

WHY RHEUMATISM OFTEN COMES BACK

The Usual Treatment Does Not Reach the Root of the Trouble.

Most treatments for rheumatism do no more than aim to keep down the poison in the blood and enable nature to overcome that particular attack. Then when the system becomes run-down from any cause the disease again gets the upper hand and it all has to be done over.

Sufferers from rheumatism who have found their condition unrelieved or actually growing worse while using other remedies, would do well to try Dr. Williams' Pink Pills. The tonic treatment with this medicine has proved in thousands of cases that it builds up the blood to a point that enables it to cast out the rheumatic poisons through the regular channels of excretion, the bowels, kidneys and the skin. When this is done rheumatism is banished, and as long as the blood is kept pure and rich, the patient will be immune from attack. This is proved by the case of Mrs. J. Hewitt, Beach P.O., Hamilton, Ont., who says:

"For a number of years I was troubled with muscular rheumatism, which caused me a great deal of suffering. I would get rid of the trouble for a time, but it always came back. A friend recommended Dr. Williams' Pink Pills and I have not had an attack of rheumatism since. I took them and that is five years ago. I have always used the pills for anemia and found them equally good, and I now recommend them to my friends who may be suffering."

You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50. From The Dr. Williams' Medicine Co., Brockville, Ont.

Of the three great salt-water fish-lake areas in the world—North Atlantic, North Pacific and North Sea—Canada controls one-half of the two largest. Sea-fish include salmon, cod, halibut, herring, mackerel, haliback, etc.

Minard's Liniment for Coughs & Colds.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

It is the time of the year when many people are suffering. Colds are rampant, and very dangerous, for even head-colds may develop into chest-colds with the possibility of bronchitis or pneumonia following. While there is a somewhat widespread feeling against the word "don't," there are some cases in which it can be used to advantage and the prevention of colds is one of these.

Dr. Hastings, the Medical Officer of Health for Toronto, issues a monthly bulletin, which contains some very interesting health propaganda. One of the most recent issues deals with "colds" and how not to catch them. Naturally the advice is given under a series of "do's," but the advice is good. Here are the rules to avoid catching colds:

- Don't sit or work in an overheated room. 60 to 68 degrees is quite warm enough; 65 to 66 degrees if you are engaged in any active work.
- Insist on there being a slight current in the room at the time you occupy and also a proper degree of humidity.
- Don't use sprays or douches for your nose unless under doctor's orders and instructions. Much more harm than good comes from the use of sprays.
- In the first place, if a spray is strong enough to destroy the germs, it is more than likely to produce irritation of the mucous membrane, which will lower rather than build up its resisting powers, and consequently make it all the more susceptible to germ activity.
- Don't sneeze or cough, except into a handkerchief or a piece of cheesecloth, and keep well beyond the range of any one else who is coughing or sneezing.
- Don't allow any member of the



With The BOY SCOUTS

Cornwall Scouts Remembered in Will.

Under the will of the late Mrs. W. J. Wallace, of Cornwall, Ont., the 1st and 2nd Cornwall Troops of Boy Scouts have been granted the sum of \$150 to be used in the form of annual prizes for the encouragement of the boys in the protection of birds and their nests, for the promotion of kindness to animals and for the stimulation of the spirit of patriotism amongst boys.

A special committee has been entrusted under the will with the disposal of this money and it is planned to arrange a series of competitions each year for the Scouts of the two Mrs. Wallace in her will.

"Gazette" Becomes "The Scouter."

January 30th a step forward in the history and life of the "Imperial Gazette" of the Boy Scouts Association, it now appears under the new title of "The Scouter" and incorporates the paper heretofore known as "The Trail," which has been the official publication of the London (England) Scout Council.

"The Scouter" is the new word which has been adopted by the Boy Scouts Association to take the place of the phrase "Scout Officer," hitherto used and is now applied to all ranks of adult leaders in Scout work with boys.

The Chip Next Door.

Mr. Stanley Dark has a special article on the Boy Scouts in a recent issue of "John O'London's Weekly," written as a result of the invitation he personally received while attending the Boy Scout rally for the Prince of Wales at the Alexandra Palace last October. Having pointed out that, though people here generally ready to applaud "the national service," they are not so ready to give practical assistance, he said:

"It would be a splendid thing if every boy was enrolled in the Scouts' ranks. Tens of thousands of boys are eager to be Scouts. They are proper-

ly envious of the good times that the chaps next door have. And their mothers would love them to be Scouts because the chaps next door are so much more considerate, so much more useful, and so much cleaner. The trouble is that new troops of Scouts cannot be formed without a large addition to the number of Scoutmasters, and the right kind of man for a Scoutmaster is hard to find, and is too often unwilling to make the necessary sacrifice of his time."

The situation which Mr. Dark described is just as true of Canada as it is of England. Scouting can only grow as its ranks of leaders—men inspired with the unselfish ideal of service to the youth of the country—grow. The boys are everywhere. All they ask is for a man to lead. Scout Headquarters is ready and willing to help the man who would help the boy through Scouting and a post card to the Toronto Office any time is all that is necessary to put him in touch with the facts concerning the Boy Scout movement.

Scout Numbers Increasing.

At October 31st, 1922, there were 14,749 Boy Scouts, Wolf Cubs and Boy Scouts and Wolf Cub officers in Ontario. In June, 1921, when the last provincial census was taken, the total population was 10,351. This wonderful growth during a period of fifteen months is one more testimony as to the virility of the Boy Scout Movement. At the census date there were 371 Boy Scout troops and 129 Wolf Cub Packs in Ontario. These scattered over some 25 different cities, towns, villages and rural communities.

WOULD NOT BE WITHOUT BIGBY'S OWN TABLETS

Once a mother has used Bigby's Own Tablets for her little one she would not be without them. They are the ideal home remedy for the baby; being guaranteed to be absolutely free from opiates or other harmful drugs. They are a gentle but thorough laxative and have proved of the greatest aid in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them Mrs. Ernest Gagne, Beauport, Que., writes: "I have used Bigby's Own Tablets for constipation and colic and have found them so successful that I would not be without them. I would strongly recommend every mother to keep a box in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Taking a Chance.

The dear old lady entered the drug store and looked doubtfully at the youthful clerk behind the counter. "I suppose," she said, "you are a properly qualified druggist?" "Yes, madam."

"You have passed all your examinations?" "Certainly."

"You've never poisoned anyone by mistake?" "Not to my knowledge."

"She heaved a sigh of relief. "Very well, then, you can give me a nickel's worth of cough drops."

The World's Cobalt.

The Cobalt and adjoining areas of the Timiskaming district, Ontario, have been for several years the chief source of the world's supply of cobalt. Metallic cobalt, cobalt oxide and cobalt salts are recovered from the treatment of the ores and residues derived from the silver-cobalt-nickel arsenides.

The Home Forest.

The home forest, in many sections of the country, will supply the timber which the farm needs for building, fences, fuel, repairs of all kinds, and many other uses; and there will often be a surplus which can be sold in the form of standing timber, sawlogs, poles, cross-ties, pulpwood, fuelwood, and blocks of hives for making spokes, handles, spools, boxes, barrels, and excelsior.

MOTHER!

Your Child's Bowels Need "California Fig Syrup"



"I'm afraid that was out of the question. As a matter of fact, he tells me she died when he was a baby."

Treasure in Canton Walls.

When the ancient walls of Canton, China, were razed to make room for a street railway, contractors offered to do the work for whatever treasure the walls might contain. The work was divided among several applicants, every one of whom discovered such quantities of ancient coin and ornaments hidden away in the walls that the work, though done without other payment, was profitable to him.

Mutual Gratitude.

Two men grew rather heated over an argument as to who was the better man, and the following conversation took place:

Englishman—"Well, I'm English, and I'm thankful for it!"

Irishman—"Well, I'm Irish, and I'm thankful for it. What do you say, Scottie?"

Scottishman—"Well, I'm neither, and I'm thankful for it!"

Out of Reach.

Six-Year-Old returned from her first day at school very flushed and excited. "What did you learn?" asked her parent.

"History," said Six-Year-Old.

"What sort of history?"

"Charles I."

"What did you learn about him?"

Six-Year-Old reflected. "He made the taxes so high," she said, "that people could not use them."

Sunlight and fresh air are the cheapest and best medicines. Use them freely.

LONDON COUPLE ARE DELIGHTED

His Wife's Two Years of Trouble is Now Ended, Says Frank Westlake.

"Tanlac has made all the difference in the world in my wife's health and we are both delighted," declared Frank Westlake, valued employee of the Public Works Department of London, Ont., residing at 40 Langarth St.

"About two years ago my wife underwent an operation that left her badly run-down and she simply couldn't get back her strength. Her appetite left her and she could hardly eat enough to keep going. The least exertion would tire her out completely. She would lie awake hours at night, too, and morning found her just as tired as when she went to bed. She suffered terrible splitting headaches, her nerves were on edge and she got very little pleasure out of life.

"But three bottles of Tanlac simply put her on her feet again. She can do her housework easily now, the headaches have gone, she sleeps soundly and her appetite is a joy to behold. I can't find words to express my gratitude."

Tanlac is for sale by all good druggists.

Over 25 million bottles sold.

WOMAN SUFFERED FOR MONTHS

Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound.

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not help me at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it, but it was from my sister's advice that I took it. It did not take long until I felt stronger. Headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."—Mrs. LOUIS B. HILL, 561-14th St., Port Huron, Mich.

Another Nervous Woman Finds Relief

Port Huron, Mich.—"I suffered for two years with pains in my side, and if I worked very much I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."—Mrs. CHARLES BEBLER, 501-14th St., Port Huron, Mich.

Women who suffer from any feminine ailment should try Lydia E. Pinkham's Vegetable Compound.

Toothache?

Minard's Liniment makes an excellent counter-irritant. Rub the face and if there is a cavity in the tooth, insert in it a piece of cotton wool saturated with Minard's.

Minard's Liniment

PETRIE'S MACHINERY TORONTO

Bad Breath Overcome

"Bad breath is a sign of decayed teeth, foul stomach or unclean bowels." If your teeth are good, look to your digestive organs at once. Get Siegel's Curative Syrup at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. 50c and \$1.00 Bottles. Do not buy substitutes. Get the genuine.

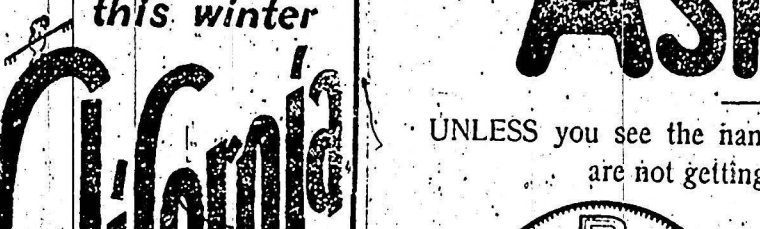
Break chest colds.

Apply Sloan's. It draws congestion to the surface! Starts blood circulating freely and thus breaks up the cold!

Sloan's Liniment

Made in Canada — kills pain!

no winter this winter



California Sunbath

California Sunbath
Grand Canyon Line

Classified Advertisements

HELP WANTED—FRANKS.

HELP WANTED. WE REQUIRE parties to knit men's wool socks for us at home, either with machine or by hand. Free sample and address envelope for information. The Canadian Wholesale Distributing Co., Dept. 4, Orillia, Ont.

BELTING FOR SALE

BELTING OF ALL KINDS NEW OR USED. PULLEY SAWS, CABIN HOUSES, SHIPPED SUBJECT TO APPROVAL AT OUR OFFICE IN CANADA. York Belting Co., 116 York St., Toronto.

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF TORONTO

CUTICURA HEALS LARGE RINGWORM

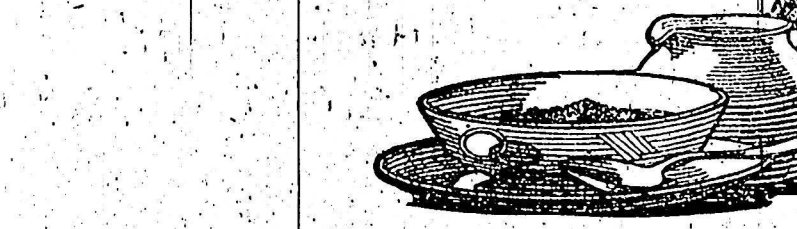
On Head. Itched and Burned. Could Not Sleep.

"A large ringworm started on my head. As it grew larger and itched and burned so that I used to have to get up at night and bathe it. The hair around it fell out and became very dry. I could not sleep at night on account of the irritation. The trouble lasted about a month. I began using Cuticura Soap and Ointment and after using about three cakes of Cuticura Soap and two boxes of Cuticura Ointment it was completely healed." (Signed) Miss Lucile Bond, 606 St. Les St., Roswell, New Mexico, Oct. 8, 1921.

Cuticura Soap, Ointment and Talcum are all you need for every-day skin and hair purposes.

Send for Free Booklet: "How to Cure Ringworms." Write to: Cuticura Soap & Ointment Co., 140 N. 9th St., St. Paul, Minn., U.S.A.

Rosy Cheeks and Sparkling Eyes



GOOD HEALTH, the signs of which are so plainly written in looks and actions, comes from within—the natural result of right food, such as Grape-Nuts.

Crisp, delicious and soundly nourishing—easily digested and quickly assimilated—Grape-Nuts brings happy smiles at the breakfast table and happy feelings afterward.

All the family will thank you for including Grape-Nuts in your grocery order today. It's ready to serve in a moment with cream or milk.

Grape-Nuts THE BODY BUILDER

"There's a Reason"

Made by Canadian Postum Cereal Company, Limited
45 Front Street, E., Toronto Factory: Windsor, Ontario

The Same as Then.

When father courted mother, dear, Some thirty years ago, The family album would appear And through it they would go. Thinking that no one ever guessed, The while they gazed at faces, He, underneath the album, pressed Her hand in fond embraces.

Times bring a heap of worldly change, Old customs pass and fade, Except—and is it not quite strange? The ways of man and maid; Now, in the sheltering movie shows, Watching the sitting faces, My sister's name within her beau's Is pressed in fond embraces.

He Was Right.

The gentleman, obviously of Hebrew extraction, had assembled his friends round the festive board. After having discussed satisfactorily the various delicacies provided for their delectation they were called upon to admire and appraise all his new, and numerous, possessions. But of all the latter the one of which he was most proud was a truly magnificent ring, which, however, was so turned as to display the diamond on the inside of the hand.

His brethren noticed this peculiarity and one of them remarked: "Does Vy, Isaac," he said, "it is a good ring—I never saw a better. But it is on the wrong way round."

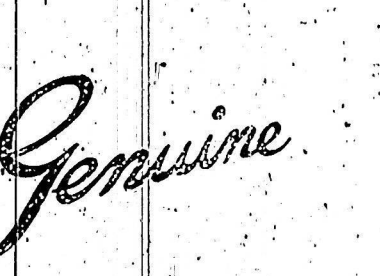
Isaac gave him a look of eloquent, plying contempt.

"Oh, what nonsense you do tell me," he replied. "I ask you, Cofoan, does one talk like this (holding out his hand, palm downwards), or like this? (palm upwards)."

Minard's Liniment for Neuralgia.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds, Headache, Toothache, Neuralgia, Earache, Lumbago, Rheumatism, Neuritis, Pain, Pain

Handy "Bayer" boxes of 12 tablets—also bottles of 24 and 100—dispensed by all druggists. Aspirin is the trade mark registered in Canada by Bayer & Co., Ltd., of Montreal. Aspirin is a registered trademark of Bayer & Co., Ltd. of Germany. Bayer & Co., Ltd. will be shipped with their general trade mark, the "Bayer Cross."