NEURALGIA

If you know the nerve-racking agonies of Neuralgia you will bless the day that

Templeton's Rheumatic Capsules

were discovered. This famous remedy is absolutely guaranteed to give relief to sufferers from Neuralgia.

Send for free sample to Templetons, 142 King St. W., Toronto.

Doctors recommend them, and reliable druggists everywhere sell them for $1.04 a box. 67

Tibet's Curious Customs

Recent despatches from Pekin stating that China and Great Britain have entered into an agreement under which Tibet is to be given autonomy under Chinese sovereignty recalls the troubles of that ancient country, so filled with curious customs and holy places, during the early part of the present century, particularly the grief of the Dalai Lama, ruler of the land and religious head of the Buddhist faith when a British expedition under Sir Francis Younghusband penetrated the country from India in 1904 and fought its way to the holy city of Lhasa. The Dalai Lama was so overcome by the fact that the "feet of infidels had trodden the streets of the forbidden city" that he fled the country and for many years was a wanderer in the provinces of northern China. Eventually, however, he returned to Tibet and was again invested by the Chinese with all of its ancient powers.

Tibet is populated by a branch of the Mongolian race, and although the Dalai Lama exercises the ruling authority, the real power is the Chinese Vice-Regent, the country having been under Chinese domination for many years. Some time ago the Chinese Foreign Office offered to grant the Tibetans autonomy, and this proposal is now understood to have the approval of the British Government, which has always insisted that Tibet remain a northern buffer State in Asia and not come under the control of any of the great European powers. The new arrangement is understood to place the Tibetans on the same footing with the other races and countries of the Chinese Republic and will relieve the Chinese of the task of keeping the country in order. It will also realize the British idea to keep Tibet as a buffer State between India and China.

We have been using MINARD'S LINIMENT in our home for a number of years and use no other Liniment but MINARD'S, and we can recommend it highly for sprains, bruises, pains or tightness of the chest, soreness of the throat, headache or anything of that sort. We will not be without it one single day, for we get a new bottle before the other is all used. I can recommend it highly to anyone.

JOHN WALKFIELD,
LaHave Islands, Lunenburg, Co., N.S.

From almost any point of view Tibet has always been one of the most curious countries on the globe. It is the most extensive elevated country in the world, occupying an area of some 750,000 square miles in Central Asia, bounded on the north by Chinese Turkestan and the barrier of the Kuen-lun, Altin-tag and Nan-Shan Mountains, on the south by Upper Burma, Assam, Bhutan, Nepal and British Indian, on the west by Ladakh and Bultistan (Little Tibet) and on the east by China proper. The elevation of the country varies from 8,000 to 14,00 feet and its climate is principally bleak and cold, although in the south the summers are usually mild and pleasant. It has a population of between 2,000,000 and 3,000,000, the principal city and capital, Lhasa, having some 20,000 souls. The religion of the inhabitants is Buddhism, and they are very devout, the entire country being overrun with monasteries, or lamasaries, in some of which dwell as many as 4,000 monks.

For many countries Tibet was a forbidden country, and it is probable that no white man ever entered the city of Lhasa until Sir Frederick Younghusband fought his way into the place in 1904. Thereafter several travellers managed to penetrate into the country, with considerable difficulty and at great danger, and weird tales were brought out of the curious customs of the inhabitants. The world is indebted principally to the explorer Sven Hedin for information concerning Tibet. He made three expeditions into the country, in 1906, 1907 and 1908, and his work during those three years ranks among the great achievements of exploration. He obtained enormous results in spite of the efforts of Tibetan, Indian and Chinese officials to prevent him getting into the country.

Another traveller who brought out some information about the country was the Rev. D. F. McGillicuddy, pastor of St. Stephen's Church, of Worcester, Mass., who penetrated into Tibet in 1906. In giving his impressions of the country Dr. McGillicuddy said:

"The population is a mixture of Chinese and Tibetans, the races having intermarried to a great extent, and at the same time they have solved the problem of population. Their solution is by polygamy or polyandry.

"The question of disposing of dead bodies is strange, for their belief is that to bury bodies in the earth is to contaminate them. They therefore slice the flesh of all bodies and feed it to the birds. I witnessed this service for two bodies. The Tibetans skilfully cut away all flesh, and after drying the bones pulverize them and feed them to vultures.

"The temples used for centuries are still standing and are strange looking affairs. In front of many of them are stumps of trees covered with butter in which the devotees stick their offerings of coins. I went into several of the temples and took pictures of the interiors, showing the altars and the queer offerings and the lights, which are always kept burning."

MURINE FOR YOUR EYES

Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy. If they Tire, Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Granulated use Murine often. Safe for Infant or Adult. At all Druggists in Canada. Write for Free Book. Murine Company, Chicago, U. S. A.

STORMY WEATHER HARD ON BABY

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house. They are often confined to overheated, badly ventilated rooms, and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will not fail to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Outwitting a Yank.

A good story of how he outwitted a Yankee tourist on the summit of Snowdon is told by Mr. A. Alexander, the well-known British athlete, in his book, "A Warfarer's Log."

Having been beaten by Mr. Alexander in a race to the summit, the American, remarking that he would at all events place his feet higher than any of the rest of them, clambered on top of the lofty cairn that marks the extreme summit of the mountain.

"He stood up with some little trepidation," says Mr. Alexander, for it was blowing a stiff breeze.

When he had finished I likewise ascended the cairn and, throwing my feet in the air, performed what is technically known as a hand-balance.

"Je-rusalem!" he shouted, "what are you doing?"

"Placing my feet higher than anybody else," I answered.

Minard's Liniment Cures Dandruff.

CURIOUS FATALITY.

The Very Long Arm of Coincidence in a Transvaal City.

A strange fatality seems to be connected with the office of the Mayor of Uitenhage, in the Transvaal, South Africa. Fourteen gentlemen have occupied that position, including the present incumbent, and thirteen are dead. No ex-mayor save one has lived for more than a year or so after vacating the civic chair, and the extraordinary thing is that twelve of the thirteen died on a Saturday and were buried on a Sunday. The late Mr. Ward passed away at Sea Point recently on a Friday and was, therefore, the only exception in this respect. But he, too, the thirteenth, was interred in Uitenhage on a Sunday.

This curious fatality rather got on the nerves of the late T. W. Mills, M. L.A., while mayor of Uitenhage, and it was his custom to close his game at bridge at midnight on Saturday with the pious remark, "Well, thank God there's another Saturday safely over!" He eventually retired from the council, entered Parliament, contracted heart disease, died on a Saturday and was buried on a Sunday.—Oudtshoorn (South Africa) Courant.

DO YOUR EARS RING?
HAVE YOU CATARRH?

A buzzling noise in the head is the beginning of chronic Catarrh. If not checked the result is deafness. A simple remedy that many physicians advise is to slowly inhale Catarrhozone a few times each day. The soothing vapor of Catarrhozone cures the Catarrhal condition, and hearing improves at once. Head noises, buzzing ears are cured. For Catarrhal deafness, throat, nose and lung Catarrh, there is probably no remedy so efficient. The large one dollar outfit lasts two months and is guaranteed; small size, 50c; trial size, 25c. Sold everywhere by dealers, or The Catarrhozone Co., Kingston, Ont.

ALL MAD!

Grumbler Asserts Wrong People Are Outside the Asylums.

You, of course, think you can instantly spot a madman. You are certain that in his wandering eye, his quaint movements, disjointed speech, or some such characteristic, you would at once recognize the unbalanced mind—could lay your hand on what you fondly believe to be your heart, and say, "That man is mad!"

You have, most probably, frequently done so. But are you sure you have been right Even though you feel sure that in every case, your diagnosis was correct, have you any right or reason to expect anyone to believe you? Would you take a madman's word for it that another man was mad? You wouldn't Very well, then!

For we are all mad—as mad as hatters! Even madder—most of us couldn't make a hat of any kind.

We meet some unusual kind of person who tells us he is Napoleon Bonaparte, or who thinks he is a pat of butter, and bursts into tears every time the sun comes out—which isn't very often by the way—and we say he is mad. But he is only unusual—a bit out of the rut. It is true that he is not Napoleon, but what of that?

There is not a man living who does not think that he can light or revive a fire better than anyone else on earth, but you never hear of anyone being sent to Hanwell on that account. Yet all men, or nearly all, ought to be sent somewhere, for not one of them can do anything to a fire but make it worse. Like all other forms of madness, it is sheer delusion.

It is just the same with cold cures, toothache cures, chilblain cures and so on. Everyone you meet believes he has a certain cure for one or more of these complaints. But he hasn't. There is only one cure for any of them, and nobody has yet discovered it. And in the meantime the man with the cure goes on having toothache, colds, chilblains, and so on, and at the same time believing in his remedy. Mad? I should say so!

To hear the ordinary man speak of his family—inherited or acquired—you might imagine that he was referring to a superior breed of being, that there is something exceptional about them. But there isn't. They're the same old kind—fussy, and all the rest anyone else.

Then just think for a moment of the people who consider they can sing, play, paint, write or speak! If they don't actually think they can do one or all of these, they are quite certain that they could have done if only they'd "had lessons!"

Look at the fuss that is made about a baby! Yet there is nothing particularly remarkable in any infant that anyone has ever seen. And we have all seen—and heard—plenty. Yet a man who went into raptures every time he saw a taxicab and made uncouth noises at it, would very soon find himself at Hanwell.

And what about the queer people—human jackdaws—who collect all kinds of rubbish and keep it stowed away as if it were valuable—buttons, pills, bits of rag and fag ends of material, old boots, shoes, gloves, dresses, bought at sales, "because, my dear, they were such a bargain!" but, which they can never wear—why, the world is full of this kind of person, and he or she is considered quite sane. They store these things up for a rainy day which never comes—or, if it does come, is not considered rainy enough.

Look at the evening mob fighting to get on a train as if their lives depended on it, although they know another will be along in a couple of minutes. Behold them all congregating round the door when they do get in, like a lot of frightened sheep in a pen; watch them craning their necks to see if they have arrived at their destination long before it is possible to have got there. Look and marvel at them leaping from the train as it moves out of the very station they have been waiting for, and ask yourself a simple question.

Say to yourself, "Why am not I and all these people shut up"

For, of course, you are one of them. Everybody is.—London Answers.

Minard's Liniment Cures Burns, Etc.

THE WONDERFUL NILE.

An Ancient River That Has Many Contrasts.

The Nile is a river of contrasts no less than of harmonies. On one side, mud-banks and cultivation are opposed to percipitous cliffs which rise abruptly from the water's edge a thousand feet into the air. Every geological feature is plainly shown in their perpendicular sides, the regular stratifications being broken here and there by some earthquake "fault" or a rock-hewn tomb. Close in to the rocks lie boats, dwarfed into insignificance by the tremendous mass above them, while the blue-clad quarrymen, toiling laboriously, load them with their cargoes of dazzling white. Eagles soar about the cliffs and are lost to sight before the top is reached, and along the narrow strip of shingle beach a small boy and his black flock or goats scramble warily in search of pasture. The whole is repeated in the water—a mass of shimmering, glittering light.

In mid-stream bustling steamers and quick-sailing "glasses" steer their course between lazily drifting "tibbin" boats, while others again from Guargeh or Schag, heavily laden with a pyramid of water-pots, lie athwart the stream which bears them slowly to their northern markets.

No less interesting are the mud-banks themselves, crowned with the fresh green of the young Indian corn crop. You will notice how each successive fall of the water cuts the steep sides into terraces, from the face of which slabs of alluvial mud constantly break off like basaltic rock, and are swept away in the stream. Each fresh terrace as it is formed is brought under cultivation by the industrious farmer, who plants on its narrow area, onions, beans, and other vegetables.

Between Luxor and Karnak is the well-known avenue of sphinxes. Behindit to the east is another, half hidden among the palm trees, leading to a pylon now in ruins. At its base, standing upon a pedestal of granite, is a foot, well sculptured and of colossal proportions. Not much in itself, perhaps, but how imposing must have been the figure of which nothing else now remains but the scattered fragments of stone which are piled high around its base. Simultaneously the enormous columns of the great hall, the lofty obelisks, and the towering masses of the pylons inspire in the beholder a feeling of reverential wonder at the greatness of the minds which thought on such a scale.

The dominant feeling with anyone who explores these ruins is the bigness of it all. Big, not only in its conception, but in the overcoming of seemingly insurmountable difficulties of construction. Sixty feet in the air the columns are supporting architraves formed of enormous blocks of stone, each weighing perhaps twenty or thirty tons, but so accurately adjusted to their position as to require no cement or metal ties. How was it done? And what difficulties must have surrounded the transport from Assuan, a hundred tnd forty miles away of the monolith which stands one hundred and five feet in height! It is wonderful, and I believe I am correct in stating that no solution of this problem of construction is to be found in either hieroglyphic or papyrus

Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3; No. 3, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

Dr. Martel's Female Pills For Women's Ailments

A scientifically prepared remedy of proven worth, recommended by physicians. Sold for nearly half century in Patented Tin Hinge Cover Box with Signature "Knickerbocker Remedy Co." across side. Accept no other. At your Druggist or by Mail Direct from Knickerbocker Remedy Co., 71 Front Street East, Toronto, Can., upon receipt of price, $2.00.

Lamb and Mint Sauce.

Lamb is the only meat with which mint sauce is partaken, and England is the only country where the custom is practiced.

The latter facts seem to disprove the idea that it originated with the Jews, else it would have been adopted in other countries where the race predominates to an even greater extent than in our own, says Tit-Bits. Hence, also, it could not have originated or been associated with the "bitter herbs," which were eaten with the Paschal lamb.

When one remembers what are the vegetables usualy eaten with lamb, we get a clue to mint sauce. And it is one that leads us to what is probably the true reason of its combination with lamb. New potatoes and green peas are the adjuncts immemorial time has led us to associate with the flesh of the lamb. These, our forefathers decided, were provocative of indigestion, and therefore an adjunct must be introduced to correct this tendency. Mint during all ages has been associated with such an office. The Latin poets have broken into song regarding its merits, and the giving of a feast never thought of laying the meat on the table until the board had been scoured with this herb. So, in addition to being a corrective, mint has a reputation as an appetizer, Gerarde says: "The smell of mint doth stir up the minde and the taste to a greedy desire of meate."

Minard's Liniment Relieves Neuralgia

Why Hens Cackle.

Hens cackle when they lay for the same reason that the doing of anything which human beings are meant to do gives them pleasure. It is an instinctive action. For the same reason a dog wags his tail when it is pleased. Even humans, when pleased with themselves, want to sing, or whistle or dance, or express their emotions in some way.

MOTHER WISDOM

The instinct that guides a mother in the care of her child's health has led thousands to use MOTHERS OWN INFANT TABLETS.

For constipation, indigestion, colic, teething, skin eruptions, etc.

Sold by all Druggists or sent direct on receipt of price, 25c per box.—Address, Mothers Own Medicine Co., Toronto, Ont.

Pure, Clean, Economical

Preserved & sold only in Sealed air-tight packets to preserve its native goodness.

"SALADA"

8574

Used in Millions of Tea-Pots Daily

Reproducing the Talmud.

One of the circumstances due to the war is that it has been found necessary to reproduce the plates for printing the Hebrew Talmud, originally produced in the town of Wilna, Russia. When this city was captured by Germany the electrotypes of the Talmud, it is reported, were used for ammunition. To reset the work in Hebrew would take years with an ordinary outfit.

It was found necessary that the plates should be made by photo-engraving, and this work is now being done in Montreal under the auspices of the Union of Orthodox Rabbis of the United States and Canada.

The Talmud contains 9,000 pages, 8 by 14, and it is divided into 18 volumes. The first volume is finished, and the second is in print now. It is estimated that it will take about two years before the work is completed.

Catarrh Cannot Be Cured

by LOCAL APPLICATIONS as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional condition. HALL'S CATARRH MEDICINE will cure catarrh. It is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces results in catarrhal conditions.

Druggists 75c. Testimonials free.

F. J. Cheney & Co., Props., Toledo, Ohio.

German Souvenirs of Defeat.

A traveller in the Rhine country has written of his astonishment at the German pictorial postcards now on the market. He found himself in Cologne, and "in the first shop I entered," he says, "I was offered for half a mark many pictures which, had I been a German, I would rather have cut off my right hand than sell to a representative of the conquerors." The German shopkeeper, typical of many others, apparently had no such feeling, for he was handing over the counter pictures illustrating German scenes and people in the hour of defeat. One could buy and send home a picture postcard of a rabble of German soldiers entering the city on their retreat and the natural wonder of the traveller was how any German photographer could have had the heart to sell it as a souvenir of the city One could buy for half a mark photographs of the British cavalry and infantry entering Cologne, or of the great cathedral serving as a background for the conquering army. This is another of the many stories that have come out of Germany of the commercial spirit taking advantage of defeat to turn a penny.

Minard's Liniment for sale everywhere

EARTH'S WEAK CRUST.

Certain Zones Where Volcanoes Are Prominent.

Scientists find that almost all volcanoes are situated in what are assumed to be areas of weakness in the earth's crust, says a writer in Leslie's Weekly. These areas are in the ocean basins, the lands bordering these basins, or mountains which flank or construct outlines of continents. The chief areas of distribution of volcanoes are: (1) The Pacific-Caribbean belt, following the Andes of South America, the lesser Antilles, Central America and Mexico, Kamchatka, the Japanese Islands, the Phillipines and Sunda Sea Islands, New Zealand and Victoria Land, in the Anartic; (2) the Mediterranean-Caspean region; (3) Atlantic region, including the volcanoes of Iceland and the Azores; (4) Pacific region, with volcanoes in Polynesia, Hawaiian and other Islands. Why at such points the earth's crust should be especially weak does not seem to have been convincingly explained

Sufficient time has not yet elapsed to determine the indirect effects of the recent eruption of Mount Kloet in Java which wiped out over a score of villages and killed thousands of the natives, but recollection of Karaktoa's volcanic outburst in 1883, which within six weeks sprinkled its lava dust over the whole world, has given an interesting suggestion to certain members of the medical profession. During the closing year of the war and influenza epidemic raged in many parts of the world. The manner of its outbreak in different countries indicated that the germs of the disease had been conveyed by the currents of the air. The theory therefore has been broached that the poison gases with which many sectors of the fighting area was drenched were carried by the wind in every direction, causing the influenza outbreak in Spain, Germany, England, France, South America, Africa, Asia, as well as in the United States and some of the South American countries. That the influenza was a corollary of the war is undoubted. Any similar gigantic conflict, it is argued, would be attended with a similar widespread pestilence—another reason why every effort should be made to avert wars in future.

ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day.

Write Templetons, 142 King St. W., Toronto, for free sample.

Reliable druggists sell them at $1.04 a box. 70

The Predicament.

Teddy had the usual 9 o'clock sickness and did not have to go to school as a result. But at 10 o'clock he found that he had recovered and after dressing sought his mother in the kitchen. "I'm well, mother," he announced, "but I can't go to school till noon. You see it's too late now just to be counted tardy and too early to be counted absent."

ISSUE NO. 7. 1920

FARMS FOR SALE

ONE HUNDRED ACRE FARM FOR sale—clay loam; adjoining town of Milton; 5 minutes' walk from C. P. R. station; 35 miles from Toronto; frame house, electric lights, soft water, furnace, large brick garage; new bank barn 56x84; water bowls, taps, litter carrier, windmill, driving shed 24x60, pig pen, hen house; all in good repair. For particulars apply Fred. Inman, Milton, Ont.

$4500—50 ACRES SOUTH OF BEAMSville, 2 story frame house, cement cellar, frame barn, 36 x 50, mostly wire fence, small orchard, clay loam, 6 acres wheat. Immediate possession. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent 934).

FOR SALE—6¾ ACRES OF VALUable fruit land, all kinds. 100 yards from Grimsby Beach and Radial Stations on Tarvia road. Apply to Chas. N. Ruttan, Grimsby East, Ont.

IN DUNDAS—19 ACRES FRUIT AND garden land, beautifully located with drive, lawn and ornamental trees, big buildings. Will sell enbloc or will subdivide. This is a most desirable suburban home. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent 434).

MISCELLANEOUS

SEND A DOMINION MONEY ORder. They are payable everywhere.

WANTED—POTATOES AND APPLES, any quantity, will pay highest prices. Apply D. B. Gordon, Cor. Macauley and Mary Sts., Hamilton, Phone Regent 3049.

FOR SALE

KNITTING YARN, ALL WOOL, SAME quality as we made for Red Cross. Grey only. One dollar thirty per pound. Sample skein thirty cents. Ask for sample of our fine Lambswool colored yarns. Georgetown Woollen Mills, Georgetown, Ont.

FOR SALE—1 CANT BROS. 36 BAND saw, No. 116; 1 Cowan 24 x 10 revolving bed plainer; 1 Goldie McCullogh power mortiser, with boring attachment; above machines nearly new; 1 two-spindle shaper, good condition; 1 48 x 14 horizontal boiler; 1 forty-horse Leonard compound engine; 2 pumps. J. Henderson, Blenheim, Ont.

FOR SALE
OATMEAL MILL

Capacity 140 barrels. Owner retiring from business. Apply, 39 Front Street East, Toronto.

HELP WANTED

MEN WANTED TO WORK AT PORTable Saw Mill, also Bush work, and Teamsters. Apply H. G. Cockburn & Son, Guelph, Ont.

MARRIED MAN WANTED, MANAGE fruit and vegetable farm, also chickens and bees. Apply H. G. Cockburn & Son, Guelph, Ont.

WANTED

FIRSTCLASS KNITTER, EXPERienced on Dubied Flat Fashioning Machine. Good wages paid to capable man. Best working conditions in daylight mill. Mercury Mills, Ltd., Hamilton, Ont.

POULTRY WANTED.

HENS WANTED ALIVE, 26 CENTS A pound, any kind, any size. No deduction for shrinkage. I pay express from any station in Ontario. Ship collect on delivery for full amount, in crates or boxes. Albert Lawis, 666 Dundas street west, Toronto, Ont.

WANTED.

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

PROPERTIES FOR SALE.

FOR SALE—VILLAGE INN, WELL located, at Township seat, leading highway, fourteen rooms. Large stable, also good space for general store and large refreshment room. Orchard garden. Good water. Apply H. C. Cockburn & Son, Guelph, Ont.

BEANS

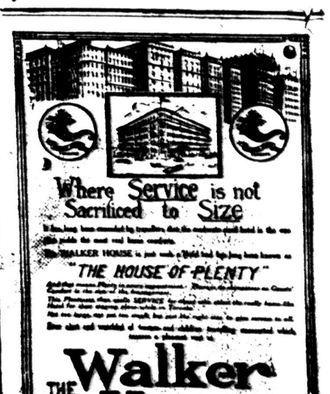
Send Samples. State Quantities.

MORROW & CO.

39 FRONT ST. E., TORONTO, ONT.

Music-Loving Spiders.

It has been asserted that spiders possess a sensitiveness to musical sounds. Some species appear to respond to the notes of the piano, the harp, the flute, and so on, in a manner suggestive of their ability to recognize these sounds or the harmonic vibrations on which they are based.

But Prof. Lecaillon, of Paris, who has made a special study of the instincts and the supposed "phychism" of spiders, things that the apparent sensitiveness of these insects to music has been misunderstood. It is thought that when musical instruments are played near their webs the spiders simply feel the vibrations without recognizing the musical notes as sounds.

The effect upon them is similar to that of the buzzing of an entrapped fly.