# KEEPING HEALTHY DURING WINTER

### Colds, Influenza and Like Troubles Can be Avoided.

Have you noticed that some people enjoy good health through the most trying weather, while others succumb to colds or influenza at every touch of wintry conditions, or are attacked by rheumatism or sciatica? The reason is to be found in the condition of the blood. If it is rich and pure the system is able to resist disease. But let the blood become impoverished and the way is made clear for disease to enter the system.

The common sense way to avoid colds and influenza is to keep a plentiful supply of rich, red blood in your veins. Dr. Williams' Pink Pills have achieved world-wide fame for their remarkable blood-enriching powers. The new blood which comes from the use of Dr. Williams' Pink Pills tones up the whole system and so helps the body to resist winter ills.

If the system has already been weakened by colds, influenza or other winter ailments, then Dr. Williams' Pink Pills are the safest medicine for rebuilding the blood and strengthening the body. An example of the value of these pills is given by Mrs. R. O. Stromberg, Cobalt, Ont., who says:—"I had a very severe attack of grippe, or influenza, which confined me to my bed for a week. On getting up again I did not recover my usual strength. I was very weak, had a severe pain in my head, and a constant backache. I had to get a woman to do my work for me as I had neither the strength nor the energy to do anything. At this stage, remembering the great benefit I had through Dr. Williams' Pink Pills in girlhood, I began taking this medicine, and soon my strength began to return. I am now able to do all my own work again, and take care of my baby boy. I am very grateful for what the pills have done for me, and hope my experience will be of benefit to some other sufferer."

If you need a blood-building tonic begin taking Dr. Williams' Pink Pills to-day. Sold by all medicine dealers or sent by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

### Low Lake Levels Cause Huge Losses.

Disastrous effects on lake commerce of low lake levels and heavy losses imposed on lake shipping interests from this condition are emphasized in the annual report of the Lake Carriers' Association just issued.

"The season of 1925 goes into Lake history as marking a year of large tonnage movements, but with a revenue not commensurate with costs of operation," says the report in part.

"As in other lines, a period of active business is depended on to recoup the losos of the dull periods. No great comfort in this respect is to be gleaned, however, from a retrospective review of the active freight movement of the season.

"With no diminution in operating charges, but a reduction in cargo capacity, without increase in freight rates, gratifying results could not obtain. The official returns show that vessels averaged 419 less tons of iron ore and 342 less tons of coal for cargo than in 1924, and sustained a loss correspondingly large in cargoes of grain. Further contributory to vessel expense were widespread delays due to shallow water at controlling points, as a direct result of low water levels.

"As there has been a consistent recession in recommended loading draughts year after year, the economic loss to vessel owners by reason of declination from the 21 feet of five years ago to present draught of 18 feet 6 inches is so enormous that cost amounts to millions of tons of freight in a single season. The careful observer of this unremimtting downward trend in water levels, with consequent reduction in vessel capacity, realizes that a critical situation of momentous significance with regard to the future has arisen. The aspect is not at all chemical. The sand beaches now plainly visible at various points on all Great Lakes, and the appearance of shoals where once there were navigable depths of water, do not more graphically reveal the economic loss than has been sustained by lake commerce than does record of 1925 average iron ore cargo."


## Coughing

There is nothing so bad for a cough as coughing. There is nothing so good for a cough as "Buckley's".

Buckley's Mixture used by hundreds of thousands of people throughout Canada is now procurable in two forms, "Strong" or "Modified". Either kind acts like a flash on Coughs, Colds, Bronchitis, and all affections of throat, chest and lungs. Positive and instant relief. One dose stops coughing.

Every druggist sells Buckley's on a money refunded guarantee. 40 doses for 75c.

BUCKLEY'S MIXTURE "STRONG" OR "MODIFIED"

W. K. Buckley, Limited 142 Mutual St., Toronto 2 206


# HOW WAS THE EARTH BORN?

Up to comparatively recent times it was believed that this solid globe of ours came from an enormous mass of gas which spun around so rapidly that it flung off rings, which in turn gave birth not only to our earth, but to all the other planets as well. The centre of this great volume of gas, it was supposed, eventually became the sun.

But this idea of the earth's origin has now been very largely discarded by scientists, and the latest theory is a singularly attractive one.

According to it, we must first imagine a vast volume of gas in space, spinning round and producing arms or whorls with the rapidity of its motion, just as a rapidly spinning Catherine-wheel produces arms or whorls of sparks.

At various parts of these arms we must imagine there are patches much heavier and brighter than the rest of the gas in the arm, and that at very long intervals of time—millions of years, perhaps—these bright patches were thrown off the whirling arm and launched into space as stars. Each of these stars would become a sun.

Our sun was among them. It was, of course, without planets at that time. But it had lots of company in the form of other suns or stars which were still in the neighborhood, although they had been born so long before. It was, in fact, in quite a crush of suns, each of which had a certain influence on the others. That, to begin with, was how the latest theory accounts for the existence of the sun.

For ages our sun was not seriously affected by the presence of so many others, but a time came when one of these others approached quite close to it, and then the trouble began.

Everyone knows how the moon raises tides in our oceans. Well, this passing sun raised tides on the surface of our sun. That effect was only natural because our sun in those days was composed if very much lighter gases than it is now.

These sun-tides were by no means on so tiny a scale as the moon-tides on the earth; they were tides which drew out from our sun's surface an enormous jet of gas, like a huge arm protruding from the sun.

On this jet, millions of miles long, there were portions which became more solid than the remainder and which eventually broke away. One of these was the earth. Other portions went to form the rest of the planets, such as Mercury, Venus, Jupiter and Mars.

That would seem to have been the only occasion on which our sun was seriously affected by another sun coming close to it. Such occasions must be very rare, because if they were frequent there would be an end to the stability of the universe.

As a fact, there is no sun nearer to ours at present than one called Proxima Centauri, which is twenty-four million million miles away (that is, twenty-four billion miles). At such a great distance its influence upon our sun, which is still gaseous, if of no account. In other words, its tidal effects on our sun are insignificant.

There are, however, suns still being born and still being subjected to the crowding which our sun experienced in its infancy. And we can still imagine some of these suns occasionally passing close to each other and tides being raised not only on one but on each of the two passing suns, and planets being born to them.

# KEEP LITTLE ONES WELL IN WINTER

### By Regulating the Stomach and Bowels With Baby's Own Tablets.

Winter is a dangerous season for the little ones. The days are changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds, and through their use the baby will be able to get over the winter season in perfect safety.

In using Baby's Own Tablets the mother has an absolute guarantee that she is giving her precious little ones something that is absolutely safe and something that cannot possibly do harm to even the newborn babe, as the Tablets contain not one particle of opiates or other dangerous drug. They are sold by medicine dealers or at 25 cents a box, by mail, from The Dr. Williams' Medicine Co., Brockville, Ont.

### Immortal Animals.

The chalk formers, the Globigerine, are among the most abundant protozoa in the sea. Nearly all surround themselves with a shell of soft calcium carbonate (chalk).

A pint of ocean water in the warmer climes may contain millions of them. The shells of the dead dropping to the bottom of the ocean have formed a thick layer of ooze over much of the ocean bed. The great chalk cliffs in England, and the chalk beds in Ireland, Denmark, Central Europe, North Africa, Syria, Central Asia, Texas, Kansas, and South Dakota are composed almost entirely of the shells of Globigerine that lived ten millions of years ago or more.

The small piece of chalk used by the carpenter is made of millions of the skeletons of these tiny protozoans.

The protozoa were no doubt the first animals on earth, and inasmuch as two new animals are formed by the halving of the parent the tiny creatures may never die of old age, but so long as food and environment are favorable live millions of years.

They are therefore sometimes spoken of as the immortal animals.

The protozoa are most numerous in stagnant water where as many as ten thousand can be present in a single drop.

Ordinary drinking water, however, seldom contains more than a dozen in a quart, and good spring water often has none.

Glycerine will be found excellent for softening the water in which flannels are to be washed. About two teaspoonfuls to a quart of water will be sufficient.

Minard's Liniment for frost-bites.

When you get that tired, lay-me-down-and-die feeling take 15 to 30 drops of Seigel's Syrup in a glass of water. Does the trick and safely. You'll feel like new.

### Who's Who in Musical History.

Haydn—1732-1809.

Haydn was a homely child,
Fond of fun, but kind and mild;
One of a numerous family,
All as poor as poor could be,
Yet loving music, every one.
And so, each day at set of sun,
Around their father's harp they came
To pass the time with song and game.
Joseph full of childish tricks,
Played a fiddle of wooden sticks,
Keeping time, 'till his father said:
"Children, 'tis the hour for bed."
This little boy was sent away
To Hamburg school by a friend one day,
And there he was taught by note to sing,
And learned a little of everything.
Later, forced to earn his bread,
Living alone in the town, ill-fed,
Oft he had nothing to eat all day,
Yet still at his music he worked away.
Though suffering thus, he ne'er lost heart,
His faith in God, his love for Art.
And thus by patient toil, and slow,
He made the world his genius know.
Haydn wrote the great "Creation,"
Sung and loved by many a nation.
And he is also known to be
"The Father of the Symphony."
His life he filled with kindly deeds,
Forgot his own in others' needs,
And died revered by every friend,
Loved and admired to the end.

### All Aboard!

The steamer was just leaving the pier when a man rushed up and shouted, "Hold on a minute, captain; there's a party of fifty coming aboard."

The steamer backed in again, and the man walked on board and sat down.

After five minutes the captain went across to him and asked if the party would be much longer.

"What party?" asked the man.

"The party of fifty you spoke about."

"Oh, I'm the party. I'm fifty to-day."


GEORGETOWN INCUBATOR

Canadian Made for Canadian Climate. Double wall, Copper Hot Water heating system. Sensitive Automatic regulator. Hatches strong, healthy chicks. Write for FREE Circular to:—
J. B. Mackenzie, Georgetown, Ont.

INVENTIONS WANTED

Fortunes are made from simple ideas. Send for list of inventions wanted, our "Patent Protection" booklet and magazine "The Thinker"
SHIPMAN & CO.—THE OLD RELIABLE FIRM
REGISTERED PATENT ATTORNEYS. OTTAWA, CAN.

MINING

With the extremely active market now is the time to keep in touch with Northern Ontario mining.
We buy and sell for you all mining stocks.
Reliable information free on any mining stock. 15 years' experience.
1926 banner year for Northern Ontario Mines.

A. W. RYDER & CO.
Mining Brokers
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Adel. 1110


### Home Lights.

Lights that shine when the night is clear,
Lights on a vista of street,
Twinkling and blinking far and near,
Lights that are bright or discreet.

Lights that glow in the glistening rain
Sheen on the city's street;
Lights that jewel a window-pane
In rain-drops beauty fleet.

Lights more glorious than all the rest,
Home lights shining for me,
Love light in eyes that I love best—
Light of eternity.

—George Elliston.


"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 soft, 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—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.

### Too Green to Burn.

"Did the boss fire that green hand?"

"I hardly think so. I heard him say he was too green to burn."

### Minard's Liniment for Grippe.

### Big as An Hotel.

The royal palace at Prague has 711 apartments.

### On a Japanese Mountain.

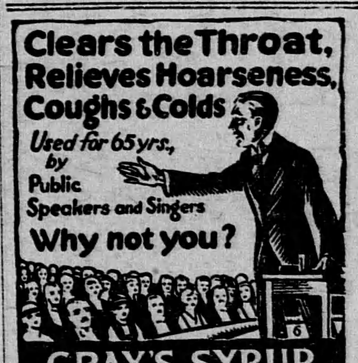
A cable railway is to be built up Mt. Fuji, in Japan.

Don't use up all your energy in getting new customers. Save some of it for holding the customers you have.


Clears the Throat, Relieves Hoarseness, Coughs & Colds

Used for 65 yrs., by Public Speakers and Singers

Why not you?



GRAY'S SYRUP of RED SPRUCE GUM

Montreal D. WATSON & CO. New York


### Wonders of Water Power.

Few people have any idea of the tremendous power of waves. When big waves hurl themselves against obstacles they exert eenormous pressure. Builders of lighthouses, for instance, must take this into account. At the Eddystone lighthouse, the pressure during heavy storms has been estimated at nearly 1½ tons a square foot!

Pressures even greater than this have been measured. Perhaps the highest is that recorded at Dunbar a few years ago. It was 3¾ tons a square foot. At the Bell Rock and Skerryvore lighthouses wave-pressures of 3 tons a square foot have been recorded.

No wonder the form of the coast-line is continually altering when it is subjected to such buffeting. We can now understand the difficulties engineers have to face in building sea-walls and breakwaters.

Huge boulders and blocks of stone are thrown about like shuttlecocks by the waves. In the island of Reunion an immense mass of rock over 500 cubic yards in volume is to be seen far inland. It is really a huge boulder that the waves rolled there during a storm.

In the Bay of Biscay on one accasion a block of stone weighing 36 tons was lifted by the waves and thrown right over a breakwater. At Wick Bay it was found impossible to build a breakwater. A block of concrete weighing 1,000 tons was laid down and secured with bars of iron 8in. wide and 3in. thick. But the waves managed to dislodge it, snapping the iron bars like threads.

Norfolk has more churches in proportion to its population than any other English county.


There is only one ~ Nujol

THE INTERNAL LUBRICANT
For Constipation

ASK FOR IT BY NAME

Sold only in bottles packed in sealed Cartons

NEVER IN BULK

Nujol is manufactured only by Nujol Laboratories
STANDARD OIL CO. (N.J.)
Bayonne N.J.

RED ROSE TEA "is good tea"

Red Rose Orange Pekoe is extra good. Won't you try it this time?


### Classified Advertisements.


BAKERS' OVENS. WRITE FOR CATALOGUE and list of used ovens. Hubbard Oven Company, 722 King West, Toronto.

GRATIS. (LITTLE FRIEND) TO EITHER SEX; mailed in plain envelope. Paris Specialty Co., Montreal.

LADIES WANTED—TO DO PLAIN AND LIGHT sewing at home; whole or spare time; good pay. Work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

AGENTS WANTED

WANTED—One reliable man in every town, merchant preferred, to take orders for best Custom-Made Clothes in Canada. Highest commissions.
REX TAILORING CO., Ltd.
TORONTO 2

WANTED

CIGAR STORE INDIAN

Formerly used in front of Tobacconist Store. Must be in good condition. State price and where can be seen.

H. WATKINS
73 W. Adelaide St. Toronto


A good memory is essential to success. It enables a man to remember what to forget.


ACCIDENTS Will happen. Be prepared for every hurt. Keep a bottle of Minard's handy.

MINARD'S "KING OF PAIN" LINIMENT

THIS MOTHER GLAD DAUGHTER IS WELL

Mrs. Parks Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Daughter's Health

Toronto, Ontario.—"My daughter is 16 now and has been an invalid ever since she was six months old and has been compelled to remain out of school the greater part of the time. We have tried different kinds of medicine, but none helped her much. I had taken Lydia E. Pinkham's Vegetable Compound when I was run-down, and it had helped me so much that I thought it might help her at this time. She has gained ever since she began taking it. She attends school every day now and goes skating, and does other out-of-door sports. I recommend this medicine to any one who is run-down and nervous and weak."—Mrs. PARKS, 106 Bond Street, Toronto, Ontario.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for young women's troubles.

For sale by druggists everywhere. C

FOR Neuralgia

BAYER ASPIRIN

Proved safe by millions and prescribed by physicians for

Neuralgia Colds Neuritis Lumbago
Headache Pain 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 Monoaceticacidester of Salicylicacid (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."

CUTICURA HEALS ECZEMA ON FACE

In Rash, Spread to Scalp, Itched and Burned. Face Very Sore.

"Eczema broke out in a rash on my face and later spread to my scalp. The rash scaled over and sore eruptions formed. It caused a great deal of itching and burning and my face was very sore. The trouble lasted three or four weeks.

"I was treated without any benefit. I began using Cuticura Soap and Ointment and could see a great change after the first night. I continued the treatment and in four weeks I was completely healed." (Signed) Miss Margaret Danyow, Ferrisburg, Vermont.

Daily use of Cuticura Soap, with touches of Cuticura Ointment now and then, keeps the skin fresh, smooth and clear. Cuticura Talcum is also ideal for the skin.

Sample Each Free by Mail. Address Canadian Depot: "Stenhouse, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.
Cuticura Shaving Stick 25c.