

WHY BACKS ACHE

The Kidneys Seldom to Blame—The Trouble Due to Blood Impurities.

There is more nonsense talked about backache than any other trouble. Some people have been frightened into the belief that every backache means a deadly kidney trouble. As a matter of fact, medical fact not only backache in itself has anything to do with the kidneys. Most backaches come from sheer weakness and kidney drugs can't help that. You need something to improve your blood and build you up, and that is exactly what Dr. Williams' Pink Pills will do. Some backaches are really muscular rheumatism; some are the symptoms of such ailments as influenza, indigestion, constipation and liver troubles. In women most backaches come from any weakness or irregularity of the blood supply. To get rid of the trouble take a course like Dr. Williams' Pink Pills to enrich the blood and bring strength to aching backs and weak nerves. Mr. W. P. Price, Lovington, Ont., tells what these pills did for him. He says: "I had been troubled for about two years with backache. If I caught cold, it seemed to settle in my back, which made me so badly that I could hardly turn over in bed. These attacks would last for a week or ten days. I tried many remedies but they did not drive away the trouble. About two years ago, a friend suffering from one of these attacks, a friend advised me to try Dr. Williams' Pink Pills. I followed his advice with the best of results, as I have had no attack of the trouble since, and I feel as if that I am permanently relieved."

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

The Greeks were the first to use bath tubs.

Minard's Liniment for Rheumatism.

Among English people dark brown hair is more than twice as common as any other shade.

MONEY ORDERS.
Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Search last 127,535 men in the world.

Minard's Liniment for Neuralgia.

Tilled One Farm for Nine Hundred Years.

Since the institution of a Cross of Agricultural Merit for the head of any family which has cultivated the same farm for more than a century was announced by the French Minister of Agriculture, the Paris newspapers have been enthusiastically reporting peasant families more and more ancient.

Now the family of Poulban is officially certified to have labored over the same acres in Bearn since 1023. The papers are lyric about it. On the front page they halt the farmer in general as the traditional savior of France, speaking raptly of the sublimely resisting soil watered for centuries by the sweat of indomitable generations of families such as Poulban, so that France might be enriched.

The head of the Poulban clan is described reverently as a tall, austere man with the slow gestures and steady eye of the man who lives in the open and is full of wisdom. Another emotional front page account of Poulban is granted not only the Cross of Agricultural Merit, but also the official right to add the name of his farm at Lucgarrier to his own as a title of honor, this becoming Poulban de Lucgarrier, and the pioneer of a new peasant nobility.

Other newspapers point out rapturously it is a great relief to the nation to be able to write in admiration before the tradition of the soil and temporarily put aside the uncertainty of modern city life, expanding industry and international complications.



With The BOY SCOUTS

Boy Scouts Willing.

The following letter addressed to "The Editor" appeared in the Ottawa Journal just before Christmas:

"Sir:—Would you be kind enough to oblige us with a space in your paper for the following inscription:

"The Wolf Patrol of the 24th Troop, St. John's Church, Boy Scouts, wish to announce that they will gladly offer their services to any person or persons who desire help of any nature which will bring them closer to the goal which they need it. For further information please communicate with Patrol Leader Fred R. Blyth, 250 Cooper Street, Q. 4522."

—Fred R. Blyth.

Ottawa, Dec. 20, 1922.

A New Troop at Woodstock.

A new troop of Boy Scouts has been formed in Woodstock in connection with St. Mary's Roman Catholic Church. The Scoutmaster is Mr. Cecil Bryson and the Assistant Scoutmaster is Mr. Leo Flynn. Eighteen boys joined the troop at its initial meeting, which was conducted by Mr. Harry Sykes, a former District Commissioner.

Boy Scout Minstrels.

Brentford's Boy Scout Minstrels are getting into great fun for their series of entertainments. Their effort will represent part of the effort of the Boy Scouts of Ontario to raise one quarter of the amount required to fund the big summer camp at Normandale. The other three-quarters of the budget is being raised by the County Scout Council, the Rotary Club, the Kiwanis Club, the Travellers' Club and the Knights of Columbus, all of which are strongly supporting the boys' movement.

Chatham Men Aid Scouting.

At the last meeting of the Chatham Boy Scout Council it was reported that the Boy Scout Drive for funds was an unqualified success in every particular. Reports were handed in and money collected. The total sum of \$250 in money, which is \$50 over the objective set for the drive and 250 new members. This is considered excellent work. The drive was set on by Owen business men who canvassed the other business men and citizens generally for funds and memberships.

Rotarians Entertain Guelph Scouts.

Over one hundred Guelph Boy Scouts were the guests of the Guelph Rotary Club at a turkey dinner held Christmas week. Assistant Commissioner Harry Fleming, of Brantford, was the chief speaker at the programme which followed the dinner and he delighted both the boys and the Rotarians with his talk on Scouts and Scouting. The Guelph Rotary Club has been one of the longest supporting Scouting has had in Ontario during the past couple of years and its members take a keen interest in the activities and welfare of the five Guelph troops.

Scouting in "Cinderella" Panto.

Even in the big Christmas pantomime, "Cinderella" which ran for two weeks at the Updown Theatre, Toronto, at Christmas time, there was a reference to the Boy Scouts. In the school scene, when the teacher was reviewing the work done by the class since their last pant, the Boy Scouts were asked what good turns they had done. One of the boys said: "I heard a mouse struggling in a trap, I got up out of bed, took it out of the trap—and—ah—gave it to our cat!"

Poverty, ill-health and even misery are frequently the result of disabilities, ailments or disease that might have been prevented by early intelligent action.

EARN BIG MONEY

THE world's greatest industry. Millions of dollars are made every day in the automobile business. Thousands of graduates are making big money in the auto business. Thousands of dollars are made every day in the automobile business. Thousands of dollars are made every day in the automobile business.

Michigan State Automobile School
5372 Auto Bldg., Detroit, Mich.

The Sacrifice of Salmon.

Of all the multitudes of salmon that ripen the rivers of Alaska and the northwest coast, one over goes back to the sea. The business is to reproduce their species and die. They do not spawn in the rivers. Those which escape capture on their way up ascend to the headwaters, where there is usually a lake—perhaps several lakes in a line.

They do not spawn in the lakes. For that purpose they seek streams that flow into the lakes, and there deposit their eggs, scooping out nests in the gravelly bottom with their fins.

Andrew Carnegie said that he believed in the policy of putting all one's eggs in one basket, and then "overlooking" watching that basket. It is, in effect, what the salmon do, guarding "the eggs and the young hatched from them until the latter are big enough to take care of themselves. There are many predatory enemies to be feared.

Useless Clearing.

Large stretches of land are being cleared to no purpose at all. Such land may never become useful for cultivation. These methods are also injuring bodies of water, permitting a decrease in source of supply and a consequent lessening of available energy.

Until such time as these matters are taken up and definitely acted upon, it would seem that Canada will be faced each year with a steadily declining forest reserve upon which her industry may call for a long time. It is being urged more and more by people who have made intensive study of the question, that more definite steps be taken immediately towards forest conservation and reforestation.

STOMACH MISERY.

GAS, INDIGESTION

"Pape's Diapensin" Corrects Sour, Upset Stomachs at Once

"Pape's Diapensin" is the quickest, surest relief for indigestion, gas, flatulence, heartburn, sourness, fermentation or stomach distress caused by peptic. A few tablets give almost immediate relief. It corrects the action of your stomach and digestion now for a few cents. Druggists sell millions of packages.

Wonderful Future for Polar Regions.

Vilhjalmur Stefansson, Arctic explorer, recently announced abandonment of his career as an explorer to devote his efforts to prove to a sceptical world that within a decade or two the North Pole region will be crossed by a network of commercial aviation routes and the Arctic regions, hitherto known as mysterious inaccessible lands, will be the source of developed resources unlimited in magnitude.

The popular attitude toward the Arctic regions, Mr. Stefansson said, was much like the medieval attitude to devote his efforts to prove to a sceptical world that within a decade or two the North Pole region will be crossed by a network of commercial aviation routes and the Arctic regions, hitherto known as mysterious inaccessible lands, will be the source of developed resources unlimited in magnitude.

"The course of empire, of civilization, must inevitably move towards the North and citizens of the nations of progress must realize this fact."

It is one of the most profound truths in human life that sooner or later you get back what you give.

The Average Man.

When it comes to a question of trusting Yourself to the risks of the road. When the thing is the sharing of burdens. The lifting of the heft of a load. In the hour of peril or trial? In the hour you meet as you can. You may safely depend on the wisdom and skill of the average man.

"The average man and no other. Who does his plain duty each day. The small thing his wage is for doing. On the commonplace bit of the way. 'Tis the average man, may God bless him!"

Who pilots us, still in the van. Overland, over sea, as we travel. Just the plain, hardy, average man.

So on through the days of existence. All mingling in shadow and shine. We may count on the everyday hero. Whom haply the gods may divine. But who wears the swart grime of his calling.

And labors and earns as he can. And stands at the last with the nobility.

The commonplace, average man.

—Margaret E. Sangster.

Death of a Family Cat Closes Shop in Venice.

Venice officially purchases 60,000 cats, harbored by 35,000 families. Venetians adore their cats and frequently give them an airing in gondolas on the canals. Recent statistics collected by the city authorities revealed these numbers.

"Closed on account of death" was the poster hung up outside a tradesman's shop the other day. Concluding friends learned that the departed member of the family was the pussy cat.

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative

"Mother! Move Child's Bowels" is a picture of a mother and child. The mother is sitting and the child is standing next to her. The child is holding a bottle of California Fig Syrup. The mother is looking at the child with a smile. The child is looking at the camera with a smile.

Caprice.

She is sitting in a corner With a book. Quiet as elder blossoms bending To the brook;

So petticoat so alluring In her nook— Could I pierce that veil of silence With a look?

Probably, but if she felt it And foresook Pleasant peace for love's adventure— Can she cook?

—Helen Frazee-Bower.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

"Clean your bowels! Feel fine!" When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping—no laxative cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Earache?

Hot Minard's Liniment on cotton wool brings quick relief for Minard's is King of Pain.

Minard's Liniment
The Family Medicine Chest.

SPOHN'S DISTEMPER COMPOUND

Is indispensable in all cases of Distemper. In all cases of Distemper. In all cases of Distemper. In all cases of Distemper. In all cases of Distemper.

Minard's Liniment

Hot Minard's Liniment on cotton wool brings quick relief for Minard's is King of Pain.

Minard's Liniment
The Family Medicine Chest.

PALMER HAS NOW DISCARDED CANE

Can Get Around Like a Young Man Since Taking Tanlac, Says Hazel Cizien.

"You don't often see a man as spry as I am at seventy-two," declared Thomas Palmer, Sr., well-known retired farmer of Hansel, Ont., while on a visit in London, Ont.

"At the time I got Tanlac I could hardly walk at all, and hadn't been down town without my walking stick since last September. But last Thursday I went down town twice without a stick and got about as good as many a younger man. I suffered terribly with constipation for the last ten years; had no appetite and was bothered a great deal with my kidneys. Sometimes every joint in my body ached. I was badly run down and seldom got a night's sleep."

"I had Tanlac last spring; it would have saved me money, for I took medicine two years without any relief to speak of. But Tanlac and the Tanlac Pills have put me in the shape, and I stand ready to praise it to the limit."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

Thrift is the friend of man; a civilization builder.

Minard's Liniment for Burns & Scalds.

It is work more than play that keeps men young.—Dr. Frank Crane.

Campana's ITALIAN BALM

Prevents chapped hands, cracked lips, chilblains. Makes your skin soft, white, clear and smooth. DRUGGISTS SELL IT.

PETRIE'S MACHINERY TORONTO

Let Cuticura Keep Your Skin Fresh and Young

Daily use of the Soap keeps the skin smooth and clear, while touches of the Ointment now and then prevent little skin troubles becoming serious. Cuticura Talcum is ideal for powdering.

50c a box. 25c a box. 10c a box. Sold through the Dominion. Canadian Depot: 250 St. George Street, Toronto. Cuticura Soap shaves without stung.

Bruised?—ease the pain!

Apply Sloan's to sore spot. It increases circulation, scatters congestion. This reduces swelling and inflammation. —the pain disappears!

Sloan's Liniment
—kills pain!
Made in Canada
For rheumatism, bruises, sprains, sore throats.

ASPIRIN

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

Genuine

BAYER

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, Toothache, Earache, Headache, Neuralgia, Rheumatism, Neuritis, Pain, Pain.

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada by Bayer Manufacturing Co. of Montreal. While it is well known that Aspirin is a valuable medicine, it will be stamped with their name and the Bayer cross.

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.

Fresh air is the breath of life. There is little use in trying to keep well if we do not get abundance of pure fresh air to breathe. In breathing we take oxygen into our lungs, and expel the carbon dioxide or waste matter in the form of expired air. Oxygen is absolutely essential to life, and its great use in the body is to set fire or bring into action the energy stored in the body in the form of digested and assimilated food. The heat goes to warm the body and the work from the burning or oxidation of these food substances in the cell.

We know that the burning of wood or coal in a stove cannot take place without oxygen. If you shut off all the draughts and make the stove airtight the fire will burn low and eventually go out altogether. Oxygen is just as necessary for the burning of food, the fuel of the body, and fresh air contains oxygen.

People whose resistance is weakened by disease and who must fight not only to keep alive but to conquer the germs of any disease like tuberculosis have abundance of fresh air. For them it is not enough to spend the daylight hours in the open; the entire twenty-four hours should be fresh air hours. The windows should be open for the fresh air available at all times. The tuberculosis patient who tries to stay in the open air as much as possible and who faithfully follows the other directions of his physician, has the best chance of recovery.

For those who are well, good health is promoted and maintained by no better means than deep breathing daily in the open air, and suitable outdoor exercise. If every man, woman and young person in this country could be persuaded as a matter of daily routine to take at least twelve deep breaths in the open air, or before an open window every morning, the residual air in the lungs would be replaced by fresh air and more oxygen supplied for the general upkeep of the body. The result would undoubtedly be beneficial to everybody and would bring about a general improvement in the health standard of the entire community.

A correspondent asks what the danger is in allowing young people to become stoop-shouldered, and how the defect may be corrected.

Stooping shoulders are undesirable, because they decrease efficiency, look untidy and show that the person does not take much physical or gymnastic exercise. It may be the result of an incorrect posture while at work. There may be a tendency to lounge about in the narrow chested which results from arrested development. The remedy lies in gymnastics and physical exercises persisted in for a long time; the avoidance of wrong or incorrect postures, and the occupations that may cause it. Shoulder braces are not much good. The proper plan is to develop the muscles and keep the right position.

A wholesome drink for cold weather

Instant Postum meets the cold weather need for a comforting hot drink, with no disagreeable after-effects.

Both tea and coffee contain Caffeine, a drug, which often causes headache, nervousness and loss of sleep.

Instant Postum is a pure and wholesome beverage made from roasted wheat. It contains no Caffeine, nor any other harmful ingredient whatsoever.

Young and old alike can safely enjoy the delicious, full-bodied flavor and the healthful comfort of Instant Postum, at any time during the day or night.

Just try it for awhile this winter, instead of tea or coffee, and notice the improvement in your health.

Instant Postum FOR HEALTH

"There's a Reason"

Canadian Postum Cereal Company, Limited
45 Front St. E., Toronto Factory: Windsor, Ontario

