Are your hands shaky?

THE nerves are fed by the blood. Poor blood means starved nerve tissue, insomnia, irritability and depression.

Dr. Williams' Pink Pills will enrich your blood stream and rebuild your over-worked nerves. Miss Josephine M. Martin, of Kitchener, Ontario, testifies to this:

"I suffered from a nervous breakdown," she writes. "I had terrible sick headaches, dizziness; felt very weak and could not sleep; had no appetite. I felt always as if something terrible were going to happen. After taking other treatment without success, on my sister's advice, I tried Dr. Williams' Pink Pills, and now all these symptoms are gone, and I am strong and happy again."

Buy Dr. Williams' Pink Pills now at your druggist's or any dealer in medicine or by mail, 50 cents, postpaid, from the Dr. Williams Medicine Co., Brockville, Ontario.

S29

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

Better Than Gold

Old Bones May be Worth a Fortune—and a Smoking Fire a Pointer to Wealth.

An American artist named Mott travelled to the Pribylov Islands in a sealing vessel a year ago to paint some pictures of seals in their native home, and one day noticed a curious bank of sand lying close along the shore.

He dug into it, and found beneath the sand a mass of bones. They were seal bones—millions of them—which had been flung up by the sea in the course of centuries.

Further search has shown that there are miles of these bone deposits along the shores of the islands. One pile is a mile long, half a mile wide, and six feet deep. Now, bones are one of the best of all fertilizers, and the value of the find is simply gigantic—far greater than that of any gold mine.

This brings to mind the case of the wandering prospector who, years ago, while crossing a desert in Wyoming, came across the body of a horse which, though it must have died long ago, was still fresh and sweet. The body was covered with a layer of fine dust, which the prospector recognized as borax. He saw the value of the discovery and sold it to a large packing firm in Chicago, who kept the secret for a long time. To-day the uses of borax are innumerable, and range from the preservation of food down to dressings for tried feet and lotions for inflamed eyes.

Riches in the Desert

Everyone has heard of Carrara marble. In 1925 a party of English tourists exploring the mountains of Carrara found a dirty block of marble which had evidently fallen from a cliff overhead. One of the visitors, who had some knowledge of geology, noticed that this stone had a pink tint which was unusual. The sample was taken to England, where it was found to be a new variety. A large quarry has already been opened and is proving very profitable.

Two women, Mrs. Wilson and Miss Spencer, were crossing the Mojave Desert, in Southern California, looking for gold. They were not successful, and one night, feeling very discouraged, camped on the bank of a small creek and lit a fire to cook their supper. The fire began to throw out dark, ill-smelling smoke, so that it was impossible to go near it or cook on it, and the poor, tired women were forced to collect more fuel and light a fresh fire. In the middle of the night Mrs. Wilson sprang up suddenly.

"I know what it is," she cried.

"What on earth are you talking about?" demanded the other woman.

"Asphalt," was the answer; and she was right. That find proved much more valuable than a gold mine, for a thick deposit of asphalt covered many acres and made the fortunes of many others besides its discoverers.

Neighbor (looking over garden fence): "Have your bees done well this year, Brown?" Brown: "Well, they haven't given much honey, but they've stung my mother-in-law twice."

Humans For Sale

When Are the Civilized Governments Going to Stop Slavery?

By Helena Normanton, B.A.

"Remember them that are in bonds!" The message thrilled through British hearts in days gone by, and this country took the lead in a crusade for the freeing of the slaves. But this dark blot on civilization still persists—and even in a Christian country. It is up to us to do our part to remove it and for ever.

Philosophers tell us that Man is marked off from the animals by the gift of laughter and the use of tools. It might be added that animals do not sell each other into captivity. Men do.

Interesting as it might be to retrace the past and to find out how human slavery originated, it is much more important to face the present and to grasp the fact that between four and six millions of our fellow human creatures are even to-day living enslaved in this beautiful world.

Where are they? a perplexed reader may inquire. Did not Great Britain abolish slavery once and for all in 1833?

The answer is that the vast majority of slaves to-day are in Abyssinia, China, and the Arabian area. Great Britain did, a century ago, make valiant efforts to stamp out the plague of slavery. In 1772, by Lord Mansfield's celebrated judgment, it became illegal to hold a slave in England. In language which has been quoted a thousand times: If slave sets foot on English soil he becomes a free man.

"The Underground Railway."

In 1807 Great Britain abolished the trade in slaves between any of her Dominions (including England) and Africa. In 1833 she completed her task by emancipating all those who were held in slavery in any of her Dominions. But Great Britain could not—and cannot now—control the whole of the rest of the world.

Readers of "Uncle Tom's Cabin" will recall Eliza's celebrated journey over the ice. Like every other fugitive American slave before the Civil War of 1865, her idea was to get north into Canada, wherein as Canada was a British colony, she would automatically become a free woman.

Those who assisted fugitive slaves thus to freedom by sheltering them and passing them on at night to the next safe halt were said to run "The Underground Railway." But all slaves to-day cannot solve their problem by the simple method of getting on to the soil of the British Empire, although no doubt some hundreds do gain freedom that way every year.

Stolen From Free Homes

Myriads of slaves are languishing under the worst conditions in Abyssinia, of whom many are stolen by capture from their free homes in Central Africa, just as in the old days of the traffic in Black Ivory. And Abyssinia, mark you, is a Christian country! It owns the deep disgrace of being the last Christian country to tolerate this terrible evil.

The cruel caravan still wends its weary way across torrid wastes, the weak and suffering leaving it at their peril to die of hunger and thirst by the wayside, the strong whipped on by the cruel lash, just as of yore. Villages go up in smoke, families are rent asunder, little maids are sold into concubinage, exactly as the Bible depicts happening to the ancient Israelites when they were exiled into captivity.

Raiding British Territory

To quote from Lady Simon's recent authoritative book:

"The completeness of destruction by Abyssinian slave raiders is the completeness of the locust, but more cruel. It is known that many of these raids have ravaged beyond the Kenya-Abyssinia and the Sudan-Abyssinia border. The ravages of the slave traders on both sides of these borders are well known to British officials Major Darley tells us of the following incident connected with one slave raid. On the trail, he said, he counted the dead and dying bodies of more than fifty captives who had dropped by the roaside. For on such journeys there is no commissariat department, and those who carry no supplies can hope only for a merciful spear, since the alternative is death by thirst or by the teeth and talons of wild beasts.

"Hundreds of square miles of territory are utterly depopulated by Abyssinian raids. Most of this territory is within the confines of the Abyssinian Empire, but part of it is within the British Empire.

"Abyssinian raids into the country southwest of the Bolma plateau in the British Sudan are constant, and within the last six months there have been several raids into the Kenya Colony The depopulation of the border and the absence of adequate police forces tempt the Abyssinians to advance farther and farther; and on one occasion at least they have penetrated no less than 120 miles into British territory."

Slave-owning is still legal in the Arabian Peninsula, where markets are openly held for the sale of slaves and the Government receives dues on the individual sales. The King of Hejaz and Nejd has agreed to cooperate with the Gritish Government to suppress the slave trade, but so long as slave-owning is permitted, the trade never really is suppressed. It merely takes the more secret form of smuggling in human beings.

Can the League Help?

Many of the wretched girls sold as slaves are detained religious pilgrims, many from the Far East, who never get free again. Abyssinia is another great slave-seller to Arabia.

Is there any hope for these miserable and tortured beings? Yes—and again—no.

Their hope lies in the League of Nations. Their despair lies in the difficulty first of getting the League to move strongly enough; and, second, of ensuring that those nations like China which have abolished slavery on paper should abolish it in fact.

American prohibits the manufacture, transportation, and sale of alcoholic drink; China prohibits slavery. Of the two prohibitions, the American is probably the more effective. So there is much to be done!

Ours to Take the Lead

The great new step which must be taken by the League is to make slave-trading an international crime like piracy, which any law-abiding nation can summarily stop. Britain is working hard for this, but a few continental nations dread the summary naval searches which the equalization of slave-trading to piracy would entail.

As Lady Simon has said in her noble book: "Slavery is the supreme offence against the human race." Even if there be such a thing as a happy slave which I doubt—that would be the final and most clinching argument against slavery. No one ought to be happy in his own degradation.

The land which gave Magna Charta to the thought of all the ages, and which has just received the sacred soil of Runnymede as a perpetual gift, must still lead in the noblest of campaigns. From Langton to Wilberforce, from Dr. Johnson to Josephine Butler, the message calls vibrantly as of yore: "Remember them that are in bonds!"

Milions of Slaves Still

The shame of slavery still disgraces the world.

A commission of the League of Nations reports that there are "no fewer than 4,000,000 slaves in the world to-day; probably the number is nearer 6,000,000—people who are not persons, people who have not the right to own property, to exercise their consciences, to direct their own affairs, or to retain wife and children. There are at least 2,000,000 in China, 500,000 to 700,000 in Arabia, a considerable number in the hinterland of Liberia, and a few thousand in other different parts of the world" And, according to The Christian Century (Undenominational) from which we quote these figures, "conditions of slavery vary from the open and torturing slavery of Abyssinia to the disguised system in China, where girls who are really household slaves are treated, according to a legal fiction, as adopted family members. Under the impetus provided by the League, 185,000 slaves have recently been set free in Tanganyika; 215,000 in Sierra Leone; 7,500 in Burma. Surely," continues The Christian Century, "with the facts thus known, the public opinion of the world will support the League in whatever efforts it may inaugurate to wipe out the last vestiges of human bondage."

BELIEFS

We ought not to judge people by their beliefs, because we do not know how they have been brought about; but we may justly apply the crucial test to our own views, and honor or dishonor them accordingly.

SUPERFLUITIES

Our superfluities should be given up for the convenience of others; our conveniences should give place to the necessities of others; and even our necessities give way to the extremities of the poor.—John Howard.

YOUR HAIR NEEDS
LUXO
TO GIVE IT HEALTH AND LUSTRE
ASK YOUR BARBER

Old Timer Retires

Back in 1882 when the Canadian Pacific Railway was pushing through the bush in Northern Ontario on its way across the continent, this old-time engine did a lot of good work and it was fired by James T. Fallon who had joined the road three years previously. On the last day of 1929 Fallon, for over forty years an engineer, closed more than fifty years of railroad service. His picture is inset with that of the old locomotive, No. 222, sister to the one on which he worked as a youth.

THE RESPONSIBILITY OF A FOND MOTHER

Her child is a never-ending source of joy and a never-failing responsibility to the fond mother. It not infrequently happens that minor ailments of the child distress and puzzle her; she does not know just what to do, yet feels them not serious enough to call a doctor. At just such times as these it is that Baby's Own Tablets are found to be mother's greatest help and friend.

Most childhood ailments arise from a derangement of the stomach or bowels. Baby's Own Tablets will immediately banish them by cleansing the bowels and sweetening the stomach. They relieve colic, correct the digestion, banish constipation and make teething pains disappear.

Baby's Own Tablets are guaranteed to be free from injurious drugs such as opiates and narcotics and may be given to the newborn babe with perfect safety and beneficial results. They are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

"Your thermometer is wholly incorrect. It registers 10 degrees less than the actual temperature."

"That's why I like it. I dread these fearfuly candid friends."

Minard's is Best for Grippe.

HUMAN HAPPINESS

Well-being and happiness are not an inheritance of which we take possession from the hour of our birth, and which we are destined to enjoy at our ease; they are to be searched after with unwearied assiduity. We enter into life destitute of everything but simple existence. Al that we enjoy in our passage through life are acquisitions: they are the result and the rewards of our own diligence and care, or communicated by the diligence and care of others.—Cogan.

The usual gloomy crowd was sitting round a dentist's room the other day, when one old boy looked up from the paper he had found on the table and said cheerfully, "I see there's been a big battle off the coast of Jutland."

Haiti and the U.S.

Despite the marines sent to Haiti by Washington the French language remains there impregnable.

This we are told by certain French editors, who call attention to the fact that in Haiti the French language resists the American invasion more successfully than it does in Paris.

When the United States established order about 1915 in the tumultuous republic of the Caribbean, relates Pierre Soulaine in the Paris Figaro, an attempt was made to propagate the use of English in the island. But the blacks, mulattos, and quadroons, he rejoices, refused to abandon the language of the old Creoles. This informant adds:

"The newspapers of Haiti are all published in French. The principal ones are the Nouielliste, the Matin, and the Temps. A new journal, the Presse, has been lately founded by a Mr. Auguste. He has set up a very expensive printing-plant at Port-au-Prince. The Presse does not contain a single word accessible to an American hostile toward foreign languages.

"The latest number of the Presse to reach France contains photographs of the demonstration by students on strike. The striking students remained within the limits of a pacific demonstration designed as a protest against the minimum salaries paid their professors in comparison to the magnificent compensation received by American teachers sent to Haiti."

But in other parts of the island, we are then advised, the demonstrations were marked by bloodshed. As this French journalist points out, in the tropics, rifles and revolvers are even more dangerous to handle than elsewhere, and he goes on:

"The approach of the Presidential election excites the emotions and sharpens the interest of the Haitians. They claim, as against the intervention of the marines, an independence of which they have never made very good use since the days of Toussaint Louxerture et Dessalines. Their Parliament has been suppressed, and they are weak enough to regret it. The Government is directed by an executive body composed of the President and of Ministers mostly chosen by the United States."

Check Falling Hair with Minard's.

Freedom Wanted

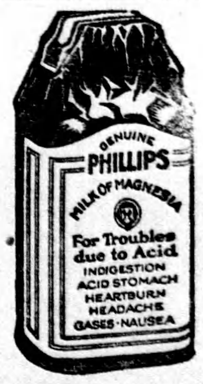
Arabs Ask Repeal of Mandate As Aid to British Friendship

Jerusalem—"We do not hate England, but we do not love the mandate," argued the Arab paper "Jamel El Arabia" the Mufti's organ, in the last issue before it was suppressed indefinitely for publishing the story about the alleged Jewish conspiracy against the Mufti's life, in answer to the Felestin's contention that the Arabs see kthe repeal of the Balfour declaration and not of the mandate.

"Why concentrate our war against the Balfour declaration when the mandate is more dangerous to the Pan-Arab Union than Zionism?" asks "El Arabia." "Arab hostility to the trusteeship means a struggle for complete independence and not tolerating foreign rule of any shade. The repeal of the mandate will strengthen Anglo-Arab friendship. Britain does not regard as enemies the Egyptians who are fighting for independence."

Thus the leading Moslem organ would seem to confirm Harry Sacher's evidence before the Inquiry Commission that the Arabs are using Zionism as a lightning conductor, while they are really fighting the mandate.

Children Cry for Fletcher's CASTORIA
A BABY REMEDY APPROVED BY DOCTORS FOR COLIC CONSTIPATION, DIARRHEA



Indigestion

What most people call indigestion is usually excess acid in the stomach. The food has soured. The instant remedy is an alkali which neutralizes acids. But don't use crude helps. Use What your doctor would advise.

The best help is Phillips' Milk of Magnesia. For the 50 years since its invention it has remained standard with physicians. You will find nothing else so quick in its effect, so harmless, so efficient.

One tasteless spoonful in water neutralizes many times its volume in acid. The results are immediate, with no bad after effects. Once you learn this fact, you will never deal with excess acid in the crude ways. Go learn—now—why this method is supreme.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

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HEAVEN AND HELL, SWEDENBORG'S great work on the life after death and a real world beyond. Over 400 pages. Only 25c postpaid. W. S. Lake, 436 Euclid Ave., Toronto.

WANTED—PARTIES TO KNIT FOR us at home by hand or machine. For particulars enclose stamp. Home Knitting Machine Company, Toronto 13.

DR. WATSON'S
TONIC STOUT AND ALE
One package makes four gallons. Mail 75c today and we will forward you postpaid one package of this delicious beverage.
M. ALLEN & CO. LIMITED
Terminal Warehouse, Toronto

PLEASURE

The first great rule is that we must do something—that life must have a purpose and an aim—that work should be not merely occasional and spasmodic, but steady and continuous. Pleasure is a jewel which will only retain its lustre when it is in a setting of work, and a vacant life is one of the worst pains, though the islands of leisure that stud a crowded, well-occupied life may be among the things to which we look back with the greatest delight.—Lecky.

ASPIRATIONS

Every true aspiration in the world finds something even higher than itself which it climbs as the vine, year after year, climbs the towering oak.

Managing Director: "Have you met our London manager?" Visitor: informally—he called me a liar once."

COULDN'T WALK FOR FAT

But lost her flabbiness in two weeks

She was crippled by fat, but reduced in two weeks this easy way. That is plain truth—her husband says so! She weighed nearly 200 lbs. and had to stay at home. Read this letter:—"My wife has been suffering with swelled legs and feet and weighed 196 lbs. 4 oz.—very seldom able to go out walking. After taking Kruschen Salts for two weeks, her flabbiness has gone, legs and feet feel easier."

Excess fat is caused by the liver, kidneys and bowels, the "scavenging" organs of the body—failing to do their work properly. They do not throw off that waste material—the product of digestion. This accumulates, and—before you realize it—you are growing hideously fat. The "little daily dose" of Kruschen Salts tones up the eliminating organs to perform their work properly. Slowly but surely the ungainly masses of fat disappear and what you lose in weight you gain in unbounded health and vitality. The years drop off as the fat melts away—leaving you energetic, youthful and vigorous. S.C.2

"Was Skinny and Tired. Now Peppy. Gained 11 lbs."

—Mack Lattoria writes about Ironized Yeast. Thousands say adds 5 to 15 lbs. in 3 weeks. Complexion clears like magic. Nerves, constipation vanish overnight. Get Ironized Yeast tablets from druggist today.

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Grippe

Nip it in the bud with Minard's. Rub on throat and chest. Bathe the feet in Minard's and hot water.

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