

PILE'S

Zam-Buk ends the pain. Zam-Buk cures hemorrhoids. Try it. 50c. In. Zam-Buk

MEDICAL SCIENCE

COLIC.

There is some small difficulty in defining the real meaning of the word "colic." It is a very old one, and was used by old authors to describe a sudden, sharp, abdominal pain, supposed by them to be due to some abnormal condition of the colon. The word is used in a wider sense by the laymen, whilst various experts have defined it each in his own way. For convenience it is used by English medical men to describe a sharp, sudden pain, either in the pelvis of the kidney, the gall-bladder, ureter, biliary ducts, or the intestine, and is variously described in technical language according to the location in which it occurs.

The commonest of these forms of colic is intestinal in its character. It comes on usually without warning, but may be preceded by a feeling of sickness, slight abdominal discomfort, and eructations. The pain is felt in the region of the umbilicus, and is often very intense. Pressure seems to relieve it, and rubbing or massage sometimes help to end an attack. The pain occurs in paroxysms, which may last a few moments only, or as long as a couple of days. It usually comes on suddenly, and is accompanied with the escape of gas from the intestine. The pain of colic is very violent, frequently making the patient scream, or break into a clammy sweat, and for the passing of the attack there is a feeling of faintness or loss of consciousness. Ordinarily the temperature is below the normal, but this is not always so. The abdomen is nearly always obviously distended, and is tender to the touch. By far the most common variety of colic is that of babies, in whom the pain is recognized by their crying, by their restlessness, and the drawing up of their legs. It is commonest in between babies, as it is due in almost all cases to

Minard's Liniment Co., Limited.
Gentle - I cured a valuable hunting dog of many ailments. The best remedy after several veterinaries had treated him without doing him any permanent good.
Yours, etc.,
WILFRID GAGNE,
Prof. of Grand Central Hotel, Drummondville, Aug. 1, '04.

improper feeding. Gas accumulates in the bowel from an overabundance of indigestible milk, and cannot escape, being impeded by some mechanical obstacle, such as a mass of worms. The best method of preventing the attacks is the regulating of the food, giving only small quantities at a time, and the most carefully prepared, whilst lime-water or little fresh barley-water should be added to the milk. The immediate treatment is that of babies, in whom the application of warm fomentations to the abdomen, with a warm flannel binder to follow, or, in severe cases, an enema of six ounces of warm water.

One of the characteristic forms of colic in adults is that which occurs in lead poisoning, and is known as painter's colic. This is due to the constipating action of the lead, and the pain is produced by the spasmodic attempts of the bowels to overcome this condition. Constipation, however caused, is the commonest of all causes of the adult.

STASIS LYMPHATICUS.
A few years ago a certain amount of interest was excited amongst the lay public by the announcement of a death due to apparently trifling causes - one of them being, I believe, a sudden death in a hairdresser's shop, and a sharp, painless, medical evidence given in the quest referred the death to the existence in the patient of a curious condition described as "stasis lymphaticus."
This condition is most interesting, and still very obscure in its origin and symptoms. It is a condition in which the debility marked by a morbid development of the tympanum - one of the mysterious ductless glands above the heart, with a corresponding abnormality in the lymphoid tissues throughout the body, the heart itself, and the arterial system. It results in the lowering of the patient's power of resistance to all kinds of shock, and is believed to account for many cases of hitherto unexplained sudden death.

Where the condition is fully established almost any shock causes death. Recorded cases give a wet pack, the use of a tonic-depressant by an examining doctor, an injection of serum; a sudden

THAT CHANGE IN WOMAN'S LIFE

Mrs. Godden Tells How It May be Passed in Safety and Comfort.

Fremont, O. - "I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change - heat flashes, nervousness, and was in a general run-down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which I surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared." - Mrs. M. Godden, 225 Neglecon St., Fremont, Ohio.

Such annoying symptoms as heat flashes, nervousness, headache, irritability and "the blues," may be speedily overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Pinkham's Vegetable Compound.

If any complications present themselves write the Pinkham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years' experience is at your service and your letter held in strict confidence.

change into water; or, most commonly of all, the administration of chloroform or some other anesthetic, as the determining cause of death. And the various signs of the condition are so indefinite and vague that they are often overlooked till catastrophe occurs.

In the most characteristic cases the patient is pale, flabby, and rather fat than thin. As a baby he is subject to colic and laryngismus, or child-adenoids. Usually the tonsils and the adenoid tissues are abnormal, and the spleen may be perceptibly enlarged. Often all lymphatic glands near the surface are seen to be larger than usual. The cause of death is cessation of the action of the heart, though the symptoms often resemble those of suffocation. The heart stops altogether before respiration ceases.

The status lymphaticus does not, in itself, necessarily end fatally. But it does, of course, enormously increase the risks of ordinary life, and where it is known or suspected to exist even trifling accidents and illnesses become serious. It need hardly be added that persons suffering from this diseased condition should never take what is known as a "general anesthetic."

A Domestic Tragedy.

Janet and grandpa had a disagreement during the morning, and Janet said she did not take her usual seat beside "Grandpa and I are unseparable," she explained briefly.

A GRAND MEDICINE FOR LITTLE ONES

Baby's Own Tablets are a grand medicine for little ones. They are laxative - mild but thorough in action and never fail to regulate the bowels, sweeten the stomach and make baby well and happy. Concerning them Mrs. Francois Fournier, Tourville, Que., writes: "I have used Baby's Own Tablets for my baby and would recommend them to all mothers as they never fail to benefit the little ones. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Army Aviation Service.

Significant in view of the popular conception of flying as extreme dexterity, is the record of the United States army aviation service from Jan. 1 to Dec. 26, 1918. During that period 7,037 flights were made by military pilots. In all 3,357 hours were spent in the air, which means that more than nine hours each day of the year some soldier aviator was aloft. The distance travelled amounted to approximately 251,775 miles, or slightly more than ten times the circumference of the earth. There was no fatality. Evidently these figures cannot be fairly compared with current railroad and motorcar statistics. Contrasts are not needed, however, to accent their import. Safe flying is not yet accident proof and possibly never will be, but neither is it extremely foolhardy. - Searle's Hennee in Popular Mechanics Magazine.

Minard's Liniment Cures Diphtheria.

Outraged.
The son of a well-to-do family had recently joined up as a private and was spending his leave at home. Returning from a walk, his mother espied a figure in the kitchen with the household.
"Clarence," she called to her son, "Mary's got someone in the kitchen. She knows perfectly well that I don't allow followers. I wish you would go and tell that man to leave the house at once."
Clarence duly departed to the kitchen, but returned in about half a minute.
"Sorry, mother, but I can't turn him out."
"Can't turn him out? Why on earth not?"
"He's my sergeant." - Saturday Night.

The Appetite of Youth Quickly Restored

Appetite is useless unless digestion is good. Dr. Hamilton's Pills make tremendous appetite and keep digestion up to the mark as well. The liver, bowels and kidneys are stimulated, the stomach strengthened, and robust health quickly follows. Dr. Hamilton's Pills instill vigor and snap into the system, make folks feel youthful and happy. You'll forget you have a stomach, forget your days of sickness. If Dr. Hamilton's Pills are used, insist on having Dr. Hamilton's Pills, 25c per box, no other medicine so good.

PRUSSIA'S DISREGARD OF TREATIES HISTORIC.

The Hohenzollern policy, which has been denounced by President Wilson on several occasions, notably in the reply to the Papal note, received the same treatment more than 100 hundred years ago from Napoleon Bonaparte's Secretary of State, Hugues Bernard Maret, Duc de Bassano. There were caustic communications in the history of diplomatic correspondence have ever been written than the document sent to Baron von Krusemark, Frederick William's envoy, on April 1, 1813, after Prussia had declared war on France. Krusemark received the letter, when his passports were given to him.

The Duc de Bassano, after stating that he had submitted Krusemark's note to the Emperor on March 27, adds the following in regard to Prussia "scraps of paper":

"That part of the note which is most worthy of serious consideration reduces itself to this: Prussia solicited and concluded an alliance with France in 1813 because the French armies were nearer than the Russian armies to the Prussian States. Prussia declares in 1813 that she breaks her treaties because the Russian armies are nearer than the French armies to the Prussian States.

"Fidelity will judge if such conduct is loyal and worthy of a great prince and conforms to equity and sound politics. However that may be, posterity will do justice to the consistency of your Cabinet in following its principles.

"In 1792 France, agitated from within by a revolution and attacked from without by a formidable enemy, seemed ready to succumb. Prussia

ROYAL YEAST

Where Family, Cattle and Fowls All Live in Two Rooms.

The villages of Galicia are especially interesting on Sundays and holidays, when the national costumes are donned. The cottages are generally made of stone or hopped plastered over and are then covered with a coat of whitewash. The straw roof is frequently crowned with green growing moss, which adds to its picturesque appearance if not to its healthfulness. Water is drawn from the wells by a long pole balanced near the centre. These are a decided old world appearance.

The interior of the cottage is usually divided into two rooms. In one room the entire family lives, eats and sleeps; in the other, in more or less harmonious contentment, dwell the cows, pigs, chickens and geese. No household would be complete without a number of geese.

The cottage is a number of children are sure to be seen playing. A dozen or twenty or thirty of such cottages, each with its own family, make up a village. If there is a marriageable daughter in the house the little of the door and the window surroundings are ornamented with little regular bands, which is a notice to the marriageable young men.

Kill the Germs of Catarrh

BY ACTING TODAY YOU CAN QUICKLY CURE CATARRH / NO AVOID BRONCHITIS, PERHAPS CONSUMPTION.

Most Agreeable and Surest Cure is Catarrhoxone, Which Cures Every Curable Case.

Catarrhoxone proves especially good in those chronic cases where mucous drops down the throat, sickens the stomach, and pollutes the breath. When the nostrils are stuffed, only a few breaths through the inhaler are needed to clear the passages, and where there is coughing and sore bronchial tubes, the soothing, healing properties of Catarrhoxone act almost as magic.

Once you stop taking medicine into the stomach and get the healing oils and pure balsams of Catarrhoxone at work you can be sure of quick and lasting cure for nose colds, catarrh, weak lungs, bronchitis, and speaker's sore throat.

The complete \$1.00 outfit of Catarrhoxone is sufficient for two months' treatment, and is guaranteed. Smaller size, 50c, all dealers, or the Catarrhoxone Co., Kingston, Ont.

HOW TO CURE BILIOUSNESS

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c and \$1.00 Bottles.

Russia as she had betrayed France, and entered into new entanglements with Prussia.

"But from these eternal changes of policy there was born in the public opinion of Prussia a veritable anxiety. Agitation so took possession of the minds of men that the Prussian Government was unable to control it. Prussia speaks of her desire to reach an established peace on a solid basis, but how is it possible to reckon upon a solid and lasting peace with a power that believes itself justified when it breaks its engagements according to the promptings of the moment?"

"To-day, M. le Baron, what remains for Prussia? She has done nothing for her old ally; she will do nothing for peace.

"A power whose treaties are only conditional cannot be a useful intermediary; she guarantees nothing whatever."

Minard's Liniment Cures Colds, Etc.

WORTH KNOWING.

Clean currants by rubbing well in flour, then wash and dry them, and they will be ready for use.

An excellent way of cleaning a kettle is to boil potato peelings in it over a slow fire.

Mix the stove polish with rich soap suds, and it will give a higher lustre and the particles of polish will not fly about. When next serving lemon with tea, add a little orange marmalade to each cup; the flavor is delicious.

If you cannot afford to pay storage for furs and woolen garments, shade them out well, do them up carefully in plenty of newspaper covering and label. Hang up or pack away. I have done this for years, and no moth has ever entered a packet.

If, after bleaching almonds, they are dropped into the well-beaten white of an egg and then sprinkled with salt and browned in the oven they will have a glossy surface.

It is fine for cleaning cans - say the dairyman

Comfort Lye

VILLAGES OF GALICIA.

Where Family, Cattle and Fowls All Live in Two Rooms.

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VALUE IN DEAD LETTERS.

The Loss and Trouble That Are Caused by Sheer Carelessness.

More than two and a quarter million dollars' worth of checks, drafts, money orders and other valuable papers were found in undelivered letters by the dead letter office during the last year, and practically all were restored to their owners.

First assistant postmaster general announced that the dead letter division handled 10,339,380 letters and parcels during the year, and is guaranteed. Smaller size, 50c, all dealers, or the Catarrhoxone Co., Kingston, Ont.

RHUBARB JELLY.

Two tablespoonsful granulated gelatin, 1-4 cupful cold water, 2-4 cupful hot water, juice of 12 lemons, 3 cupfuls rhubarb juice, 1 cupful sugar.

Soak the gelatin in the cold water until it is soft. Dissolve it in the hot water, and add the remaining ingredients. Turn the mixture into a mold that has been rinsed in cold water, and chill it until it is set. Serve the jelly with whipped cream.

Cut the rhubarb in small pieces. In a baking dish place a layer of rhubarb, sprinkle it generously with sugar, and alternate in this way until the dish is filled. Sprinkle sugar over the top, add small pieces of butter, and a small amount of cinnamon. Bake the dish slowly until it is well done. Long, slow baking gives rhubarb a rich red color.

THE PREDATORY HABIT.

(By Capt. Lord Dunsany.)

There are some folk who seem to think that the sooner we make peace with Germany and get on with our own political quarrels the better; and some think that the power of the human eye is sufficient protection against lions, but I have found a high velocity rifle more useful.

I never could see any reason why air raids on London should cease if we were to make peace with the Germans. An air raid on London in time of peace would be illegal, but it is in any case, so the law doesn't help you.

"Oh, but," people say, "they would never do that."

Who can say what the Germans would not do? There are certain things that public opinion forbids, things that no man can do, things at which the nations would shudder. But the Kaiser orders them, and they are done, and Baron von Freytag-Loringhoven dismisses public opinion by describing it as "the influence of a mass-psychosis."

HIRST'S PAIN EXTERMINATOR

Don't Suffer Pain - Buy Hirst's

It is prepared against attacks of rheumatism, lambs, neuralgia, sprain, and all kinds of painful ailments. For over 25 years a family friend. Don't experiment, try Hirst's - a dealer, or write to HIRST'S FARMERY COMPANY, Hamilton, Canada.

HIRST'S Family Salve, 50c. HIRST'S Peppermint Syrup, 50c. HIRST'S Peppermint Syrup, 50c.

We are at war with them, and they bomb London; the Russians make peace with them, and they march on Petrograd. There seems to be a great deal to be said for keeping the German in a trench in front of you, where you can watch him, and where peaceful penetration is difficult, the art at which he excels. Never did the German soldiers humiliate Russia by force of arms as the German diplomats humiliated her now.

The Prime Minister complains that most reasonable terms offered by him in most reasonable language have been rejected by the Kaiser, who, with 1,600,000 more spare men to gamble with, withdraws from the Russian front, has not yet abandoned his life-long hope of a Prussian domination of the world. It should be realized that this is not the Kaiser's fault; that no man after 60 discards the plans of a lifetime or gives up the ambition for which he has lived. The enormous subjugation of Germany to arms, the Kiel canal, the plots and spying of Prussia; the threats, the speeches, the books; the huge battle fleet, obviously beyond the requirements of an almost island empire, all prove the crime of 1914 to have been long premeditated, too long premeditated ever to be abandoned by him.

"But," some may say, "he has offered peace!" I have seen a gray snake coiled in leaflike loops, with its head raised up in the middle like a flower upon its stalk above the motionless coils. It bloomed in the path of a party of black, bare-footed men, and looked the most peaceful thing on earth; but it had not changed its nature because it looked lovely in the sun, so we made no treaty with it. There are those whom it is unfair to attempt to bind by treaties, for it is not in their nature to be bound by them. It is better to expect from them their natural rapacity, and to waste no time in blaming them, but to get on instead with the precautions which their nature and habits make necessary.

RELIEF AT LAST

I want to help you if you are suffering from bleeding, itching, blind or protruding Piles. I can tell you how, in your own home and without any one's assistance, you can apply the best of all treatments.

PILES TREATED AT HOME

I promise to send you a FREE trial of the new absorption treatment, and references from your own locality if you will but write and ask. I assure you of immediate relief. Send no money, but tell others of this offer.

MRS. M. SUMMERS, Box 8, Windsor, Ont.

VARIETY IN POTATO USE

The patriotism of Madame Housewife is measured these days of the kind of meals she prepares for her family. The youngest child will take what is put before him, provided the food is well cooked. There is nothing in the menu that lends itself to more variety of constant use than do vegetables. Take a day's diet of vegetables in the form of another, if they are judiciously handled by the housewife.

Vegetables have different characteristics. For instance, green vegetables are valuable mainly because they contain substances which purify the blood and assist digestion. Roots and tubers are valuable mainly because they contain starchy supply of food. All vegetables supply bulk, and all contain a desirable amount of water in which are the salts so valuable to health. We are still within the season when we need the properties of the roots and tubers. It will be some time before the fresh vegetables are on the market. Let us clean up the one kind before we begin to use the other.

The first and most immediate is to re-lease wheat for overseas. Every potato, carrot and onion that we eat is help toward that end. Don't neglect to eat the vegetable-eating ranks.

One hurried housewife moaned the other day: "I never want to see an onion again as long as I live. We are sick of them."

"How many ways have you tried to cook them?" she was asked. "Oh, I've cooked them in a variety of ways and it is poor policy on the part of the housewife to tire her family with repetition. She may use the same vegetable nearly every day, and by a frequent change in the manner of cooking or serving she may achieve constant variety.

How many families have boiled potatoes habitually in more than two ways. One of the simplest and easiest of dishes to prepare is rice potato. If the housewife is boiling them anyway, she might as well vary them by putting them

WORTH KNOWING.

Keep a sizable tin plate at hand on the kitchen table. It will be found useful to rest the kettle on, and the kettle so placed will not mar the top of the table. When baking, let the egg-water, the soiled spoon, or other utensils, which are to be used again, rest on the tin; this saves labor.

If jam or marmalade has crystallized, place it in the oven till the sugar is dissolved or melted; then let it aside to cool. It will be perfectly smooth.

Stewed figs, served with either whipped cream or boiled custard, make a simple dessert.

In making fruit sauce, add the sugar and vinegar or lemon juice to the crushed fruit, and let it stand on a warm place for an hour or so before using. Then heat or let it get cold, as preferred. This will draw out the flavor of the fruit well.

Some cooks brush over the top crust of pies with water and then sprinkle with granulated sugar. The pie crust then will be brown and crisp.

QUEEN'S UNIVERSITY

KINGSTON - ONTARIO - ARTS

MEDICINE EDUCATION APPLIED SCIENCE

Mining, Chemical, Civil, Mechanical and Electrical Engineering.

HOME STUDY

Arts Courses by correspondence. Degree with one year's attendance of four summer sessions.

Summer School Navigation School July and August. December to April.

19 GEO. Y. CHOW, Registrar

ISSUE NO. 21, 1918

HELP WANTED.
WANTED - FERRARIERS TO Hospital, St. Catharines, Ont.

LADIES WANTED TO DO PLAIN AND LIGHT SEWING. Home or office. Time; good pay; work sent any distance. Address: National Manufacturing Company, Montreal.

EXPERIENCED FARM HAND - wanted for Posthill fruit and grain farm; free house and garden. Reply stating wages, experience, age and sex, etc., and two letters, when ready to start, to E. A. SCOTT, E. E. NO. 1, Ridgeway, Ont.

GOOD MACHINISTS - SHELL DEPARTMENT. Apply Quinlan & Robertson, Limited, Campbellford, Ont.

LADY DRY GOODS CLERK WANTED - good sales and stock-keeper; state experience and wages required, with references. F. J. Ramsey, Dundas, Ont.

SHOE REPAIRER WANTED - AT ONCE. Kennedy & McRury, Sarnia, Ontario.

FARMS FOR SALE.
600 ACRES - FERTILE FOR SALE - good buildings; will exchange for city property; most will grow alfalfa; changeable from an agricultural to a residential farm. Apply Secretary, 251 Dundas Street, Hamilton, Ont.

FOR SALE - STORE AND DWELLING - with electric light, gas, and conveniences. Also stock consisting of tobacco cigars, candles and small wares at invoice price, good terms. Apply to Mrs. J. M. McLaughlin & Co., Woodstock, Ontario.

FOR SALE - QUEEN'S HOTEL. Consisting of 100 rooms, electric light, hot water system, with fixtures; furniture; stables; public weigh scales; situated on two towns about 100 miles from Queen's Hotel Co., Limited, Altona, Ont.

MISCELLANEOUS.
BARRIED PLYMOUTH ROCK 1848 for sale. Write for catalogue. Chas. Barnard, Leamington, Ont.

SEND A DOMINION EXPRESS MONEY ORDER. They are payable everywhere.

HATCHING EGGS - BABY CHICKS - per dozen. Eggs, Rocks, Rhode Island Red, White Leghorn, White Wyandotte, Golden Wyandotte, White New England Game, etc. Write for price list. Satisfaction guaranteed. Tay Poultry Farm, Paris, Ont.

YOUNG LADIES TO STUDY NURSING - educational requirement, one year of high school; exceptional opportunity afforded before entering; probation period reduced to ten weeks. For particulars address Supt. Glenview Hospital, Cleveland, Ohio.

BUSINESS CHANCES.
SPLENDID GROCERY BUSINESS - town of Port Colborne; large turnover; military necessity reason for selling. E. W. Moiser.

through a potato root or coarse strainer. They, they will be flaky, light and delicious.

Here are some other recipes that might be used to advantage. There is nothing new or elaborate about them, but so few people think of trying them out.

POTATO BORDER - Place a greased mould on platter. Arrange around it a wall of hot mashed potatoes, using nine potatoes, three and one-half inches high by one-inch deep. Fill with creamed left-over meat or fish and vegetables. Bake in oven for 15 minutes. Sprinkle with butter and cheese. Repeat the border, but do not use the potatoes, cook three minutes and add one-half tablespoon finely chopped parsley.

DUCHESSE POTATOES - Two cups hot rice potatoes, add two tablespoons butter substitute, one-half teaspoon salt and yolks of two eggs, slightly beaten. Shape in form of cone or any desired shape. Brush over with beaten egg diluted with one teaspoon water and brown in hot oven.

Minard's Liniment Cures Garget in Cows.

Worth Knowing.
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Some cooks brush over the top crust of pies with water and then sprinkle with granulated sugar. The pie crust then will be brown and crisp.

Minard's Liniment Cures Diarrhoea.

Helps for the Housewife.

To make mutton juicy and tender, wrap a little fat over it and dredge it with flour ten minutes before putting it in the oven.

To lighten wooden floors, add two tablespoons of paraffin to the hot, soapy water used for washing the floor.

Before throwing away emery paper as useless, try blotting it with a warm water for a few minutes. This has been known to restore some of its former roughness.

To strengthen socks when knitting, take a reel of thread and knit with one foot for the heels and toes. These are long for a comfortable and last twice as long.

Blobs - I hate a man who stands on ceremony. Slobs - That may be better than having him sit all over you.