Martyrs of Medicine.

One of the epic stories of medical research is recalled by the death the other day of Major J. F. Hall-Edwards, the famous British surgeon and X-ray pioneer. The first operation ever performed with the aid of an X-ray photograph was in a case where, by this means, Dr. Hall-Edwards had located a needle in a patient's hand.

It is impossible to over-estimate the debt which medical science owes to men like Hall-Edwards. He began his X-ray experiments in 1896, immediately after Professor Rontgen's discovery had been made public, and while the use of safety devices was unknown. Many of these devices, indeed, were suggested by him as the result of these early experiments.

Even when, owing to X-ray dermatitis, he had lost his left arm and four fingers of his right hand, he continued his work, managing to carry on with a solitary thumb and a rubber substitute for a forefinger.

Our knowledge of X-rays has been dearly won. Dr. A. Barry Blacker, one of the first men to introduce X-rays into hospital practice, also paid the penalty of his pioneering work. He had to be operated on again and again, and finally died of a disease caused by the action of the rays. But his experiments in a small basement in St. Thomas's Hospital were the start of the famous X-ray department of that institution.

Another celebrated X-ray practitioner associated with St. Thomas's was Sir Archibald Reid, who took charge of this department of the hospital's work in 1912. His death in 1924 was a direct result of his X-ray work.

Even before X-rays medicine had its martyrs. The famous John Hunter took innumerable risks in his experiments, and even infected himself with diseases to observe their course more closely. His death is supposed to have been due to this habit of experimenting upon himself.

Animal life ceases to exist in the ocean at a depth of one and a half miles.

to the BRITISH ISLES at MODERATE COST

The Cabin Class Canadian Service steamer is a post-war product designed to give maximum comfort at minimum cost.

Should you travel Cabin Class you are assured of accommodation and service equal in every way to the Pre-War First Class at a much reduced rate — if Third Class, you will travel in absolute comfort with congenial companions and you will find the accommodation ample and the service thorough.

A trip to the British Isles, sailing from Montreal in the Autumn when the Summer tourist rush is over has a charm and allure you will find irresistible.

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Human Traits of Black Bear

(1) Bear cub stepping out. (2) Black Bear family in native haunt.

It's a "fifty-fifty" proposition with Canadian black bear, the most popular wild animals in the parks of the Canadian Rockies. They have not resented man's intrusion but instead have exhibited an ever-increasing curiosity about man's affairs. In the vicinity of Banff and Lake Louise they have become so tame that it is a common sight to see them amble across the roads, and even stop for a sign of recognition from the tourists.

An English lady was visiting Chateau Lake Louise, in the Canadian Rockies, and desired above all else to see a bear. She chose likely spot and waited a l waited, but in vain. Later when out on a stroll she came upon a bellhop with a bottle of milk. She watched without making her presence known. Soon a bear appeared with two cubs. The boy approached fearlessly, took the top from the bottle and gave the cub a drink. When, however, he tried to take the bottle away in order to share it with the other cub, the cub refused. The mother bear asserted her authority and gave the obstreperous cub a wallop. This settled the dispute, and only demonstrated one of the many almost human instincts of the black bear.

GIRLS AND WOMEN NEED RICH BLOOD

This Lady Found Dr. Williams' Pink Pills a Friend Indeed.

Just because she is a woman there are times when every woman needs help and strength in the form of a blood-building tonic.

To thousands of girls and women Dr. Williams' Pink Pills have proved a blessing because they enrich the blood, give strength and restore tone to the aching nerves. The anaemic girl who is languid and pale; the wife whose back feels like breaking; the matron whose health fails as she reaches middle age—for all such sufferers Dr. Williams' Pink Pills are invaluable because ill-health in girls and women is usually caused by poor blood or insufficient blood. These pills have proved a blessing to thousands of others, why not you? At various stages of life Mrs. G. R. Lake, Walton, N.S., has proved the value of Dr. Williams' Pink Pills. She says:—"I first used these pills when a young girl, for it is during the 'teen age when nature calls upon every bit of the reserve strength we have, that we need their rejuvenating help. It was then I found Dr. Williams' Pink Pills a friend indeed. And again, now that the girlhood stage is past and I am a mother of four children, subject to all the cares and worries of the home, Dr. Williams' Pink Pills is the only tonic I take to keep up my health and strength, and they have never failed me. Should any ailing girl or weary mother, due to my advice, try these pills, I know they will find them as equally good as I have done."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Scientists Testing Truth of Cold Shoulder Theory

Scientists of Amsterdam have been measuring the amount of heat given off by the human body to find why some parts give off more heat than others. Drs. E. Sluiter and G. van Rijnberk devised an apparatus for studying the temperature of the skin, covered and uncovered, and found that much less heat was given off over layers of fat and a great deal more where the skin lay close to bony surfaces.

Whether this means that people built on generous lines are as cool as cucumbers on the outside and "red hot" within, with skinny folks just the opposite, is not stated. However, the experiment would seem to indicate that a fat person might make the coolest bedfellow on a hot night.

Dr. Slutter thinks that some of the differences in heat radiations at various places may be explained by the nearness of large blood vessels to the surface, but this, he says, does not explain all. It is still a mystery why more heat is given off over the forehead, the chest, the shins and the spine.

Bell Ringers on a Tour.

Thirteen bell-ringers, mostly from Surrey towns, during a holiday tour in Somerset and Wilts visited 13 towns and rang a peal in each.

Necessary.

Wife (to salesman-husband, departing on a business trip)—"Don't forget, dear, to take some dotted lines with you."

Minard's Liniment relieves stiffness.

Ontario Dental Health Day.

What wonderful advancement has been made during the past few decades in the prevention and care of disease, and this improvement is due to a large measure to the scientific investigation and research conducted in our laboratories. The knowledge thus gained would be of little use, however, unless sent to those who need it or those who can apply it in the education or treatment of others.

The most valuable contributions made by research workers in so far as the health and happiness of the people are concerned have been in the field of preventive medicine. Many of the diseases which years ago afflicted the people are now seldom heard of and still greater results are confidently expected.

The prevention of disease is largely a matter of education. It cannot be accomplished through the efforts of the physician alone; he will lead the way but the general public must be taught to take such an interest in their own health that they will be willing to accept the advice given.

Dental infection is one of the most frequent causes of disease and the Ontario Department of Health has organized a special effort for the purpose of informing the people in regard to the prevention of dental diseases. This campaign will take the form of a Dental Health Day, to be held on Wednesday, October 20th.

The activities will include a motion picture film which has been prepared by the Ontario Motion Picture Bureau, radio talks from the various stations, instruction to school children, the distribution of special booklets by the Insurance Companies, newspaper publicity which the press is giving without charge, and window display.

The dentists of the Province, at the request of the Department of Health, will give private instruction on mouth care to all who desire it, and the general publicity will stress the importance of a proper diet, thorough mastication of the food, and careful cleansing of the mouth.

The educational, health, service and social welfare organizations of the Province are co-operating, and this, the first Province-wide effort of this kind in Canada, promises to be a great success.

To An English Teacher.

I wad that Bobbie Burns were ge'en
To hear ye read his lines between
Sae fu' o' love. His Scottish lore
Was nair sae beautiful before.

An' aft I wish there listened here
Some ither poets far and near
Whose words ye read, and aft gie oot
Mair love than aye they dreamt aboot.

—Rosalie S. Jacoby, in "Kaleidoscope poems.

The rarest stamp in the world is the one cent, 1856, British Guiana, printed in black on magenta. This was sold for £7,317 in 1922.

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From 1840—1880—on Original Envelopes Preferred
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Water-Lilies.

Down Black Horse Drove in Wicken
Are gardens filled with blooms;
And firelight paints its flowers
On walls of tiny rooms;
And all the tangled hedges
Are set with bud and star—
But leave the path and follow
Where the peat pools are!

For there amidst the rushes,
Beneath the open sky,
Afloat on dusky waters,
Most delicate and shy
Are water-lilies gleaming
Like jewels in a crown.
Oh, where the rushes beckon
Traveler, come down!

—Elizabeth Fleming.

CHILDHOOD AILMENTS

Can be Quickly Banished With Baby's Own Tablets.

The ailments of childhood are many but nine-tenths of them are due to one cause and one cause only—a disordered condition of the stomach and bowels. To quickly banish any of the minor ailments of babyhood and childhood the bowels must be made to work regular and the stomach must be sweetened.

No other medicine for little ones has had such success as has Baby's Own Tablets. They banish constipation and indigestion; break up colds and simple fevers; correct diarrhoea and colic and promote healthful sleep by regulating the functions of the stomach and bowels. Concerning them Mrs. L. M. Brown, Walton, N.S., writes:—"I cannot speak too highly of Baby's Own Tablets as I have found them excellent for childhood ailments."

Baby's Own Tablets are sold by medicine dealers, or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Buried History.

Near the site of the ancient city of Mizpah, in Palestine, a party of scientists recently discovered a great pit into which they think the bodies of Gedaliah and his followers were thrown, as related in the Biblical story.

A number of rock tombs containing a mass of early pottery were also found, and the scientists confidently expect to unearth, amongst the relics of this two-thousand-five-hundred-year-old city, records telling the full story of the Egyptian campaigns in Palestine.

When Nebuchadnezzar conquered Judeda he took many of the inhabitants to Babylonian captivity, but we are told that he allowed some, including the prophet Jeremiah, to remain at Mizpah for several years under the governorship of Gedaliah.

The historic crime associated with this ancient city took place when Ishmael came to the colony and was welcomed by the Babylonian governor with a great feast, in the midle of which he suddenly rose and killed Gedaliah and his friends, afterwards throwing their bodies into a pit.

GOITRE

Mothers, have you or your daughters goitre? Do not worry. Goitre can now be removed quickly, painlessly and permanently. Johnston's Goitre Remedy, used externally, acts by absorption.. Simply rub in twice a day. After about 2 weeks' treatment, goitre becomes soft and spongy, and then gradually disappears. Usually one bottle is sufficient. Literature and testimonials on request. Price $5.00; mailed anywhere.

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RED ROSE TEA
"is good tea"
People who want the very best use Red Rose Orange Pekoe Tea

Mussolini and Music.

It seems that the Government of Mussolini is anxious for a revival of Italian music, more especially of opera. Various theatres have been reacquired, and now the Government is appealing to native composers, and prizes are being offered by the Minister of Public Instruction for new operas. The maximum prize is to be 100,000 lire for each new work, of which eighty per cent. goes to the theatrical management which produces the work and twenty per cent. to the composer and librettist.

Rub your scalp with Minard's Liniment

Sour Milk Story Spiked.

The popular belief that thunder storms affect milk has no foundation in fact. Thunder storms frequently accur toward the end of hot summer days. On such days milk is also likely to turn sour. This, so far as known, is the only connection between the storm and the souring of milk.

Mussolini's Waterloo is in the offing. It is said that he contemplates passing laws regarding the dresses and the tresses of his countrywomen!

EARN WHILE YOU Become a Beauty Specialist
TORONTO HAIRDRESSING ACADEMY
SHOWS YOU HOW
Classes now forming for Spring term
Write for Booklet describing various courses
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Perfect Protection With Every Roll
Every roll of Prince Edward Brand Fox Netting opens out as a 150 foot long wall of perfect protection for your foxes. "Prince Edward" does not bag nor sag and has 10% more meshes than any other brand of fox netting.
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Laughter.

Somebody has described laughter as "a faculty bestowed exclusively upon man," and one which there is, therefore, a sort of impiety in not exercising as frequently as we can. One may say with Titus that we have lost a day if it shall have passed without laughter. "An inch of laugh is worth an ell of moan in any state of market," says one of the old English fathers. Pilgrims at the shrine of Mecca consider laughter so essential a part of their devotion that they call upon the prophet to preserve them from sad faces.—From Harper's Easy Chair, 1852.

Old Salt Mines.

Salt mines in the Carpathian mountains have been worked since the eleventh century.

Canadian Plan Book
In co-operation with Canadian Architects designs of moderate priced homes are published in the MacLean Builders' Guide. Detailed information on planning, building, furnishing, decorating and gardening. Profusely illustrated. An ideal reference book. Send 25 cents for a copy.
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HURT?
Ease the pain with Minard's. It relieves inflammation, soothes and heals.
MINARD'S "KING OF PAIN" LINIMENT

CARRIED WIFE TO BED

Suffered So She Could Not Walk. Restored to Health by Lydia E. Pinkham's Vegetable Compound

Minesing, Ontario.—"I am a practical nurse and I recommend Lydia E. Pinkham's Vegetable Compound to suffering women. For three months I was almost helpless and could not sit at the table long enough to drink a cup of tea. Many a time my husband carried me to bed, I would be so weak. Then he read in the paper of a woman suffering as I did who got better after taking the Vegetable Compound, so he went and got it for me. When I had taken three bottles I was just like a new woman and have had splendid health ever since. When I feel any bearing-down pains I always take it; sometimes a half bottle or whatever I need. It is my only medicine and I have told many a one about it. Any one wanting to know more about Lydia E. Pinkham's Vegetable Compound, I will gladly write to her. I do all I can to recommend it for I feel I owe my life and strength to it."—Mrs. Neal Bowser, R.R. 1, Minesing, Ontario.

Do you feel broken-down, nervous, and weak sometimes? Do you have this horrid feeling of fear which sometimes comes to women when they are not well? Lydia E. Pinkham's Vegetable Compound is excellent to take at such a time. It always helps, and if taken regularly and persistently will relieve this condition. C

For Headache
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ASPIRIN
Proved safe by millions and prescribed by physicians for
Headache Colds Neuralgia Lumbago
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DOES NOT AFFECT THE HEART
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Accept only "Bayer" package which contains proven directions.
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Blemishes and Irritations Quickly Disappear
When Cuticura is used. Bathe with the Soap and hot water, dry gently and anoint with the Ointment. This treatment not only soothes and heals unsightly and annoying pimples, rashes and skin irritations but tends to prevent such conditions.
Sample Each Free by Mail. Address Canadian Depot: "Stenhouse, Ltd, Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.
Cuticura Shaving Stick 25c.