

GENERAL DEBILITY FOLLOWS INFLUENZA

The After Effects Often More Serious Than the Disease Itself

The immediate production of a general debility which follows influenza is not generally understood. In fact, there are a great many people who regard the illness as a rather unpleasant means of committing suicide.

In the first place, it gives the designer some idea of the amount of energy which may comfortably be imposed upon the machine during its flight through the air at speeds often exceeding 200 miles an hour.

While on a practice flight on the Lintoro in Florida, a monoplane, which he had lent to him, Captain Jacques de la Roche, one of France's most brilliant pilots, was killed by the fabric covering the wings of his machine pulling off while flying at about 190 miles an hour.

The modern single-engine fighter is another type of aerial express. The Gloucestershire Aircraft Company's Bamel, which is probably the fastest aeroplane in the world, has been tried at Aldermaston Heath, the British Air Ministry's experimental aerodrome, with a view to modifying it for this purpose.

In designing a racing aeroplane it is necessary to do away with any projections likely to resist the machine's progress through the air; in fact, the Bamel is covered with a special dope which gives a very smooth anti-friction surface to the machine.

The wing surface of a racing aeroplane is cut down much lower than that of a machine designed for ordinary purposes.

The wing surface of a racing aeroplane is cut down much lower than that of a machine designed for ordinary purposes.

This morning I watched a lonely gliding story. And I remembered once, long long ago.

How you and I, one dawning, early morn'g. And where the meadows wan-dered far. Until we reached that fit-tipped hill- you know.

We watched our star's white, radiance glow.

At last, its fading beauty pale and dim. When dawn came flutter from out the sky.

Until this morn'g, I did forget what whither I'd come with you at my side. I shall imagine how you have torn from me. You're not coming back, you're not coming back.

Agnes Louise Weston

Expresses of the Sky.

The purpose for which the racing aeroplane is intended is not generally understood. In fact, there are a great many people who regard the illness as a rather unpleasant means of committing suicide.

In the first place, it gives the designer some idea of the amount of energy which may comfortably be imposed upon the machine during its flight through the air at speeds often exceeding 200 miles an hour.

While on a practice flight on the Lintoro in Florida, a monoplane, which he had lent to him, Captain Jacques de la Roche, one of France's most brilliant pilots, was killed by the fabric covering the wings of his machine pulling off while flying at about 190 miles an hour.

The modern single-engine fighter is another type of aerial express. The Gloucestershire Aircraft Company's Bamel, which is probably the fastest aeroplane in the world, has been tried at Aldermaston Heath, the British Air Ministry's experimental aerodrome, with a view to modifying it for this purpose.

In designing a racing aeroplane it is necessary to do away with any projections likely to resist the machine's progress through the air; in fact, the Bamel is covered with a special dope which gives a very smooth anti-friction surface to the machine.

The wing surface of a racing aeroplane is cut down much lower than that of a machine designed for ordinary purposes.

This morning I watched a lonely gliding story. And I remembered once, long long ago.

How you and I, one dawning, early morn'g. And where the meadows wan-dered far. Until we reached that fit-tipped hill- you know.

We watched our star's white, radiance glow.

At last, its fading beauty pale and dim. When dawn came flutter from out the sky.

Until this morn'g, I did forget what whither I'd come with you at my side. I shall imagine how you have torn from me. You're not coming back, you're not coming back.

Agnes Louise Weston

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to crowded, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They are a mild and effective which regulate the stomach and bowels and thus prevent colic, flatulence and the other troubles which afflict the little one.

The Tablets are sold by medicine dealers or by mail at 25 cents a box from The H. Williams' Medicine Co., Hockville, Ont.

THE SUN LIFE

The financial statement of the Sun Life Assurance Company of Canada for the year 1922 published on the other page of this issue, must be regarded as highly satisfactory from every measure of progress and prosperity. Its items, relating both to development and strength, show striking advancement over previous records.

In addition to its large underwritings in the Dominion, the Company has for many years conducted profitable business in countries other than Canada, and at the present time maintains active organizations in upwards of fifty countries. The record of the year's operations shows a record of many years of growth and expansion. It is particularly gratifying that the people in their own financial institutions, is universally shared.

The abnormal financial conditions generally obtaining since three or four years ago gave a great impetus to life insurance underwriting in the world. It is particularly gratifying that the Company has not only maintained its position during a year of comparative financial stringency, but has also succeeded in expanding its business and enhancing its financial strength and soundness.

Some say that the price of the stock market is too high and that the market is overvalued. It is true that the market is overvalued, but it is also true that the market is overvalued. It is true that the market is overvalued, but it is also true that the market is overvalued.

Blue Jay HAIR TONICS

Will positively prevent Baldness and Grayness. Semi stamped address envelope.

Wellson Specialty Company
57 CHICORA AVE. TORONTO

"Much More." That where you counted, grace did much more abound. — Romans, v. 20.

By some unseen, resistless power impelled. The rising tide swept up the brooding bay. And with it coming the rush of healing wind. Reviving heart that droup beside the way. The murky pools upon the sodden sands. Are changed and covered by the surging waves. 'Tis thus the "much more" of thy Saviour's grace. Abounds where "sin abounded." — J. H. Addison Pollard.

PUT STOMACH IN ORDER AT ONCE

"Pape's Digestin" for Gas, Indigestion or Sour Stomach

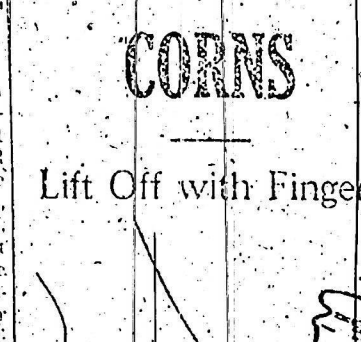
Instantly! Stomach corrected! You never feel the slightest distress from indigestion or sour, flat, gassy stomach, after you get a habit of "Pape's Digestin". This medicine restores the stomach to normal, balances the liver, gains, eliminates and puts in place. Guaranteed to cure each case. Package to correct indigestion at once. End your stomach trouble for a few cents.

Supplies.

Guilty! — "I was carrying." "How did this accident happen?" "Guard — someone pulled the cord and stopped the train." "The boat express ran into it." "It will take some time to clear the line for us to go ahead." "Guilty! — Five hours and, oh, dear! I was to be married today." "Guard — look here, are you the chap who pulled the cord?"

CORNS

Lift Off with Fingers



The Aspen.

Where all the heavy northward run Beyond the height of land, And where the law is just a gun, The slope is steady hand, The gentle aspect of the South Becomes an arctic knoll.

And so the man who journeys where The road to Hudson's Bay, He strikes the sharp Canadian air. His compass in the sky, Grows stronger like the aspen tree That in the North appears — Takes on the stature presently Of arctic pioneers.

— Douglas Malloch

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative



Even a sick child loves the "fruity" taste of "California Fig Syrup". If the little stomach is upset, or uneaten, or if your child is cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation, sour bile and waste from the tender, little bowels and gives you a well played child again.

Millions of mothers have "California Fig Syrup" handy. They know a teaspoonful today saves a sick child to-morrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. "Mother," you must say "California" or you may get an imitation fig syrup.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

"To clean out your bowels without griping or overacting, take Cascarets. They're gentle, business, and give you relief, sure, upset stomach, and all such distress goes by morning. Best for babies and for grown-ups and children. 10c a box. Taste like candy."

Electric Fixtures

Engine Cylinder Grinding

Guarantee Motor Co.

LONDON COUPLE ARE DELIGHTED

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

"Frankie has made all his life in the world in my wife's eyes and we are both delighted," says Frank Westlake, a well-known English author, who has been married to his wife, Miss Westlake, for twenty years. She is now in her 40th year, and he is in his 42nd. They were married at London, England.

Patents

That bring the latest news to those properly interested. You may write with confidence to our firm free report as to patents. Send for our Manual of Patents and Correspondence leaflet.

THE HANCOCK CO.
1000 Main Street, Toronto, Ont.

DOG DISEASE

And How to Cure It

125 West 34th Street
New York, U.S.A.

Black Knight

DOG DISEASE

125 West 34th Street
New York, U.S.A.

Acne on the Face

Hard, Large and Pimples. Itching Was Terrible.

"I had been troubled for many years with acne on my face. It was so bad that I was unable to go to school. I tried all kinds of remedies, but nothing helped. I then tried Sloan's Lotion and after using two bottles of Sloan's Lotion my face was completely cleared. I am now free from all my troubles. Sloan's Lotion is the best for acne on the face."

Wash, Jan. 9, 1922.

Ringbone?

The Stable Stand-by.

Minard's Lotion

Corrugated Galvanized Steel Roofing

The Metal Roofing Co.

Irrigated Farms in Southern Alberta

Germinaline

Prevents chapped hands, cracked lips, chubbiness. Makes your skin soft, white, clear and smooth.

Classified Advertisements.

WANTED: HELP WANTED. ROOMS WANTED. BUREAU WANTED. etc.

Inventions

HAROLD C. SHIPMAN & CO. PATENT ATTORNEYS TORONTO

Petrie's Machinery

TORONTO

Rheumatic Pains

Help for Young Women

Sloans Lotion

Eliminates dandruff

Ringbone?

The Stable Stand-by.

ASPIRIN

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

Accept only Aspirin which bears the Bayer name and is stamped with their cross mark, the Bayer Cross.

HEALTH EDUCATION

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

Every individual, of his own accord, or if required, by some authority, should know the principles of health. The health of the nation depends upon the health of the individual. It is the duty of every citizen to know the principles of health and to act accordingly.

MINARD'S LINIMENT

Minard's Liniment for Rheumatism

Why is a Foxglove?

We use the leaves of our common foxglove, and we use it so often and so often that it has become a household name. Yet there is no other class of words in the English language which we have collected more haphazardly from every other language in the world.

No "kick-back" in this mealtine cup

Instant Postum FOR HEALTH "There's a Reason"

Instant Postum

FOR HEALTH