RHEUMATIC PAIN AND THIN BLOOD

Liniments of No Avail — The Trouble Must be Treated Through the Blood.

The most a rheumatic sufferer can hope for in rubbing something on the swollen, aching joints is a little relief and all the while the trouble is becoming more firmly rooted. It is now known that rheumatism is rooted in the blood, and that as the trouble goes on the blood becomes still further thin and watery. To get rid of rheumatism, therefore, you must go to the root of the trouble in the blood. That is why Dr. Williams' Pink Pills have proved so beneficial when taken for this trouble. They make new, rich blood which expels the poisonous acid and the rheumatism disappears. There are thousands of former rheumatic sufferers in Canada, now well and strong, who thank Dr. Williams' Pink Pills that they are now free from the aches and pains of this dreaded trouble. One of these is Mr. Robt. A. Smith, Mersey Point, N.S., who says: —"Some years ago I was attacked with rheumatism, which grew so bad that I could not walk and had to go to bed under the doctor's care. It is needless to say that I underwent a great deal of suffering. The doctor's medicine did not seem to reach the trouble, so when I was advised to try Dr. Williams' Pink Pills I did so, and after taking them for some weeks I was able to get out of bed. I continued using the pills and was soon able to work, and I have not been troubled with rheumatism since. In other respects also I derived a great deal of benefit from these pills and I think them a wonderful remedy."

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

My Mother.

Your fourscore years I contemplate
With only one regret.
It is that thirty of them passed
Before we even met.

Then comes a devastating thought
I hate to dwell upon—
If I had known you all your life
I could not be your son.

And still that envied score and ten
Can never cause me tears,
Far am I not most blessed of men,
O mother of fifty years.

—Clarence Hoyt Holmes.

Homeward Bound for CHRISTMAS

Old hearts will beat more quickly; old eyes will shine with happiness when YOU go home. And what a joy it will be for you, too, visiting the scenes of childhood days and meeting friends of other years!

Make arrangements now to go home this Christmas on a liner of the Cunard or Anchor-Donaldson Canadian Service. The voyage will be an unforgettable pleasure. The ship's comfortable appointments and the courteous, intelligent interest taken by every member of the staff in your well-being make your journey a real joy.

Christmas Sailings from Halifax

ANTONIA—Dec. 13 to Plymouth, Cherbourg and London.

*LETITIA—Dec. 12 to Belfast, Liverpool and Glasgow.

*Dec. 11 from St. John N. B.

Ask your Steamship Agent for information or write—

The Robert Reford Co., Limited

Montreal, Toronto, Quebec, St. John, N.B., Halifax.

CUNARD ANCHOR-DONALDSON

CANADIAN SERVICE 133

Canada Leads Empire in Silver Production.

Canada has held the premier place within the Empire as the greatest producer of silver for the past two decades. During the last few years Canada has been the third largest producing country in the world, being outranked only by Mexico and the United States. Last year (1925) third place was captured by Peru, whose production exceeded that of Canada by slightly over one and a half million ounces.

The principal producing areas in Canada are, in order of their importance, Ontario, British Columbia, and Yukon. Silver ores have also been found in other parts of the Dominion, but the total production from these areas has been small. The total recorded production to the end of 1925 is 493 million fine ounces, last year's output being slightly in excess of 20 million ounces. The market price of silver fluctuates from day to day; the highest yearly averages were recorded on the London market in 1853 and 1854 at $1.348, an in 1920 at $1.346. The lowest price was in 1915 at $0.519. The total market value placed on Canada's production during the years for which records are available (1887 to 1925), based on average market values from year to year was $318,826,880. In 1925 the production was valued at $13,815,742.

The mines of Cobalt, South Lorrain, and Godganda, all in the province of Ontario, are at present Canada's principal silver producers. Ontario's mines have contributed slightly over 363.3 million ounces to the accumulated total of Canada's silver production, of which only 1.8 million ounces were produced prior to 1903, the year of the discovery of the Cobalt area. The average production in Ontario for each of the past four years was 10.7 million ounces. Dividends paid out to the end of 1925 by silver companies operating in northern Ontario amounted to approximately $92,000,000.

Silver production in British Columbia and in Yukon is obtained from lead-zinc ores. The present rate of production in British Columbia is about 8,500,000 ounces per annum; Yukon production last year was about 905,000 ounces. There appears to be every reason to believe that the present rate of production of silver in Canada will be maintained for some years to come. The decline in production in Cobalt has been more than compensated by new discoveries and increased production from South Lorrain and Gowganda, and there has also been an increase in the production from British Columbia.

Diabetes.

Once upon a time we saw a poster which read: "Why is food important? Because we are food on legs!" We hope we are more than just that, but the subject of food must give us pause, although it is rather too much to say "Tell me what you eat and I will tell you what you are," yet any one in any part of the country to-day will tell you that if you eat too much sugar and starchy foods it will doubtless bring on diabetes. That is exactly what happens when the body is not able to properly take care of the sugar and starch contained in the food we eat.

What are we eating? "We are eating more cereal products than any of our ancestors ever ate in the past, except perhaps the ancient Egyptians, who were the grain-eaters of antiquity.

"We are eating much more sugar than any one in the world ever ate before. One hundred years ago the average consumption of sugar per person was about eleven (11) pounds in a year; to-day it is one hundred (100) pounds"! During the war we ate less sugar—diabetes was reduced; after the war we increased our sugar and diabetes increased.

The main cause of diabetes is wrong food—too many sweets and starchy foods. No sugar in tea and coffee, no candy, no pastry, no iced cakes, none but milk puddings, no cereals—are some of the "don'ts" for those who have a tendency to diabetes; use simple foods; milk, eggs, lean meat and fish, fruits and vegetables, bran muffins or brown bread. This is the best preventive—proper diet.

Niepce, known as the father of photography, made his first camera from a cigar-box and lenses borrowed from his grandfather's solar microscope.

Clocks that don't run aren't much use, except on a pair of stockings.

THE MELTING POT IN THE WEST

Pick where you will in this group and you will have difficulty in saying which of these girls comes of Russian, British or original Canadian stock. They are typical of the Prairie Provinces where all the nations of Europe come in and settle on the land. And when the next generation rises from the effort and struggle of the first settlers, they are all of them pure Canadian. Their outlook, their appearance, their speech are good British; the land has made them over in its own image. Take for instance the young woman at the left. She is the daughter of a Russian immigrant who came here when she was 12 years old. Another is a teacher from Manchester, England; two are the daughters of a Canadian editor and two others are the children of a Russian who came to Canada some years ago. Yet all alike to-day are typical Canadians.

Morning Hymn.

Ye mists and exhalations, that now rise
From hill or steaming lake, dusky or gray,
Till the sun paint your fleecy skirts with gold,
In honor to the world's great Author rise;
Whether to deck with clouds the uncolored sky,
Or wet the thirsty earth with falling showers,
Rising or falling, still advance his praise.
His praise, ye winds that from four quarters blow,
Breathe soft or loud; and wave your tops, ye pines,
With every plant, in sign of worship wave.

Fountains, and ye that warble, as ye flow,
Melodious murmurs, warbling tune his praise
ye birds
That singing up to heaven-gate ascend,
Bear on your wings and in your notes his praise.
Ye that in waters glide, and ye that walk
The earth, and stately tread, or lowly creep,
Witness if I be silent, morn or even,
To hill or valley, fountain or fresh shade,
Made vocal by my song, and taught his praise.

—Milton. "Paradise Lost."

Just a Suggestion.

"Jack broke his engagement with me to-night. He said his knee is hurting him."

"Well, why don't you try some other fellow's knee?"

Blind Watchmakers.

Blind people—those who have been born blind — are exceedingly clever with their fingers, but it is not often that we hear of a watchmaker who was born blind. And yet there have been instances of the kind.

A famous blind watchmaker lived at Holbeach, in Lincolnshire. His name was Rippin, and, although completely blind, he could take to pieces and put together again watches of most delicate construction with the greatest ease, and in quicker time than most watchmakers who have the advantage of good eyesight.

On one occasion some of the tiny wheels and screws used in his trade were stolen from him, but the thief was captured with the property on his person, and Rippin identified them by touch.

A Barnstaple watch and clock maker brought up his blind son to his trade, and on more than one occasion he detected faults in timepieces which other tradesmen had failed to discover.

Candidates for marriage are now stamped in Turkey. Each person desiring a marriage licence must undergo a medical examination, and to prevent any transfer of the permit the arm of the applicant is stamped with a number corresponding to that on the permit.

Physicians Use Minard's Liniment.

BABY'S OWN TABLETS ARE OF GREAT VALUE

To All Mothers Having Young Children in the Home.

No other medicine is of such aid to mothers of young children as is Baby's Own Tablets. The Tablets are the very best medicine a mother can give her little ones during the dreaded teething time because they regulate the stomach and bowels and thus drive out constipation and indigestion; prevent colic and diarrhoea and break up colds and simple fevers.

Concerning Baby's Own Tablets, Mrs. John A. Patterson, Scotch Village, N.S., says:—"I have six children, and all the medicine they ever get is Baby's Own Tablets. I would use nothing else for them and can strongly recommend the Tablets to all other mothers."

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.

Talc and Soapstone Production Higher.

According to statistics issued by the Dominion Bureau of Statistics, there was an appreciable advance in the production of talc and soapstone in Canada during 1925. Shipments totalled 14,474 tons valued at $205,835 in 1925 as against 11,332 tons at $154,480 in 1924.

The Ontario production of talc was obtained from deposits in Hastings County. Practically all of the Quebec shipments consisted of soapstone blocks for use in lining the alkali recovery furnaces of sulphate (kraft) pulp mills. A small tonnage of ground talc was shipped from a deposit at Wolf Creek, Victoria Mining Division, British Columbia.

After Shaving—Minard's Liniment.

Pitt's Love Letters.

The love letters of William Pitt, the elder, the first Lord Chatham, are soon to be published. Pitt's private correspondence has been almost unknown to the public, though many brilliant epistles and some of historic importance are included. They have been retrieved now from the Pitts manuscripts in the record office, edited by Ethel Ashton Edwards, and are soon to be issued in book form.

We cannot hear a sound if it has less than about thirty or more than 40,000 vibrations a second.

RED ROSE TEA "is good tea"

Perhaps you use good tea. We think Red Rose extra good.

Health Partnership and the Individual's Responsibility.

Industrial Hygiene means promotion of the health of industrial workers. This necessitates the most practical co-operation between the two great groups concerned, the employers, who are responsible for health conditions in the plant, and the employees, who are responsible for health conditions in the homes, and, more important still, for their own private health habits. The benefits to health resulting from good working conditions (such as adequate light, ventilation and temperature and facilities for nourishment and cleanliness) are enormously minimized if not entirely counteracted unless the individual employee is a partner in the health campaign, is convinced of the importance of such factors, and tries to obtain them in his home. Health can not be imposed on anyone; to some extent each man must be a self-starter.

Broadly speaking the health factors which are the individual's private responsibility are housing or rooming arrangements, food, sleep and personal hygiene. The importance of these things cannot be over emphasized—if bad, they can shatter the strongest physique; if good, they can conserve and strengthen the most delicate. The problem is similar for men and women but most difficult for women who are apt to be hampered by small means. It is for this reason that the Department of Health brought out the well-known book on the subject—"Health Confessions of Business Women," a book by business women themselves for business women, covering all the personal factors which bear on health. It may be had on application to the Division of Industrial Hygiene, Ontario Department of Health, Spadina House, Toronto. Over 12,000 have already been requisitioned, but a limited supply is still available.

How Much Do You Spend in Heating Your Attic?

In cheaply built houses the attic floor is frequently omitted. It is a proven fact that warm air will pass through a plastered ceiling almost as readily as through a register, and many cold houses have been made warm with the same or even a less amount of fuel by laying a floor of matched boards in the attic. Cases have been reported where the cost of doing this has been met in a single season by the saving in coal.

Roof insulation is the answer to the problem.

EARN WHILE YOU LEARN — Become a Beauty Specialist

TORONTO HAIRDRESSING ACADEMY

SHOWS YOU HOW

Classes now forming for Spring term. Write for Booklet describing various courses.

Branch School, 137 Avenue Road, TORONTO 5, ONT. HAMILTON, ONT.

Dandruff.

Rub Minard's into the scalp four times a week. It stops falling hair.

MINARD'S "KING OF PAIN" LINIMENT

Classified Advertisements.

REMNANTS.

3 LBS., $2. 5 LBS. PATCHES, $1.50. A. McCreery, Chatham, Ontario.

BOYS!

BOYS OF 12 TO 14 YEARS, wishing to make $20.00 before Christmas, write to Robert Horton, 97 Withrow Ave., Toronto.

STUDENT NURSES WANTED.

NASSAU HOSPITAL, MINEOLA, Long Island. Registered Training School. 40 minutes from New York City. 2 years, 4 months course. Complete training. Well qualified instructors. Three weeks' vacation annually. One year high school or equivalent required. After preliminary term an allowance of $25 a month besides uniforms and books given. Class entering in January. Address Principal of the School of Nursing, Nassau Hospital, Mineola, Long Island.

Balaclava Trumpet Sounds Again.

Over a thousand instrumentalists played in the Massed Bands at the Aldershot Tattoo. It was interesting to note at times how near to orchestral tone the military band can arrive on occasions. The clarinet runs resembled the strings both in fluency and brightness. It is a notable fact that the trumpet-call for the enacting of the charge of the Light Brigade at this tattoo was sounded on the very same trumpet which was used at Balaclava.

Plans For Homes

Last word in builders' aid. Practical, up-to-date suggestions on planning, building, furnishing, decorating and gardening. Profusely illustrated, and scores of actual dollar-saving suggestions. Send 25 cents for current issue.

MacLean Builders' Guide

344 Adelaide St. W., Toronto, Ont.

PAINS ALL OVER BODY

Two More Cases of Feminine Illness Relieved by Lydia E. Pinkham's Vegetable Compound

Barrington, N. S.—"I had terrible feelings, headaches, back and side aches and pains all over my body. I would have to go to bed every month and nothing would do me good. My husband and my father did my work for me as I have two children and we have quite a big place. I read in the paper about Lydia E. Pinkham's Vegetable Compound, and then got a little book about it through the mail, and my husband sent to Eaton's and got me a bottle, and then we got more from the store. I am feeling fine now and do all my work and am able to go out around more. I tell my friends it is Lydia E. Pinkham's Vegetable Compound that makes me feel so well."—Mrs. VICTOR RICHARDSON, Barrington, Nova Scotia.

Dull Pains in Back

St. Thomas, Ont. — "I took four bottles of Lydia E. Pinkham's Vegetable Compound and found great relief from the dull, heavy pains in the small of my back and the weakness from which I suffered for five years after my boy was born. After taking the Vegetable Compound and using Lydia E. Pinkham's Sanative Wash I am feeling better than I have for the past seven years, and advise my friends to take it."—Mrs. F. JOHNSON, 49 Moore Street, St. Thomas, Ont. C

Use SMP Enameled Ware Cooking Utensils

Clean as China Strong as Steel

Sold in best stores everywhere

The Sheet Metal Products Co. Limited 213

BAYER — Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds	Headache	Neuritis	Lumbago
Pain	Neuralgia	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 ITCHY ECZEMA

Started With a Rash. Then Broke Out in Blisters. Lost Sleep.

"My daughter suffered with eczema for about a month. It started first with a rash and then broke out in blisters. It itched and burned a great deal, and she lost considerable sleep at night on account of it.

"We began using Cuticura Soap and Ointment and after a few applications the itching and burning sensation stopped. We continued the treatment and in two weeks she was completely healed." (Signed) Mrs. Peter MacDonald, R. R. 1, Proton Sta., Ont., Sept. 29, 1925.

Make Cuticura Soap and Ointment your every-day toilet preparations and have a clear, sweet skin, soft, smooth hands, and a healthy scalp with good hair. Cuticura Talcum is unexcelled in purity.

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