

GENERAL DEBILITY FOLLOWS INFLUENZA

The After Effects Often More
Serious Than the Disease
Itself.

No reasonable precaution to avert an attack of influenza should be spared. The disease itself often proves fatal and its after effects among those who are spared, make the life of the victim one of almost constant misery. Ask almost any of those who have been attacked by this trouble what their present condition of health is, and most of them will answer: "Since I had the influenza I have never been fully well." This trouble leaves behind it a persistent weakness of the limbs, shortness of breath, bad digestion, palpitation of the heart and a tired feeling even after slight exertion. This is due to the thin-blooded condition in which the patient is left after the fever and influenza have subsided. This condition will continue until the blood is built up again, and for building up the blood and strengthening the nerves nothing can equal a fair treatment with Dr. Williams' Pink Pills. The value of this medicine in cases of this kind is shown by the statement of Mr. Edward J. McGuire, Pembroke, Ont., who says:—

"In the fall of 1918 I was attacked with the influenza—and not in a mild form either. I was confined to my room for three weeks, and although the influenza subsided I did not regain my health. As a matter of fact I seemed to be growing weaker. I had no appetite, was subject to fainting spells and my feet and ankles were badly swollen. The doctor told me that my condition had developed into a serious case of anemia, and although I was under his care for over two months I was not improving in any way. At this stage one of my friends advised me to try Dr. Williams' Pink Pills. I was loath to do so, as I began to think my case hopeless. However, I was finally persuaded to try them, and by the time I had used two boxes there was no doubt they were helping me. I continued taking the pills until I had used a dozen boxes, when I found that every symptom of the trouble had left me and I was again enjoying the best of health. I returned to my work and have ever since been in good health and feel that I owe it entirely to Dr. Williams' Pink Pills. I think that anyone who is suffering from the after effects of influenza, or any form of anemia, should give this medicine a fair trial. You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont."

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, Ann. Address him at Spadina House, Spadina Crescent, Toronto.

Every person alive is an individual. By this I mean that each person has certain traits or characteristics that stamp him as one apart from his fellows. In the trace of his finger prints, in his handwriting and in many ways, even to the fact he eats, his individualism manifests itself. Still certain traits are common to many people, and this fact in itself is rather interesting, for in writing a newspaper article for publication one finds that the general run of people understand and appreciate the viewpoint of the writer. On the other hand there are a few persons who take the opposite side in every discussion that arises. We have heard about the Irishman who was wrecked on a lonely island and on struggling ashore on a raft he met a man. Luckily this native speaker of English, so the Irishman asked him if he was a government man. "Yes," said the native, "there is." "Very well," said Pat, "I'm opposed to it." Like the Irishman, there are certain people opposed to everyone and everything. They love to kick. They can see red in every undertaking that they are not asked to have a hand in. There may be a solution in the world pressing for a solution, these wrongs that need righting, but one cannot get far by continually complaining and complaining. The public do not appreciate a "sorehead" if a cand-

Expresses of the Sky.

The purpose for which the racing aeroplane is intended is not generally understood; in fact, there are a great number of people who regard the piloting of it as a rather unpleasant means of committing suicide.

In the first place, it gives the designer some idea of the amount of strain which may comfortably be imposed upon the machine during its flight through the air at speeds often exceeding 200 miles an hour.

While on a practice flight on the Lusitania de Monde monoplane, which which he intended to compete in the Coupe Deutsch race of 1921, Captain Bernard de Romanet, one of France's most brilliant pilots, was killed by the fabric covering the wing of his machine pulling off while flying at about 150 miles an hour.

The modern single-seater fighter is another type of aerial express. The Gloucestershire Aircraft Company's Ramoel, which is probably the fastest aeroplane in the world, has been tried at Matheran Heath, the British Air Ministry's experimental aerodrome, with a view to modifying it for this purpose.

In designing a racing aeroplane it is necessary to do away with any projections likely to resist the machine's progress through the air; in fact, the Ramoel is covered with a special dope which gives a very smooth anti-friction surface to the machine.

The wing surface of a racing aeroplane is cut down much lower than that of a machine designed for ordinary purposes.

Morning Star.
This morn I watched a lonely shining star.
And I remembered once, long, long ago,
How you and I, one dawning, early morn,
And over half waking meadows wandered far,
Until we reached that fir topped hill—
You know—
We watched our star's white, radiating glow—
At length its fading beauty paled and died,
When dawn came rioting from out the sea.

—Agnes Chaote Woulson.

MONEY ORDERS.
A Dominion Express Money Order for \$10 dollars costs three cents.

The most fortunate man is he who thinks himself so.

Minard's Liniment for Neuralgia.

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms, takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Sun Life.

The financial statement of the Sun Life Assurance Company of Canada for the year 1922, published on another page of this issue, must be regarded as highly satisfactory from every measure of progress and prosperity. Its items, relating both to development and strength, show striking advances over previous records, especially those in connection with total business in force and assets, indicating that a policy of large-scale expansion has been accompanied by prudent and economical management.

In addition to its large underwriting in the Dominion, the Company has for many years conducted profitable business in countries other than Canada, and at the present time maintains active organizations in upwards of fifty countries. The record of the year's operations thus affords testimony that the reliance of the Canadian people in their own financial institutions is universally shared.

The abnormal financial conditions generally obtaining some three or four years ago gave a great impetus to life assurance underwriting the world over. It is gratifying to see that the advances then recorded are being well maintained by the Sun Life of Canada during a year of comparative financial stringency, affording evidence that the public have a growing consciousness of family and community responsibility.

Some say that the gift stolen from the altar of the gods and given to man was Imagination.

Minard's Liniment for Burns & Scalds

Good Wind Instruments Are Easier to Blow.

Insist that your orchestra members buy the best wind instruments obtainable. They are easier to blow, a fact of vital importance to children—and superior in tone qualities. They are not an expense, but an investment, appealing to the pride of the children, and can be resold at fair prices if it becomes necessary. Best results were obtained with personally owned instruments, except in the case of the larger and unusual instruments. These last were purchased from a school musical fund, raised by orchestra concerts, which was sufficiently large to cover incidental expenses and to provide loans to pupils wishing to purchase instruments.

I early learned the value of good instruments—instruments which are not given enough attention in amateur organizations. I always had four clarinets in an organization of thirty or more players. They were invaluable where the string choir was weak. Their wide compass enables them to support weak cello parts in important passages, also weak violin strains, viola parts, or even flute parts, if necessary. They were also a help in balancing the volume of my more or less enthusiastic brass players.

As Clarinets cannot be tuned, the other instruments of the orchestra should be tuned to these instruments—piano and all. It is essential that these clarinets be of absolutely the same pitch—the same make, if possible—in order to insure perfect intonation and perfect unisons. Also a euphonium and valve trombone—on bass and trombone parts—are the amateur conductor's friends.

The man who does what he pleases is seldom pleased with what he does.

WELLSON SPECIALTY COMPANY
37 CHICORA AVE. TORONTO

"Much More."
"But where sin abounded, grace did much more abound."—Romans, v. 20.

By some unseen, resistless power impelled,
The rising tide sweeps up the brooding bay.
And with it comes the rush of healing wind,
Reviving hearts that droop beside the way.
The murky pools upon the sodden sands
Are cleansed and covered by the surging waves.
'Tis thus the "much more" of thy Saviour's grace
Abounds where "sin abounded"—
—Adelaide Addison Pollard.

PUT STOMACH IN ORDER AT ONCE
"Pape's Diapiesin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapiesin." The moment it reaches the stomach all sourness, flatulence, heartburn, gas, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for a few cents.

Suspicious.
Gentleman in railway carriage—
"How did this accident happen?"
Guard—"Someone pulled the cord and stopped the train, and the boat express ran into us. It will take five hours to clear the line for us to go ahead."

Gentleman—"Five hours, and great Scott! I was to be married to-day."

Guard—"Look here, are you the chap who pulled the cord?"

CORNS
Lift Off with Fingers

Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly it corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without sores or irritation.

To Check Car Thieves.
Among the thief defectors for automobiles is a ring which encircles the rim of a wheel and encloses the valve system to prevent tampering with it.

Minard's Liniment for Rheumatism.

Why is a Foxglove?
We use the names of our common flowers and plants so frequently and so heedlessly that few of us ever stop to think of the derivations of these names. Yet there is no other class of words in the English language which we have collected more haphazardly from every other language in the world.

Take the dandelion, that common but wonderful flower which blooms all the year round; its name is pure French. Mallow is Greek. Artichoke is from an Arabic word meaning "earth thorn." Rhubarb is Latin, and bean Anglo-Saxon, while potato is really a Spanish word.

Some flower names have their origin plainly stamped on them. "Coitfoot," for instance, is also called "Footfoot." Its hoof-shaped leaf quite evidently gave it its common name. Bachelor's Button, again, shows the origin of its name in the shape of its button-like flower. Similarly "knop weed," which is really "knob" weed.

Some flower names, on the other hand, are very mysterious. Why is a foxglove so called? This bloom of the late summer has flowers shaped like the fingers of a glove, but what has it to do with a fox? Probably nobody knows, yet the name is a very ancient one, and appears as early as Norman times!

The cowslip which the children pluck in spring is equally puzzling. Its old name was "cueslip," but that does not help us out.

Harebell may possibly be "hair bell," having reference to the extreme thinness and delicacy of the stalk.

"If then last acquired knowledge, what canst thou lack? If thou lackest knowledge, what canst thou acquire?"

Minard's Liniment for Coughs & Colds.

THE ASPEN
Where all the steepest northward run
Beyond the height of Land,
And where the law is just a gun,
The judge a steady hand,
The feeble aspen of the South
Becomes an arctic king.

And so the man who journeys where
The road to Hudson's lies,
His wine the sharp Canadian air,
His compass in the skies,
Grows stronger like the aspen tree
That in the North appears—
Taken on the stature presently
Of arctic pioneers.

—Douglas Malloch.

MOTHER! MOVE CHILD'S BOWELS
"California Fig Syrup" is Child's Best Laxative

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little stomach is upset, tongue coated, or if your child is cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you 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.

"Cascarets" 10c
Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach, and such distress, gone by morning. Nicest physics for earth for grown-ups and children. 10c a box. Taste like candy.

Electric Fixtures
ARE YOU IN THE MARKET FOR Electric Fixtures? So you can save you money. Write for our Special Sale Catalogue. Free Picture a Bargain. Agents wanted to handle our line.

Engine Cylinder Grinding
Your TRACTOR, Automobile or stationary engine. If worn and new pistons and rings fitted, will be stronger than new. Some for cylinders.

Guarantee Motor Co.
371 BAY ST. N., HAMILTON, CAN.

Ringbone?
I bought a horse with ringbone for \$30. Used 41 worth of Minard's Liniment on him and sold him for \$25. Profit on him about \$34. Minard's Liniment. Ringbone, shoe phlegm, quins.

Minard's Liniment
The Stable Stand-by.

Corrugated Galvanized Steel Roofing
Direct from Manufacturers to Consumer. Write for Prices. Special Terms to Farmers.

The Metal Roofing Co. Limited
1234 King St. W., Toronto

Irrigated Farms in Southern Alberta
In the Famous Vauxhall District. A specially good location for mixed farming and dairying. Splendid opportunity for young men now living in districts where good land cannot be bought at reasonable prices.

THIS IS NOT FISHING. The first 10,000 acres are fully settled and another 10,000 acres now ready for settlement. Maximum distance from railroad, seven miles. Good roads, telephone and schools. Easy payments, extending over 5 years.

THIS IS THE BEST LAND IN ALBERTA for further information for: CANADA LAND AND SETTLEMENT COMPANY, LIMITED Medicine Hat, Alberta.

Campana's ITALIAN BALM
Prevents chapped hands, cracked lips, chilblains. Makes your skin soft, white, clear and smooth.

All druggists sell it
1922 No. 8-23.

LONDON COUPLE ARE DELIGHTED
His Wife's Two Years of Trouble Is Now Ended, Says Frank Westlake.

"Tanlac has made all the difference in the world in my wife's health and we are both delighted," declared Frank Westlake, valued employee of the Public Works Department of London, Ont., residing at 40 Langarth St.

"About two years ago my wife underwent an operation that left her badly run-down and she simply couldn't get back her strength. Her appetite left her and she could hardly eat enough to keep going. The least exertion would tire her out completely, and her housework was an awful burden. She would lie awake hours at night, too, and morning found her just as tired as when she went to bed. She suffered terrible splitting headaches, her nerves were on edge and she got very little pleasure out of life."

"But three bottles of Tanlac simply put her on her feet again. She can do her housework easily now, the headaches have gone, she sleeps soundly and her appetite is a joy to behold. I can't find words to express my gratitude."

Tanlac is for sale by all good druggists.

Over 35 million bottles sold.

PATENTS
that bring the largest return are those properly protected. You can free report as to patentability. Send for List of Ideas and Literature Correspondence.

THE RANNEY CO.
Patent Attorneys
273 Bank St. Ottawa, Ont.

America's Winner Dog Medicine
Book on DOG DISEASES
and How to Feed Mailed Free to any Address by the Author.

KEEP YOUR STOVE BRIGHT
BLACK KNIGHT STOVE POLISH
Will not burn. Easy to use.

ACNE ON FACE CUTICURA HEALS
Hard, Large and Red Pimples. Itching Was Terrible.

"Had been troubled all my life with acne on my face. My face was a mass of pimples. They were hard, large and red, and the itching was most terrible. My face was disfigured. I sent for a free sample of Cuticura Soap and Ointment and after using them got instant relief. I bought more, and after using two cakes of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) Mrs. B. S. Miller, Box 14, Marshall, Wash., Jan. 9, 1922.

Use Cuticura for every-day toilet purposes. Bathe with Soap, scrub with Ointment, dust with Talcum.

Sample each free by Mail Address: "Cuticura," Dept. 44, P.O. Box 107, Lowell, Mass. Send 10c for Cuticura Soap and Ointment.

Rheumatic twinges-ended!
The basic cause of most rheumatic pain is congestion. Apply Sloan's! It stimulates circulation, breaks up congestion—
—pain is relieved!

Sloan's Liniment
—kills pain!
Made in Canada
For Rheumatism, Sprains, Burns, Scalds

ASPIRIN
UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Genuine
BAYER
Bayer Tablets Aspirin

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada of Bayer Manufacture of Monoacetic acid, and is well known that Aspirin means Bayer manufacture to prevent the public against imitations. The Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Classified Advertisements
FURNACE REPAIR WANTED.
FOR RENT 20 WEEKLY SPARE TIME
A home, addressing, mailing, etc.
annual. Send 10c for more information.
American Studio Co., 123
Broadway, N. Y.

STEAM CLOVER.
HUBAM CLOVER. THE GREAT
annual. Write for interesting information.
Foundation, Dr. Fraser, R.R. 2, Liddell,
Ontario.

HELP WANTED.
DETECTIVES EARN BIG MONEY.
Great demand. Travel. Experience
unnecessary. Write, 1st W. American
Detective System, 123 Broadway, N. Y.

AGENTS WANTED.
LAST WEEK OUR AGENTING AGENT
made \$61 clear profit, selling this
famous house to house. Write quick.
Craig Brothers, Niagara Falls, Canada.

INVENTIONS
Send for list of inventions wanted by Manufacturers.
Patents have been made from simple
drawings. Write for free literature.
HAROLD C. SHIPMAN & CO.
PATENT ATTORNEYS
100 BANK STREET
OTTAWA, CANADA

PETRIE'S MACHINERY TORONTO

Rheumatic Pains
Are relieved in a few days by
taking 30 drops of Nether Seal's
Syrup after meals and on retiring.
It dissolves the lime and acid
accumulation in the muscles and
joints so these deposits can be
expelled, thus relieving pain and
soreness. Seal's Syrup, also
known as "Extract of Roots,"
contains no dope or other strong
drugs to kill or mask the pain of
rheumatism or lumbago; it re-
moves the cause. 50c. and \$1.00
bottles at druggists.

HELP FOR YOUNG WOMEN

Mrs. Holmberg Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Viking, Alta.—"From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) and I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I am surely glad I tried it for I feel like a different person now that I don't have these troubles."—
—ODELLA HOLMBERG, Box 53, Viking, Alta.

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Lowell, Ontario, for Mrs. Pinkham's private text-book and learn more about it.

No "kick-back" in this mealtime cup

When you find that tea or coffee makes you nervous, keeps you awake at night, or causes frequent headache, it's time to change to Instant Postum.

This wholesome, healthful table beverage gives you all the comfort and satisfaction of your usual morning cup. It has charm without harm to nerves or digestion—cheer without fear of a dangerous "kick-back."

Made instantly in the cup at the table—no boiling, no waiting, no waste.

At your grocer's in sealed, air-tight tins

Instant Postum FOR HEALTH
"There's a Reason"

A generous sample tin of Instant Postum sent, postpaid, for 4c. in stamps. Write:

Canadian Postum Cereal Co. Limited, 45 Front St. E., Toronto. Factory: Windsor, Ontario