OVERWORKED NERVES

The Most Successful Treatment is Through the Blood.

The early stages of nervous debility are noted by restlessness and irritability in which the victims seem to be oppressed by their nerves. As the trouble advances, common symptoms are a tired feeling; weakness in the knees and ankles; headaches, backaches and sleeplessness. The matter requires immediate attention, for nothing but suitable treatment will prevent a complete breakdown.

The nervous system governs the whole body, controlling heart, lungs, digestion and brain, so that it is not surprising that nervous disturbances cause acute distress. For troubles of this kind Dr. William's Pink Pills succeed when other treatment fails, for these pills make new blood, enriched with the elements on which the nerves thrive, and in this way reach the root of the trouble. In proof of this is the statement of Mrs. Dockerill, Stratford, Ont., who says:—"My daughter, Matilda, was suffering from nervous debility, and the usual remedies did not seem to help her. I was advised by a friend to give Dr. Williams' Pink Pills a trial, and soon we found they were doing her a great deal of good. She complained of pains in the stomach, and a severe fluttering of the heart, with a general weakness. Under the use of these pills she continued to gain, and I believe they have saved her from going into a decline."

You can get these Pills from any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Of Two Evils.

Cohen—"I bite effery shilling I take to see eff it is goot."

Isaacs—"Bud ain'd you afraid of microbes?"

Cohen—"Vell, yes; but not so much as I am afrait ohf bad money."

Minard's Liniment Relieves Neuralgia

The Columbia river flows 1,400 miles with a total drop of 2,500 feet.

Novel Method of Exploring the Sky.

It is not generally known that meteorological experts use balloons to "sound" the upper air.

Two types of balloons are used for this purpose. The larger type is sent up with a small instrument called a "meteorograph" attached to it. It continues to rise until it bursts, when the meteorograph falls to earth.

The instrument is protected from injury by being enclosed in a light bamboo framework, while the remnants of the balloon act as a parachute so that the records obtained are usually recovered in good condition. A notice is attached to the instrument entitling the finder to a reward on handing it in at any post office.

The records made include pressure, temperature, and humidity, and the whole is contained on a small plate of silver-plated metal not much bigger than a postage stamp. A microscope is required to enable the records to be read with accuracy, but the results are very dependable.

The other type of balloon is much smaller, and is made of thin rubber, generally dyed a dark color to render it easily visible. These are termed "pilot balloons," and are sent up in considerable numbers every day. They are inflated with hydrogen, and after being released are observed in their flight by means of measuring instruments.

The balloons follow curious tracks at times, especially at stations on our eastern coasts. When a seabreeze is blowing shorewards, the balloon travels westward over the land, but as it rises it soon passes beyond the influence of the easterly breeze. If the wind above is from some westerly point, as is usually the case, the balloon often returns overhead across the station, and is lost to sight far over the sea.

Cotton in Australia.

Australian cotton producers recently received that country's first ginning plant and have ordered a second from the United States.

A poor relation is always a distant relation.

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Strained or Weak Hearts.

Since hearts differ from one another just as their owners differ, the phrase "a normal heart" must be used in an elastic way. There is no need to go into a discussion of what people call "heart disease," which is another elastic phrase; it is safe to say that very few persons come to the age of threescore years and ten without their quite normal hearts' doing some quite abnormal things—and yet they are none the worse for it.

The heart is a great muscular pump and works twenty-four hours a day under penalty of death if it stops for a minute. The wonder is that most of us have so little trouble with our heart. A great many persons who start life with good, strong hearts subject them to some form of over-strain the effects of which they may feel for a long time, even for life itself. If there is reason to suppose that a heart has suffered from strain, it stands to reason that it should receive rest and care, just as any tired muscle should receive them; indeed, because of its importance it should receive unusual care. In the young, strain owing to too strenuous athletics is frequently met with, and many otherwise splendidly equipped young men have injured themselves permanently in the gymnasium and on the athletic field. At the other extreme is the flabby, weak heart, which is flabby and weak from too little exercise. In such a case every other muscle in the body is also flabby and weak and will continue so until the sufferer changes his habits and tones up his whole muscular system by means of correct exercise. Any muscle not sufficiently exercised will be flabby, and any muscle too energetically exercised will suffer from strain.

Some hearts are weak because their owners are insufficiently or improperly fed. The cure, naturally, is to eat enough of the right kind of food. Some hearts rebel because their owners stuff themselves and therefore suffer from the digestive disturbances. The cure is to eat less and, guided by medical advice to exercise more. Often acute illness such as influenza will leave the heart weak for a while even after the patient is strong in all other respects. Always remember that a heart that is weak but not diseased may with sense and patience be strengthened and that a strained heart that is not diseased may with the aid of the same moral qualities be nursed back to normal.

Pearl Culture in Brazil.

Japanese colonists have introduced pearl culture into Brazil, obtaining gems equal to those cultivated in Japan.

"I have noticed," said Uncle Eben, "dat de man who gits so selfish dat he can't think o' nobody 'cept hisse'f, ginerally looks like he war thinkin' of sumpin' disagreeable."

Simple Indeed.

Can you imagine a group of human beings so simple that they really believe that the rear wheels of a buggy are trying to catch the front wheels? Or can you believe that a vigorous man could approach a bench and not know how to sit down on it? Bishop Walter Sellew of the Free Methodist Church, a great traveler, tells several amusing incidents that show such amazing simplicity is characteristic of the heathen mind.

A wheeled vehicle was delivered at a missionary post in Africa for the convenience of the workers. The natives, who had never seen anything like it, gathered round with much jabbering. When the missionary and Bishop Sellew started off in it for the first time the excitement of the natives rose to a high pitch, and they followed alongside the vehicle, yelling and clapping their hands.

Noticing that they were looking excitedly at the front wheels, the bishop asked the missionary what they were saying. The missionary replied that they were crying out, "Plucky little fellows! Plucky little fellows! See, they are small, but the big wheels can't catch them!"

One time when the bishop was speaking to a native congregation in Africa a tall, muscular black man, wearing only a lion cloth, entered the little chapel after the others were seated on the benches. He walked halfway down the centre aisle and then squatted on his heels. A native usher asked him to sit on the bench, and the big fellow moved between two rows of benches and sat on his heels as before. A second time the usher asked him to sit on the bench, and the native, puzzled but willing to oblige, jumped up on a bench and again squatted on his heels. He sat down only when the usher pulled his feet out from under him; he did not know how to sit down, though had he entered with the others, who knew, he could have done it easily, for the natives are quick to imitate.

His Hearing Restored.

The invisible eardrum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Ave., New York city, will be given prompt reply. advt.

The Old Garden.

I chanced upon the little bowered retreat
For the first time, and never shall forget
The spell of tangled mystery; the wet
Bejeweled leaves like fingers curled to meet
My childish hand; the unimagined sweet
Of brier, heliotrope and mignonette,
The tang of box, and quainter flowers set
By mazy paths fos Lilliputan feet.

High walls of hollyhock and morning-glory
Concealed the ancient house with gables wide,
Shut out the world of swift and merry hours.
In the strange silence of a fairy story
My heart tood still. Then at a turn I spied
My mother, smiling at the other flowers!

—Abbie Farwell Brown.

Random Remarks.

A man can be a scoundrel without breaking any law.—Mr. George Bernard Shaw.

We have more leisure now in one year than our forefathers had in twenty.—Mr. George R. Sims.

I have never been able to understand the making of long faces in the presence of trouble.—Bishop of Wakefield.

Promoting a man according to the length of his service is silly. You might as well promote him according to the length of his nose.—Mr. Henry Ford.

There is nothing better than five minutes with a pair of dumbbells if a girl wants roses in her cheeks. It has the lip-stick and the rouge-pot well beaten.—Dr. Martha Tracy.

The best of all habits is to break our habits. Nothing restores our self-respect so much as the discovery that we can do without pleasures to which we have become habituated.—Mr. A. G. Gardiner.

What It Is For.

A retired naval officer said that he could not understand "all this disarmament nonsense." No sir! What would Britain be without a navy? Had we forgotten Trafalgar? Was it not our glory and our tradition to maintain the freedom of the seas?

It was pointed out to him that this was an attempt—wise or not—to remove the menace from the seas.

"Hang it all, sir!" roared the old sea warrior, bristling, "What's the confounded sea for?"

Can anyone explain why a man who knows he has a frightfully bad temper is always extremely angry when he loses it?

ISSUE No. 28—'22.

STEEL FOREMAN GIVES DETAILS TO THE PUBLIC

He Suffered a Complete Breakdown From Overwork But Was Completely Restored by Tanlac and Gains 11 Pounds, Declares Edward White.

"I want to give a little history of my case just to let the public know what Tanlac has really done for me," said Edward White, of 27 Caroline St. South, Hamilton, Ont., a well-known foreman for the Dominion Steel Company.

"About two years ago I suffered a complete breakdown brought on by overwork. We were doing a great deal of overtime work, which finally got the best of me and I just had to go to bed and stay there for several days. This left me in such a bad condition that I had no appetite at all, and was so weak that when I walked around I would just stagger. I took all kinds of medicine but failed to get any better.

"However, Tanlac has built me up until I feel like a different person. I've gained eleven pounds, and am back on the job working as good as ever. I just can't thank Tanlac enough for putting me in such fine condition."

Tanlac is sold by all good druggists. Advt.

Power in Macedonia.

A Swiss engineer employed by Greece has estimated that five waterfalls in Macedonia can be made to yield 350,000 horsepower and produce 120,000,000 kilowatts of electricity annually.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

It is never too late to mend—if you begin now.

MINARD'S "KING OF PAIN" LINIMENT

Blistered Feet, Sore Feet, Tired Feet, Burning and Aching Feet.
After a hard day's work or a long tramp and your feet are completely used up, bathe them in hot water, then rub them well with MINARD'S LINIMENT. It will relieve you and you will never be without a bottle.

PIMPLES ON FACE FOR 3 YEARS

Also On Arms. Very Sore. Cuticura Healed.

"For three years my daughter was troubled with pimples on her face and arms. They were hard, large, and red, and some of them festered and were very sore. Her face was disfigured for a while, and she stayed in nearly all the time.

"She tried different remedies but they did not do any good so began to use Cuticura Soap and Ointment and after using three cakes of Cuticura Soap and two boxes of Cuticura Ointment she was healed." (Signed) Mrs. S. F. McDuffy, 20 Franklin St., Exeter, N. H., Dec. 31, 1920.

Give Cuticura Soap, Ointment and Talcum the daily care of your skin.

Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Classified Advertisements

WEEKLY NEWSPAPER WANTED.

WE HAVE A CASH PURCHASER for a weekly newspaper in Ontario. Price must be attractive. Send full information to Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

BELTING FOR SALE

THREASHIRE BELTS AND SUCTION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto, Ont.

Button Pushing.

An electric attachment which turns on and lights the gas under a water heater has been designed that can be operated from any room in a house, pressing a second button turning off the gas.

Minard's Liniment for sale everywhere

Perhaps the quaintest form of tea-drinking is that practiced by the savage tribes in Tartary, in Central Asia. The leaves are first boiled in soda, then seasoned with butter and salt, and then eaten.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
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G. J. CLIFF - TORONTO

PETRIE'S MACHINERY TORONTO

SO WEAK COULD HARDLY DO ANYTHING

Now Looks After Home, Thanks to Lydia E. Pinkham's Vegetable Compound

Meaford, Ontario.—"I was so weak I could hardly do anything and my back seemed the worst. I read so much about Lydia E. Pinkham's Vegetable Compound for women that I thought I would try it. I feel that it did help me for I am looking after my own home now and seem quite strong again. I have recommended your Vegetable Compound to quite a few friends and you can use my name if you wish to do so."—Mrs. H. Porter, Box 440, Meaford, Ontario.

In your own neighborhood there are doubtless women who know of the great value of Lydia E. Pinkham's Vegetable Compound. Women everywhere, either by word of mouth or by letter, recommend this splendid medicine. Those who have suffered from female weakness, change of life, and similar troubles know of the wonderful relief brought to them by the Vegetable Compound.

Surnames and Their Origin

SPICER

Variation—Spiser.
Racial Origin—English.
Source—An occupation.

The origin of the family name of Spicer, or Spiser, is quite obvious. To a far greater extent than we do, the medieval English used the termination "er" with the name of an article or thing to indicate the person habitually or occupationally connected with it.

But while it is quite true that the original Spicers were merchants who handled spices or prepared them, you must not picture them to yourself as following the medieval parallel of the modern spice grinder. As a matter of fact, if family names were being formed to-day the Spicers would not adopt this name, or have it given to them by their communities. They would be called, rather, "Grocers."

The spicer of medieval times really was more of a retail grocer than what we understand by the term spicer. He did not handle, of course, the wide and varied lines of merchandise which the modern grocer is able to offer. There were no canned goods then. There were no bottled olives and packaged breakfast foods. And for the most part flour was bought direct from the miller. This left the specialty grocer little to handle, but goods coming under the general classification of spices if you interpret the word in its most liberal sense. Fresh vegetables, you see, were purchased in the farmers' markets.

BRAGG

Racial Origin—Norse-English.
Source—A given name.

Here is a family name the origin of which will fool you in more ways than one. Unconsciously you associate it in your mind with our modern word "brag." Strangely enough, for in most cases things do not happen to be that way, it actually is associated with it.

However, there is little indication that the first bearers of the family name of Bragg had it wished upon them for being braggarts. It would be possible, of course, for this latter word to become shortened into Bragg in the course of time; yet it would not be likely that the final syllable would altogether disappear.

The other explanation is far more logical when considered in itself, and it happens to be borne out by some available old records. Brag was by no means unknown in medieval England as a given name, though being of Danish or Norse origin it was not so common as either the Norman or Anglo-Saxon names.

"Brag," or "Braga" in the northern Teutonic nomenclature, indicated the pagan god of eloquence, and it was to be expected that in those sturdy, rough and primitive days there was a closer connection between eloquence and boastfulness than we give to these words to-day. It was not strange that the verb "to brag" was evolved, nor that it should finally come to indicate boastfulness rather than eloquence in our modern speech.

Appetite and Health both welcome Grape-Nuts

THERE'S nothing more gratifying and delightful than a dish of Grape-Nuts at breakfast or lunch time. The crispness and the full, rich flavor of this splendid food have a wonderful charm for the taste.

And Grape-Nuts builds health. Nourishment for tissue and bone and nerve and brain is contained in Grape-Nuts in easily-digestible form.

If you and your children have not yet begun to enjoy the benefits of this wonderful food, suppose you begin today with an order to your grocer.

Grape-Nuts is ready to serve from the package—and always crisp and appetizing.

Grape-Nuts—THE BODY BUILDER

"There's a Reason"

Made by
Canadian Postum Cereal Co., Ltd.
Windsor, Ontario.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

BAYER M.D.

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

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 Monoaceticacidester of Salicylicacid. 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."