Overwork or Worry

Taxes the Health of Thousands of Young Girls

In the "teen-age" years when school or office work is exacting and outside activities use up so much energy, many girls undermine their health and spoil their happiness for years to come.

At such a time Dr. Williams' Pink Pills will be found most valuable. They purify and enrich the blood; build up the nerve cells and correct run-down conditions. Concerning them Miss Margaret Torrey, Indian Road, Toronto, Ont., says: "When I was attending high school I suffered a complete breakdown. My heart would palpitate at the least exertion; I could not sleep and nothing I ate agreed with me. I began taking Dr. Williams' Pink Pills and before long I gained in weight and every distressing symptom left me."

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

The Japanese Way

It is said that the Japanese working-class crowd is the only one in the world from which there is no odour. When one learns about their social habits and about the important part the soap and water bath plays in the daily life or the very poorest in that country, one is not surprised. The natives are scrupulously clean, and every opportunity is given them to be so.

There are many public baths, just vats sunk in the ground; but before using the community bath they soap thoroughly and wash from little wooden tubs hard by. The Japanese have no false modesty; men and women, boys and girls, all bath at the same time—a bamboo pole across the bathing house marks the dividing line for the sexes.

In country inns washing takes place in the entrance hall, where, as a rule, are found a wooden trough and a number of brass basins, together with stubby brushes.

But the Japanese does not stop at washing his body clean; he is very particular about his garments, and after a long journey a rickshaw runner will take the opportunity when resting of not only having a bath, but of washing his clothes. Spreading them out on boards, he soaps, scrubs, and rinses them, and if they are not sufficiently dry for the return run he brings out a second suit from under the seat of the rickshaw and is as spick and span as when he started in the morning.—"Tit-Bits."

England Plans More Television Broadcasts

London. — Plans for next year's broadcasting in England call for closer co-operation between officials of the British Broadcasting Corporation and the Baird television group preparatory to developing television broadcasts.

Advanced experiments with the Baird process have been conducted by B. B. C., officials of which announce the system will be employed in connection with sound broadcasting as soon as possible.

Mexican Journalists Demand Greater "Freedom of Press"

Mexico City.—Freedom of the press was the principal topic discussed at the National Journalism Congress, attended by representatives of leading newspapers throughout the republic, which has just adjourned in Mexico City. A tentative amendment to Constitutional articles 6 and 7, which dealt with freedom of thought and speech, was adopted by the congress, and a committee was named to present it before Congress at its next session.

One of the points of the amendment project provides that "free criticism of the acts of public employees and officials is an essential element of every democratic regime, and for this reason never can be considered as criminal any allusions, assertions, information, or comments relative to their public life."

OTTAWA TO HOLD BIG WINTER CARNIVAL

Ottawa takes to the hills in earnest when she holds her annual winter carnival, which this year embraces a complete week of sports events from February 2 to February 7. There will be the renewal of the 100-mile dog derby for the Chateau Laurier $1000 Gold Cup; National and International speed skating races; ski jumping competitions; fancy skating; international hockey matches, and, since the young people are as ambitious as the grown-ups, a junior dog derby for which boys and girls of Ottawa and district towns are now training their dogs.

Photographs show, top: International speed skaters preparing for their championship race; Lower left, Emile St. Godard, defender of the Chateau Laurier Gold Cup which he won in 1930 hundred mile dog derby, and right, one of the ski-jumping champions of Canada going off the take-off at the Rockcliffe Park jump in an attempt to establish new distance records.

A Simple Treatment for Children's Colds

Cold in the head is very common at this time of year, especially in the very young. Neglect of a cold is prone to lead to serious consequences. To relieve all congestion of the system is the first step in treating a cold, whether in infants or adults. For the very young, Baby's Own Tablets are the ideal means of doing this. Containing no narcotic or other harmful drugs they soothe the child's fretfulness, relieve its suffering and ensure convalescence.

Baby's Own Tablets are without an equal for relieving indigestion, constipation and colic. They check diarrhoea; break up colds and simple fevers; promote health-giving sleep and make the dreaded teething period easy. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Stained Necks

If your necklace "comes off on your neck" and leaves a dark ring around your neck, dip it into shellac. This keeps it from tarnishing or marking the skin.

INK SPOTS.

Milk often takes ink spots out of colored clothes when used immediately. There is little use worrying with anything but a regulation ink remover later on.

"Science will cure unemployment."
—Charles M. Schwab.

Veteran Retires

Forty-five years of continuous service with the Canadian Pacific Railway earned rest and pension for Dugal Carmichael, who retired December 31, 1930. More than half of his service was as conductor on the Montreal-Toronto run and it was there that his service ended on New Year's day, when he brought his train for the last time to the Union Station. In addition to his work as conductor, he was trainmaster in 1904, assistant superintendent in 1908 and then acting superintendent and terminal superintendent, but ill health forced him to return to the less strenuous duties of conductor on his old run in 1917. Photograph shows him signing in for the last time on New Year's Day at the Toronto Union Station.

Cause of High Blood Pressure Due to Ions?

What are believed to be important clues to the long-standing mystery of why changes of weather affect many human beings, like the rheumatic patients who can feel an approaching storm 'in their bones," are being discovered by the researches of a distinguished German physician and X-ray specialist, Dr. Friedrich Dessauer, of Frankfurt-on-Main. Ten years ago Dr. Dessauer conceived the idea that these effects might be due to differences in the number or kind of ions in the air, ions being electrified gas atoms known to vary in number and character from time to time and in different kinds of weather. To test the idea, apparatus has been constructed to manufacture artificial air containing definite numbers of ions of two kinds, those electrified with positive electricity and those carrying negative electricity. Experiments on animals have now been extended to healthy human beings. An excess of negative ions, Dr. Dessauer finds, lowers the blood pressure and makes the breathing slower. An excess of positive ions, on the other hand, raises the blood pressure and quickens the breathing. Other bodily effects are now being investigated. The number of ions in the air is known to vary not only with the weather, but in different localities, like the mountains and the seashore. Positive ions are known to be plentiful in city smoke, which possibly may help to explain the many cases of high blood pressure in modern cities.

British Potato Yield Declines

London.—A reduction of 1,006,000 tons, or 35 per cent., in the potato crop of England and Wales for 1930 is reported by the Ministry of Agriculture. The total crop is estimated at 2,502,000 tons, compared with last year's 3,588,000 tons.

ITALIAN RICE.

Rice has been cultivated in Italy since the fifteenth century, and that country now leads Europe in the production of that cereal, 673,000 metric tons being raised last year.

For Instant Ease From COUGHING take BUCKLEY'S MIXTURE
Acts like a flash
A SINGLE SIP PROVES IT 15A

Northern Pines

These gaunt trees, these green, rough-elbowed towers,
Shelter our lanes and make our homesteads snug;
They halve brash winter with a boughy shrug
Or double springtime in their singing bowers,
And scorning all the arguments of storm
Protect the owl and keep winged beauty warm.

For them the year has only upreaching days;
They draw earth's secret from the stony deep
And bear it in their hearts, as soft as sleep,
Or build with it towards heaven, seeking the blaze
Of universal noon or star-spread stream
That lifts them, rooted—like the things we dream.

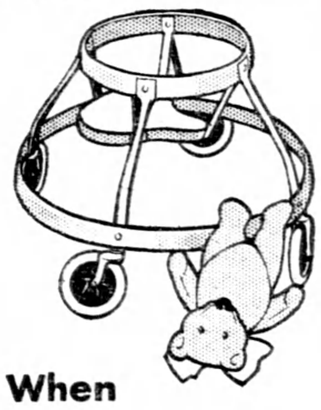
——T. Morris Longstreth.

Discovers Control Seat Of Glandular Activities

The "tuber cinereum," a small projection from the base of the brain, has been discovered, so he believes, to be the seat of the control for gland activities by Professor L. O. Morgan, of the University of Cincinnati, who has been studying this organ in the brains of dogs. His findings were reported as including the discovery of certain groups of living cells which control the secretion of body chemicals by the various glands, including the adrenal glands and the thyroid glands.

Professor Morgan has found this organ in the body of rats and even men to be full of these cells. He recalls that experts have already discovered that disease or disturbance of this organ often causes body changes, hot and cold flashes, changes in blood pressure and changes in eye pupil size, which were thought to be controlled by glandular activity.

This brain cell activity indirectly guides almost every bodily function through the direct control of these functions by gland chemicals sent out in the blood like written messages carrying orders to the many organs of the body.



When BABIES are Upset

BABY ills and ailments seem twice as serious at night. A sudden cry may mean colic. Or a sudden attack of diarrhea. How would you meet this emergency—tonight? Have you a bottle of Castoria ready?

For the protection of your wee one—for your own peace of mind—keep this old, reliable preparation always on hand. But don't keep it just for emergencies; let it be an everyday aid. Its gentle influence will ease and soothe the infant who cannot sleep. Its mild regulation will help an older child whose tongue is coated because of sluggish bowels. All druggists have Castoria.

Fletcher's CASTORIA

DREADED GOING TO ENGLAND

Lumbago Always Crippled Him

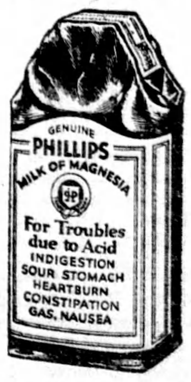
NOW KRUSCHEN KEEPS HIM FREE

England hasn't any monopoly in Lumbago. Yet, although this engineer has lived in many parts of the world, it was always when he went home to England that lumbago attacked him. Eventually he tried Kruschen, and now—living permanently in England—keeps free from his old trouble. He gives us permission to publish this:—"I some time ago spent ten years in China, and every time I came home on leave I was crippled with lumbago. About nine years ago I came to England to reside permanently. Wishing to keep clear of the trouble, I started a course of your Kruschen Salts exactly as prescribed on the label, taking same in my breakfast coffee each day. During these nine years, apart from one mild attack about four years ago, I have been entirely free from Lumbago and in good health. You may make what use you wish of the above, with the understanding that my name is not published."—N. B., A.M.I.E.E.

Lumbago, Rheumatism and all other uric acid complaints can be traced—in nine cases out of ten—to intestinal stasis (delay). Poisons bred in the accumulated waste enter the blood and cause all kinds of trouble. The unfailing effect of Kruschen is to rid the intestinal tract of all clogging waste matter. Your pains ease, then disappear. And so long as a condition of internal cleanliness is maintained by the "little daily dose," you will really enjoy life—because the six salts in Kruschen keep the system sweet and clean—the eyes bright and the brain active and alert.

Kruschen Salts is obtainable at all Drug Stores at 45c. and 75c. per bottle.

PAIN after eating



WHAT many call "indigestion" is very often nothing but excess acid in the stomach. The stomach nerves have been over-stimulated, and food sours. The corrective is an alkali, which neutralizes acids instantly. The best alkali known to medical science is Phillips' Milk of Magnesia. It has remained the standard anti-acid with physicians in the 50 years since its invention.

One spoonful of this harmless, tasteless alkali will neutralize instantly many times as much acid, and the symptoms disappear at once. You will never use crude methods when once you learn the efficiency of this more pleasant way. A small bottle is sufficient to show its merit.

Be sure to get genuine Phillips' Milk of Magnesia prescribed by physicians for more than 50 years in correcting excess acid. 50c a bottle; any drugstore. Complete directions for its many uses are enclosed with every bottle.

The Genuine Milk of Magnesia is always a liquid—never a tablet. Look for the Phillips' name on bottle.

Made in Canada

Classified Advertising

MALE HELP WANTED.

STOP JOB HUNTING GO INTO business for yourself—we train and finance you. We are doing business all over Canada and everywhere men of ambition are succeeding. Honesty and willingness to work only qualifications required. Write at once to Employment Manager, P.O. Box 645, Montreal. Dept. W.

YARN

FOR MACHINE OR HANDKNITTING. "All Wool," "Silk and Wool," "Old Tyme," all colors, 75c lb. up. Samples free. Stocking & Yarn Mills, Dept. T, Orillia, Ont.

Fern Bath

Once a week give your ferns a bath. Set them in the tub and turn the shower bath on gently, using the cold water. It washes the leaves and moistens the dirt just like a good rain would do.

He who thinks he is raising a mound may only in reality be digging a pit.—Chinese Proverb.

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List of "Wanted Inventions" and Full Information Sent Free on Request.
THE RAMSAY CO., Dept. W.
273 Bank St., Ottawa, Ont.

DON'T DO THIS
Deafness HEAD NOISES
RUB IN BACK OF EARS—INSERT IN NOSTRILS....
Leonard EAR OIL
$1.25 All Druggists Descriptive folder on request
A. O. LEONARD, Inc.
70 Fifth Ave., New York City

Protect your skin, scalp and hair from infection and assist the pores in the elimination of waste by daily use of
Cuticura Soap
25c. Everywhere

for CHAPPED SKIN
Dilute Minard's with one-half sweet oil or cream. Apply once a day. For Frost Bite use the Liniment freely and undiluted.
25 No trouble. Very healing!
MINARD'S "KING OF PAIN" LINIMENT

Five Boys—Best Evidence.

Mrs. Corcoran, of Leigh, writes:—"I suffered with biliousness accompanied by sick headaches for days at a time, and every medicine I tried failed to bring relief. A friend gave me some of your wonderful Carter's Little Liver Pills and the first dose gave me great relief. For three years I have taken them every night as a regulator and I find they prevent these bilious and sick headache attacks. I have five little boys and I give them three or four every week. I have great faith in them." Take Carter's Little Liver Pills. All druggists 25c and 75c red pkgs.

Weak After Operation

"I was very weak after an operation. My nerves were so bad I would sit down and cry and my husband would not go out and leave me alone. Now my nerves are much better, thanks to a booklet that was left under the door. Lydia E. Pinkham's Vegetable Compound surely put me on my feet. I have taken eight bottles. My friends tell me I look fine. My sister has taken this medicine too."—*Mrs. Annie Walton, 67 Stanley St., Kingston, Ontario.*

Lydia E. Pinkham's Vegetable Compound
Lydia E. Pinkham Med. Co., Lynn, Mass. U. S. A. and Cobourg, Ontario, Canada.