

Lesson

erance Sunday. Golden Text— eyes. — Psalm

OF THE DRUNKARD: 22: 29-35.

There are various kinds of coughs. There are true coughs that are caused by some disease of the lungs or bronchial tubes; there are also coughs that are due to some condition outside the lungs.

This condition is generally one of irritation; this irritation sets up reflex action, and the same nerve supplying both the lungs and the part irritated causes a cough, though the lungs themselves are perfectly sound and healthy.

The two places where this kind of cough may be set up are the throat and the stomach, the former being called a "throat cough," and the latter a "stomach cough."

This "stomach cough" is a peculiar one. It only occurs at one time of the day, and that is in the morning on getting up, and particularly just after rising.

At what age is this cough most prevalent? It may occur at any time during adult life, but is most commonly in middle-aged men who lead rather indulgent lives, eating and drinking not wisely but too well.

It is a reproach to any woman of any class not to be able to darn well. — Lady Nott-Bower.

The surest way of making fools of yourselves is to be frightened of doing so. — Dr. Vaughan Williams.

HEALTH EDUCATION BY DR. J. J. MIDDLETON

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PAIN IN THE JOINTS

Is An Indication That the Blood is Thin and Watery.

The first sign of rheumatism is frequently a pain and swelling of one of the joints. If this is not treated through the blood, which is the seat of the disease, the poison spreads, affecting other joints and tissues—sometimes rheumatism attacks the heart and is fatal.

The Empire's Wonder Lakes.

In the thirteen odd million square miles of territory which comprise the British Empire, there are many remarkable phenomena, one of the most interesting being the Pitch Lake of Trinidad, in the West Indies.

SMOKE OLD CHUM The Tobacco of Quality 1/2 LB. TINS and in packages

EASY TRICKS No. 50 Brush It Off



A travelling salesman, so the story goes, discovered this little stunt. Perhaps you can try it on your friends.

Ile of Bitter Memories.

Corfu, prominent in the news as a result of Signor Mussolini's ultimatum to Greece, is living up to its reputation in being once more the scene of conflict.

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day is warm and bright, and the next wet and cold.

Too Strenuous.

The farmer took the man out to a field and started him at plowing behind two horses.

New Pest.

A pest called white pine blister rust is attacking white pine nursery stock in localities from the Atlantic to the Pacific.

Photographing the flashes of a lightning bug was recently accomplished by letting the bug crawl over a photographic plate.



Save Your Pants.

When food sticks to the cooking utensils, use a clothespin to loosen it, instead of a knife, and you will not scratch your pants.

Ask for Minard's and take no other.

Dumb Friends of the Famous.

Few dogs have been photographed as frequently as Laddie Boy, the late President Harding's terrier.

Laddie Boy brings to mind Caesar, the favorite terrier of King Edward.

When the King was taken ill Caesar fretted so much that he, too, became ill, and when the King died Caesar's grief was intense.

There are many cases on record of dogs actually dying of grief. A recent one was of the pet of Mistrail, the French poet.

\$4.60 Profit From Each Hen.

A short time ago an article appeared in the "Picking News" stating that "E. W. Ruddy, who has a country residence there, cleared \$4,600 profit from 1,000 hens for the preceding twelve months."

The winter is not the natural laying season, therefore to get good egg production, when prices are high, the hens must be fed with that object always in view.

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...

Trains That Never Stop.

A never-stop railway, the trains of which require neither driver, conductor, nor signals, is being experimented with at the Kursaal, Southend, England, where yards of track have been laid for testing purposes.

The speed of the train is automatically increased and decreased. When it arrives at a station the train slows down to about one mile and a half an hour, so that passengers can step to a "landing-stage" level with the station platform.

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

Light and Heat.

The light and heat that make life possible are flashed to us in eight and one-half minutes over the 90,000,000 odd miles that separate us from the sun.

Remarkably rich radium bearing mineral deposits have been discovered in Madagascar.

Round farthings were not coined until the year 1210; before then pennies broken into four pieces made farthings (fourthings).

MURINE For Your Eyes Refreshes Tired Eyes

America's Pioneer Dog Remedies on DOG DISEASES

Why Have Skin Trouble Cuticura Will Prevent It

ASPIRIN

Say "Bayer" and Insist!



Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents.

HEALTH

MINARD'S KING OF PAIN LINIMENT



WORLD'S RECORD FISH

Captured off St. Ann's Bay, N.S., by Mr. J. K. L. Ross, Director of the Canadian Pacific Railway, and well-known sportsman and race-horse owner.

MOTHER OF LARGE FAMILY

Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hemford, N. S. — "I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound.

My First Child

Glen Allen, Alabama. — "I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet.