# Heliophobes Will Never Acquire Tan

## Dr. Says Sun Dangerous To Nordic Race

If you are, keep out of the bright sunlight.

Don't try to get tanned; heliophobes don't tan.

They burn! And excessive sunburn makes them ill.

These facts are set forth by Dr. Charles F. Pabst, chief dermatologist of the Greenpoint Hospital, Brooklyn, New York, in a pamphlet reprinted from The Medical Mentor (New York). Dr. Pabst sets forth his arguments in narrative form, substantially as follows:—

"'Good-morning, doctor!' exclaimed the beautiful Miss Beach with an air of suppressed excitement, 'Am I a helipohobe?' 'Please be seated and I shall try to find out,' replied Dr. Shoreham.

"'A heliophobe,' explained the doctor, 'is an individual who is morbidly sensitive to the effects of the sun's rays, and whose skin will redden, blister, and burn, but never tan. A heliophobe should not try to become a bronze Venus or Adonis. I realize that sun tan has become quite fashionable, and is the goal of thousands of vacationists, yet constant danger lurks in the sun. Serious illness, and even death, has often followed injudicious exposure to the sun's rays during the summer months.

"'Every year 200,000 working days are lost because of illness due to sunburn, which represents an annual loss of $1,400,000. In the majority of cases the sunburn is deliberately and intentionally acquired.'

"Picking up a magnfying lens, Dr. Shoreham carefully examined the texture of his patient's skin. It was smooth, soft and clear, but a trifle whiter than the average. She had blue eyes, and natural blond hair. 'You are a Nordic,' announced the doctor, 'and the majority of Nordics are heliophobes.'

"'I have often tried to acquire a coat of tan, but never succeeded,' interrupted the fair patient. 'That settles it,' Dr. Shoreham replied, 'you are a heliophobe. You should proect yourself from the sun's rays, especially in those months the rays of the sun during June, July, and August, because are very rich in ultra-violet light, which burns and blisters the skin. This ultra-violet light is most intense from 10 a.m. to 2 p.m. (Standard Time), so if you wish to avoid severe sunburn, protect yourself from the sunlight between these hours. If one is not a heliophobe, the safest way to obtain sun tan is to begin with a five-minute exposure before 10 a.m. and increase the time of exposure ten minutes a day. At the end of ten days a light tan is achieved, without any burning of the skin, and one may now indulge in longer exposures.'

"'After an individual has acquired a deep coat of tan, is it safe to expose the tanned portions of the body to the sunlight for long sessions?" inquired Miss Beach. 'Quite safe,' assured the doctor. 'Protection is afforded by the pigment called melanin, in the deepest layers of the skin cells. The deep cells actually have the power to manufacture additional pigment, and that is exactly what occurs when you acquire a sun tan. In a heliophobe, the skin cells lack this ability.'

"'Nature has given the Negro a dark skin in order to protect him from the strong ultra-violet light of the tropics. The blond, white-skinned races in the north do not require this heavy pigmentation.'

"'Under the microscope,' continued the doctor, 'the pigment in the skin cells looks like tiny particles of brown paint. Sometimes the pigment is unevenly manufactured, and collects in "spots" called "freckles." The skin cells between the freckles are unable to produce the melanin, which imparts the color to the freckles. This explains why it is so difficult to remove freckles.'

"'Recent tests and experiments have been conducted in an effort to protect the skin of one who can not tan from the harmful effects of strong sunlight. A blucosid called esculin has been extracted from the bark of the horse chestnut, and when applied to the skin before exposure to the sun, affords considerable protection.'

"'It is not the heat of the sun that produces sunburn, but the ultra-violet rays,' explained Dr. Shoreham. 'One should consider ultra-violet light similar to a drug or chemical—say quinine, for example. A small dose is usually beneficial, but a large dose may cause great damage, such as inflammation of the optic nerve and blindness, and there are some individuals who can not take even a small dose without harmful effects.'

"'It must be dangerous to expose a baby to direct sunlight during the summer months,' commented Miss Beach. 'Very dangerous,' replied the doctor! 'the skin of a baby or young child is more susceptible to the rays of the sun than is that of an adult, other things being equal, because the young organism has not yet learned how to protect itself, and the skin cells are unable to manufacture pigment quickly enough to shield it from the ultaviolet light. One should always bear in mind,' pointed out the doctor, 'that sunstroke, sunburn, and sun tan are three entirely different conditions resulting from overexposure to the sun's rays.'

"'Is sunburn ever fatal?' asked Miss Beach.

"'If one-half or more of the body surface is sunburnt, serious internal complications, and even death, may result,' warned the doctor. 'If a sunburn is severe enough to cause the formation of blisters, there is danger of infection through the broken skin, and all such cases should receive the attention of a physician. Thousands of persons are severely sunburnt at bathing beaches. It is a great mistake to sit in the strong sunlight when the body is wet, as the small drops of water act as tiny magnifying lenses.'

"'Why is it, doctor, that whenever I go boating, I am always painfully sunburnt, even though I wear a large hat?' 'It is because the water reflects the ultra-violet rays of the sun, and these are responsible for the sunburn,' answered Dr. Shoreham.

"'When sunburn is of the first degree, it simply causes a redness of the skin, without blister formation,' said the doctor. 'For this mild type of sunburn there are several remedies which will afford relief. The application of boric-acid ointment, or a mixture of equal parts of linseed oil and lime water, will soothe and heal the inflamed skin. If a burn is of the second degree, blisters are formed, and it is not advisable to attempt self-treatment. I have formulated a set of five rules which will prove beneficial to those who wish to avoid the dangers of sunburn, and helpful to those who desire the fashionable sun tan:

"'1. Acquire a coat of tan if possible, by means of short exposures.

"'2. If your skin will not tan, you are a heliophobe, and should not expose yourself, as every new exposure means a new burn.

"'3. Do not sleep on the beach in the direct rays of the sun.

"'4. When fishing or sailing remember that the water reflects the ultra-violet light, which may burn you.

"'5. During June, July, and August, protect yourself from the direct rays of the sun, as a severe case of sunburn may cause serious illness, and even death.'

"'Good-by, doctor, and thank you for relieving my mind'."

# Prehistoric Man's Original Home Declared to Have Been in Africa

**Beloit, Wis.—The theory that "somewhere in Africa will be found the centre of dispersal of the human species," is held to by Prof. Alonzo W. Pond, of Logan Museum, at Beloit College here, as the result of evidence collected during the last five years on archaeological expeditions sponsored by Dr. Frank G. Logan of Chicago, vice-president o fthe Chicago Art Institute and founder of Logan Museum.**

Professor Pond recently returned from his 1930 expedition, on which he was accompanied by 14 students of Beloit College, University of Wisconsin, University of Minnesota and Northwestern University. Results were accomplished which would have taken 10 years by systems formerly used, and at a cost of but three times that of previous expeditions, he said.

"The most convincing proof that Africa may be known as the birthplace of man," Professor Pond said, "is the unlimited quantities of prehistoric tools found on the continent. Nowhere in the world are such tremendous quantities of prehistoric stone tools found. Stone tools characteristic of the Chellean and Acheulian cultures, oldest evidence of man's ability to make tools, are found in South Africa by the carload. Later cultures are also found in tremendous quantities and in North Africa habitation sites occupied by men of the old stone age are counted by hundreds. All this must indicate a tremendous prehistoric population which, taken with other evidence, is strong proof that somewhere in Africa a centre of dispersal will be discovered."

Professor Pond has formulated the theory that prehistoric man crossed the Sahara thousands of years ago and on reaching the Sahara Atlas or northern boundary, moved eastward and westward until he came to passes or openings in this range which led to the high plateau of northern Africa, which was a land favorable to his development.

"There are at present certain dry river valleys and chains of oases which undoubtedly were very fertile areas thousands of years ago. These areas were followed by prehistoric man in his migration across the Sahara for it is near these present oases and river valleys that prehistoric stone tools are collected. It is not pure hypothesis to say that these river valleys and chains of oases were more fertile in prehistoric times."

The expedition this year thoroughly explored four habitation sites declared to be 25,000 years old, sifting an average of 2440 feet of prehistoric ashes per day. Of 360,000 fragments of flint found, 36,000 showed they had been used by prehistoric man.

"No implements of warlike nature were found. This would indicate that these ancient inhabitants of the high plateau of North Africa were peaceful nomad hunters, who lived largely on snails and such animals as they could catch with snares."

All the material collected is divided equally between the Government Museum at Algiers and the Logan Museum.

# Extreme Sunburn Should Be Avoided

Washington.—Extreme sunburn, investigators of the Public Service warn, should be avoided just as much as the benefits of exposure to sunlight should be sought. Prolonged or sudden exposure may be injurion, whereas a few simple precautions may make reasonable exposure highly beneficial.

For cases of excessive sunburn they suggest a remedy which can be made easily at home.

"Take one-half pint of hot water and stir into a level tablespoonful of boric acid powder; then add twenty drops of carbolic acid and shake well. The solution should be dabbed on the inflamed skin with a small piece of cotton or sprayed on with an atomizer. It should not be rubbed into the skin. It can be applied every half hour, if necessary. If no medicine is available, cold compresses will give relief to badly burned areas."

For giving sun baths to children who receive even greater benefits than adults from sunlight, the following suggestions are made:

"Exposure to the sun must be gradual or else the child may receive a sunburn.

'At first give the baby direct sunlight for about ten minutes; increase this bath from three to five minutes daily until he receives exposure one hour in the morning and one hour in the afternoon. This will vary, depending on how the skin reacts to the exposure.

"Be sure that the exposure is carried on in some spot sheltered from the wind.

"Sun baths may be given on inclosed porches or in the house, provided the sun can shine on the child unobstructed by glass.

"Certain special kinds of glass have been devised which permit the passage of the majority of the beneficial rays of the sun. Such glass may be used if desired."

Adults, it was suggested, might profitably observe similar precautions.

## Cooking Hints

Soak fish for a short time before cooking in strong salted water to take away that "muddy" taste.

When you need bread crumbs in a hurry, cut the soft part from a stale loaf, tie it in a clean cheesecloth or muslin bag and gently rub between the hands until the bread is crushed.

If you have no cherry pitter, use a steel pen—just stick the pen point into the holder and scoop out pits with the other end.

**Minard's Liniment removes Warts.**

"Our children are what we make them by our care—or our neglect."—Benito Mussolini.

# Rainbows Do Not Have Seven Colors

Rainbows ought to contain seven colors but it is doubtful, say weather experts of the Taylor Instrument Company of Rochester, New York, whether anyone ever saw all of them. The division into seven colors; red, orange, yellow, green, blue, indigo and violet; is that proposed by Sir Issac Newton many years ago for the division of colors in the spectrum produced when a beam of white light is broken up by a glass prism. The falling raindrops responsible for the rainbow ought, in theory, to break up white sunlight in this same way, giving the full series of spectrum colors. In actual fact, however, the colors often overlap in rainbows, so that some of them cancel each other. It may happen that the central part of the arched rainbow strip is almost colorless because of this overlapping and cancelling of the colors. Two or more rainbows may be formed side by side, may overlap, and thus destroy still further the theoretical perfection of seven colors. Another cause of rainbow imperfection is that colors near the blue end of the spectrum frequently are faint in the bows, so that the ordinary eye misses them altogether or fails to separate the blue, indigo and violet as different tints. Most actual rainbows impress the eye of the ordinary observer as consisting of red, orange and yellow bands, sometimes with the addition of a rather faint and indefinite bluish green. It would be interesting to know whether anybody ever has observed a full, perfect rainbow with all of the seven colors called for by physical theory.

## The Peat Reek

(The British Pharmaceutical Conference at Cardiff has just been informed that the face powder of the future will be made from "diatomaceour earth," a peaty deposit which, as a basis for cosmetic preparations, will be "far superior to rice and starch.")

Belinda, my dear, your complexion
Has not been correctly bestowed—
I cannot escape the reflection
That somehow, you're not a la mode.
You may think my query ungracious,
But really you need some advice—
My dear, are you diatomaceous,
Or merely well powdered with rice?

I beg you, in point of aesthetics,
To keep yourself bang up-to-date;
Avoid the old-fashioned cosmetics
Affected by females of late.
If the subsoil is freckled or sandy
You need a top-dressing of peat—
O do keep a bucketful handy
And dive in it daily, my sweet!

O look upon peat as your passion,
Apply it for all you are worth!
For cheeks that are truly in fashion
Rely upon kind Mother Earth!
Starch stifles and rice overreaches,
Their day is now over and past:
But Perkins' Pink Peat for Pale Peaches
Will purchase perfection at last!
—Manchester Guardian.

# Is Baby Teething?

Teething time is a time of worry to most mothers. The baby is nervous; fretful; feverish. His little gums are swollen and sore; diarrhoea, constipation colic and sometimes convulsions set in—neither baby nor mother can sleep.

These troubles can be quickly banished, however, through the use of Baby's Own Tablets, concerning which Mrs. Louis Grubb, Teeswater, Ont., says:—"I have used the Tablets for all my babies while teething and have found them a splendid medicine."

Baby's Own Tablets are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Courage

Courage, activity and earnest perseverance are indeed the secret of all success. No good endeavor strenuously persisted in will fail; it must succeed at last. Powers of even the most mediocre kind, if energetically employed, will effect much.

**Minard's Liniment for Neuralgia.**

## Gazetted Commander

Captain R. W. McMurray, for the past five years marine superintendent of the Canadian Pacific's British Columbia Coast Steamship service, stationed at Vancouver, and prior to that a commander with the Canadian Pacific trans-Atlantic fleet, has been gazetted in the London Times of July 14 as a captain in the Royal Naval Reserve, having been promoted from the rank of commander R.N.R. His new rank is equivalent to that of brigadier-general in the army. He joined the Royal Naval Reserve as a midshipman in 1904 and saw war service on H.M.S. Victorian and on torpedo boats and destroyers, being mentioned in despatches for his work on the latter.

# Quality of Apples Essential to Trade

"If you advertise and get people to ask for Canadian apples, and then when they ask for them they are shown scrubby, inferior fruit,—that is absolutely detrimental."

Words of wisdom fell from the lips of J. Forsyth Smith, Overseas Fruit Trade Commissioner for the Government of Canada, when he was consulted on the future of Canada's apple trade.

Mr. Smith speaks whereof he knows when he talks of selling apples, for he has watched over the interests of Canadian apple shippers in Great Britain, and the Continent for fifteen years.

"British to The Core." "Look For The Red Maple Leaf," and the other catch-phrases that advertise Canadian apples in Great Britain has supplemented the good work of the Empire Marketing Board in popularizing Canadian apples, Mr. Smith said. At present 20,000 of the most enterprising retail shops in Great Britain displayed the crimson Maple Leaf sign that meant Canadian apples were for sale. But more than advertising was needed to sell apples, the Fruit Commissioner recalled.

Mr. Smith quoted the words of a Scandinavian apple buyer. "We eat apples with our eyes." There was a great truth in it, he said, a truth that could not be too much impressed on growers, packers and shippers of Canadian apples. Color and quality were the essentials of a good selling apple; color to catch the buyer's eye, and quality to make him come back for more.

# Agony of Neuritis

## A Story of Intense Suffering and Relief.

"Do I recommend Dr. Williams' Pink Pills? You may believe I do," says Mr. John H. Jamieson, of Wallaceburg, Ont.

"For five years I suffered day and night from neuritis. The agony was terrible. I lost control of my arm and shoulder and my hand became shriveled. Nothing helped me till I began taking Dr. Williams' Pink Pills. Even then the improvement was slow and I took ten boxes before I was on the way to recovery. After that, though, relief was rapid. My hand gradually filled out; the pain left me and I could sleep in peace. That was two years ago and I have not had a twinge of the trouble since."

Sufferers from neuritis, neuralgia or rheumatism should try the commonsense method of banishing these troubles by enriching the blood and strengthening the nerves with Dr. Williams' Pink Pills. These Pills are sold by all medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Hope Evermore, and Believe

Hope evermore and believe, O man!
for, e'en as thy thought,
So are the things that thou seest, e'en
as thy hope and belief.
Cowardly art thou, and timid! They
rise to provide thee against
them.
Hast thou courage? Enough! See
them exulting to yield.

Go from the east to the west, as the
sun and the stars direct thee;
Go with the girdle of man, go and encompass the earth,
Not for the gain of the gold, for the
getting, the hoarding, the having,
But for the joy of the deed, but for
the duty to do.
Go with the spiritual life, the higher
volition and action
With the great girdle of God, go and
encompass the earth.

Go with the sun and the stars, and yet
evermore in thy spirit
Say to thyself: It is good; yet is there
better than it.
This that I see is not all, and this that
do is but little;
Nevertheless it is good, though there
is better than it.
—Arthur Hugh Clough.

**For Blisters — Minard's Liniment.**

"Those who think that by giving away something they can gain goodwill are actuated by a false view of psychology."—Rear Admiral H. A. Wyllie.

# White Spruce Leading Our Commercial Trees

## Most Important and Most Widely Distributed of Dominion's Commercial Species

White spruce is the most important as well as one of the most widely distributed commercial tree species in Canada. It is found from the Maritime Provinces to British Columbia, and as far north as the mouth of the Mackenzie river within twenty miles of the Arctic ocean. It is one of the most northerly growing of Canadian trees. The white spruce is one of five native spruces. It is estimated by the Forest Service of the Department of the Interior that the total spruce stand, all species, in Canada is about 60,000,000,000 cubic feet of timber, or about 35 per cent. of the total softwood stand. The estimate of white spruce is about 20,000,000,000 cubic feet, or one-third of the total spruce timber standing.

For its weight, white spruce is one of the strongest of Canadian woods. It is stronger than woods approximately its own weight, such as the white pine, and it possesses nearly the same relative strength, weight for weight, as the Douglas fir, one of the heaviest and strongest of Canada's woods. It has a fine, even grain, works easily under tools, is not prone to split, and has exceptional nail-holding qualities. In color the wood is white, odorless and comparatively non-resinous, qualities which make it valuable for the manufacture of food containers, such as butter boxes.

White spruce probably forms the greater part of the spruce lumber on the market, and its use has increased in recent years with the growing scarcity of white pine. It is used in greatest quantities by the manufacturers of building materials. Large quantities are used for siding, flooring, and roof sheathing, as well as for the manufacture of sash, door, and house trimmings. It is one of the leading woods in millwork of all kinds. Up to 1926 spruce ranked first in the amount of lumber produced annually, and it now ranks second only to Douglas fir. The average annual cut of spruce lumber is approximately 1,180,000,000 feet B. M. with a value of $32,000,000.

The long, tough, almost colorless fibres of white spruce may be easily separated because of the comparatively non-resinous nature of the wood. For this reason and because of its wide distribution, it has become the leading Canadian pulpwood. Some 3,439,651 cords, with a value of $43,245,062, were used in manufacture of paper pulp in Canadian mills in 1928. Spruce comprises from 65 to 75 per cent. of the total pulpwood cut in Canada. The total value of the cut of spruce lumber and pulpwood in 1928 (latest figures available), was $71,296,384. This amounts to approximately 35 per cent. of the estimated value resulting from forest products.

The white spruce in our forests occurs in pure stands, but is often mixed with red and black spruce, tamarack, birch and poplar. It makes its best growth on well-drained, moist, gravelly soil, but is not exacting, for we find it in the forest, growing on rocky slopes, and on borders of lakes and streams. It reproduces itself well under favorable conditions, particularly where the soil conditions are such that the seed can readily come in contact with it, and where the overhead shading is not too intense. It is one of our most valuable trees and well worth any efforts we make to maintain it in our forests by protection from fire, insects, decay, and wasteful cutting.

## Laugh It Off

If the weather's bleak and cold,
Laugh it off!
If the wind begins to scold,
Laugh it off!
Let it blow away your fear,
Smooth your frowns, dry your tears,
Put your faith in smiles and cheers
Laugh it off!

If friends say that you look ill,
Laugh it off!
Should they urge a harmless pill,
Laugh it off!
Doctors, druggists and disease
Like to do just as they please;
You can save their costly fees,
Laugh it off!

If life seems to go all wrong,
Laugh it off!
Drown your worry in a song,
Laugh it off!
Do your work with smiling face,
Look ahead and keep the pace,
Be a winner in the race,
Laugh it off!
—Grenville Kleiser.

**Have Minard's Liniment on your shelf.**

"We have discarded God for Mammon—the God of Gold."—Canon Donaldson.


# Nurses know

there's nothing like a hot cup of good tea to soothe the people when irritable and restless. They know its value to themselves, especially when tired and nervous. And most nurses know that

RED ROSE TEA

"is good tea" 107

TWO QUALITIES -- RED LABEL & ORANGE PEKOE


# Animals Grossly Libelled by Humans

To attribute to animals all the vile qualities of human nature has been one of our human customs.

"Cross as a bear;" "deceitful as a cat;" "greedy as a pig;" "stubborn as a mule," have long been commonplaces on our lips. We might just as well say that a faithful wolf mate was "unfaithful as a man;" that a generous dog had suddenly become as "greedy as a miser;" that a good-natured horse had acted as "spiteful as a jealous woman;" or that a horse had become "stubborn as a fanatic;" that an animal mother had become as "ruthless as a wild-cat stock salesman."

Dean Inge says on the subject:

Why do we persist in likening evil and disagreeable people to animals who do not possess their undesirable

## Timely Hints

Always drain boiled vegetables as soon as they are tender. If allowed to stand undrained after cooking, they become a saggy mass. Save the water drained off for soup stock.

Light a birthday cake with a taper starting with the middle candles first and those on the outside later.

For a quick, effective polish, rub furniture the same way as the grain.

When jelly refuses to jell do not turn it back into the pan to cook again. Instead, fill a large dripping pan half full of water and set your undisturbed glasses of jelly in it, not close enough to touch. Put the pan in a hot oven and let them bake until sufficiently jellied. It generally takes about three-quarters of an hour to accomplish this.

"There is nothing in the world which will so quickly humble an individual as a custard pie, properly placed."—Mack Sennett.


# The Handy Bottle

Minard's is the sure relief in the Handy Bottle. For strains, burns, bruises, boils and blisters.

MINARD'S "KING OF PAIN" LINIMENT



# HER FAT IS MELTING FAST AWAY

All over the world Kruschen Salts is appealing to girls and women who strive for an attractive, free-from-fat figure that cannot fail to win admiration.

Here's the recipe that banishes fat and brings into blossom all the natural attractiveness that every woman possesses:

Every morning take one-half teaspoon of Kruschen Salts in a glass of hot water before breakfast.

Be sure and do this every morning for "It's the daily dose that takes off the fat." Don't miss a morning.

Kruschen daily means that every particle of poisonous waste matter and harmful acids and gases are expelled from the system.

At the same time the stomach, liver, kidneys and bowels are toned up and the pure, fresh blood containing Nature's six life-giving salts is carried to every organ, gland, nerve and fibre of the body, and this is followed by "that Kruschen feeling" of energetic health and activity that is reflected in bright eyes, clear skin, cheerful vivacity and charming figure.


"Every really deep scientist must necessarily have religious feeling."—Albert Einstein.

"When all other types of stories are out of fashion, we'll still have the wild west tales."—King Vidor.

## Classified Advertising

### FOR SALE

A SEA SLED FOR SALE, MODEL 16, with new 22 H.P. Evinrude motor, all in perfect condition, very fast, absolutely safe, splendid fishing boat, has special sedan top; owner getting larger model. Now located on Georgian Bay. Wilson Publishing Co., 73 Adelaide W., Toronto, Box 27.


# AEROXON

With The Pin

The Honey Fly Catcher

You Must Do Your Bit

in the war against the fly, carrier of germs and breeder of disease.

"It is proven that AEROXON is one of the most convenient and most efficient means of combating this fly evil. It is convenient, because of the push-pin. It is hygienic, flies never get away when once caught. Each spiral gives three weeks' perfect service."

BEWARE OF IMITATIONS

Sold at drug, grocery and hardware stores

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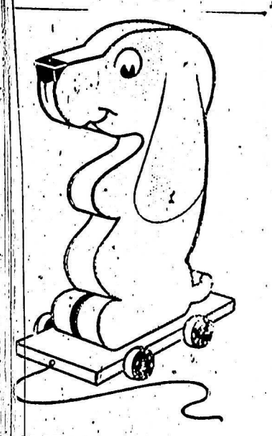


# WHEN CHILDREN FRET

THERE are times when a child is too fretful or feverish to be sung to sleep. There are some times a mother cannot put away. But there's quick comfort in Castoria.

For diarrhea, and other infantile ills, give this pure vegetable preparation. Whenever coated tongues tell of constipation; whenever there's any sign of sluggishness. Castoria has a good taste; children love to take it. Buy the genuine—with Chas. H. Fletcher's signature on wrapper.

Fletcher's CASTORIA

# TWICE BENEFITED BY SAME REMEDY

Recommends Lydia E. Pinkham's Vegetable Compound

Cobourg, Ontario—"Years ago when I had a sick father and a nursing baby to care for, I got all run down and I took Lydia E. Pinkham's Vegetable Compound to get strength to do my work. After other long days Change of Life, I had severe headaches and felt tired all the time. I took seven bottles of the Vegetable Compound and felt like a new woman. I recommend it to any woman who is in the age when she needs building up."—Mrs. T. E. SHEEHAN, R.R. 4, Cobourg, Ontario.

# Sour Stomach

GENUINE PHILLIPS MILK OF MAGNESIA
For Troubles due to Acid INDIGESTION ACID STOMACH HEARTBURN HEADACHE GASES · NAUSEA

Just a tasteless dose of Phillips' Milk of Magnesia in water. That is an alkali, effective, yet harmless. It has been the standard antacid for 50 years among physicians everywhere. One spoonful will neutralize at once many times its volume in acid. It is the right way, the quick, pleasant and efficient way to kill the excess acid. The stomach becomes sweet, the pain departs. You are happy again in five minutes.

Don't depend on crude methods. Employ the best way yet evolved in all the years of searching. That is Phillips' Milk of Magnesia.

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


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