a cordial reception on all trains and undoubtedly accomplished much good.

For their 1922 camp the Boy Scouts of Welland have been offered the use of the old Lakeview Hotel property now owned by the International Nickel Company. This area has one of the most perfect beaches on the shore of Lake Erie, a building which can be utilized to great advantage, a grove, and an excellent recreation field. Mr. John More, manager of the nickel company, announced the offer at a meeting of the Welland Rotary Club at which Dr. S. Nixon Davis, chairman of the Rotary Boys' Work Committee, gave a report on the Welland Scouts' camp this year. At Rock Bay—an outing which was participated in by some 125 members of the five Welland Troops.

In France the Roman Catholic Boy Scouts are taught and urged to recognize God in Nature, thereby cultivating a love of plants and animals. A Scoutmaster, in opening a camp, offered a prayer from which we quote as follows:—"Grant that my word may be a light to their path, that I may show them Thy divine spirit in the world Thou has created. Teach them Thy holy law, and lead them to Thee, my God, into the camp of rest and joy, where Thou hast set Thy tabernacle and ours forever."

Full information regarding Scouting and the formation of local Scout troops may be had upon application to the Field Department, Boy Scouts Association, Bloor and Sherbourne Sts., Toronto, Ontario.

MONEY ORDERS.

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

Whistles Under Water.

For signalling two English scientists have invented a steam whistle that can be blown under water and heard with the proper instrument four miles away.

Minard's Liniment Lumberman's Friend

German newspapers are printing many advertisements from women wanting husbands, a supply of fuel and a flat or apartments often being offered as an additional bait.

Classified Advertisements.

WANTED—YOUNG LADIES of good education to train as nurses. Apply Welwood Hospital, St. Catharines, Ont.

WANTED—SET USED TINSMITH'S tools or separate machines. State make, condition and lowest price. Apply to above, 125 Fairleigh St., Hamilton, Ont.



BITS OF HUMOR

FROM HERE & THERE

Too Zealous.

Joiner (to his apprentice)—"Well, Willie, have you sharpened all the tools?"

Willie—"Yes, all but the hand saw, and I haven't quite got all the gaps out of that."

Best Seller?

The author had just slipped into the village bookstore and bought a copy of his own book.

Of course the bookseller didn't know him.

"And how is the volume selling?" he asked.

"It's the only book I've sold this month," the old bookseller replied.

"Why, then, that makes it the leading one of the six best sellers," he joyously remarked and briskly went his way.

Described.

"And now," said the monocled gentleman who had grubbed a match from the traffic cop, "I suppose you would like to know who I am."

"Sure."

"I am Sir T. Willy Rockingham, knight of the Bath, knight of the Garter, knight of the Double Eagle, and knight of the Golden Cross."

"And I," said the cop, "am James Murphy, to night, last night, to-morrow night and every other night."

Identified.

Mr. Beaster had his portrait painted. It cost him a goodly sum, and he was proud of it. When it came home he showed it to his cook.

"Well, Mary," he said, "how do you like this portrait?"

"Sure, sir," said the cook, "it's lovely. It's beautiful. It's divine."

"And, of course," said Beaster, you know who it is?"

"Oh, of course I do, sir," replied the cook. "Of course, of course." As she spoke she kept drawing nearer to the picture, studying it more and more closely. "Of course, sir, it's that old deceiver, Lloyd George."

When Ignorance Is Bliss

After much reflection Marian had composed her telegram and handed it through the window to the clerk. She tripped out, and the transaction seemed completed; but in a moment she returned to the window.

"Let me have that telegram I wrote just now," she said. "I forgot something very important."

The clerk handed out the message and Marian added, "I want to underline 'perfectly lovely' in acknowledging the receipt of a present. Will it cost anything extra?"

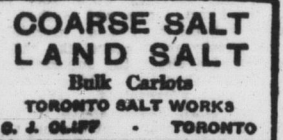
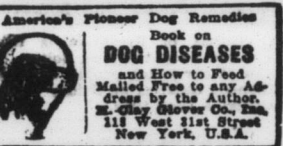
"No, Miss," said the clerk, with a smile; and, as Marian drew two heavy lines beneath the words, she sighed with content.

"Thanks so much for letting me do that; it will please Augustus so much!"

One of the best known guides in Nova Scotia gives this testimonial of MINARD'S LINIMENT:

Have used Minard's Liniment in my home, hunting and lumber camps for years, and consider it the best white liniment on the market. I find that it gives quick relief to minor ailments, such as sprains, bruises and all kinds of wounds. Also it is a great remedy for coughs, colds, etc., which are liable to catch when log driving and cruising during the winter and spring months. I would not be without MINARD'S LINIMENT and cannot recommend it too highly.

(Signed) Ellison Gray.



ASPIRIN

"Bayer" only 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. Drug-gists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monocetateidester of Salicylicacid.

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.

"Tanalac 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 one day and I just fell right down 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."

"Tanalac 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."

Tanalac is sold by leading druggists everywhere.

Perfumes from early history to the present have served a double purpose. The Greeks are said to have used essences of quinine for those who were lethargic and dyspeptic, who leave for those who needed to keep the mind clear, while violets for those who had poor digestion, and a mixture of oil, ashes and earthworms for those who would keep the hair from turning white. It is said that during the harvest season the odor of rosemary of the Spanish coast is perceptible long before the land is seen.

Ask for Minard's and take no other.

Joy, a greater interest in our lives constantly new experiences, all tended to keep us young, despite our years, says one scientist.

Cod-liver oil is about 250 times as potent in food values as butter.

PIMPLES AND RASH ON FACE

And Neck. Burned and Itched. Cuticura Healed.

"I had pimples and a sort of rash on my face and neck. They would burn and itch and when I scratched would become red and scaly and peel off. It was hard for me to sleep and I decided to go anywhere."

"I heard of Cuticura Soap and Ointment and used them. My face began to get smooth and stopped itching and burning, and when I had used the Cuticura Soap and Ointment for about a month I was healed."

(Signed) Miss Cora Lim, R. F. D. 2, Blackfoot, Idaho, Feb. 23, 1920.

Use Cuticura for all toilet purposes.

Soap 25c. Ointment 25c. and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Leves, Limited, 344 St. Paul St., W., Montreal.

Cuticura Soap shaves without razor.

SHE TOOK HER MOTHER'S ADVICE

Now is in the Best of Health because she took Lydia E. Pinkham's Vegetable Compound

Kessock, Sask.—"My mother has taken Lydia E. Pinkham's Vegetable Compound and upon learning of my troubles advised me to try it."

As I seemed all run down after the flu and had a very bad weakness, I have taken Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine and used the Saffron Wash also Dr. Brown's Cataplasms and Prescription and am much better in every way. I am willing for you to use my letter as a testimonial as I recommend your medicines."—Mrs. JANE NEWMAN, Kessock, Sask.

It is not always in business that a woman is forced to give up her work on account of ill health. It is quite as often the woman who does her own work at home. When backaches and headaches drive out all ambition, when that bearing-down sensation attacks you, when you are nervous and blue, the one great help for such ailments is Lydia E. Pinkham's Vegetable Compound.

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Postum for Health "There's a Reason"