

A MOTHER'S HEALTH NEEDS GREAT CARE

Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and relief at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. Mrs. W. T. Riley, R.R. No. 1, Apple Hill, Ont., has proved the great value of Dr. Williams' Pink Pills to mothers, and tells her story as follows: "Two years ago, after the birth of my boy, I became very weak and run down. Gradually I lost weight and energy until I was unable to do my housework. I could not sleep, my nerves would twitch and jump so that I arose in the morning with heavy aching limbs and head. Indigestion helped to make the misery worse, and my heart would palpitate terribly. I doctored steadily for a year without getting better, but just as I was about to give up, I was dragged along by a friend, I began treatment with Dr. Williams' Pink Pills. I have taken only six boxes, but I wish you could see the difference. I am now able to do my work, go about and enjoy myself. I feel so entirely like a new woman that I advise every weak or ailing woman to try Dr. Williams' Pink Pills and I know they will get beneficial results."

If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you. 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 Dr. Williams' Medicine Co., Brockville, Ont.

HEALTH EDUCATION

Dr. Hilderton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Does fatigue cause the greater percentage of industrial accidents? Many authorities think it does, but Mrs. R. Osborne and Dr. E. H. Johnson of the Industrial Fatigue Research Board, are inclined to doubt it. These observers claim that the controlling factors in causing accidents are speed of production and the psychical state of the workers. This latter factor is suggested by the number of accidents that occurred in a steel factory just after the workers had begun their night shift. They came from their shift in a lively and excited state, but as they calmed down in the course of the night, accidents gradually fell to half the original number. The unimportance of modern fatigue as a factor in the causation of accidents is suggested by laboratory experiments. When a test involving modern muscular activity was carried out continuously for a period of three and one-half hours, the accuracy attained improved throughout, though much more slowly in the latter half of the experiment than in the first half. There was no indication of loss of manual skill, such as might under industrial conditions have led to increased accidents. Temperature of the workshop or factory, would seem to have some bearing on the number of industrial accidents. It was found that the least number of accidents occurred at 67 degrees Fahrenheit, and that as the temperature rose or fell, the number of accidents increased. At 77 degrees Fahrenheit, the accidents showed a slight rise among women workers, but the men suffered 38 per cent. more accidents at 77 degrees than at 67 degrees. Their greater liability being probably due to the heavier and more trying nature of their work. It has been observed in some industrial plants that a large number of accidents occur within ten minutes after starting in the morning, and within ten minutes before ceasing time at night. Lack of concentration would seem to be the principle cause of the mishaps in these cases. But as the morning's and afternoon's work progresses, it has been found that accidents increase. What is the cause? Fatigue may have some part in it, but the speed of production and the psychical state of the workers would appear to be the chief factors.

Marvels of Mental Telegraphy

It is not many years ago since there was doubt as to whether or not people could be made to communicate with each other by means of the aid of speech or other mode of communication. "Thought-reading" has appeared on the stage, and there has been a feeling that the constant flow of "tattle" inevitably contained a code which enabled the man in the audience to give instructions to his confederate on the stage. There are many who still think of mental telegraphy, and it is possible for thoughts to be transmitted and received when the two personalities are "in time." A well-known business man provided the writer with many instances of communication between himself and his wife. On one occasion he felt strongly impelled to enter a confectioner's shop and buy a chocolate cake. He did so, remarking to the assistant that he really didn't know why he was making the purchases. He took it home, expecting to be laughed at for his pains, but found his wife entertaining friends. There was a roar of laughter when he entered with the cake. The whole company were witnesses to the fact that his wife had hoped he would return with a chocolate cake, she having forgotten to purchase one when out shopping. The writer once asked his daughter to make a journey to the bank to pay in some money. The fact that a cheque had also to be cashed escaped his memory until she was well on her way. However, a strong mental effort was made to induce her to return, and she did so.

500 Days Without Water.

Interesting experiments of great importance to agrarians liable to severe droughts were carried out recently by the Grootfontein School of Agriculture in South Africa to ascertain whether stock could be kept alive for lengthy periods on a ration of prickly pear leaves alone. It was demonstrated that sheep, though they fell off in condition, could exist for 250 days solely on a diet of prickly pear, and when a small allowance of lucerne was fed in addition after that period the sheep were able to go for 500 days without a drop of water, depending on the moisture from the prickly pear.

Minard's Linctus for Coughs & Colds

No cough or cold is so thoroughly cured as Minard's Linctus. It is sold in thousands of offices.

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative.

Even if cross, feverish, bilious, constipated or full of cod, children love the "fruity" taste of "California Fig Syrup." A teaspoonful never fails to clean the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the souring food and nasty bile out of the stomach and 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.

Cups and saucers, plates and other articles of tableware which look as if made of purest gold command fancy prices in the shops. They are very beautiful. The glass, cup or other article is heated to a high temperature to a red heat. In fact, causing the material to expand. Then it is placed on a slowly-revolving disc while a spray of finely powdered gold is directed upon it from the nozzle of a little machine, held in the hand which is operated by compressed air. Owing to the expansion of the hot surface, the metal particles are absorbed by the latter, becoming intimately incorporated with the glass. The surface layer of the glass becomes golden. Of course the inside of a cup or jar must be treated in this way as well as the outside. All of the beautiful metallic-hued glassware so much admired nowadays is produced by this simple process. Oxides of various metals—manganese, nickel, copper, cobalt, etc.—are used for the purpose, giving exquisite iridescent hues. Sometimes gold dust is mixed with copper oxide. Wineglasses made in this way are a delight to the eye, and no two of them are quite alike.

Golden Glassware.

A savings account is an antidote for debt, defeat and most disasters. If you leave only ambition and no energy, you will get about as far as a locomotive without steam.

WINTER OF DISTRESS

Some extraordinary discoveries have been made in the study of the human mind. It is known that the human mind is capable of performing feats of which we have no conception. The human mind is capable of performing feats of which we have no conception. The human mind is capable of performing feats of which we have no conception.

A Practical Avocation.

One of the most practical avocations is music. In the winter of modern business life, the business man who can rest his mind and glorify his soul by a few minutes of musical expression every night has the asset which men like Lloyd George and Arthur Balfour have found invaluable. If there is the slightest manifestation of musical talent in the boy in your family, teach him to play some instrument, give him a chance, it may be priceless to him some day.

Deepest Gold Mine.

The Saint John Del Ray mine, 150 miles west of the Rio, follows a vein of gold until the workings are 115 miles below the earth's surface. The temperature rises one degree for every 120 feet in the depths, and at the lowest level, 6,425 feet, the temperature of the surrounding rock is 118 degrees Fahrenheit.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated. To clean out your bowels without cramping or overacting, take "Cascarets." Sickness, headache, biliousness, gases, indigestion, sour, upset stomach, and all such distress gone by morning. Nicest physic on earth for grown-ups and children. "We a box." Taste like candy.

IF STOMACH IS TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapiesin." As soon as you eat a tablet or two of "Pape's Diapiesin" your indigestion is gone! Heavy pain, heartburn, flatulence, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist.

A Matter of Aim.

His master asked a Negro servant to get him a wood turkey. "And mind you, Sam, I don't want a wild bird," he said. The turkey arrived and Sam received his money. But when the colonel began to carve, the knife struck something hard, which, on investigation, proved to be bird shot. The master was wrathful.

The Fall of Man.

An Irish laborer in Bristol-of-Tyne had been warned to be careful of a quarry pit in the neighborhood. His foreman saw him suddenly staggered and disappear over the crest of the opening. At once he ran to the edge. "Are you dead, Padraic?" "Sure, an' I'm killt entirely." "Men, you don't sound dead." "Well, I'm not dead, I'm knocked speechless."

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MAN OF LETTERS

Tanlac is a faithful old servant who never fails me. I have been taking Tanlac for four years, and it keeps me in fine condition. Why, right now, I feel like I could hold ground in a foot race with any man my age in Canada. Before taking Tanlac, I was all run-down, had little appetite, and was suffering from indigestion, sleeping well and was often so weak and nervous I couldn't attend to business.

CORNS

Lift Off with Fingers. Does it hurt a bit? Drop a little "Freezone" on an aching corn, instantly you lift it right off with fingers! 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 soreness or irritation.

Where Cities Began.

The City of London began on the bank of the Thames, surrounded on all sides except the river by a bulwark of forest, interspersed with swamps. Paris rose on an island of the Seine with a protecting wall of water all around.

Doctors

Endorse Minard's Linctus and prescribe it in their practice. Write for testimonials of medical men.

Brantford Concrete Mixer

Add Concrete Improvements to Your Farm. The use of concrete in the construction of farm buildings, fences, etc., is becoming more and more popular. It is a material that is strong, durable, and fireproof. It is also a material that is easy to work with and can be used in a variety of ways.

Campana's 'ITALIAN' BALM

Prevents chapped hands, cracked lips, chilblains. Makes your skin soft, white, clear and smooth. All druggists sell it.

Relieves Dyspepsia

M.D. advises: "Persons who suffer from severe indigestion and constipation should take after each meal and at bedtime, fifteen to thirty drops of the Extract of Roots known to the Drug Trade as 'Mother Seigel's Curative Syrup.' Get the Genuine. 50c. and \$1.00 bottles."

KENDALL'S SPASIN TREATMENT

Keep Kendall's always in the barn. A strained muscle, a sprung tendon, a joint or a knock demands immediate attention. A few hours' delay will result in a long lameness—perhaps in the loss of the horse. Kendall's Spasin Treatment has saved more horses than all the other known remedies. Under the name of Kendall's Spasin Cure, it is the forty-year-old standby of horsemen, farmers and veterinarians.

Accept only an "unbroken package" of "Bayer Tablets of Aspirin"

Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all.

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, Toothache, Earache, Headache, Neuralgia, Rheumatism, Neuritis, Lumbago, Pain, Pain.

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Grape-Nuts

Get your vitamins naturally

Vitamin and mineral elements are part of the splendid nutriment which Nature stores in the field grains for nourishing and vitalizing the human body.

Grape-Nuts, made from wheat and malted barley, has for over twenty five years supplied vitamin and other elements necessary for perfect nutrition.

There's a crispness and flavor that delight the taste—and there's natural health-building goodness that makes Grape-Nuts with cream or milk a complete food—and wonderfully delicious!

Grape-Nuts is truly economical because a small quantity provides unusual nourishment.

Grape-Nuts FOR HEALTH

Sold by grocers everywhere!

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