

Pupil Nurses Wanted

BUFFALO CITY HOSPITAL

462 GRIDER STREET, BUFFALO, N.Y.

863 beds for the reception of every known disease.

SIX DISPENSARIES IN CONNECTION

Affiliated with the University of Buffalo Medical and Dental Schools and District Nursing Association.

3 year registered course, fitting pupils for Beside, Public Health and Administrative Nursing.
670 hours devoted to classes, recitations, demonstrations and laboratory work in Dietetics, Home Economics, Bacteriology, Chemistry, Physiology and General Nursing subjects.
Opportunities for selected graduates to fill paid executive positions or pursue special study courses.

THE EXPERIENCE WE OFFER EQUALS A THREE YEAR COLLEGE COURSE

Entrance requirements: 1 year New York State High School or its equivalent.

Salary, \$15.00 a month. Food, clothing, uniforms, laundry and books furnished free.

Straight eight hour duty. No split watches. One whole day off every seven days.

A well-conducted nursing course is a fine preparation for wifehood and a splendid opportunity to cultivate the habit of right living.

NEW CLASS NOW FORMING

DIET AND HEALTH

In building a house we have a choice of various materials, any of which may be the best to use under some circumstances. For the roof, we may use shingles, tiles, slate or tin. For the walls, we may use wood or brick, stone or concrete. For the floors, we may use wood or cement. For the frame, we may use wood or steel. And so on.

But we cannot build bodies in that way. The human body requires sixteen elements—oxygen, carbon, hydrogen, nitrogen, calcium (lime), phosphorus and ten others, the first six constituting more than 98 per cent. of the body, the other ten less than two per cent., some of them showing the barest trace. However minute the quantity of an element that helps to constitute the body, it is needed, and its absence will be followed by serious disorders.

Iodine, for instance, is required in such minute quantity that for a long time its presence was not recognized in the body. But the body needs a continuous supply of minute quantities of this element, and if it is completely absent from the food and drink, as in the case of many inland districts, the thyroid gland does not work properly, and goitre develops. If there is a lack of iron in the food, the blood is impoverished (anemic). If lime and phosphorus are not properly assimilated, the bones are not properly formed, and rickets is the result. Not only must the food contain all the elements the body needs, but it must contain these elements in certain combinations. There must, for instance, be starches (or sugars), fats, proteins, water and certain mineral compounds, beside minute quantities of protective substances called vitamins found in milk, whole grains, fruits and green vegetables.

Such facts as these seem to make the problem of getting a fully balanced and adequate diet a formidable one, involving a knowledge of so much chemistry that no one but an accomplished chemist could know what and how to eat. Fortunately, this is not so. We do not have to go through an elaborate analysis and weighing our foods in order to select an adequate diet. Learned scientists have worked patiently for years over experiments that other people cannot well understand, and have shown that scurvy, the bane of sea voyages in olden days, is caused by the lack of certain vitamin. We do not need to know the composition of that vitamin, even the scientists do not know that. All we

need to know is that if we have a sufficiency of the natural foods, including fresh vegetables, we will have an abundance of the vitamin that prevents scurvy.

The ordinary person can get along with very little knowledge of the chemistry of foods. All we need to know is that nature has provided ample foods, and that if we use these foods as nature gave them to us we shall not have any of the deficiency diseases. If we eat milk and fruits, grains, and vegetables in their natural condition, without any of the refining processes that remove some of the most important elements, we get in abundance all the body-building and body-maintaining substances, with the possible exception that those who live far inland and in the mountains may not get sufficient iodine for the needs of the body.

Much unsuitable feeding is due to eating foods that are over-refined and too concentrated. The more we refine our grains and sugars, the more we remove the vital elements that go to build up staunch bodies capable of resisting disease. The more we eat of candies and pastries the less room we leave for the natural foods. Nature has adapted foods for our needs, more closely than any chemist or miller or cook can adapt them. This does not mean that we should live on raw, uncooked food, but it is a plea for more simplicity, for fewer complicated mixtures, for foods more nearly in their natural condition, for some fresh, uncooked food if possible, at every meal.

G. H. Heald M.D., in "Life and Health"



An Oversight.

Customer: "You made a big mistake in that last prescription you filled for me."

Druggist: "That seems scarcely possible. We are always very careful."

Customer: "But you did. You charged me only two dollars and I had lost more money than that."

Where Contentment Lies.

There are few things in life over which we have absolute control. Most things are more or less beyond us, are acted upon or influenced by someone or something outside ourselves. He is very wise who is always able to distinguish between what is within his power and what is beyond it.

Contentment, after all, comes from within. It depends very largely upon our attitude toward things. Here is one place where we have full power. No one can change our mental attitudes, our ways of taking things, against our wills. And it is this alone that counts. Circumstances, as such, can make us neither happy nor miserable.

He is a true philosopher who desires only to be a free man, unafraid of what fate may deal out to him. Things external cannot make or break him, for they cannot touch his real self. That real self will react to every challenge of life. The faults of others will not disturb him; he would not expect them to be faultless. Inclemencies of weather will not disturb him; bad weather is included in the very nature of things. Loss of fortune will not disturb him; lands, automobiles, the price of beans are not a part of his real self, but external to it.

Thus when we realize that the source of our happiness lies within, and that we alone have power over ourselves and our thoughts, fate no longer can affect our inner contentment and we learn to take what we must with serenity as a gift which we may accept and use.

RHEUMATIC PAIN AND THIN BLOOD

Liniments of No Avail—The Trouble Must Be Treated Through the Blood.

The most a rheumatic sufferer can hope for in rubbing something on the swollen, aching joints is a little relief and all the while the trouble is becoming more firmly rooted. It is now known that rheumatism is rooted in the blood, and that as the trouble goes on the blood becomes still further thin and watery. To get rid of rheumatism, therefore, you must go to the root of the trouble in the blood. That is why Dr. Williams' Pink Pills have proved so beneficial when taken for this trouble. They make new, rich blood which expels the poisonous acid and the rheumatism disappears. There are thousands of former rheumatic sufferers in Canada, now well and strong, who thank Dr. Williams' Pink Pills that they are now free from the aches and pains of this dreaded trouble. One of these is Mr. Robt. A. Smith, Morrey Point, N.S., who says: "Some years ago I was attacked with rheumatism, which grew so bad that I could not walk and had to go to bed under the doctor's care. It is needless to say that I underwent a great deal of suffering. The doctor's medicine did not seem to reach the trouble, so when I was advised to try Dr. Williams' Pink Pills I did so, and after taking them for some weeks I was able to get out of bed. I continued using the pills and was soon able to work, and I have not been troubled with rheumatism since. In other respects also I derived a great deal of benefit from these pills, and I think them a wonderful remedy."

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.

Quite So.

Teacher: "What are the duties of the mayor?"

Child: "He appoints and disappoints city officials."

The best thing in the world to keep your stomach in top shape is 15 to 20 drops of Seigel's Syrup in a glass of water. Any drug store.

Britain Beats the World.

A Birmingham firm, manufacturing electrical goods, has just had a £50,000 order from Australia. The agent who secured this order made an offer to the buyers to test his apparatus against that of any foreign firm, and the test was so overwhelmingly in favor of the British goods that the buyers declared that, in future, their orders should go to England, says a London magazine.

The United States has to come to us for bells, stained glass, men's clothes, women's shoes, and many other articles. In the manufacture of which they cannot compete with us.

For years France had almost a monopoly of the highest grade shoes for women, but at the last Shoe and Leather Fair in London the cut, design, and material of the British goods were perfect, and the solid worth and wearing qualities surpassed those of any other national make.

Germany has long had the reputation of being able to beat the rest of the world in the manufacture of pens and pencils. That boast is lost, for at present she is buying fountain pens from British manufacturers, whose goods are not only better, but thirty to fifty per cent. cheaper than the German article.

Horses in Coffins.

Coffins containing two mummified horses, the first ever discovered in Egypt, have been found in the pyramids of Sakkara, south of Cairo.

Minard's Liniment King of Pain.

Point of View.

The donkey's song is not a pretty song; You would not wish to hear it all day long;

Yet when the humane cry: "The donkey brays!" How do they know? Perhaps the donkey prays.

To ears untuned—but not to yours and mine— The donkey renders harmonies divine; Yet should your voice and mine in paens blend, Who knows what donkey-ears it might offend!

—Ada Kyle Lynch, in "West Winds."

NO MEDICINE LIKE BABY'S OWN TABLETS

For Either the Newborn Babe or the Growing Child.

There is no other medicine to equal Baby's Own Tablets for little ones—whether it be for the newborn babe or the growing child the Tablets always do good. They are absolutely free from opiates or other harmful drugs and the mother can always feel safe in using them.

Concerning the Tablets, Mrs. John Armour, R.R. 1, South Monaghan, Ont., says: "We have three fine, healthy children, to whom, when a medicine is needed we have given only Baby's Own Tablets. The Tablets are the best medicine you can keep in any home where there are young children." Baby's Own Tablets are a mild but thorough laxative which regulate the stomach and bowels; banish constipation and indigestion; break up colds and simple fever and make teething easy. They are sold by medicine dealers or direct by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

Modern Dentistry.

The practice of dentistry to-day is quite different from what it was a few decades ago. Many people can remember with what fear and trembling they went to the dentist and the joyous feelings they had when they were told that their work, for the time being, was completed. Modern methods of pain elimination have removed much of this dread, and to-day it is the exceptional thing for a patient to suffer much pain when having dental operations performed.

Similar advancement has been made in connection with many other branches of the science. X-Ray has revolutionized the accepted practice of the profession. The discovery that dental conditions frequently cause systemic diseases has led to increased interest in the removal of mouth infections and a greater appreciation of the value of preventive dentistry. The modern dentist is earnestly striving to prevent root end abscess and Pyorrhea by discovering and correcting the conditions which will lead to these harmful diseases.

The rapid progress made in Dentistry has forced the general practitioner to keep abreast of the times. An enlightened public demands a modern dentist, and the organized profession has its regular conventions and other forms of post-graduate study; so that the family dentist, practising in any part of the Province, may be able to keep abreast of the times.

In this Province such opportunity is given at the Annual Convention of the Ontario Dental Association, which will be held at the King Edward Hotel, Toronto, May 17-20, 1926. The most outstanding authorities on the North American Continent will give essays, and clinics, thus placing in the possession of the dentists the modern knowledge which they need in order to protect the dental health of their patients. Reports from all parts of the Province indicate a record attendance at this Convention.

Use Minard's Liniment in the stables.

Male Sea Horse a Nurse.

The sea horse is a member of the pipefish family. It is only a few inches long, and dwells in the ocean. The male cares for the young in an abdominal pouch.



Genuine **ASPIRIN**

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

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-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."

RED ROSE "is good tea" TEA

Next time try the finest grade
—Red Rose Orange Pekoe Tea.

Yellow Warblers.

The first faint dawn was flushing up the skies
When, dreamland still bewildering mine eyes,
I looked out to the oak that, winter-long
Beyond my casement had been void of song.

And lo! with golden buds the twigs were set,
Live buds that warbled like a rivulet
Beneath a veil of willows. Then I knew
Those tiny voices, clear as drops of dew,
Those flying daffodils that fleck the blue.

Those sparkling visitants from myrtle isles,
Wee pilgrims of the sun, that measured miles
Innumerable over land and sea
With wings of shining inches. Flakes of glee.

They filled that dark old oak with jubilee.
Foretelling in delicious roundelays
Their dainty courtships on the dipping sprays,
How they should fashion nests, mate helping mate,
Of milkweed flax and fern-down delicate

To keep sky-tinted eggs inviolate.
—Katherine Lee Bates, in "The Reticue."

Frontier.

The frontiers are not east or west, north or south, but wherever a man fronts a fact, though that fact be his neighbor there is an unsettled wilderness between him and Canada, between him and the setting sun, or further still, between him and it—Thorpe.

"DIAMOND DYES"

COLOR THINGS NEW

Just Dip to Tint or Boil to Dye

Each 15-cent package contains directions so simple any woman can tint delicate shades or dye rich, permanent colors in lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything!

Buy Diamond Dyes—no other kind—tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.



—everything!
Buy Diamond Dyes—no other kind—tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.

PAIN.

Pain, no matter where located, will be eased by applying Minard's. May be taken either internally or externally.



Classified Advertisements.

ELLECTED MOTORS BOUGHT AND SOLD.
MILNE, Frederick R., Toronto.

Departure.

Let me go, not slowly
As one smothered in a cavern,
Waiting doom
Like the sad slow creeping
Of northern dawn;
But let me drop quickly
Like tropic night,
Like one breathless backward
Step from a cliff
—Maude Uschold.

A dress-making club has been formed by London women. It is completely equipped with sewing machines and other gear of the tailor shop.

Self-Poisoning Takes Huge Toll

Many Fail in Life Through Sheer Neglect of Fundamental Rule of Health

Thousands of men and women are to-day victims of their own neglect. Grouchy, listless, quickly tiring, suffering from headaches and biliousness, they spend enormous sums in medicines without avail. They would give much to regain their old vitality.

Can it be done? Yes! How? Simply by recognizing the importance of one fundamental rule of health—the proper elimination of the bowels contents. Poisons that are allowed to remain in the system quickly lower the stamina, weaken the nerves and thus pave the way to ill-health. Stop this self-poisoning by taking Nujol—the scientific lubricant that completes the work of Nature's lubricant when, through modern living conditions, the natural supply fails.

Nujol can be taken indefinitely without injury to the system. Try Nujol to-day. Ask for it at your nearest drug store, but remember there is only one Nujol. Watch for the name "Nujol" in red on the label and package.

BLACKHEADS AND PIMPLES

On Face and Neck. Itched Badly. Cuticura Healed.

"My trouble began with blackheads which after a while feasted and caused little red pimples. The pimples were scattered over my face and neck and itched badly. When I scratched them it caused little sore eruptions, and the trouble lasted about four months."

"I sent for a free sample of Cuticura Soap and Ointment and after using it I purchased more which healed the pimples in about two months." (Signed) Ivan Towriss, 51 Frederick St., Arthur, Ont.

Clear the pores of impurities by daily use of Cuticura Soap, with touches of Cuticura Ointment as needed to soothe and heal. Cuticura Talcum is fragrant and refreshing.

Sample Each Free by Mail. Address Canadian Depot: Hamilton, Ltd., Montreal. Price, Soap 25c, Ointment 25c and Talcum 25c. 25c Cuticura Shaving Stick 25c.

THEY SUFFER NO MORE

Two Women Owe Health to Lydia E. Pinkham's Vegetable Compound

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 towards. It seemed as if the body was heavy and upode 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." —LEA DE LOHME, St. Adolphe, Manitoba.

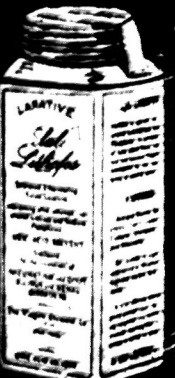
Found Great Relief
Toronto, Ont.—"I am at the Change of Life with hot flashes, dizziness, weakness and nervousness. I had head noises and was short of breath. I was this way about six months when I read about Lydia E. Pinkham's Vegetable Compound in the newspapers. I have taken eight bottles so far and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

ISSUE No. 19-26.

Sal Lithofos for Rheumatism

BODILY pains and aches are not the only symptoms of rheumatism. Neuralgia, Sciatica, Lumbago, Gout, Arthritis are all offshoots of that painful illness. An excess of Uric Acid is the chief cause of rheumatic affections. As a remedy, doctors prescribe Lithia, and in Sal Lithofos there is more Lithia and Sodium Phosphate in one single dose than in a quart of mineral water. Sal Lithofos has been successfully used for Rheumatism and kindred ailments for more than 20 years.

At your druggists—three sizes.



EGGS, PATHERS
FOUNDER
of the famous
LIMITED
Montreal

Half Price
Your Old Carpets
We have them into
pieces and sell at
a great saving to
No. 10,
Ottawa, Ont.