

## RUN DOWN IN HEALTH

Why Many Men and Women Are Badly Handicapped.

When you are so run down in health that it impairs the efficiency of your work as well as your power to enjoy your leisure hours, or obtain rest, it is time you looked to the cause. If you do not, a serious breakdown is almost sure to result. In nearly all cases this condition, which doctors usually describe as general debility, is due to poor blood—blood that is deficient in red corpuscles. When the blood is thin and weak your whole system suffers. You lose appetite, have no energy, your nerves trouble you and you feel restless.

What you need is help to build up your blood and you should begin at once to make your blood rich and red by taking Dr. Williams' Pink Pills. You will soon notice the difference in your health by a better appetite and increased vigor. The reason is that the new blood created by Dr. Williams' Pink Pills stimulates all the organs of the body to healthy activity and so the system gains nourishment and strength. If you are weak or out of sorts, begin gaining new strength to-day by taking Dr. Williams' Pink Pills. "I was in a badly run down condition," says Mrs. J. Potter, of Winifred, Ala., "when I began using Dr. Williams' Pink Pills, and they fully restored my health. I strongly recommend this medicine to all weak people."

Dr. Williams' Pink Pills are sold by all medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Mont Blanc.

Possessed of an intellect and imagination of the very first order, Samuel Taylor Coleridge might have stood side by side with Milton and Shakespeare in our poetical literature had his character been as splendid as his genius. He was lamentably weak of will, and this weakness was aggravated by his addiction to opium. Nevertheless, he is in the very front rank of lyrical poets.

Hast thou a charm to stay the morning star

In his steep course? So long he seems to pause

On thy bald, awful head, O sovereign Blanc!

The Arve and Arveron at thy base

Rave ceaselessly; but thou, most awful form,

Risest from forth thy silent sea of pines,

How silently! Around thee, and above,

Deep is the sky and dark, substantial, black,

As ebon mass; methinks thou piercest it

As with a wedge. But when I look again,

It is thine own calm home, thy crystal shrine,

Thy habitation from eternity.

O dread and silent mount! I gazed upon thee

Till thou, still present to the bodily sense,

Didst vanish from my thought; entranced in prayer

I worshipp'd the Invisible alone.

### Still Has Shell.

"What happened?" came a voice from the kitchen.

"It's all right, mother," sang out little Robert. "I just dropped an egg, but I only lost the juice."

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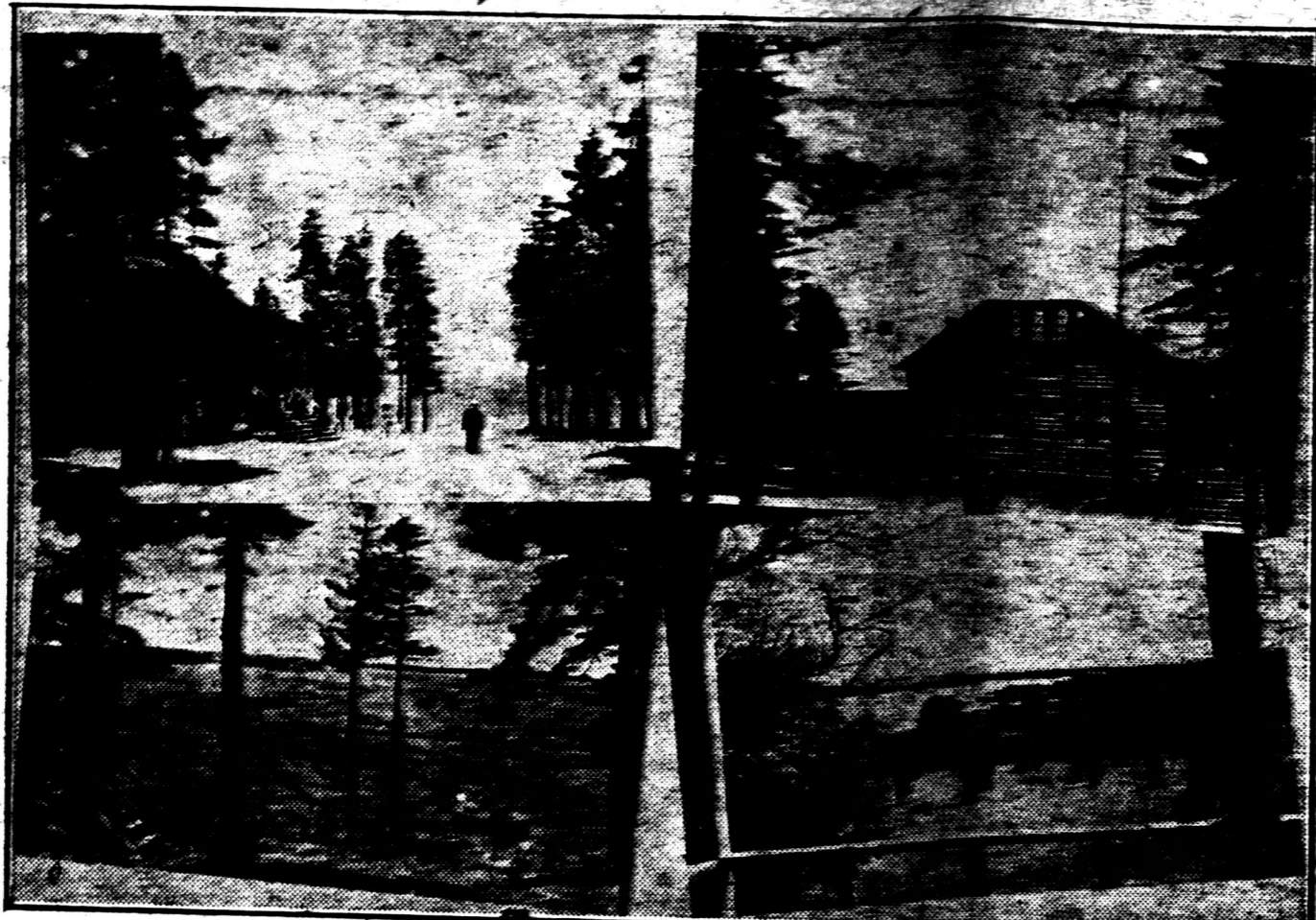
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## New Lodge Delights Visitors in Pictou



Wentworth Park Lodge, near Pictou, N.S., which was recently opened by the Canadian National Railway, has already proved its popularity with Canadian and American holiday makers. The Lodge is located on Northumberland Street, near Pictou, N.S. and consists of a group of rustic buildings surrounding a central lodge. Guests have the advantage of both fresh water and sea-bathing, boating and fishing, while the Pictou Golf Club, only a short distance away, is open to those who are lovers of the Royal and Ancient Game.

### Shore Effects.

A man went to the shore to rest his nerves. In his mind's eye he saw the mighty billows rolling in and spreading their blue and their foam in placid splendor on the outstretched sands and then turning again to the bosom of the deep. "There I will find strength and calm," he said. So he went to a sandy beach and stood beside the churning waters. But the rolling billows were all far out from shore. What he saw at his feet was a tantalizing triviality of ceaseless struggle. The sea rushed upon the sands in frantic surfs and foam and back again, but neither gained an inch nor paused in the breathless effort.

Instead of finding strength and calm, the man with the raveled nerves found only a visible materialization of all the little nagging frets and cares which had driven him to distraction. But another time he went again to the same shore. For some reason his eyes did not fall upon the ruffled seam where the sea and sands meet in perpetual, teasing conflict. His head was lifted and he gazed far out over the water.

And now he was surprised and felt a grand exhilaration in the slow breathing motion of the long swells that grew out of the distance and swept majestically shoreward. And yet in both cases the man found exactly what was there; for there are both littleness and bigness where the two empires of land and water meet—the nag and tease and fret of endless conflict and the slow majesty of the vast tides and currents which take their controls from sun and moon and the mighty gravitations between the earth and stars.

The two effects were all a matter of the man's moods and the angle of his gaze. With eyes downcast and bent upon the scent at his feet, he saw only the ocean's fringe and fragments of interrupted motion. With eyes lifted and fixed upon the horizon he saw those same motions in their uninterrupted swing over vaster spaces. And all of life is that way. The close-inshore gaze sees the fuss and furor of things. The lifted gaze sees them in their immensity. The one tears the nerves to pieces, the other puts them together again. Fret and fear and confusion come of seeing things at too short range. There is strength and calm—and also patience—in the long off-shore view.

The pride of intellect is more vulgar than the pride of the nouveau riche. For the new rich man has made his money himself, whereas your intellect is a gift of God.—Stanley Baldwin.

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## SAVE THE CHILDREN

In Summer When Childhood ailments Are Most Dangerous.

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets relieve these troubles, or if given occasionally to the well child they will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the newborn babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Can't Be Counted Now.  
"What marvels education has accomplished since the time of Balaam, the prophet."  
"Just what do you mean?"  
"Well, in his day only one ass could talk."

### Educational Value of Music.

In speaking to a group of musicians with reference to providing increased facilities for instrumental instruction in the schools throughout our country, a well-known figure in the musical world recently went on to say: "Music has usually been advocated purely as a cultural subject, but there are other phases which have a stronger appeal to the public in general. One is the value of music as a social and moral force. In these days, when it is such a problem with many parents what to do to place the proper influences around their growing children, I believe that the musical organization, both bands and orchestra, can be made to be a powerful influence, and that if this idea can be properly sold to the parents of this country, they will not only be willing to have instrumental instruction introduced in the school, but will demand that it be introduced. Another point which I think should be investigated is the educational value of music in creating alertness of mind and in aiding general mental development. Some preliminary investigations have already been made which tend to show that children who had taken music for a reasonable length of time averaged higher in their school standing than those children who had not. If further investigations bear this out, this will furnish an additional very strong argument for having musical instrumental instruction in the schools of our country."

## Motorcycle Runs Twelve Days Without Motor Stop.

The Toronto Motorcycle Club, of Toronto, Canada, recently conducted an unique test, and in doing so broke two world's records. In co-operation with a Toronto motorcycle dealer that Club furnished three riders who piloted a Harley-Davidson single-cylinder motorcycle, in relays for twelve days and nights without stopping the motor. The object of the test was to establish the efficiency of this new type of motorcycle.

Walker Andrews, Limited, local Harley-Davidson dealer, reports that in the Toronto test the new single traveled a total of 7,344 miles without stopping the motor and averaged exactly 55 miles per gallon of gasoline. Although the riders were forced to drive through heavy rains for seven days and experienced a heavy hail storm, never once did the motor falter or was it permitted to stop. There was no attempt to make record time in this test, the drivers being held down to an average of twenty-five miles per hour. A test of this sort was made at Amsterdam, Holland, establishing a mark of 4,213.7 miles and an average of 82.02 miles per gallon of gasoline.

### The Golden Orchid.

In the snow-born waterfalls we found the golden orchids nodding in the moss beneath the thunder. Though many a snowstorm there had come and gone, though many a wind had deeply snowed of them under, they nodded there, and slept in spite of thunder.  
—Vachel Lindsay, in "Poetry."

### The Bishop of Calcutta recently made use of an airplane in an episcopal visitation journey from Peshawar to Quetta.

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### Hay Fever.

Can we hope to rid the Province of Hay Fever? The ideal would be to exterminate the irritating plants. Since pollen is scattered 160 miles, no local effort would avail—it must be a concentrated movement throughout each and every district. This may be too much to expect, but in certain localities which have prided themselves on their health resort advantages, a real effort is being made to pull all ragweed before it pollinates. Prisons are given for the largest number of uprooted plants and contacts are keen between groups of children and grown-ups in the various school sections.

If ragweed and other irritating plants cannot be totally destroyed, and if it is true that large numbers of our people in Ontario are suffering from this distressing condition, let us hope the treatment for Hay Fever will very soon be readily available throughout the Province, and at a price which even the poorest of us can pay.

### Topsy-Turvy Land.

We should have no cause to complain of lack of excitement if some of the strange things that happen in the Malay jungle were transported to precise Britain. For instance, in that part of the world fish wink their eyes and climb trees, as they don't like water; worms crawl to each other in the morning; birds prefer to sleep upside down; rats nest in the tree-tops.

There is no summer or winter. Divorce is obtained by saying three times, "I divorce thee."  
These things sound strange, but science supports Mr. Carveth Wells in his accounts of recently explored portions of the Malay jungle.

Nature is upset by the absence of marked seasons. You may have a tree in your garden with fruit upon it, while your neighbor has the same kind of tree just blossoming.

As a safety precaution, all brides have their teeth filed before marriage, and afterwards the happy couples of the world are advised to meet in the World, 12th. long; and the smallest mammal, less than an ounce in weight. And, to top everything, forty kinds of monkeys and twenty thousand wild women.

### Wonderful Speed of Birds.

We talk of our fast trains and think that a mile in a minute is great speed, but the common black swift can fly 275 miles in 60 minutes, and the large purple swift of America is known to have made 300 miles an hour. The chimney-swallow can easily fly 90 miles an hour, and the carrier-pigeon can make a journey of 1000 miles between sunrise and sunset.

## Gets Under Skin for Disease Germs

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### Dawn.

When Dawn slips on her negligee Of cloud children in rose and grey, To greet the sun's first gladdening ray, She shows me many lovely things: The silver beaten lamp that swings in morning's corridor and brings Her down dim stairs blue-carpeted; The silver web-spun dories spread On blue bush and lily bed; The poplar trees that lift their arms In green and silver ruffled charms When she descends to little farms; And morning glories, velvet-blue With diamond gems distilled from dew, Like jewel cases spread to view. But like a startled woodland fawn When Dawn draws nigh capricious Dawn

Without adieu to me is gone!  
—Hazel Harper Harris, in Christian Science Monitor.

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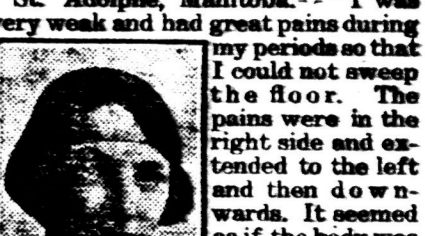
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St. Adolphe, Manitoba.—"I was very weak and had great pains during my periods so that I could not sweep the floor. The pains were in the right side and extended to the left and then down wards. It seemed as if the body was heavy and upside down. It is for these troubles I took the Vegetable Compound. I saw about it in a paper and one woman prevailed on me to take it. It has helped me in every way, the pains are less, and I have more appetite. It is a pleasure to recommend Lydia E. Pinkham's Vegetable Compound to other women."—Mrs. DeLozier, St. Adolphe, Manitoba.

**Found Great Relief**  
Toronto, Ont.—"I am at the Change of Life with hot flashes, dizziness, weakness and nervousness. I had head noises and was short of breath. I was this way about six months when I read about Lydia E. Pinkham's Vegetable Compound in the newspapers. I have taken eight bottles so far and found great relief."—Mrs. R. J. Salmon, 112 Lawlor Ave., Toronto, Ont.

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