STOMACH TROUBLE

Comes When the Blood is Weak and Watery.

Thin blooded people generally have stomach trouble. But they seldom recognize the fact that thin blood is the cause of their indigestion, but it is.

Thin blood is one of the most common causes of stomach trouble; it affects the digestion very quickly. The glands that furnish the digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state of health nothing will more quickly restore the appetite, digestion and normal nutrition than good, rich, red blood.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles, and awakens to normal activity the glands that supply the digestive fluids. The first sign of returning health is an improved appetite, and soon the effect of these blood-making pills is evident throughout the whole system. You find that what you eat does not distress you, and that you are strong and vigorous instead of irritable and listless. You are on the road to sound, good health and care in your diet is all you need. If your appetite is fickle, if you have any of the distressing pains and symptoms of indigestion you should begin to cure yourself at once by taking Dr. Williams' Pink Pills.

These pills are sold by all dealers in medicine or you can get them by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

PHYSICAL DIAGNOSIS.

Different Tests Employed by Physician to Obtain Information.

When a physician sets about to determine the nature of the disease from which his patient suffers, he has recourse to many different procedures. He questions the patient as to his symptoms; he uses the thermometer to gauge the height of fever; he feels the pulse, makes a chemical and microscopical examination of the secretions, examines the blood, takes an X-ray picture if necessary, and—especially when he suspects disease of the organs within the chest or the abdomen—resorts to what he calls a physical examination. The information that he obtains by the means last mentioned is called the physical diagnosis.

There are four measures that physicians use to arrive at a physical diagnosis—inspection, palpation, percussion and auscultation.

Inspection is more than its name implies, for it means not only to look at the patient or any part of him, but also to look critically with an expert eye that sees much that is hidden from the casual observer. The physician looks not only at the part that he suspects is diseased but also at the face, in which he searches many valuable indications. A mere glance, for example, may lead him to suspect pneumonia, or peritonitis, a paralytic stroke, or an internal hemorrhage.

Palpation often gives information of the greatest value. The physician,, by using his hands, gains knowledge of the patient's temperature in general, or by observing a difference in temperature between two parts obtains clues that may lead to a clear diagnosis in a difficult case. By laying his hand on the patient's chest he is able to locate the point at which the heart strikes the chest wall, and so to determine when the organ is displaced either through increase in size or through being pressed to one or the other side by a tnmor or some abnormal condition within the chest; he may also feel the movements of the abdominal organs or the vibrations in the chest caused by adhesions of the lung to the chest wall, and so on.

Percussion consists in tapping the wall of the chest or the abdomen to determine by the sound the condition of density or rarefaction of the organ within. The principle is the same that the plumber uses when he taps a pipe to learn whether it contains water or is empty.

Finally, auscultation is listening to the sounds caused by the closure of the valves of the heart, the breath sounds in the lungs, the movements of air and fluid in the intestines, and so on. That is, perhaps, the most valuable means of diagnosis, and the one that calls for the greatest experience and judgment on the part of the physician.

SPANIARDS AS NAGIGATORS.

In Early Days They Explored Many Lands But Failed to Determine Locations.

The Spaniards of early days were most adventurous explorers, but, for all their discoveries of distant lands, very poor navigators.

After coming upon the Solomon Islands (in the western Pacific), they could not find them again, and they were lost for 150 years.

The water supply of their ships was kept in big earthen jars. As it was impossible to provide in this way enough to drink for a long voyage, they took to sea many large mats, which when it rained were spread to catch the drops. From the mats the water was drained off into jars.

Probably it was no fault of Columbus, but his first voyage to America, which occupied two months' time, was mainly a drift. When he landed in Cuba he thought he had reached the mainland of Asia, and sent an expedition inland to treat with the Great Khan of Tartary. Later his flagship, the Santa Maria, ran aground off the coast of Haiti, the natives of which island welcomed him most hospitably. He noticed three or four of them whose naked bodies showed scars which they attributed to bites inflicted by man-eating savages of another island called Caniba. Whence the origin of the word cannibal—the island inhabited by these anthropophagi being Porto Rico.

Less than 150 years ago Spain still claimed ownership of the whole Pacific Ocean, declaring it a Spanish lake on the strength of Baboa's discovery in 1513. Acting upon this idea the Spanish Government ordered the commandante of San Francisco to seize the Columbia, the first vessel that carried the United States flag around Cape Horn.

The Song of the Harbor Bar.

With joyous hearts they sailed away
Over the eastern main,
With martial pipes and music gay
As they whistled some glad refrain;
But I heard the sound of the harbor bar
Singing in mournful strain.

With laughing eyes they sailed away
Over the eastern main,
With a duty to do and a price to pay,
Holding never a thought of gain;
But there came a sound from the harbor bar
As from a soul in pain.

With joyous songs they sailed away,
Over the eastern main,
And many a happy heart to-day
Will herald—returning again;
But the breeze bears the song of the harbor bar
Dirge for our honored slain.

List! you whose loved in silence lie,
Over the eastern main—
Their souls will come at break of day
On the rising sun again.
And the lullaby croon of the harbor bar
Whispers, Heaven's welcome refrain.

The Dead.

The dead abide with us! Though stark and cold,
Earth seems to grip them. They are with us still,
They have forged our chains of being for good or ill;
And their invisible hands these hands yet hold.
Our perishable bodies are the mould
In which their strong imperishable will—
Mortality's deep yearning to fulfill—
Hath grown incorporate through dim time untold.
Vibrations infinite of life in death,
As a star's traveling light survives its star!
So may we hold our lives, that when we are
The fate of those who then will draw this breath.
They shall not drag us to their judgment bar,
And curse the heritage which we bequeath.

Flying Trips to Europe.

A flier predicts that we shall within a few years fly across the Atlantic in the forenoon and return in the afternoon. We shall return in the afternoon, no boubt, because after paying fare for flying so high we shall have nothing left upon which to "do" lands beyond the Atlantic.

British scientists have detected traces of light more than 300 feet under water.

Each cupful of
POSTUM
is so pure, drug free and wholesome that no question arises as to the second or third cupful, or "should the children drink it."
There's a Reason.

BABY'S GREAT DANGER DURING HOT WEATHER

More little ones die during the hot weather than at any other time of the year. Diarrhoea, dysentry, cholera infantum and stomach troubles come without warning, and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in the house where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles, or if the trouble comes suddenly the prompt use of the Tablets will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25c. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

WORLD'S 2,000,000 LEPERS.

In Canada the Disease Is Little More Than a Name.

It is estimated that there are not fewer than 2,000,000 lepers in the world, 6,000 of whom have been converted to Christianity.

Most of the leprosy of the world is in Asia and Africa, though it is found in South and Central America, South Russia, Greece, Turkey and Spain and on the shores of the Baltic. The disease still lingers in Norway and Iceland, and is not uncommon in Australia and Hawaii, where it was supposedly carried by the Chinese. It was anciently prevalent in all the known world, and in the middle ages was extensively diffused in Europe. Every considerable city on the continent had its leper house, and in England at one time there were ninety-five religious hospitals for people thus afflicted. In the fifteenth century, however, it underwent a sudden and remarkable diminution and has now virtually disappeared from civilized lands.

Neither geography, climate, diet, heredity nor any other known influence sufficiently explains the cause, the distribution or the behavior of this disease. There is no discovered certain cure for it and the cases of complete recovery, if there have been such, are rare. To most Canadians it is happily only a name made familiar by biblical mention or by reports of missionaries to far-off lands; and the estimate that there are 2,000,000 of these hopeless sufferers in the world comes to many people as a surprise.

I bought a horse with a supposedly incurable ringbone for $30.00. Cured him with $1.00 worth of MINARD'S LINIMENT and sold him for $85.00. Profit on Liniment, $54.

MOISE DEROSCE.
Hotel Keeper, St. Phillippe, Que.

Sour Milk.

During the hot weather we think anxiously of the milk. People are always giving you ways and means of keeping milk when it has gone sour.

Yet there are uses even for sour milk. In France milk is actually set aside to go sour for lots of culinary uses, such as rolls, milk soups, and junkets; and for people who are dyspeptic sour milk is actually better than fresh! Of course, it should be made palatable by salt or sugar, according to preference. It is quite good sprinkled with castor-sugar and cinnamon.

For anyone with poultry sour milk is a good thing. Hens just love it mixed with their food, and it has a splendid effect both on their health and their eggs. Then, as a polish for leather goods, sour milk cannot be beaten, and especially for patent leather boots. Get a chamois leather to rub with, and the result will be a joyful surprise.

As a freckle-remover, a complexion-restorer, or a sunburn-easer, it is invaluable. Are your hands chapped, your skin roughened. Apply sour milk to the spot and all will be well. You need not fear to overdo it. Apply the sour milk freely with a nice soft rag and allow it to stay on ten minutes, and then gently rub it off and in.

Truth Will Out.

Father (severely): "Tommy, did you ask mother if you could have that apple?"

Tommy (six years old): "Ye-e-es, father!"

Father: "Be careful now. I shall ask mother, and if she says you didn't ask her, I shall punish you for telling an untruth. Now, did you ask her?"

Tommy: "Yes, father, I did truly." A pause then. "And she said I could not have it."

A Suggestion For Large Families.

The ninth baby had just arrived in the grocer's home. Asked the bachelor from next door, somewhat cynically: "What will its name be, or have you run out of names?"

"Run out of names! Nothing!" retorted the father. "We'll just call her Nina."

"Pickles and charlotte russe, hey? These women give some queer orders, don't they?" "Yes, sir," assented the waiter. "What's yours?" "Piece of hot mince pie with two portions of ice cream on it."

Naval Officer as C.P.S.O. Manager

A particularly interesting naval career lies behind Commander Thomas Fisher, who has just taken up his new appointment in London as General Manager of the Atlantic Lines of the Canadian Pacific Ocean Services, Ltd. The very broad field of valuable national work in naval, shipping and diplomatic circles during the war covered by Commander Fisher specially fit him for the onerous duties of directing one of the greatest passenger and mercantile fleets in the world.

Commander Fisher was born in Birmingham in 1883, and underwent his naval training at Dartmouth on the old wooden battleship "Britannia." He spent four years in China during the period of the Boxer Rebellion, and then having passed all his examinations with flying colors, he received very rapid promotion, and at the age of twenty was made a Lieutenant. He served for some years in the Mediterranean on H.M.S. Bacchante, flying the flag of the late Admiral Sir Baldwin Walker, Bart, and later on the same ship under Admiral Sir Henry Jackson, the late First Sea Lord. After having qualified as a gunnery specialist Commander Fisher served for a short time on the staff of the Director of Target Practice. Later he joined H.M.S. Bellerophon as Gunnery Officer and when in 1912 Mr. Winston Churchill introduced staff training into the Navy Commander Fisher was one of the first batch of officers to take the Staff course, ultimately being selected to remain on as a lecturer at the Naval College at Portsmouth. When war broke out he went to sea with Admiral Sir Alexander Bethel, the then president of the War College, as Flag Commander in the Reserve Fleet. He was associated here with the important work of safeguarding the passage of the Expeditionary Force to France, and was present at the landing of a small force of Royal Marines at Ostend in September, 1914. With the termination of this work in the winter of 1914 he joined the trade Division of the Naval War Staff at the Admiralty and was there in charge of that part of the organization set up to deal with questions relating to neutral shipping. These were the early days of the blockade and neutral steamers were doing their best to evade the Naval Patrols and carry supplies to Germany via neutral ports. Commander Fisher took a prominent part in devising and carrying out the system of supervising the movements and cargoes, etc., to neutral vessels by means of control over their supplies of bunker coal at ports at home and abroad. This system, when in full working order, materially lightened the arduous task of the cruisers employed on blockade duty, because it was one of the conditions that all ships bound to or from countries adjacent to Germany should call voluntarily for examination at a British port.

Commander Fisher's services in this matter have recently been recognized by the award of a C.B.E.

In 1916 he was employed as technical representative in the various negotiations for the use of neutral shipping by the Allies. This work was of vital importance to France and Italy and indirectly to this country also, in maintaining supplies during the most difficult part of the war. Incidentally, Commander Fisher gathered a valuable knowledge of the shipping interests of Europe.

During this period Commander Fisher served on various Government Committees dealing with commercial and shipping matters, including amongst others the Coal Exports Committee presided over by Sir Douglas Owen and the Board of Trade Committee for the Conservation of Coal, presided over by Sir William Marwood. It is not without interest that the latter Committee, on a motion by Commander Fisher, supported by Sir Richard Redmayne, passed a resolution which ultimately led to the introduction of the Daylight Saving Bill by the then Home Secretary, Mr. Herbert Samuel.

In the summer of 1917, soon after the United States came into the war, a liaison officer was appointed to link the British Ministry of shipping with the American shipping board. Sir Thomas Royden was first chosen for this important post and he was followed by Commander Fisher, who filled this difficult and responsible position with marked success.

In America Commander Fisher had an opportunity of examining at first hand the shipping and transport problems of the States and Canada and in connection with his duties he visited all the principal ports on the Atlantic seaboard, including the Canadian ports of Montreal, Quebec and Halifax.

No Alligators.

A naval officer, wishing to bathe in a Ceylon river, asked a native to show him a place where there were no alligators. The native took him to a pool close to the estuary.

The officer enjoyed the dip. While drying himself he asked his guide why there were never any alligators in that pool.

"Because, sur," the Cingalese replied, "they plenty 'fraid of shark."

"Let every dawn of morning be to you as the beginning of life, and every setting sun be to you as its close; then let every one of these short lives leave its sure record of some kindly thing done for others, some goodly strength of knowledge gained for yourself."—Ruskin.

Minard's Liniment Cures Distemper.

Couldn't Catch Bobby.

Papa: "Bobby, if you had a little more spunk you would stand better in your class. Now, do you know what spunk is?"

Bobby: "Yes, sir: It's the past for spank."

Nothwithstanding.

Teacher—"Johnnie, give me a sentence to illustrate the word 'notwithstanding."

Johnnie promptly)—"The boy wore out the seat of his pants not with standing."

We Understand.

"I thought you said you knew something about cooking," said a sergeant to a recruit.

"I did say so," the recruit replied.

"Well, how do you make hash?"

"You don't make it; it just accumulates."

Suggestive.

A well-known surgeon was performing an operation on a patient when a fire started in a warehouse across the road, illuminating the whole operating theatre. Having finished, the surgeon turned to the nurse and dryly said:

"I say, nurse, I notice the patient is coming to. I don't want him to think the operation hasnt been a success.

A Thoughtful Act.

The sportsman went out for a day's rough shooting. Not being a particularly good shot, the bag was nil, and, as he did not like to return empty-handed, he bought a hare in the town on the way home. He presented it to his wife, who, after expressing her thanks, thoughtfully remarked: "It was a good thing you shot that hare when you did, John; it wouldn't have kept another day."

It Was His Old Complaint.

Two weary tramps met after a lengthy separation and sat down to compare experiences.

"Have yer been to the front?" asked one. "Ain't seen yer about lately."

"I've had influenzy."

"Influenzy- What's that?"

Well, I don't know how I can exactly explain it, but it takes all the fight out of yer. Yer feels sort of tired like. Don't seem to want to do anything only lie down and sleep."

"Why, I've had that disease for the last twenty years!" exclaimed the first speaker; "but this is the first time I've ever heard its name."

Obeying Mother.

A man had just arrived at a summer resort. In the afternoon he was sitting on the verandah, when a handsome young woman and her six-year-old son came out. The little fellow at once made friends with the latest arrival.

"What's your name?" he asked. Then, when this information had been given, he added, "Are you married?"

"I am not married," responded the man, with a smile.

At this the child paused a moment, and, turning to his mother, said:

"What else was it, mamma, you wanted me to ask him?"

LISTEN TO THIS! SAYS CORNS LIFT RIGHT OUT NOW

You reckless men and women who are pestered with corns and who have at least once a week invited an awful death from lockjaw or blood poison are now told by a Cincinnati authority to use a drug called freezone, which the moment a few drops are applied to any corn, the soreness is relieved and soon the entire corn, root and all, lifts out with the fingers.

It is a sticky ether compound which dries the moment it is applied and simply shrivels the corn without inflaming or even irritating the surrounding tissue or skin. It is claimed that a quarter of an ounce of freezone will cost very little at any of the drug stores, but is sufficient to rid one's feet of every hard or soft corn or callus.

You are further warned that cutting at a corn is a suicidal habit.

LEMONS MAKE SKIN WHITE, SOFT, CLEAR

Make this beauty lotion for a few cents and see for yourself.

What girl or woman hasn't heard of lemon juice to remove complexion blemishes; to whiten the skin and to bring out the roses, the freshness and the hidden beauty? But lemon juice alone is acid, therefore irritating, and should be mixed with orchard white this way: Strain through a fine cloth the juice of two fresh lemons into a bottle containing about three ounces of orchard white, then shake well and you have a whole quarter pint of skin and complexion lotion at about the cost one usually pays for a small jar of ordinary cold cream. Be sure to strain the lemon juice so no pulp gets into the bottle, then this lotion will remain pure and fresh for months. When applied daily to the face, neck, arms and hands it should help to bleach, clear, smoothen and beautify the skin.

Any druggist will supply three ounces of orchard white at very little cost and the grocer has the lemons.

LIVE STOCK.

"SAPPHIRE" SWINE (BLUE HOGS) actually Blue in color. The Blue Hogs are no longer an experiment. We have bred them successfully for twelve years before offering any for sale. They mature quickly, grow very large and the females are the most prolific breeders on earth. Write for information. Mention this paper. The Blue Hog Breeding Company, Wilmington, Mass.

FOR SALE.

NEWSPAPER, WEEKLY, IN BRUCE County. Splendid opportunity. Write Box T. Wilson Publishing Co., Limited. 73 Adelaide St. W., Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 62, Wilson Publishing Co., Ltd., Toronto.

POULTRY WANTED

WHAT HAVE YOU FOR SALE IN Live Poultry, Fancy Hens, Pigeons, Eggs, etc.? Write I. Weinrauch & Son, 10-18 St. Jean Baptiste Market, Montreal, Que.

HOME BUILDERS!

WRITE FOR OUR FREE BOOK OF House Plans, and information telling how to save from Two to Four Hundred Dollars on your new Home. Address Halliday Company, 23 Jackson W., Hamilton, Ont.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont

No Place Like Home.

A colored soldier who was on his way to France and who had never seen a body of water larger than a creek was so impressed by the size of the ocean that he refused to look at it after the fourth day out. Suddenly a friend called him.

"What do you want?" he asked dully from his berth.

"Dar's a sailin' ship goin' by. Come and see a sailin' ship."

"Look-a-here, nigger," came the sharp retort, "I'm done sick of youah boats and whales. I'll done sail into you if you don't remember what I told you befoah. Call me when you done see a tree, and foah nothin' else. Understand?"

Minard's Liniment Cures Colds, Etc.

The Simple Life.

Punctuation marks are like signposts on a country road; you pause for a moment when you come to them and then go on your way a little wiser for the stop. Can you put the proper signposts in the following four lines?

He liked to do the things he liked
To do the things he liked
To do he liked to do to to
The things he liked to do

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

"The House Beautiful stands by the wayside.' The most precious things are the commonest, and these are to be gained not by large fortunes, but by large souls."—Bishop Westcott.

HOW YOU CAN TELL GENUINE ASPIRIN

ONLY TABLETS MARKED WITH "BAYER CROSS" ARE ASPIRIN.

If You Don't See the "Bayer Cross" on the Tablets, Refuse Them—They Are Not Aspirin At All.

BAYER

There is only one Aspirin, that marked with the "Bayer Cross"—all other tablets are only acid imitations.

Look for the "Bayer Cross"! Then it is real Aspirin, for which there is no substitute.

Aspirin is not German but is made in Canada by Canadians, and is owned by a Canadian Company.

Genuine "Bayer Tablets of Aspirin" have been proved safe by millions for Pain, Headache, Neuralgia, Colds, Rheumatism, Lumbago, Neuritis.

Handy tin boxes of 12 tablets,—also larger "Bayer" packages,—can be had at any drug store.

Aspirin is the trade mark, registered in Canada, of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

Cuticura SOAP and OINTMENT FOR HAIR AND SKIN

At night smear redness and roughness with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water and continue bathing a few moments.

Treatment for dandruff and irritation: On retiring rub Cuticura Ointment into partings all over scalp. The next morning shampoo with Cuticura Soap and hot water. Repeat in two weeks if needed.

Cuticura Soap 25c., Ointment 25 and 50c., Talcum 25c. plus Canadian duties. Sold everywhere. For sample each free address: "Cuticura, Dept. N, Boston, U. S. A."