

## STERN REMINDERS OF RHEUMATISM

The Trouble Must be Treated Through the Blood.

Every rheumatic sufferer should realize that rheumatism is rooted in the blood and that to get rid of it it must be treated through the blood. The old belief that rheumatism was caused by cold, damp weather, is now exploded. Such weather conditions may start the pains, but it is not the cause. Liniments and outward applications may give temporary relief, but that is all they can do because they do not reach its sources in the blood. The sufferer from rheumatism who experiments with outward applications is only wasting time and money in depending upon such treatment; the trouble still remains, and it is all the time becoming more firmly rooted. Treat this disease through the blood and you will soon find relief. Dr. Williams' Pink Pills act directly on impure weak blood; they purify and strengthen it, and so act on the cause of the rheumatism. Mr. P. J. MacPherson, R.R. No. 5, Cardigan, P.E.I., says: "About three years ago I was attacked with rheumatism. I began taking Dr. Williams' Pink Pills and soon the trouble disappeared and I am in better health than before. I also know of an old lady acquaintance who was badly crippled with rheumatism in her arms and legs, and who suffered very much. She, too, took Dr. Williams' Pink Pills and is now able to do her housework. I tell you this in the hope it may be of benefit to some other sufferer."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

The trouble with family trees is that many of them are shady.

## A Fine View for a Chemist.

The famous asphalt lake at Trinidad has a rival. Situated at Hasque in British Columbia, is a lake that contains, not asphalt, but Epsom salts!

The salts extend to a depth of forty-one feet, and perhaps go much deeper; the miners who first stumbled upon the lake drilled to that depth and then had to stop for lack of drilling facilities. The lake covers seven acres and has a hard, crystal surface.

When the snow melts from the mountain sides the surface is covered six inches deep with water, which quickly becomes brine. Then the sun evaporates it, and all that is necessary is to score and lift off the thick crust that has formed. Spring freshets prepare another seven-acre pan, and the miners harvest a crop that they may dispose of for seventy-five dollars a ton. A few years ago the same product sold for nine dollars.

## Lived 100 Years.

On last March 24 Charles Tully of Hassocks, Sussex county, England, celebrated his hundredth birthday by working a full day in his garden preparing the ground and planting potatoes. He has no difficulty in setting a garden line, for his eyesight is excellent.

In telling about his long life he said that he was first a pork butcher and afterward a farmer. At the time of his retirement from active farming he controlled 2,000 acres. This occurred when he was 80 years old.

This is his recipe for long life: Hard work in the open air, good food and enough of it, but not much at night; a nightcap of whiskey and milk, to be not later than 10 and up by 7 in the morning if not earlier. These are still his habits.

Of the 1,500,000 houses destroyed in Poland during the World War, nearly 500,000 have been rebuilt.

Knowledge without justice ought to be called cunning rather than wisdom.—Plato.

Minard's Liniment for Distemper.

## WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. The Tablets are a perfect home remedy. They regulate the bowels and stomach; drive out constipation and indigestion; break up colds and simple fever and make baby healthy and happy. Concerning them, Mrs. Noble A. Pyle, Egan Secum, N.S., writes:—"I have found Baby's Own Tablets of great benefit for my children and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Does London Lead the World?

Whether New York or London leads in the number of population is a question which is agitating Americans as a result of the publication of the British census returns, giving London a population of 7,476,168. New York's inhabitants total, according to the latest census, 5,623,048.

The National Geographic Society questions the right of the British metropolis to claim such a large population. It points out that legally, as a municipal unit, "London" refers only to the area within the County of London.

"Greater London," which the census figures cover, extends over 693 square miles, an area six times that of municipal London, and more than twice that of Municipal New York.

It is pointed out that a greater New York modelled on Greater London lines, taking in all suburban cities within a radius of fifteen miles from the city centre, as the English capital does, would pass London's population within a similar area.

While London has no State lines to prevent its expansion for administrative purposes, New York halts at the Hudson River, and must continue self-contained and increase only from its internal growth.

## His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or perforated, or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York City, will be given a prompt reply.

## Sad Mistake.

In a corner of a railway carriage was a young man studying a set of official-looking papers. Suddenly he put his hands to his head and cried aloud in his anguish. To sympathetic inquiries he explained that he had sat the previous day for a Civil Service examination. "For the essay test," he said, "we were asked to explain the advantages of keeping a diary. I have just realized that I have handed in four beautifully written pages on the advantages of keeping a diary."

## MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

## Not Popular.

Little George Goode was standing apart from all the other happy boys, who were playing as only happy boys can.

"What's the matter, sonny?" asked a passer-by. "Why don't you play with the rest of the boys?"

"They don't want me to play with 'em," replied the lonely boy bitterly.

"What's the trouble, that the other boys don't want you to play with them?" the stranger persisted.

"They've found out something about me," the lad answered, trying hard to keep back his tears.

"Was it something bad?" "They think so. But I can't help it!" the boy defended himself.

"Come on, tell me all about it," he was urged. "Maybe I can help you."

"No, you can't help me." "Well, tell me, anyway."

The boy hesitated for a moment, but decided to confide.

"Well, sir, the other boys say that I am a softy because I'm—and he gulped hard—"I'm twins with a girl!"

## Accommodation.

"I was a passenger on a train out of Edinburgh," says an American, "and became much interested in an Englishman and a Scot I saw come in."

"The Scot was in his Highland garb and the fact that he took snuff freely from a large box first attracted my attention. He offered it to others to help themselves and generally made himself very friendly. The Englishman, whom nature had gifted with an extremely large nose, joined the other travellers. He seated himself opposite the Scot, who beamed upon him and at once proffered his snuffbox. When the Englishman declined it, the astonished Scot said:

"Ye dinna snuff?" "No," answered the Englishman.

"Man," said the Scot, "it's a calamity for ye has wonderful accommodation for."

Pensions paid to the old or blind number 1,000,925 in Great Britain, and cost \$150,750,000 annually.



## With The BOY SCOUTS

While driving with his father in an automobile along the Detroit River, Scout Gerald Cronk, of the 7th Windsor Troop, accidentally noticed a little boy who had been playing with some others fall off Linn's dock into the river, which is quite swift at this point. Without waiting for the car to stop, he sprang out, ran down the hill and jumped off the dock, swimming down stream toward the little fellow who was fast drifting away. He was successful in getting hold of him and soon had him ashore. With some difficulty he managed to revive the child, who was afterwards driven to his home.

Scout Robert H. Gambrill of the 1st Ekester Troop, and two other boys, decided to go to their usual swimming place to have the strength of the heavy flood, and not realizing as they should have the strength of the current which was running, entered the water. One of the boys, who was not able to swim, held his hands high above the water and followed the other two wading. For a moment the two boys who could swim lost sight of the other boy and then caught sight of him for a moment after he had fallen into a hole, which at the time was easily seven feet deep. Gambrill swam to him, caught him by his bathing suit at the shoulder and tugged him to the farther bank. The drowning boy endeavored to grip him, but Gambrill kept him under his power and finally managed to get him to safety.

While swimming with two other Scouts in the large Current River swimming pool at Port Arthur, Scout Sterling Morrison, of the 1st Port Arthur Troop, noticed that Scout James Shires was in difficulty. He plunged into the water and managed to reach Shires just after he had gone under for the second time. He grasped Shires and started for the side of the pool with him, but Shires, becoming hysterical, grappled with Morrison and succeeded in dragging him under. At this point Scout Fred Thynne, a member of the same troop, plunged in and swam to Morrison's assistance, the two boys then managing to get Shires to shore in safety.

Cherries were known in Asia as far back as the seventeenth century.

Windsor Castle is like a small town in itself, containing hundreds of inhabitants.

There are 25,000,000 Russians starving in the richest agricultural district under Bolshevik control.

"Cascarets" To-Night For Liver, Bowels

You're bilious! You have headachy, constipated, your eyes burn, skin is yellow; your stomach is sour, gassy, upset. No wonder you feel miserable. You need a thorough physic with "Cascarets" to-night to cleanse the stomach of sour, fermenting food and foul gasses; take the excess bile from the liver and carry out of the system all the constipated poison in the bowels. Get a 10-cent box now and let "Cascarets" straighten you out by morning.

America's Pioneer Dog Remedy Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author, H. Clay Glover Co., Inc., 118 West 31st Street, New York, U.S.A.

Try a Bottle To-day

DR. MINARD, Inventor of the Celebrated MINARD'S LINIMENT

Nothing Else is Aspirin—say "Bayer"

Warning: Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances? Accept only an unbroken "Bayer" package which contains directions worked out by physicians during 21 years and proved safe by millions for Colds, Headache, Earache, Toothache, Neuralgia, Rheumatism, Neuritis, Lumbago, and Pain. Made in Canada. All druggists sell Bayer Tablets of "Bayer Cross."

USE SLOAN'S TO WARD OFF PAIN

LITTLE aches grow into big pains unless warded off by an application of Sloan's. Rheumatism, neuralgia, stiff joints, lame back won't fight long against Sloan's Liniment.

For more than forty years Sloan's Liniment has helped thousands, the world over. You won't be an exception. It certainly does produce results.

It penetrates without rubbing. Keep this old family friend always handy for instant use. Ask your neighbor.

At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's Liniment (Pain's enemy)

What Lydia E. Pinkham's Vegetable Compound Did for Mrs. Baker and Mrs. Kiever.

Vancouver, B.C.—"I am pleased to say that Lydia E. Pinkham's Vegetable Compound has done me a lot of good. I can now walk about without the aid of a support and feel real strong again. A nurse advised me to take the Vegetable Compound and it is certainly helping me. It seems like Heaven to be relieved after months of pain."—Mrs. H. W. Baker, 8874 10th Ave. West, Vancouver, B.C.

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The reason women write such letters to the Lydia E. Pinkham Medicine Co. and tell their friends how they are helped is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives. Freed from their illness they want to pass the good news along to other suffering women that they also may be relieved.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co., Lynn, Mass.

ISSUE No. 46-21.

## Mrs. Rose M. Brown Gained 20 Pounds In Four Weeks Time

Declares It's Simply Astonishing To See The Wonderful Benefits She Has Derived From Tanlac—Says Terrible Headaches Have Disappeared.

"It sounds unreasonable, but I have actually gained 20 pounds in less than a month's time by taking Tanlac, and the wonderful benefit I have derived from the use of this medicine is simply astonishing," said Mrs. Rose M. Brown, 111 Third Street, Manchester, N.H.

"Why, I am so happy to be relieved of my troubles I can really never praise this medicine enough. Up to the time I began taking Tanlac, I suffered for something over two years with a very bad form of stomach trouble.

"My appetite was so poor I could scarcely eat a thing. My stomach would be so badly bloated with gas sometimes I was almost afraid to go to bed for fear I would actually smother. I felt tired and worn out most of the time and became terribly discouraged over my condition. I often had such violent headaches I was unable to be out of bed for two or three days at a stretch.

"Four bottles of Tanlac completely restored my health and anyone can see at a glance the wonderful change that has taken place in my condition. I have a splendid appetite now and the stomach trouble has entirely disappeared. I can eat just anything I want without ever feeling a sign of

The Fly in the Ointment. "Ah, old fellow," said Johnson to a friend, "so you are married at last. Allow me to congratulate you, for I hear you have an excellent and accomplished wife."

"I have indeed," was the reply; "she is highly accomplished. Why, sir, she is perfectly at home in literature; at home in art; at home in science—in short, at home everywhere—except—"

"Except where?" "Except at home!"

Minard's Liniment for Garget in Cows.

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

Fulness After Eating

If you have fulness after meals, a bad taste in your mouth in the morning, fur on the tongue, flatulence after meals and no appetite, take Mother Seigel's Syrup. It will clean your tongue, renew your appetite, give you relief for food and the power to digest it thoroughly and easily. Sold in 50c. and \$1.00 bottles at drug stores.

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MRS. ROSE M. BROWN

digestion. The best of all, I am never bothered any more with headaches and this was the greatest relief of all. I want to tell everybody what this medicine has done for me." Tanlac is sold by leading druggists everywhere.

A baby alligator at the London Zoo is seven years old, and barely 12-in. long; he grows about 1-in. each year.

Genius has been explained by an Irish surgeon as the product of a germ which gets into and round the human brain.

Classified Advertisements.

ADDES 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.

PLAYER PIANO FOR SALE

BELL PLAYER PIANO IN GOOD condition, with a large number of music rolls, for sale at a bargain. L. Costello, 73 West Adelaide Street, Toronto.

BELTING FOR SALE

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

Mother! Clean Child's Bowels With California Fig Syrup

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child tomorrow. 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.

HAS NO PAIN NOW

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### 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.

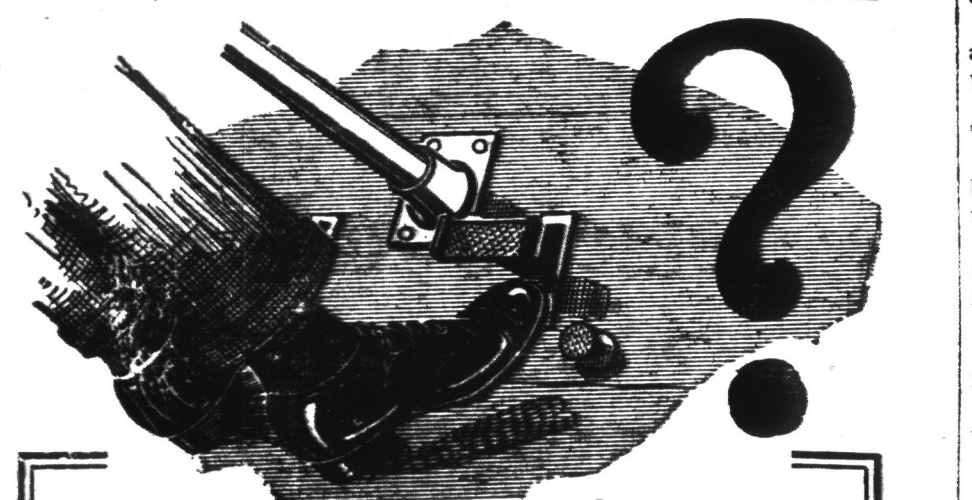
In every effort directed to improvement of the public health and well-being, the question of out-door exercise must be taken into account. No matter what preventive measures are taken against disease, the physical condition of the individual, whether adult or child, is not kept in perfect condition if healthy exercise out-of-doors is not indulged in.

The question of what constitutes healthy exercise is important. There are a large number of people who seem to think that touring around in a motor car provides sufficient exercise for the average person. This is a mistake, but motoring has certain advantages. It detracts the mind from domestic cares and worries, and takes people out of doors in the fresh air.

Real physical exercise—the kind that promotes sleep at nights and stimulates the appetite, is lacking in the pleasure that a motor car offers, except in the case of the driver who may get enough exercise if something mechanical goes wrong.

Walking is one of the most beneficial exercises that can be had and yet too little of it is practiced. We hear far too much in the daily papers about transportation and too little about walking. This necessary and important measure towards the health of the people should be fostered and recommended daily in the public press. The papers that continually offered such important advice would gain favor with all progressive people. The great advantage of walking as an exercise is that it can be done at any time of the year and in practically all kinds of weather.

There are, of course, many other forms of out-door exercise such as gardening, golf, tennis, bowls, rowing, canoeing, hunting and swimming. Ontario has special facilities for indulging in all these pastimes. Even mountaineering can be done—a most exhilarating form of sport. But whatever the form of exercise taken, the great thing is to get out of doors in the sunshine, on the lake shore or where the fresh breezes blow. In sickness or in health there is no better tonic than fresh air and sunshine. Among the trees or by some quiet lake the tired body and mind get a chance to rest and recuperate. Let all who read this article make up their minds to spend as much time in body and in spirit in the great out-of-doors.



## Are you stepping on the brake or the accelerator?

The food you eat does make a difference. Heavy, starchy foods often do slow down body and mind—often steal the energy that belongs to the day's work. Grape-Nuts is a go-ahead food. It contains the perfected nourishment of Nature's best grains. It includes all those elements needed to nourish body and brain. It is easy to digest. It gives energy without taking energy.

How about your breakfast or lunch—does it give, or take?

Grape-Nuts is sweet, crisp, delightful to the taste, and is an ideal source of power for a busy and difficult day.

"There's a Reason" for GRAPE-NUTS

Warning: Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances? Accept only an unbroken "Bayer" package which contains directions worked out by physicians during 21 years and proved safe by millions for Colds, Headache, Earache, Toothache, Neuralgia, Rheumatism, Neuritis, Lumbago, and Pain. Made in Canada. All druggists sell Bayer Tablets of "Bayer Cross."