

CANCER

GREAT SUCCESS OF
CANTASSIUM TREATMENT

A well-known London Surgeon and recognized authority on Cancer has created worldwide interest in the discovery that Cancer is due to the deficiency of potassium "salts" in the body, which causes the cells to break down and become malignant.

Order that everyone may learn
The Real Cause of Cancer

A remarkable book has been specially written.

This book will be sent free to patients or anyone who is interested in the most successful method of fighting "THE CANCER SCOURGE."

The following is a list of the chapters—

1. The Limitations of Surgery. 2. Some Doctors Oppose Operation. 3. What Cancer Is. 4. Why the BODY CELLS BREAK DOWN. 5. Injurious Cooking Methods. 6. Common Errors in Diet. 7. Vital Elements of Food. 8. Medical Endorsements of Our Claim. 9. The Chief Minerals of the Body. 10. The Thyroid Gland. 11. Age When Lungs Begin to Accumulate. 12. Potassium Causes Lungs to Erect. 13. Great Value of Potassium. 14. Parts of Body Liable to Cancer. 15. Parts Which Are Most Affected. 16. How a Doctor Can Help. 17. How to Avoid Cancer. 18. Death Rate From Cancer. 19. Arterial Sclerosis and Old Age. 20. Rheumatism, Gout and Kindred Complaints.

With this book are a number of interesting case-reports, proving the great value of "Cantassium Treatment" in various cases. The treatment is simple and inexpensive, and can be easily taken in one's own home. Apply for free book to Charles Walker, 51 Brunswick Ave., Toronto, Ontario, Canada.

THE TALE THAT ECHO TOLD

By John T. Troth

The ancient village of Burb (as all travelers toward the icy passes of Knorrigan well know) lies a half day's journey beyond Gaw, on the left bank of the River Gurg, from the incessant murmuring of whose waters over their silver-pebbled shallows it takes its name. And a very long time ago there dwelt in that place a most skillful physician, named, if I have remembered the tale aright, Men Yu, the fame of whose vast learning had penetrated even as far as purple-roofed and gorgeous Sudaban, and his proud neighbors never wearied of prophesying that he would some day be called as court physician to the great

In his youth Men Yu had loved and courted Yonda, the beautiful daughter of the King's eunuch, and finally winning her from his rival, Gorlon, had married her, they two living together most happily for three years. Then came to that part of the world the year that no man forgets even to this distant day, when the fetid breath of the white fever was borne northward on humid breezes from the far jungles of Umb. It kissed, among many others, Yonda, who, in spite of all Men Yu's wisdom, wasted away and died in the hushed space between night and dawn glow.

One winter evening many years later when Men Yu, resting from his laborious studies, was lost in thoughts (as ever at such times) of the beauty and goodness of Yonda, there came a knocking at his door. Withdrawing the oaken bars he admitted a man attired in gorgeous silks of green and gold, and from the manner of his dress at once knew him to be from a far eastern country which lay, men said, even beyond the fiery plains of Hunthir, and those of Gerst. He proved, indeed, to be a merchant of storied Ambur, whose far-gleaming roofs are reported to be slatted with nothing less than the burnished scales of golden dragons overcome in old, forgotten battles, and he dealt in mysterious wares and strange enchantments calculated to divert the mind and beguile the soul away from all sad thoughts. His trafficking was carried on secretly for fear of the anger of the priests, who had great jealousy of the occult powers of his merchandise. Men Yu had often heard of these things and was glad to see them with his own eyes, but steadfastly refused to buy, saying that he had no wish to be diverted either from his labors or from his sorrow.

At last the merchant, seeing that he was obdurate, decided that he had yet to reveal the most truly amazing thing of all. Feeling in his turban, he brought forth a tiny, violet-colored shell, within whose labyrinthine convolutions he asserted there dwelt a little mere voice, called Echo, who, being invisible to any eye, was capable of reproducing, as on a veritable mirror or sound, all that had fallen upon the ear of man since the world was but a little pellet of moist clay, rolled between the thumb and forefinger of God. Men Yu was tremendously interested, all hearing this, and asked the merchant for proof of his incredible claims. The latter thereupon commanded Echo, and the physician at once heard, quite plainly, the confused babble of strange tongues in the streets and bazaars of far-off Eastern cities, the tinkling of silver-tongued bells on the ankles of dancing girls, and the weird long-drawn cries of priests praying for their minarets at the going down of the sun.

These wonders, and especially the last, convinced Men Yu that Echo would indeed prove a most invaluable and diverting companion, and further, he saw the possibility of discovering

through her voice many of the lost secrets and mysteries of the past, so he inquired of the merchant his price. The man in green and gold thereupon named remarkable conditions under which alone could he think of parting with this the chiefest of his treasures.

Many and wondrous were the revelations unveiled by the obedient voice of Echo, and without parallel became the fame of Men Yu throughout all the then known world. By the irrefutable evidence of conversations hoary with the breath of centuries and unrecorded save within the memory of Echo he mastered, one by one, the moot problems that had vexed the wisest men of his time.

But, improbable as it may appear, although Men Yu never ceased to dwell affectionately upon his memories of incomparable Yonda, years passed before it occurred to him to bid Echo resurrect from the silence of the tomb the voice of his love as he had delighted to hear it during the cruelly brief years she had been with him. One wild, stormy night, however, when he was more than usually lonely, he thought of this new wonder and joyfully commanded the shell to give up those dearly cherished sounds. Echo was unaccountably silent at first and, when he insisted, seemed to speak sadly and reluctantly. Then, as Men Yu listened so hungrily, he heard Yonda's own voice in conversation, with himself, but with Gorlon, his rival, and through her tones there breathed a smoldering fire of passion, such as even he had never heard there-in.

Finally Men Yu rose and, first sealing the door and windows of his room with wax, took certain magical powders from sundry vials, blending them together in the form of a pyramid in a little earthen bowl. Upon its summit he laid the violet shell, and then powders here and there with a blazing splint from the fire. As dense volumes of pungent smoke arose from the smoldering heap, he addressed Echo in these words:

"It is known to me that your voice may not wholly be destroyed, but, for the peace of mind of all the ensuing ages, I will curb your too faithful tongue, and return to utter oblivion the secrets of the dead past!"

Amazing Appetites.

Our forefathers seem to have been mighty men, who thought nothing of riding 100 miles a day or of performing feats of pedestrianism from which we would shrink. Is it possible that we are becoming more feeble because we do not eat enough? Even fifty years ago meals were far more hearty than they are now—only one read Dickens to realize this. Our grandfathers would have felt starved on the diet that most of us find sufficient.

But if we go back a few centuries we find appetites that seem amazing. Louis XIV. of France, who had the reputation of being a very moderate trencherman, used to breakfast off four cutlets, a whole chicken, four or five eggs, and some ham.

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Down to the Sea.

No mountain path, no meadow way, no road Urging me inland holds my feet for long; Across my back the salt wind's flicking goad Is laid; and in my ears the wild, blue song Of distant waves is sounded. I am fain To run again the highway to the sea. Through sun and fog, through silver mist and rain, Encaptured by the green arms of a tree, I reach the wild wastes of the singing sand. Where white surf blossoms briefly break and die. Where earth's a pebble in the sea's curved hand. And shining masts aspire to the sky. Where jade dark drums their lonely challenge beat. Against the rocks; and where to die were sweet. —Faith Baldwin.

It is estimated that there are 40,225,000 tons of the best iron ore in British Columbia, these resources having scarcely been touched yet.

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.

Care of the feet is of the utmost importance to health. The custom in this and other so-called civilized countries of cramping and binding the feet in leather shoes has created a real "foot" problem. One cannot be surprised at foot troubles when we know that there are about twenty-seven bones in each foot, and these are connected up by ligaments, muscles, tendons, etc., with a network of arteries and nerves. The wonder is that the pressure of shoes that are made often-times to suit fashion rather than comfort, there is not even more foot troubles than there actually is. One of the first hints that there is something wrong with the feet is brought to the attention of the sufferer by a pain in the muscles of the leg. Sometimes this pain takes the form of a cramp, sometimes of a dull pain, and sometimes the muscles of the leg tire easily; the feet may burn or feel uncomfortable. Whenever any of these conditions occur, something is wrong. A way back in childhood the trouble often begins. It is then that the bones are somewhat soft and not properly calcified. Any pressure, squeezing or

binding of the bones of the feet, therefore, is dangerous in children; it may lead to life-long infirmity. Our boasted civilization certainly brings us little benefit as far as foot ease and foot comfort are concerned. In countries where the custom is to travel barefoot, one seldom, if ever, sees any malformations of the feet. Savages are wonderful walkers. As a rule they could out-distance any white man who since childhood has had his feet cramped up and compressed in leather shoes. Like practically every other ailment of adult life the harm begins in the early days of life. If our varying weather permitted, every child should be allowed to run barefooted during nine months of the year. His feet would thereby harden, and the movement and freedom of the toes would strengthen the feet and allow the bones to grow in a natural way. When boots have to be worn, care should be taken to see where they wear, both on soles and heels, so that the mechanism of the feet can be studied and if there is any deformity see whether the cause lies in the foot itself or in the legs.

HAVE YOU ANY OF THESE SYMPTOMS?

If You Have You Are in Need of a Tonic Medicine.

Are you pale and weak, easily tired and out of breath on slight exertion? Are you nervous? Is your sleep disturbed? Do you wake up in the morning feeling as tired as when you went to bed? Is your appetite poor, your digestion weak, and do you have pains after eating?

If you have any of these symptoms you need a tonic, and in the realm of medicine there is no better tonic than Dr. Williams' Pink Pills, which enrich the blood, restore shattered nerves and bring the glow of health to pale cheeks. The value of Dr. Williams' Pink Pills is shown by the case of Mr. Horace Cuphill, Woodward's Cove, N.B., who says:—"The first indication that my general health was not good was a shortness of breath after the least exertion. Then my appetite began to fail, and after eating it seemed as if there was a lump in my stomach. I grew so weak that I could not walk a hundred yards without resting. Then I was taken with a numbness all over my body and in a sad plight. I was under a doctor's care, but as I was not getting any better, I decided to try Dr. Williams' Pink Pills. The first few boxes did not seem to help me but my wife urged me to continue their use and I got four boxes more. Before these were gone I could eat a fair meal, the numbness was leaving me and I was feeling much better in every way. I took the pills for a while longer, and felt that I was again a well man. I still take the pills occasionally but have had no return of the old trouble."

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

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Down to the Sea.

No mountain path, no meadow way, no road Urging me inland holds my feet for long; Across my back the salt wind's flicking goad Is laid; and in my ears the wild, blue song Of distant waves is sounded. I am fain To run again the highway to the sea. Through sun and fog, through silver mist and rain, Encaptured by the green arms of a tree, I reach the wild wastes of the singing sand. Where white surf blossoms briefly break and die. Where earth's a pebble in the sea's curved hand. And shining masts aspire to the sky. Where jade dark drums their lonely challenge beat. Against the rocks; and where to die were sweet. —Faith Baldwin.

It is estimated that there are 40,225,000 tons of the best iron ore in British Columbia, these resources having scarcely been touched yet.

Fill your pipe with

Ogden's CUT PLUG
"It Satisfies"



15¢ per packet
80¢ a 1/2 lb tin

If you roll your own ask for OGDEN'S FINE CUT (green label)

When Ignorance is Bliss.

A monarch of pork packing who has founded his own dynasty was continually badgered by his socially aspiring wife to furnish his palatial residence in the classic manner. As a concession he ordered a plaster cast of the Venus de Milo to be shipped to him by express. On its arrival it was unpacked in the great ballroom, but to his dismay both arms were missing. "Gosh darn their hides; they've smashed her," he murmured. "I'll sue them." He did—and the company paid his claim!

America's Pioneer Dog Remedies

DOG DISEASES
How to Feed
Mailed Free to any Address
By the Author
E. CLAY GLOVER CO., Inc.
129 West 24th Street
New York, U.S.A.

MURINE FOR EYES

IRRITATED BY SUN, WIND, DUST & CINDERS
RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS
Write for FREE EYE CARE BOOK, NUMBER CO. CHICAGO

Be Safe!

Don't wait for someone to be in pain to get Kendall's Spavin Treatment in the house. For all external hurts and pains for all muscular troubles. Kendall's Spavin Treatment makes good. KENASTON, Sask., December 24th, 1921. "Please send me one copy of your TREATISE ON THE SPAVIN. I have used your Kendall's Spavin Cure for over seven years and found it one of the best treatments I have ever used for all kinds of spavins. (Signed) M. ZEMAN." Get a bottle of your druggist's today. Regular for Horse Treatment—Refined for Human use. DR. B. J. KENDALL COMPANY, Enosburg Falls, Vt., U.S.A.

KENDALL'S SPAVIN TREATMENT

Borax as Precious as Gold.

Borax is used in every household—in talcum powders, eye lotions, medicinal powders, and soaps. And yet, four thousand years ago, it was a rarity almost as precious as gold. In the days of Babylon the only known sources were in a few salt marshes in the Gobi Desert, north of the Himalayas. It was collected by natives. Small Himalayan sheep carried it slung in bags round their necks down the steep mountain-sides into India, and it was then taken by camels to Eastern Europe. It was used by goldsmiths for cleaning the surface of molten gold. Only by means of borax could the crude metal be refined and worked into rings, amulets, and breastplates. Nowadays the United States produces more than 40,000 tons a year. Thirty years ago its richest source was a Californian desert called the Death Valley—a place believed to be the hottest and driest spot on earth. A company supported by British capital worked the mines. Until they built railroads ten years later the produce was hauled by mules over 165 miles of unhabited desert.

A new borax mine, believed to contain ten million tons, has been discovered in Nevada. The world will now have far more than it wants, unless new uses are discovered for what was once a rarity.

China is so over-populated that there are always many more coolies than work for them. If at any time all of China's coolie millions should find employment it would mean that trade and business were going at top speed in the republic.

DON'T COUGH

Rub the throat and chest with Minard's. Also inhale. It gives quick relief.



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	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 Manufacturing of Monocetylacetic acid of Salicylic acid. While it is well known that Aspirin must be a Bayer manufacture, to assist the public against imitations, the Tablets of Bayer company will be stamped with their general trade mark, the "Bayer Cross."

Dentist—"Am I hurting you?" Smart Patient—"Oh, no; I make it a rule to groan twenty minutes every day for my health."

Keep Minard's Liniment in the house.

It appears to us there is much truth in the following: A deacon of a church asked a man as he entered the House of God, "Have you come to serve the Lord?" The man replied, "No, I have been serving God all the week, now I have come to worship Him."

Classified Advertisements

SILVER FOXES—NOTES FROM MY DIARY (Booklet). Nine years' experience in raising foxes. 25 cents. Dr. Randall, Truro, Nova Scotia.

America's Pioneer Dog Remedies
DOG DISEASES
How to Feed
Mailed Free to any Address
By the Author
E. CLAY GLOVER CO., Inc.
129 West 24th Street
New York, U.S.A.

PIMPLES ON FACE

CUTICURA HEALS
Hard, Large and Scaled Over. Itched and Burned.

"My trouble began with a breaking out of pimples on my face which soon spread up into my hair. Some of the pimples were hard and large and scaled over. They caused much itching and burning, and my face was sore and red. I began using Cuticura Soap and Ointment and in two weeks I could see an improvement. I continued using them and in six weeks was completely healed." (Signed) Mrs. Flora Noteboom, Box 52, Fairview, Mont., Feb. 7, 1922.

Cuticura Soap, Ointment and Talcum are all you need for all toilet uses. Bathe with Soap, soothe with Ointment, dust with Talcum. Sample Each Free by Mail. Address: "Lydia E. Pinkham's Blood Purifier," 233 N. 2nd St., Lowell, Mass. Write for free literature. Where Soap, Ointment and Talcum are sold. Cuticura Soap always without soap.

MRS. MISENER'S AGES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound and a bottle of Lydia E. Pinkham's Blood Purifier, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the "Great War" period I worked on munitions for two years, and in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicine." —Mrs. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women."