ST. VITUS DANCE SUFFERER MADE WELL

Nerves Strengthened Through the Use of Dr. Williams' Pink Pills.

Time after time cases are brought to the notice of the public where sufferers from nervous troubles have been relieved by Dr. Williams' Pink Pills—where victims of St. Vitus Dance have been made well through the use of these pills after other medicines have failed to be of benefit. The reason for this is that Dr. Williams' Pink Pills act directly upon the blood—they make new, rich red blood and in thus banishing all impurities from the blood strengthen the nerves and make St. Vitus Dance impossible.

Mrs. P. Donnelly, Montreal, Que., is one more grateful mother who wishes to add her testimony to those already published. She says:—"My little girl, aged eleven, was a great sufferer from St. Vitus Dance. Several doctors prescribed for her without benefit. She was in the hospital for two weeks—still no benefit. I then saw an advertisement recommending Dr. Williams' Pink Pills for St. Vitus Dance, so decided to try them. My little girl had only taken a couple of boxes when I noticed some improvement so I continued with the treatment till now she is completely free from the trouble and can enjoy herself as other children do. I can highly recommend Dr. Williams' Pink Pills to anyone suffering from St. Vitus Dance or any other form of nervous trouble, for what these pills have done for my daughter I am sure they will do for others."

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

Requested

Roads are so dusty, dear,
Days are so long;
My feet grow rusty, dear,
Just from wandering on;
All the worlds a mockery,
Even miles stones laugh at me,
Cause I"m such a fool to be
Longing for you.

Where shall I go when I go where I go?
Since you have sent me away;
What shall I do when I do what I do?
When you just haunt me all day.

Where can I find
What I found when I first met you?
You were unkind;
But I simply can't forget you;
Where shall I go when I go where I go?
Since you have sent me away.

—From the Smiling Kid.

"'The Girl Who Came Back' was probably titled after one of those pick-up motor rides."

HAPPINESS

If we are unhappy, we make others unhappy; if we are happy, we make others happy, not by any conscious efforts to do good, but by the mere contagion of the realized self.

—A. Clutton-Brock.

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"After years of rheumatism, now in perfect health," says Mr. A. Dunbrave. Thousands write rheumatic pains, sciatica, vanish like magic with "Fruit-a-tives". Constipation, indigestion end overnight. Nerves quiet. Get "Fruit-a-tives" from druggist today.

How Petroleum Is Obtained

By Sir John Cadman

How petroleum originated and how it eventually found its way deep down into the bowels of the earth is a speculative problem.

Coal and oil, unlike though they appear, may be regarded almost as first cousins, since there is much that is common in their origin and history. Coal, of course, owes its origin to vegetable matter once living on the surface of the earth. It is held by some that oil was formed from similar vegetable deposits, subjected, however, to different underground treatment. Others trace the origin of oil to deposits of animal matter which, like coal, were deeply buried under layers of sediment.

Let us imagine that we are back in the remote past, visiting what might have been a typical breeding ground of oil, a vast lagoon or shalow sea. We should find it teeming with minute animal life, the remains of which fell to the bottom and became mixed in slime and ooze. Here, as in the forests, it was possible for vast quantities of matter to have been accumulated and buried.

You will have no difficulty in realizing the great scale on which nature can work if you have ever visited the South Downs, where you will have seen immense masses of chalk, hundreds of feet thick. All this chalk consists of the minute shells of small marine animals. None of the organic matter originally contained in these small shells has survived. There was no great lagoon here similar to the one I have described, and here the conditions were different; the oil-forming material has escaped, perhaps eaten up by other animal life.

We can make a guess, then, of how oil began. A vast space of time separates us from these early beginnings. During it, all the dead matter gradually sank lower and lower, as rivers and floods laid layers of clay and other matter above it. As this raw material sank it became subjected to greater and greater pressure, so also did the mud and clay and sand above it.

In process of time many of these earthly substances became hard rocks. Pressure, heat, and other physical and chemical causes, gradually changed the organic material into oil. If the rock above and below that oil became hard and non-porous, the oil could not escape.

Now let us go a step further. We have followed this matter deep down into the earth, where we may assume for a time it lay in great sheets, contained between layers of non-porous rocks. We can now imagine great earth movements which tended to bend and crumple these rock layers into crests and troughs, leaving the oil still imprisoned between the upper and lower rocks in a kind of natural reservoir.

You must not imagine oil as it lies in the ground as being a great pool of liquid. On the contrary, it is usually contained in porous rocks such as sands and limestones, just as water is contained in a sponge; and there is much water associated with it. Oil is lighter than water; and if the reservoir became disturbed by earth movements, the oil would accumulate in the raised parts of the reservoir and the water would collect beneath.

Another process which occurs in the reservoir would be the generation of gas. Our oil reservoir would then contain gas at the top, oil below and water at the bottom, the whole being under pressure, with any amount of gas mixed or dissolved in the oil and water.

Before going any further, let me make it clear to you that oilfields now existing in the world may possibly represent no very great proportion of those which Dame Nature started to develop millions of years ago. The earth has undergone so many violent convulsions that many promising oilfields have been destroyed. Their contents have wandered away through shattered rocks and crevices, and have been lost to man. There are many parts of the world where traces of destroyed oil-fields can still be seen and where countless thousands of tons have gone to waste. In many parts, however, the conditions remain favorable, the rocks are still unbroken, and the oil is safely stored, awaiting the time when it will be brought into use.

Having said this, let me return to the reservoir conditions which I have described. We have followed the oil now to a position deep in the ground, where it remains to be discovered and brought to the surface. The conditions under which it is lying are not unlike those in which soda water lies in a siphon. If one could drill deep down into the earth and pierce the rock immediately above the oil reservoir—the 'cap' rock, that is—the process would be similar to opening the valve of the siphon. There would be a great rush of oil or gas seeking to escape from the reservoir. Sometimes the pressure would be so great as to force the oil through the hole made by the drill and high into the air. Such a well is known as a 'gusher.' In other cases the pressure is not sufficient to lift the oil much above the porous storage, and it is necessary, by pumping of other methods, to bring it to the top.

Quite a large number of geologists have devoted their lives to the problems of petroleum geology. Many of them are at this moment wandering about the world, seeking on the surface for indications as to where the deeply-buried, oil-soaked rocks are likely to exist. This, you will realize, is very often a difficult job. Actual oil indications do not always exist on the surface. The task of the geologist is to examine the character of the visible rocks, the nature of the fossils contained in them, and many other data. From that examination it has to be decided whether it is reasonable to suppose that the underground conditions have been favorable for the accumulation and preservation of petroleum in large quantities.

The geologist has to do this work under very trying conditions, and very often the problems presented to him are extremely puzzling. It is seldom, indeed, that, with all his science, he can come to any absolute conclusion. Indeed, his conclusions must frequently be uncertain and conjectural.

In recent years the work of the geologist has been much aided by the application of physical science, and by the development of delicate instruments which measure the character and density of buried rocks. By these means the geologist is helped to decide whether it is likely that structures exist below, which are favorable for the accumulation of oil.

When a geologist has come to the conclusion that oil conditions do exist, his main task is finished. The next man to appear on the scene is the driller, whose job it is to bore a hole deep down from the surface in the hope of reaching a 'cap' rock and piercing into an oil reservoir. These holes are only a foot or so in diameter. They are generally lined or cased with steel tubing in order that the hole may not fall in or be blocked by fragments of the rock through which the drill passes. The lining also serves to exclude water from the springs which exist underground in certain parts of the earth.

If the driller has been successful, and one or other of his test wells proves that oil does exist, the rest may be regarded as a relatively easy matter. All that is now needed is to determine the extent of the oil field by sinking new wells. In this manner oilfields have been proved and brought into production in many parts of the world. Others undoubtedly exist which have yet to be discovered.—Listener, London.

KEEP THEM HAPPY BY KEEPING THEM WELL

It is natural for children to be happy, active and full of fun. When they are fretful, fussy and disinclined to play you may be sure something is wrong. Almost invariably that something lies in the digestive tract

It is to meet the need for an absolutely safe corrective of childhood ailments that Baby's Own Tablets have been designed. They gently regulate the stomach and bowels and thus drive out constipation and indigestion; break up colds and simple fevers and allay teething pains. Concerning them Mrs. W. E. Forsyth, Dover, N.B., writes:—"I would not be without Baby's Own Tablets as I know of nothing to equal them for fretful, fussy babies who are troubled with colds or sour stomach."

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.

GOOD HABITS

How essestial to live a well-regulated life, and cultivate the best qualities. "There, that's the thing to do: go and do it." Punctuality: without which much time is lost, and others are disappointed. Accuracy: without this great and serious mistakes are made which prove most hurtful and injurious to society. Steadiness: without this things are hurried over, and nothing is done properly. Promptitude: without this opportunities of great importance are lost, which can never be recalled. Habits are the very lifeblood of our existence. We may remove many things; we can cast off old clothes, leave an unhealthy house or neighborhood, and forsake a disagreeable companion, but we can not so easily cast off old habits. They cling to us through life, and affect our state in another world.—Rev. A. T. Palmer.

A Musical Feature

By a happy coincidence 1930 is the triennial festival year and visitors to the World's Poultry Congress will have the unique opportunity of attending a performance of the "Messiah," which will be given during the Congress week. An orchestra and choir of 2,000 voices will be in charge of Sir Thomas Beecham, who has offered his services as conductor as a free gift. Under his direction the performance will be a contribution of the first importance and will afford an unusual opportunity for visitors to the Congress to hear one of the world's most famous composer's work rendered on a scale and in volume which alone begins to interpret a real master piece of music.—Issued by the Director of Publicity, Dom. Department of Agriculture, Ottawa, Ont.

The recruits were sent to the rifle ranges. At 600 yards distance not a hit was recorded. At 300 yards the result was the same. At a hundred the targets still remained virgin. "Fix bayonets," roared the instructor. "Charge!"

Minard's Will Kill Corns.

Fight For Your Happiness!

By C. STANFORD READ, M.D.

There is no doubt but that we were meant to be happy, and the motive underlying all we do is, in some way, connected with the pursuit of happiness. If, therefore, we become the victims of depression, we may be sure that there is something wrong with the working of our body or mind.

It is natural to feel sad when someone who is near and dear to us dies, or some tragedy overtakes us, but, in the healthy, grief should be short-lived.

Lives Wrecked by "Blues"

Depression has such a debilitating effect. While under its influence our energy is sapped, all the bodily processes within us work poorly, there is no incentive to carry on our work, and everything in life seems distorted. The suffered is ever liable to seek solitude. He becomes self-centred and withdraws himself from his social surroundings, which only adds to his gloom.

Lives can be so wrecked by these depressions that we would do well to recognize them as symptoms of illness which should receive early and close medical attention.

Taking the Gloomy View

When we do seek for the supposed cause of the morbid melancholy we shall likely find that it is greatly exaggerated and disproportionate to the resulting dejection, and also that the anxious cares that are spoken of usually relate to possible events which are highly improbable.

Thus the despondency may be caused by fear of financial ruin which never comes, the dread of some disease that really never threatens, or apprehension over a task which actually is not difficult of accomplishment. All this tends to show that unhealthy depressions arise more from something wrong within ourselves than in the world without.

Some people take a gloomy view of everything. There are those whose nature it is to be gloomy, and who cannot in any circumstances enjoy life. This lack of capacity to be happy is inborn, and science can do but little to alter its victims in this respect.

Poisons in the Blood

There are others who, through their constitution, are ever apt to have their ups and downs, to have waves of down-heartedness succeeded by periods of extreme cheerfulness. Such types are specially subject to morbid depression in circumstances which would not unduly affect the ordinary person.

What are the factors in everyday life that tend to be responsible for our despondency? They are bodily and mental. The ancients associated it with disorder of the liver, and the word "melancholy" is derived from two Greek words which mean "black bile." All of us know that a "fit of the blues" often has an intimate relationship with over-indulgence in eating or drinking, but matters are easily put right by appropriate medicinal measures.

Poisons circulating in the blood may act similarly, and many know to their cost how influenza affects them. Though undue fatigue may contribute to depression, it is more usual that in that condition we can control our worries less and so become harassed by them.

Overwork alone is never responsible for depression, though frequently it is presumed to be. There are physical diseases which are apt to be accompanied by lowness of spirits; but, in the main, depression is due to mental causes.

Worry and anxiety of some sort and in some degree are the lot of most people from the cradle to the grave. Too smooth a life is not good for us. Some, however, through ignorance, through bad habits of mind, through being self-centred, or through some other defect within themselves, cannot face life's problems as they should and are overcome with depression.

Any barrier to the fulfilment of our instinctive needs is apt to act thus. Want of progress to a better position in life and lack of satisfaction in the love life are commonly found to exist. If we have insufficient interests in the world, depression is invited.

A gentleman who was getting on in years consulted a doctor because of a severe melancholy. Hitherto he had always been happy and had prospered in his business, to which he had been so devoted that it had absorbed his whole life. He had lately retired, but, instead of being able to enjoy life, he found he had nothing to do, no outlet for his energies.

Buried Memories

His one and only interest had been his work, and now lack of any other interest left him stranded. There was only interest in self to fall back upon, and depression naturally followed. The taking up of new hobbies and the development of useful activities made a new man of him. This is a frequent story.

With sensitive minds, morbid feelings of remorse over supposed wrong conduct breed depressions in many I recollect a young man who for long had been so much in the depths of despair that he contemplated ending his life.

A frank talk soon revealed the source of his trouble. Some years previously he had done certain things which he regarded as morally wrong. When he was made to see that his self-reproach was needless and founded on ignorance he once more smiled upon the world.

To many the source of their depression is unknown. Painful memories are liable to be buried in the mind, and though forgotten for the time, they may produe a sadness which seems to have no reason.

Forget Yourself

When we realize what havoc this sad emotion can play with our lives, and how it hampers all that makes life worth living, we can understand that it should not be neglected even when slight. In the young especially it should be regarded as of evil import.

How can we obviate it? General bodily health should be built up so that the mind has the best chance of performing its functions normally. Better education will prevent many a mental conflict which only too often brings depression in its train. Knowledge is always power. The mind must be trained to face the stresses of life with a greater philosophic calm, and every night to shed the anxieties of the day.

Wide interests, hobbies, and good society will prevent self-centredness, the great breeder of gloom. Leave self-examination severely alone, and if worries assail the mind, share them with a sympathetic and understanding friend. Should the problems of life be too intricate, expert advice should be sought. Happiness is worth fighting for.

ACTIONS

Things may be seen differently, and differently shown; but actions are visible, though motives are secret.—Dr. Johnson.

Minard's Kills Dandruff.

Children Cry for Fletcher's CASTORIA

A BABY REMEDY APPROVED BY DOCTORS FOR COLIC CONSTIPATION, DIARRHEA

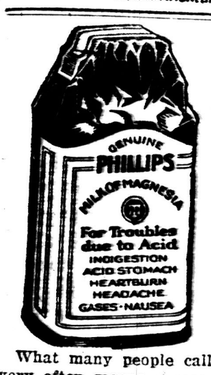
I Was Weak, Skinny, "After Baby Came Gained 22 lbs."

"After baby was born I was very weak, skinny. Since taking Ironized Yeast feel fine. Gained 22 lbs.—Mrs. Laura Benoit.

Thousands write new Ironized Yeast adds 5 to 15 lbs. in 2 weeks. Ugly hollows fill out. Bony limbs get graceful roundness. Muddy skin gets clear and rosy like magic. Nervousness, indigestion, constipation vanish overnight. Sound sleep, new pep from very first day.

Two great tonics in one—special weight-building Malt Yeast and strengthening Iron. Pleasant little tablets. Far stronger than unmedicated yeast. Results in ½ time. No yeasty taste, no gas.

So quite being "skinny", tired, unattractive. Get Ironized Yeast from druggist to-day. Feel great to-morrow. Money back from manufacturer if not delighted with quick results.



When Pain Comes

What many people call indigestion very often means excess acid in the stomach. The stomach nerves have been over-stimulated, and food sours. The corrective is an alkali, which neutralizes acids instantly. And the best alkali known to medical science is Phillips' Milk of Magnesia It has remained the standard with physicians in the 5 years since its invention.

One spoonful of this harmless, tasteless alkali in water will neutralize instantly many times as much acid, and the symptoms disappear at once. You will never use crude methods when once you learn the efficiency of this. Go get a small bottle to try.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

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BABY CHICKS

SINGLE COMB WHITE LEGHORN and Barred Plymouth Rock Baby Chicks, wonderful winter layers. We have been hatching for 27 years. Delamere Poultry Farm, Stratford, Ont.

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WOMEN

Women were formed to temper mankind and soothe them into tenderness and compassion.—Addison.

DARE AND DO

We are not here to dream and to drift; we are here to do and to dare.

FOR SALE

FIVE D.C. MOTORS

¼, 1, 1½, 4 and 8 Horsepower, all in good condition. Cheap for immediate sale. H. Watkins, 73 Adelaide Street West, Toronto.

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HEAL IN QUICKEST TIME KNOWN

"Sores on leg, ulcers, for months. Doctors failed to heal. Then 'Soothe-Salve' healed them in few days." Jules Simard. "Soothe-Salve" heals sores, ulcers, boils, burns, scalds, eczema, like magic. All druggists.

Changing Seasons

Bring colds and other sickness. Keep Minard's in the medicne chest. It's a great preventative.

MINARD'S "KING OF PAIN" LINIMENT

DO YOU SUFFER WITH HEADACHE?

So easy to get quick relief and prevent an attack in the future. Avoid bromides and dope. They relieve quickly but affect the heart and are very dangerous. They are depressing and only give temporary relief, the cause of the headache still remains within. The sane and harmless way. First correct the cause, sweeten the sour and acid stomach, relieve the intestines of the decayed and poisonous food matter, gently stimulate the liver, start the bile flowing and the bowels pass off the waste matter which causes your headache. Try Carter's Little Liver Pills. Druggists 25c red pkgs.

How well you look!

"I am writing you again to express my sincere gratitude for the continued success I have maintained through my daily dose of Kruschen. Only last week a man met me who saw me a few months ago when I was crippled with rheumatism. His first remark was how well I looked. I replied, 'Yes, I have only Kruschen Salts to thank.' He said he was feeling off colour and would start the Kruschen habit next day. I always recommend Kruschen Salts."

JAS. F. WOOLNER.
Original letter on file for inspection.

Kruschen Salts is obtainable at drug and department stores in Canada at 75c. a bottle. A bottle contains enough to last for 4 or 5 months—good health for half-a-cent a day.

YOUNG WIFE STRENGTHENED

After Taking Lydia E. Pinkham's Vegetable Compound

Bancroft, Ontario—"When I first took Lydia E. Pinkham's Vegetable Compound I had been married about a year and my strength was leaving me on account of my condition. I was only 19 and it was my first child. My mother told me I needed something to steady my nerves and a girl chum told me to take the Vegetable Compound. I am so thankful I did because it strengthened my whole system and now I feel perfectly well and have a sweet little baby boy."—Mrs. J. B. Stalker, Bancroft, Ontario.