

WHY RHEUMATISM OFTEN COMES BACK

The Usual Treatment Does Not Reach the Root of the Trouble.

Most treatments for rheumatism do no more than aim to keep down the poison in the blood and enable nature to overcome that particular attack. These when the system becomes run-down from any cause the disease again gets the upper hand and it all has to be done over.

Sufferers from rheumatism who have found their condition unrelieved or actually growing worse while using other remedies, would do well to try Dr. Williams' Pink Pills. The tonic treatment with this medicine has proved in thousands of cases that it builds up the blood to a point that enables it to cast out the rheumatic poisons through the regular channels of excretion, the bowels, kidneys and the skin. When this is done rheumatism is banished, and as long as the blood is kept pure and rich the patient will be immune from attack. This is proved by the case of Mrs. J. Hewitt, 1244 P. O., Hamilton, Ont., who says: "For a number of years I was troubled with muscular rheumatism, which caused me a great deal of suffering. I would get rid of the trouble for a time, but it always came back. A friend recommended Dr. Williams' Pink Pills and I have not had an attack of rheumatism since I took them, and that is five years ago. I have since used the pills for anaemia and found them equally good, and I now recommend them to any friends who may be ailing."

You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Your body is a delicate machine. Take care of it.

Minard's Liniment for Warts.

The health of the nation lies in its healthy citizens.

For Nervous Headaches

ISTHERRELIEF from headache or neuralgic pains worth a cent to you? That's all it costs for an application of "Vaseline" Mentholated Jelly. With the first indication of a headache rub a small amount of it gently on the forehead and temples. So convenient, effective and economical!

CHESTERBROUGH MANUFACTURING COMPANY
1880 Cabot Ave., Montreal



Vaseline MENTHOLATED JELLY

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.

Tuberculosis is well known to us as a deadly enemy, fighting secretly, noiselessly and continuously, killing 10,000 of our young people each year. This dreadful toll is taken without interruption, day and night. No melodramatic gun shots accompanying it, nothing spectacular, no brass band to attract attention; 10,000 quietly "slip away" to premature graves, without more sound than the disease itself makes in the killing.

10,000 dead. Think of it, every time the clocks of Canada strike the hour, year in and year out, it marks the passing of another of our citizens who might have been saved. Science and practical demonstration have proven that tuberculosis is preventable, and in most cases curable if taken in time. In these striking words, President A. B. Cook of the Canadian Association for the Prevention of Tuberculosis opened his address before the Public Health Congress at St. John's, N. B., recently. What Mr. Cook said then holds good to-day. The fight against tuberculosis is still being waged strenuously, with good prospects of success.

But as Mr. Cook very plainly points out, in silence and insidiousness are the features of the enemy's attack, it should be our duty to counter attack with loud noise, so loud that the people shall become alarmed and demand the observance of preventive measures for those who are threatened, and that provision shall be made for the cure of those now suffering with the disease.

Little has been done by the Federal Government to combat tuberculosis

of the human type. Up to the present this work has been left almost entirely to the provinces, assisted by the public-spirited citizens connected with the many local organizations. These, working for years, have now demonstrated beyond question the value of their work, and the results obtained should be sufficient to induce the Federal Government to take its proper share in the firing line and lend its assistance to the organizations that have been doing the pioneer work.

It is true that the Dominion Government realize the importance of bovine infection among cattle. (The bovine type of tuberculosis germ is similar but not identical with the human type.) During the past few years the Government has extended the activities of the Health of Animals branch towards the suppression of tuberculosis among our herds. The results obtained amply justify the effort and the money expended. It is to secure funds sufficient in a more conclusive manner, that properly directed energies along improved lines, means the suppression of the disease, and possibly its extermination.

In some of the areas of the United States, where intensified efforts have been going on for some time, a case of tuberculosis among cattle is seldom found. The same can be made while speaking of the efforts made to eradicate the human type of tuberculosis, and all that seems necessary is to secure funds sufficient to put into practical use the recognized and approved methods of dealing with the disease.

Children and Music.

The appearance of the Boys' Band from Waterloo, Ont., at the band music contest held in Toronto during Exhibition weeks led to a great interest in boys' bands and orchestras. The Salvation Army, Toronto, have a fine boys' band in addition to their several splendid adult bands. The boys' band recently gave a public concert at Sunnyside Beach.

A gramophone equipped with march records does duty this year in supplying music for the boys' marching in and out of classes at St. Paul's Catholic School, Toronto. One of the pupils is appointed by the principal to look after the machine, and the boys are eager to take their turn at playing the music.

An orchestra for the pupils attending Toronto public schools is a proposition being taken up this school year. The effect of music's influence on children was strikingly shown recently in one of Philadelphia's public parks, when a symphony orchestra on a Saturday morning gave a concert which drew 1,000 children away from baseball games, tennis courts and swimming tanks to hear the excellent performance.

London and Hamilton, Ont., school boards intend to enlarge greatly their musical activities for children during the current school year.

GUARD THE CHILDREN FROM AUTUMN COLDS

The Fall is the most severe season of the year for colds—one day warm, the next cold and wet, and unless the mother is on her guard, the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mother's best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose of the Tablets will prevent colds, or if it does come on suddenly, their prompt use will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

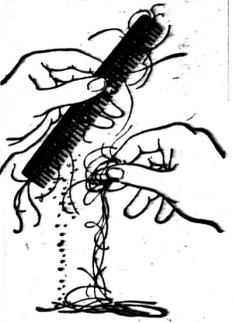
Bibles Preserved in Pepper. Bibles sent to the Gilbert Islands have their covers fastened with a glue containing a mixture of cayenne pepper, oil of cloves and corrosive sublimate. This is necessary to protect the books from a certain worm, peculiar to the islands, which destroys the bindings.

A suspension bridge 100 feet long has been found in Africa, made entirely of reeds and grass.

Minard's Liniment for Colds, etc.

A SHED TO LET HAIR FALL OUT

35c "Danderine" Saves Your Hair—Ends Dandruff
Delightful Tonic



Hurry! It's your duty! Each day you see a little more hair falling out and you are making no effort to avoid it. What a pity. Falling hair means baldness. What a pity. Falling hair means a weak, sick, poisonous scalp. But if you use the hair root pores in the scalp are not firm and tight, thus wasting the hair-growing oils.

Danderine almost instantly stops falling hair of men or women and cleans every particle of dandruff away. Then the hair takes on new life, vigor and strength to grow strong, thick, and long.

Danderine is delightful—not sticky or greasy. Go to any drugstore now and get a bottle. Use it. Have healthy, beautiful hair and lots of it.

Music as a Life Asset.

If music is made part of the life of every child, as baseball, dancing and reading are part of his life, a natural spontaneous activity, we shall be a better people. But if music will continue to be classed with geology and foreign languages as a school study to which several half hours a week are grudgingly devoted we shall find the next generation of men being dragged to concerts and the opera as reluctantly as this one is.

The homeopathic doses of music administered once or twice a week by private teachers to meet with impressed children make very little impression, especially when each lesson is prefaced with the usual "I didn't have much time to practice, we had so much homework this week." But if musical notation were taught in the primary grades along with the three "R's" we should soon have plenty of children returning as naturally to their song books for their recreation as to fairy tales.

And if the public school provided short selected programmes of good music for assembly once a week, or even twice, we should in a very short time find our children quite as much interested in the words of the great composers as in the products of the jazz factories.

There are countless other ways in which music might be made an intimate part of school life, such as studying national music in conjunction with geography or period music with history and literature. The essential thing is that the attitude towards music be changed, the rest will come of itself.

And when the importance of music as a life asset is realized, perhaps even the school schedule will be relaxed to the extent of allowing a child who really cares to master the technique of any art sufficient time to do it in a dignified and unhurried manner.

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" Corrects Sour, Upset Stomachs at Once

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulences, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Drugists sell millions of packages.

Which Was It? The minister, taking a walk early in the morning, found one of his parishioners lying peacefully in a dry ditch.

"An' where have you been, Andrew?" demanded the good man, sternly.

"Well, I dinna rightly ken," answered the prostrate one. "It might ha' been a weddin' or it might ha' been a funeral, but, whichever it might ha' been, it was a maist extraordinary success."

Sensible Sense. Sally, the colored maid, was being taunted by her mistress about Jim, her beau, who was considered half-witted.

"But Jim hasn't very much sense, has he, Sally?"

"No'm, he ain't got much, but what he got is very good."

Minard's Liniment for Distemper.

GETS HIM IN FIRE SHAPE FOR WINTER

"Taniec built me up in fine shape last Spring, and now I am getting on other bottle as a tonic to keep me fit for the cold weather," declared Henry Duesenbach, 450 York St., Hamilton, Ont., recently. Mr. Duesenbach has been identified with the grocery business in Hamilton several years, and is very well known.

"My stomach was troubling me for a long time and I got into a badly run-down condition," he said. "Almost everything I ate upset me terribly, and gas would form on my stomach and keep me miserable. My nerves were unstrung, too, and many a night I never got a bit of rest."

"I was feeling simply all played out when I got my first bottle of Taniec, but before I had finished it, the pain in my stomach went away entirely, my food began to agree with me and I have never had indigestion since. With my nerves calm, my strength back and my appetite in fine shape, I expect to enjoy Christmas dinner and all the good things of the holidays as I have not done for a long time. They can count on me to always give a good word for Taniec."

Taniec is sold by all good druggists. Echoes have been known to repeat as many as twenty syllables.

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

Be quick at figures, but slow to credit calumnies.

Minard's Liniment for Garget in Cows.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels. Feel fine! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping—neat laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Hope for Job.

The Sunday school lesson was on Job. The superintendent was endeavoring to picture the painful existence of Job to his youthful audience. To this end he was dwelling at length upon poor Job's sufferings and the futility of medical treatment.

"What is it, Willie?" asked the superintendent.

"Have they tried Dr. Smith?" asked Willie, naming the family physician.

Streamline Models.

Fish, birds, moths, snowflakes and boulders are all forced to take similar shapes by wind and water, nature's firm of magic tailors, who have devised the streamline model for all bodies moving or immersed in a moving fluid.

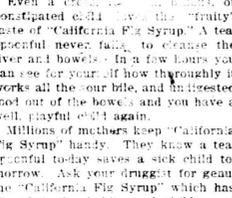
But Not in Spelling.

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"I feale I have leprnt a lot sence I came here."

MOTHER!

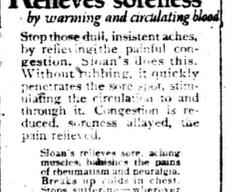
Move Child's Bowels with "California Fig Syrup"



Even a creature as delicate, or constipated child, loves the "fruit" taste of "California Fig Syrup." A teaspoonful never fails to cleanse the liver and bowels. In a few hours you can see for your child how thoroughly it works all the sour bile and fermented food out of the bowels and you have a well-playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today 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.

Backaches! try Sloan's



Relieves soreness by warming and circulating blood. Stop those dull, insistent aches, by relieving the painful congestion. Sloan's does this. Without rubbing, it quickly penetrates the sore spot, stimulating the circulation and through it. Congestion is reduced, soreness allayed, the pain relieved.

Sloan's relieves sore aching muscles, hinders the pains of rheumatism, neuralgia, sciatica. Breaks up colds in chest. Stops suffering wherever congestion takes pain.

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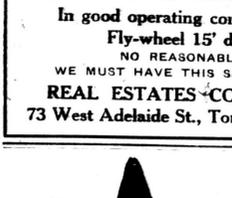
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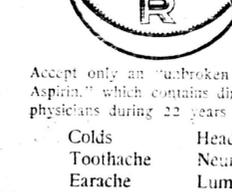
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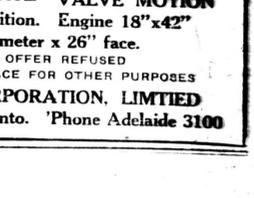
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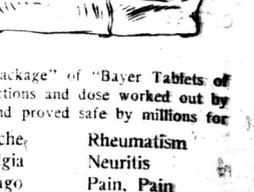
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\$12,000 IN PRIZES \$12,000

Here's your opportunity to participate in these three big cash prizes. We wish to put THE ATHLETIC GUIDE, our new Sporting Paper on the map and at once, canvassing methods so we have decided to spend our money by ordinary means. Subscribers will gain an opportunity to participate in our expenditure which really makes our proposition a most one all the way round.

To participate in this subscription campaign you simply indicate on the coupon below whether in your estimation the HOME TEAM will score MORE, LESS or the SAME NUMBER of goals than they scored in the corresponding game of last year, by placing an "X" in the column provided in the coupon. Prizes will be given to the subscriber who submits the highest correct estimate. The second prize will be given to the subscriber who submits the highest correct estimate. The third prize will be given to the subscriber who submits the third highest correct estimate. Prizes will be equally divided among subscribers whose estimates rank equally correct.

- ### RULES
- All entries must be made on coupons provided for that purpose.
 - Any coupon which has been altered or mutilated will be disqualified.
 - In event of a tie, or ties, prizes will be divided equally between those tying, but should the necessary arise, the Auditor reserves the right to rearrange prize money so that the first prize winners receive more than the second, and the second prize winners receive more than the third.
 - Matches on coupons incorrectly scheduled, or not commenced, same will be struck off the coupon. In event of a game being started, and then discontinued for any reason whatsoever, the score as recorded at the time the game is terminated, will be accepted as being the same as a full game.
 - The Auditor reserves the right to disqualify any coupon for what, in his opinion, is a good and sufficient reason, and it is a distinct condition of entry that the Auditor's decision shall be accepted as final and legally binding.
 - All matters concerning this competition, no correspondence will be entered into or inquiries granted.
 - In marking coupon, place cross in column provided; hence whether you think the HOME team will score

FOOTBALL COMPETITION No. 1

ATHLETIC GUIDE PUBLISHING CO., 508 Dominion Bank Bldg., Vancouver, B.C.

I enter this Football Competition with the understanding that I agree to abide by the published rules governing same and to accept the Auditor's decision as final and legally binding. Twenty-five cents enclosed for my weekly subscription entitles me to one estimate; 50c, ten weeks and two estimates; 75c, fifteen weeks and three estimates; \$1.00, twenty weeks and five estimates.

NOTE—Mark with an X in column provided whether you think the HOME team will score MORE, LESS or the SAME number of goals as in the corresponding game last season.

HOME TEAM	Last Year's Score	Away Team	Coupon No. 1	Coupon No. 2	Coupon No. 3	Coupon No. 4	Coupon No. 5
NAME	ADDRESS						
Newcastle	1-2	Aston Villa					
Everton	2-1	Birmingham					
Manchester C.	1-1	Cardiff C.					
W. Bromwich A.	2-1	Sunderland					
West Ham U.	2-0	Wolverham'n					
Rotherham C.	1-1	Bury					
Hull City	2-0	Blackpool					
Southend U.	1-1	Charlton Ath.					
Leam Town	1-0	Portsmouth					
Nelson	1-1	Darlington					
Hartlepool U.	1-1	Lincoln City					
St. Mirren	2-1	Motherwell					
Partick T.	2-1	Raith Rovers					
Hibernians	2-1	Morton					
Falkirk	1-0	Dunfer					

Dec. 23 Competition closes Midnight
Dec. 22

MINARD'S "KING OF PAIN" LINIMENT

FOR RHEUMATISM
Lumbago, neuralgia, or any other pain, apply Min