

## ANAEMIA SHOWS IN VARYING SYMPTOMS

**Pains and Aches Disappear When the Blood is Built Up.**

When the blood is thin every organ of the body suffers. So anaemia shows in indigestion, nervousness and headaches as well as in loss of color and strength. Many symptoms develop which to the patient suggest widely different diseases and so cause much needless apprehension. The quickness with which a supply of rich red blood will drive away all these pains and aches is shown by the result of treatment with such a reliable blood-building tonic as Dr. Williams' Pink Pills. The value of this medicine is fully proved by the experience of Miss Alice Sandberg, Ogema, Sask., who says:—"I can speak with the highest praise of Dr. Williams' Pink Pills, for to this medicine I owe my present good health. Last winter I became run-down, was pale and sickly looking. My back ached and I had severe pains in the stomach. At times my head ached and I would feel dizzy. I tried various medicines but they did not help me. A friend advised me to try Dr. Williams' Pink Pills, and I can scarcely say how glad I am that I acted on this advice. I had not been taking the pills very long when I felt a change for the better. Day by day I became stronger. The headaches, backaches, stomach troubles and dizziness disappeared and I was again enjoying good health. You may be sure I shall ever have a good word to say for Dr. Williams' Pink Pills."

### The Three Graces.

I never thought I'd like to be a cook Until I saw Louella. Steel magic from a small red-covered book And store it in the cellar; Until I saw her slim white fingers charm A hundred luscious flavors From all the common things around the farm And pass them out as favors!

I never thought the simple urge to sew Would ever seize my fancy Until I watched intriguing stitches grow On garments made by Nancy. TB, seated with the sunlight on her hair, I saw her coax dull duty (Plain fabric that a romping child might wear) Into a thing of beauty.

I never had the gardening complex Until, observing Polly, I learned how brandishing a trowel wrecks All care and melancholy Until I marked a rainbow at her feet. Whenever they descended And guessed how many lives were made more sweet By posies that she tended.

The poets and the painters and the birds, Perhaps won't miss them, if a few awards Alight on humbler graces; On all the little housewives, if you please. Who steadily are giving, With that rare smile on which the world agrees. Free lessons in life living. Ruby Weyburn Tobias in Youth's Companion.

Those old enemies, gas, acidity, pain and discomfort are soon knocked for a fare-thee-well by Seigel's Syrup. Any drug store.

### A Fit Revenge.

The French writer Alphonse Karr is the author of an entertaining set of books that he calls *The Wasps*. It is full of amusing stories, one of which we print for the gratification of all lovers of cats, especially those whose pets have been abused or perhaps killed by unsympathetic neighbors. Madame D. rejoiced in a magnificent cat. M. de C. amused himself one day by shooting it, whereupon Madame D. set mouse traps in her house and in the houses of her friends. When she had collected about four hundred mice, she put them in a box and sent it to Madame de C. in her chateau. Madame de C. opened it herself, hoping she would find a number of new gowns. At the bottom of the box was a note addressed to her: "Madame, your husband killed my cat. I send you my mice."

Probably the longest gun in the world is that situated on Long Island, U.S.A., which is 89 feet in length.



## THE STREAMS OF LAVA POURED FORTH

And as a Result Earth Was Divided Into Land and Sea.



The continents emerge above the sea. Then the formative period of the earth drew to a close and the story of the earth as we know it began.

### Secrets of Science

By David Dietz.

After millions of years, the primal rain began to fall directly upon the molten surface of the earth. At first it would be turned back to steam immediately.

But at last the molten surface of the earth began to cool off. Then solidification began.

Geologists believe that the heavy basaltic crust, such as the crystals of metallic sulphides, formed first. These would sink below the surface as they formed.

Then the lighter remaining materials began to solidify. As a result geologists believe that the original crust of the earth was formed of the lighter types of rocks known as granites.

As the crust of the earth formed and cooled, a permanent ocean of acid waters began to collect upon its surface.

But for a long time, probably millions of years, there was a great struggle between the rain and the cooling materials at the surface of the earth and the hotter materials below.

Now and then hot lavas would break through the forming crust upon the surface, pouring their boiling fiery streams over it.

But at last the crust was formed and the acid waters gathered upon it forming an ocean several thousand feet deep which covered the entire earth.

Now, probably for the first time, the sunlight found its way through the

atmosphere and shone upon the actual surface of the earth.

The struggle between the earth's crust and the hotter material below it was not ended yet, however. Many geologists believe that there were great amounts of radio-active material below the crust at this period.

Radio-activity is a source of heat and accordingly the temperature began to rise underneath the crust.

Again great streams of lava broke through the crust of the earth. Many geologists believe that this accounted for the divisions of the earth's surface into continents and oceans.

The hot lava bursting over the surface of the earth would have consisted of denser materials than those composing the crust. As it solidified it would have made great areas of rock which were heavier and denser than the rest of the earth's crust. Geologists have named these denser rocks *basalts*.

These eruptions are believed to have taken place on a gigantic scale until great areas were weighted down with this heavier material. These areas would have begun to sink of their own weight.

This sinking was the cause of the great beds into which the waters on the face of the earth collected, dividing it into continents and oceans.

With the emergence of continents, the period in the earth's history known as the formative period ended. Geologists agree that the formative period took millions of years, maybe billions.

Next Article:—The Primary Rocks.

### Christian Science: The Fulfillment of Scriptural Promises.

The Christian Science lecture last Sunday afternoon broadcast from Toronto, was advertised in many Ontario newspapers to enable radio fans to learn something of healing by prayer, as contained in a spiritual understanding of the Bible. The lecturer, Salem A. Hart, Jr., C.S., of Cleveland, Ohio, is a member of the Mother Church of the First Church of Christ, Scientist, Boston, Mass., and the lecture was given under the auspices of the Third Ohio Branch of Christ, Scientist, Toronto.

The lecturer said in part: Jesus had sent forth on a mission of healing, returned with rejoicing. The Bible tells us that he said to them: "Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy; and nothing shall by any means hurt you" (Luke 10: 19). This promise, or assurance, of spiritual power to heal is beautifully set forth in the following correlative passage on page 55 of the Christian Science textbook, "Science and Health with Key to the Scriptures," by Mary Baker Eddy, the Discoverer and Founder of Christian Science: "The promises will be fulfilled. The time for the reappearance of the divine healing is throughout all time; and whosoever layeth his earthly all on the altar of divine Science, drinketh of Christ's cup now, and is endowed with the spirit and power of Christian healing."

It is generally conceded that the appeal of Christian Science to the world is mostly responded to by those who are suffering from despair, sickness, and sin, without hope or expectation in the world, and the question is sometimes asked, Why is this so? It is because they have searched for and tried every material healing agency known, have embraced different systems of religious beliefs, but without any lasting results or success. Turning to Christian Science, they have found that it is the fulfillment of Bible promises; that the truth preached and practiced by Jesus is as efficacious today as it was centuries ago. Christian Science stands today a practical, demonstrable Science, proved to be so by thousands within its ranks who bear living testimony to what it has done and is doing for all mankind.

You frequently hear the remark: I would like to know about Christian Science, but it seems to be so hard to understand. I just cannot grasp it. Why, it is so simple that the little

children in the Sunday School grasp the import of its teachings readily and make rapid strides in its application with many happy results. The Bible records that when the disciples asked Jesus, "Who is the greatest in the kingdom of heaven," that he set a little child in their midst and replied, "Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven" (Matthew 18: 3). In other words, as we relinquish all beliefs of self, and become humble and meek, do we become receptive (do we open the door of the human understanding) to the light that shineth unto a perfect day.

Let us ponder the words of Mrs. Eddy on page 13 of the Christian Science textbook: "Love is impartial and universal in its adaptation and bestowals. It is the open fount which cries, 'Ho, every one that thirsteth, come ye to the waters!'"

How Long Do You Sleep? Readers often ask me how many hours should be spent in sleep. Personally, I have never been able to formulate a definite rule. I know one man who has not slept more than three hours a night for over ten years and he is strong and healthy; I also know a lady who, as she puts it herself, "is no good to anybody" unless she has ten hours.

But Sir James Crichton-Browne, I find, has drawn up a scale which attempts to solve the problem. It runs as follows: At birth, 24 hours. Three months, 20 hours. Six months, 18 hours. One to five years, 14 hours. Ten to thirteen years, 11 hours. Thirteen to thirty years, 9 hours. In adult life, 8 hours. The rule seems to be "Less and less." As the years grow shorter, so do the sleeping hours!

### Sojourn.

Out of the earth, the air, the sea, All that I have was given to me: A body, and a dreamy brain. Pain, and a language for my pain. These are immortal. Only I Live for a little while and die. And when I die it is designed That I leave all I have behind: In earth my body dwells at last; My words upon the wind are cast; My sorrow surges in the sea. Nothing will be lost but me.

Minard's Liniment for frost-bites.

### Handel's Rebekah.

"Her Majesty, I did not intend to appear at school phenomena, but to make the world better," said Handel, when the King of England told him how greatly the performance of "The Messiah" had pleased him.

It is a truism, therefore, to state that the stamp of music has changed with the changing motives that control education. The trunks expand with the statement that music is, first of all, an appeal to the emotional nature, and this leads many to regard it as being merely recreational, and incapable of possessing any influence, but the production of pleasant sensation. But music is much bigger than that; he who seeks an emotional appeal will surely find it, but he who seeks discipline for both mind and heart will find that also.

## A PERFECT MEDICINE FOR LITTLE ONES

**Baby's Own Tablets Should be in Every Home Where There Are Children.**

The perfect medicine for little ones is found in Baby's Own Tablets. They are a gentle but thorough laxative which regulate the bowels, sweeten the stomach; drive out constipation and indigestion; break up colds and simple fevers and promote healthful refreshing sleep. It is impossible for Baby's Own Tablets to harm even the newborn babe, as they are absolutely guaranteed free from opiates or any other injurious drug.

Concerning the Tablets, Mrs. Alex. J. Berry, Atlantic, N.S., writes:—"I always keep Baby's Own Tablets in the house for the children, as I have found them a perfect medicine for little ones."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Tree Lace.

The trees upon the hilltops Are lace against the sky— Black lace or orange sunsets When golden clouds go by.

Green lace on silver mornings, Gray lace on moonlit night— I think tree-lace on hilltops A very lovely sight!

—Eleanor Hammond.

Swans have become so numerous on the Hythe Canal, England, cut as part of a defence scheme against an invasion by Napoleon, that they are being netted and sent to other places.

The longest railway station in the world is that made by joining the Exchange and Victoria stations at Manchester. Altogether it measures 2,175 feet—approaching half a mile.



## FOR RHEUMATISM



Proved safe by millions and prescribed by physicians for

Rheumatism Colds Neuritis Neuralgia Headache Pain Toothache Lumbago

### DOES NOT AFFECT THE HEART

**Safe** Accept only "Bayer" package which contains proven directions.

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 Monocetate-salts of Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."



### Oh Mother! What Can I Do?

How many times a day do your babies ask you that question? And how often are you able to suggest some interesting game for them to play, some amusing occupation for rainy day? If you'd like always to have a practical, helpful suggestion for them, read this snappy new feature.



Would Mr. and Mrs. Paper Doll like to dress up to-day? I think these old Hallow'e'en paper napkins would make lovely party dresses for patterns and cut the new ones so the pumpkins and witches show.

Minard's Liniment for Grippe.

75 P.C. Eyesight is Bad.

That not one-fourth of the population in Canada had normal vision, and that there are 14,000 who are blind in either one or both eyes, was the statement made by Dr. C. A. Taylor, Oph.D., Toronto, at the first annual convention of the Canadian Optometric Association, at Toronto.

London contains 5,593 public houses. This works out at one for approximately every 800 of its inhabitants.

### Self-Poisoning Increasingly Common

Modern Living Habits Promote Self-Poisoning—Thousands are Victims

The average man or woman does not enjoy consistent good health. Loss of appetite, headaches, biliousness and a lack of enthusiasm for either work or play are constant complaints.

Scientists have ascertained that such a condition is usually caused by self-poisoning resulting from constipation. Due to modern living habits, the natural secretion which promotes regular elimination by softening the bowel contents, is often deficient—especially among middle-aged people. The poison from waste matter remaining in the systems of people thus affected is the insidious enemy of good health.

Such people need *Nujol*, because *Nujol* softens the waste matter and permits thorough and regular bowel elimination without overtaxing the intestinal muscles. It helps Nature help you.

Ask your druggist for *Nujol* to-day—and remember, look for the name "*Nujol*" in red on both bottle label and package.

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### Classified Advertisements

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