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ORPHANED BY THE JAPANESE DISASTER

Nine-months old Baby Nicoll is one of the many little British refugees who have arrived in Vancouver since the great earthquake in Japan two months ago. For 36 hours she lay without food or shelter on the Bluff at Yokohama until she was discovered by rescue parties and eventually restored to her father, H. R. Nicoll, with whom she travelled to Canada on the "Empress of Russia." Mr. Nicoll's wife and other daughter were lost during the disaster.

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.

The death rate from cancer is not increasing for males up to 45 years of age and for females up to 60. The most rapid increase is occurring in extreme old age.

The painlessness of cancer in its early stages is one of the most insidious dangers since it leads the patient to delay in seeking medical advice. Were cancer as painful in its early stages as toothache there would be fewer of these pitiful cases in which the patient first seeks advice when the cancer has reached a stage beyond all but palliative treatment.

Medical advice should be sought at once should a lump be found in the breast, if an ulcerated condition exists on the tongue, lip or skin which does not heal in a few days, if there is persistent hoarseness, if a mole or wart shows a tendency to grow, if blood or mucus is passed with the

stools, if there is bloody or offensive discharge at other than the normal monthly periods, especially at the change of life or after it has passed. Even with the greatest care and skill doubtful cases occur; but only after careful medical examination can it be decided whether such conditions are or are not indicative of cancer, and those who seek advice in these circumstances are taking a wise course quite apart from cancer possibilities. An abnormality is there and whatever it is due to it should be treated and not nursed in secret.

The statement is repeated that prolonged irritation is the cause, but all tissues are not equally liable. The palm of the hand is probably in the deeper parts than in the nipple. Some tissues show a special liability such as the skin of the face, lips, insides of cheeks, tongue, lower part of the bowel and neck of the womb.

TEETHING TROUBLES

Baby's teething time is a time of worry and anxiety to most mothers. The little ones become cross; peevish; their little stomach becomes deranged and constipation and colic sets in. To make the teething period easy on baby the stomach and bowels must be kept sweet and regular. This can be done by the use of Baby's Own Tablets—the ideal laxative for little ones. The Tablets are a sure relief for all the minor ailments of childhood such as constipation, colic, indigestion, colds and simple fevers. They always do good without harm. The Tablets are sold by medicine dealers or by mail at 35 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Ever Ready.

Survivors of the great earthquake in Japan who arrived in Vancouver, British Columbia, about the middle of September, gave graphic accounts of what they had witnessed of the awful results of the catastrophe. But in the midst of the widespread sorrow at the terrible loss of life Canadians must feel some gratification that their fellow countrymen and fellow citizens of the Empire were among the first to give their help where it was needed. One of the despatches was to this effect:

"Officers and men of the Canadian ship Empress of Australia were particularly commended for their courage and calm efficiency."

This also is worthy of note:

"The most impressive sight of the whole experience was furnished by a British cruiser, which came racing in from God knows where, and went straight where she was most needed," declared Arthur Jackson, who is accompanied by his wife. "We passed her while on the rescue ship bound for Kobe. She flew past us at the rate of 35 miles an hour. She missed being the first warship at the scene of the disaster by a few minutes, a Japanese ship beating her by a narrow margin."

The same old British navy, whose rescuing destroyers during the great war seemed to come suddenly from nowhere to give their aid wherever needed, still rides ready, as kind and impartial and humane as she is dauntless in the face of danger.

Chances Naturally Greater

Student—"Do you know, Professor, statistics show your chances of a long life are greater than those of a blacksmith?"

Professor—"Naturally; I deal only with the heads, not the heels of mules."

Time to Leave.

Lecturer—"Allow me, before I close, to repeat the words of the immortal Webster."

Hayseed (to wife)—"Land sakes, Maria, let's get out of here. He's a goner! ter start in on the dictionary."

The Egyptians imagined the world to be a vast plain suspended in space.

Politeness costs nothing. Perhaps that's why it's one of the few things the average bureaucrat doesn't waste.

The meal hour should be a happy, cheerful one. Avoid if possible discussion of business affairs. Remember that "A meal well chatted is half digested."

Ask for Minard's and take no other.

A Man-Made Niagara.

A gigantic waterfall, that will rival Niagara, is now being constructed in the Swiss Alps, near Martigny. It is at an altitude of over 6,200 ft. and is designed to supply electric power for the federal railways of Switzerland.

The scheme also provides for making a huge dam across the noted Bernese cascade, thus forming a vast artificial lake of about forty million cubic yards. The height of this dam will be the same as that of Niagara, namely 262 ft., and it will have a total length of 818 ft. The total cost of the undertaking is estimated at nearly two and a half million pounds sterling, but the benefits to be derived from the power generated by the falls will, it is calculated, repay this sum in a few months.

It is hoped to complete the scheme within three years. The installation will then be capable of supplying sufficient electric power to run the entire Swiss railway system, which at present is largely dependent on foreign coal.

STOMACH TROUBLE DUE TO THIN BLOOD

It Usually Disappears When the Blood is Made Rich and Red.

This blood is one of the most common causes of stomach trouble. It affects the digestion very quickly. The glands that furnish the digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state of health nothing will more quickly restore the appetite, digestion and normal nutrition than good, rich, red blood.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles and awakens to normal activity the glands that supply the digestive fluids. This is shown by an improved appetite, and soon the effect of these blood enriching pills is evident throughout the whole system. You find that what you eat does not distress you, and that you are vigorous instead of irritable and listless. If your appetite is fickle, if you have any of the distressing pains and symptoms of indigestion, you should at once take Dr. Williams' Pink Pills and profit by the better condition in which they will put your blood.

These pills are sold by all dealers in medicine, or you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

EASY TRICKS No. 55 Fly Away

Balance a visiting card—or a playing card—on the tip of the forefinger of your left hand. On this, directly over the forefinger, place a half dollar.

The problem is to remove the card without touching the half dollar and without causing the half dollar to leave your finger tip.

All that you have to do is to snap the forefinger of the right hand so that it will strike the corner of the card. If you do it correctly—and you'll get the hang of it after a few trials—the card will fly away, leaving the half dollar on the finger tip.

There is a little knack about doing the trick but the knack will come with very little practice.

(Clip this out and paste it, with other of the series, in a scrapbook.)

Seven Mistakes.

"There are seven mistakes of life that many of us make," said a famous writer to the writer; and then he gave the following list:

1. The fusion that individual advancement is made by crushing others down.
2. The tendency to worry about things that cannot be changed or corrected.
3. Insisting that a thing is impossible because we ourselves cannot accomplish it.
4. Attempting to compel other persons to believe and live as we do.
5. Neglecting development and refinement of the mind by not acquiring the habit of reading.
6. Refusing to set aside trivial preferences, in order that important things may be accomplished.
7. The failure to establish the habit of saving money.

Gracey?

A gentleman was taking a class at the village school, and asked: "Can anyone give a definition of the word 'grace'?"

There was a moment's pause, then one smart youth exclaimed: "Please, nor, it's 'fat out o' the mata.'"

Verdict a Cure.

"Though pronounced insane, there seems to be no question of his sanity now."

"None at all—the jury acquitted him, you know."

If you intend to do a mean thing, wait till tomorrow; if you are to do a noble thing, do it now, now—Dr. Guthrie.

The Wobbling Pole.

That the Pole wobbles is a puzzle as well as a scientific fact. One theory is that the wobbling is caused by vast accumulations of ice and snow. Another is that it is caused by the outer shell of the earth slipping upon the core of the planet.

Suppose King Tutanekham had sent an expedition to find the North Pole. Let it be imagined that the goal was reached and that a post was driven into the ground to mark its exact location. Amundsen, if successful in his present project, would not find the Pole in the same spot as it was 3,500 years ago, but it would not be far away.

From a given centre, suppose a circle to be drawn from a radius of thirty feet. Inside of that circumference the Pole is always to be found. It is quite possible that the crust of the earth slips, because the shell which forms its envelope has considerable elasticity. The earth goes round on what is called its "axis of rotation," and it has another axis, an "axis of energy." At one time these two coincided, but now this is no longer the case, and their deviation produces the slipping which is the cause of the wobbling of the Poles and the corresponding changes in latitudes.

Patronize the merchants who see to it that their horses are well treated, not overworked, overdriven, or otherwise misused.

Look Younger

Care-worn, nerve-exhausted women need Bifro-Phosphate, a pure organic phosphate dispensed by druggists that New York and Paris physicians prescribe to increase weight and strength and to revive youthful looks and feelings. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East.

INDIGESTION, GAS, STOMACH TROUBLE

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

Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without gripping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.

ASPIRIN

Say "Bayer" and Insist!

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Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product: proved safe by millions and prescribed by physicians over twenty-three years for Colds, Headache, Toothache, Lumbago, Earache, Rheumatism, Neuralgia, Pain, Pain.

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocaceticacid ester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

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Take a small pan of boiling water and put half a teaspoon of MENTHOLATUM in the hot water, then breathe the steam. It's the best and also the quickest way to get relief.

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35-Cent "Danderine" So Improves Lifeless, Neglected Hair.

An abundance of luxuriant hair full of gloss, gleams and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any druggist.

Face Disfigured With Large Pimples Cuticura Healed

"For some time my face was affected with pimples and skin eruptions, which at times would be very irritating. The pimples were very hard and large, and turned bluish when rubbed or picked, which caused disfigurement."

"I was treated but it did not prove satisfactory. I read an advertisement for Cuticura Soap and Ointment and decided to try them, and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was healed." (Signed) Mrs. Earl Cooke, Box 374, Napauau, Ontario.

Cuticura Soap daily, with Cuticura Ointment occasionally, prevents pimples or other eruptions. They are a pleasure to use, as is also Cuticura Talcum for performing the skin.

Sample Book Free by Mail. Address: "Cuticura, Ltd., Dept. 26, Dept. V, Montreal, P. Q., Canada." Write for Free Book. Cuticura Soap always without soap.

BEFORE MY BABY CAME

I Was Greatly Benefited by Taking Lydia E. Pinkham's Vegetable Compound

Sydenham, Ont.—"I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. I just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others take it."—Mrs. HARVEY MULLIGAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.

Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs and does not contain any harmful drugs. It may be taken in safety by the nursing mother.

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