# A TONIC FOR THE NERVES

### The Only Real Nerve Tonic is a Good Supply of Rich, Red Blood.

"If people would only attend to their blood, instead of worrying themselves ill," said an eminent specialist, "we doctors would not see our consu'ting rooms crowded with nervous wrecks. More people suffer from worry than anything else."

The sort of thing which the speclalist spoke of is the nervous rundown condition caused by overwork and the many anxieties of to-day. Sufferers find thems lves tired, lowspirited and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears, and do not sleep well at night. Headaches and other nerve pains are part of the misery, and it all comes from starved nerves.

Doctoring the nerves with poison- . ous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. Therefore health Dr. Williams' Pink Pills should be taken. These pills make new, rich improves the appetite, gives new strength and spirits, and makes hitherto despondent people bright and cheerful If you are at all "out of sorts" you should begin taking Dr. Williams' Pink Pills.

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

### The Finishing Touches.

Little four-year-old Edwin, while out walking with his nurse, happened to pass a blacksmith shop fust as the smith was shoeing a horse. On reaching home he astonished his mother by saying: "Oh, mamma, I found the place where they make horses. I saw a man nailin' on the feet."

a present.

asset in the world. Enthusiasm immediate stomach relief and shortly tramples over prejudices and opposi- the stomach is corrected so you can tion, spurs inaction, storms the citadel eat favorite foods without fear. Large of its object, and like an avalanche case costs only 60 cents at drug store. overwhelms and engulfs all obstacles. Absolutely harmless and pleasant.

Minard's Liniment For Dandruff.

#### To-day the Seed of To-morrow.

Some of the most miserable wretches I have ever known were always dreaming about a happy to-morrow. They had focused for so many years on the future that they had neglected to cultivate the present which is the seed of to-morrow. Somehow we seem to think that we are going to reap a wonderful to-morrow without sowing our todays; but to-day is the cause of to-morrow and the effect can not be greater than its cause.

#### London Church is Haven for Homeless.

The Rev. H. R. L. Shoppard, rector of the historic church St. Martin-inthe-Fields, opens the church doors each evening to any of the homeless to relieve nervousness and run-down who come. Each night the church is filled, says a London despatch.

A constable of the "woman police blood, which strengthens the nerves, service" stands watch in the aisle all night, and to her the visitants tell their stories. She directs them to places in the cushioned pews and they sleep there, the men on the right of the aisle, the women on the left.

The homeless, the evicted, the unemployed all find shelter there.

Commuters who have missed the last train home, well-to-do country folk who have come to London and are unable to get accommodations in the crowded hotels, rest beside beggars and the man who has "a promise of a job next week."

### "Pape's Diapepsin" Corrects Stomach.

"Pape's Diapepsin" is the quickest, It is better to pay a debt than to get surest relief for Indigestion, Gases, Flatulence, Heartburn, Sourness, Fermentation or Stomach Distress caused Enthusiasm is the greatest business by acidity. A few tablets give almost Millions helped annually. Largest selling stomach correcter in world .- Adv.

# HEALTH EDUCATION

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

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldgs., Toronto.

the death of large numbers of chil- laboratory, so as to find the particular lished almost every week in these dren in this province.

throat in little children. Every sore swab examination is known. In the case of diphtheria time is most of deaths was 19.62.

administration of antitoxin. Delay in world. The number of deaths from modity, being put up in cans like this is one of the most important rea- diphtheria during 1891 to 1895 pre- salmon. A 60-foot whale will yield sons why we continue to have deaths antitoxin five years was on an aver- \$900 worth of oil, etc. due to diphtheria, deaths which are age 125.2 per 100,000 of the populareally preventable.

has been prepared in Philadelphia, and administration of antitoxin. A sig-Ontario. The number of deaths per that approximately 63 per cent. of 100 when the antitoxin was given the cases are of pre-school age. the second day 5.6; third day 6.8; mortality will not necessarily be favfourth day 7.7; fifth day 9.2; sixth orably influenced by the extension of

hour is precious in the administration dren at home from birth onwards, and of antitoxin, so when little children the Public Health Nurse, by educating develop sore throats nothing should and warning mothers as to the dangbe allowed to prevent the parent or ers of sore throat and the need for guardian from calling in a doctor at an early diagnosis by a doctor, is the the earliest possible moment. Swabs one person that will be most effective can then be taken of the child's throat in reducing this mortality.

germ in the throat, but if the condi- columns. , Much of this regrettable mortality tion is suspicious of diphtheria the could be prevented if treatment were antitoxin is given without delay, and only started in time. Failure in this without waiting for the result of the respect is usually due to delay in call- laboratory examination if any time ing a physician in cases of sore must elapse before the result of the my home, hunting and lumber camps

throat is possibly dangerous-it may | Another interesting observation is be diphtheria and it may not. Only that the death-rate amongst cases of the physician can decide which is diphtheria treatment in hospital in serious and which is not, for the phy- Toronto is very much lower, as a rule, for coughs, colds, etc., which one is sician has scientific training and than among those not admitted to hos- liable to catch when log driving and means at his disposal to make an early pital. During 1918 the percentage of cruising during the winter and spring diagnosis where other people would deaths of hospital cases was 6.40 while months. I would not be without MIN-

important. Every minute increases The year 1918 showed the lowest the danger, and a matter of several diphtheria mortality yet recorded in hours delay in treatment may mean this province. Despite a steady in- ing whale industry off the Pacific death. Education of the public in this crease in the population from 1,884,- coast of Vancouver Island, with three matter is of vital importance. It can- 000 in 1880, to 2,800,000 in 1918, the whaling stations; 432 whales were not be longer delayed if child mortal- total number of diphtheria deaths fell caught in 1919, running from 20 to ity from diphtheria is to be reduced. from 1,251 in the year 1880 to 335 in 90 feet in length, averaging a ton Professor Fitzgerald of Toronto the year 1918. Although the number in weight for each foot of length. The University has just published a very of cases of diphtheria reported in catch produced 2,107,924 gallons of interesting and instructive pamphlet Ontario has shown a steady increase whale oil, 540,280 gallons of sperm oil, showing an analysis of diphtheria the fatality rate has been decreasing. 3,450 tons of fertilizer, and 1,400 tons deaths in Ontario, and how greatly This is in harmony with the facts ob- of whalebone, nothing being wasted. the mortality is reduced by the early served in many other parts of the Whale meat is now a marketable comtion as compared with 34.2 per 100,-A remarkable graphic summary of 000 during 1906 to 1910, the five years the number of deaths occurring per after antitoxin was in general use. 100 cases, according to each succes- The figures speak for themselves and sive day's delay in giving antitoxin, show conclusively the value of early practically the same ratio prevails in nificant fact regarding diphtheria is first day of the disease is 1.1; given emphasizes the fact that diphtheria day 9.3; seventh and later days 11.4. medical and nursing service in schools. It can be seen at a glance that every The work to be done is among chil-

# WHEN BABY IS SICK

When the baby is sick-when he is cross and peevish; cries a great deal and is a constant worry to the mother-he needs Baby's Own Tablets. The Tablets are an ideal medicine for little ones. They are a gentle but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation and indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. Philippe Payen, St. Flavien, Que., writes: "Baby's Own Tablets have been a wonderful help to me in the ease of my baby and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams Medicine Co., Brockville, Ont.

## The Boy Scouts Association.

communities in the Province of On- Tales. tario know the value of the Boy Scouts and more promising boys than those then we'll have it here." same Boy Scouts.

Any boy in Ontario, twelve years of age or over, may become a Boy Scout if he promises to keep the Scout Promise and Scout Law and prepares himself for simple tests on the composition and history of the Union Jack, and can make several cordage knots.

The plan is to group a number of boys (preferably not more than 32 in any one "troop," as they are designated) under the leadership of a "Scoutmaster"-a carefully selected, clean, intelligent, boy-loving, volunteer leader-always a man of sterling It has been suggested that other character and mature judgment. Each land. churches open their doors in this way. Troop and Scoutmaster are under the supervision of a "Troop Committee" of responsible citizens, usually officials of the church, school, community association, club or other organization with which the Troop is connected.

Through such leadership the boys of the troops are kept interested in a programme of play activities that are health-giving and educational They take long tramps, studying nature in all its forms. They learn woodcraft, and how to take care of themselves in the open. They have troop meetings each week for study, handicraft, experiments, demonstrations, etc., and go into camp every summer under trained directors.

In a hundred ways the boy's time is occupied. The programme is so varied and so fascinating to the boy that he simply hasn't time or opportunity to trail with an idle gang or to turn into the evils that beset the path of the dle boy.

Full information regarding the formation, registration and conduct of Boy Scout Troops may be had upon application to the Provincial Headquarters, The Boy Scouts Association, Bloor and Sherbourne Streets, Toron-

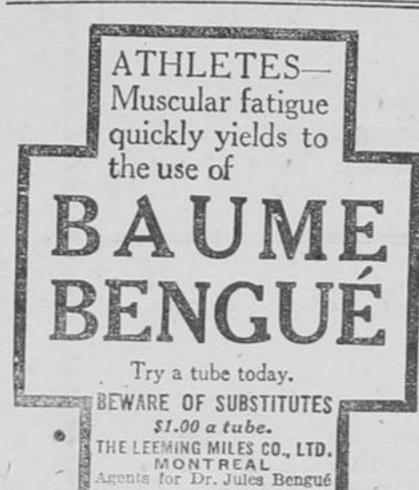
to. Commencing with this issue news notes and items of general interest Diphtheria is a disease that causes to have an examination made at the regarding the movement will be pub-

> One of the best known guides in Nova Scotia gives this testimonial of MINARD'S LINIMENT-

Have used MINARD'S LINIMENT in for years and consider it the best white liniment on the market. I find that it gives quick relief to minor accidents, such as Sprains, Bruises and all kinds of wounds. Also it is a great remedy not be certain what the ailment was. in cases not in hospital the percentage ARD'S LINIMENT and cannot recommend it too highly.

(signed) Ellison Gray

Canada conducts a large and grow-



RELIEVES PAIN ISSUE No. 1-'21.



#### Her Translation.

"Say looky here!" demanded a chinwhiskered customer in the rapid-fire restaurant. - I want a good, substantial meal; but suthin' that'll fill me up." "Bale o' hay for the gent from Jimpson Junction!" calmly yelled Heloise, the waitress, back to the kitchen.

#### Trying Out Chaucer.

A story that illustrates the literary ignorance of many a modern book salesman is told by Sir Thomas Lip-

There is a company in England that runs about a thousand bookstalls, and The citizens of one hundred and Sir Thomas applied at one of of these, twenty-seven cities, towns and rural a minor one, for Chaucer's Canterbury

"Haven't got it, sir-that is, not at because they see them every day this stall," replied the youth who was walking the stretts, playing their in charge. "You see, we're trying it games and doing their work. And as out at a few of our larger stalls to see a group there are not better, brighter how it goes. If it makes a hit, why,

#### Easy Money.

A motorist touring in the western counties, where, though the scenery is beautiful, the roads are bad, managed to get his car stuck in a tenacious mudhole.

After he had made vain attempts to escape a boy appeared with a team.

"Haul you out, mister?" "How much do you want?"

"Two dollars."

After a long and fruitless argument the motorist agreed to pay the money asked and the car was pulled to dry

After handing the money to the lad the motorist asked:

"Do you haul many cars out in a

"I've pulled out twelve to-day." "Do you work at night, too?"

"Yes, at night I haul water for the mudhole."

#### Question of Direction.

Arithmetic, according to the average small boy, was simply invented in order to give teachers a good excuse for punishing their unhappy pupils. And, certainly, little Tommy Smith found it the unpleasant feature of his young life.

"Now, Tommy Smith," said the school teacher one morning, during the usual hours of torture, "what is the half of eight?"

"Which way, teacher?" asked the youngster, cautiously.

"Which way!" replied the astonished lady. "What do you mean?"

"Well, on top or sideways, teacher?"

said Tommy. "What difference does that make?"

"Why," Tommy explained, with a pitying air, "half off the top of eight is naught, but half of it sideways is three."

# MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

## Woman!

Little Boy-"Mother, are there any men angels in heaven?"

Mother-"Why, certainly, dear." Little Boy-"But, mother, I never saw any pictures of angels with whis-

Mother-"No, dear, men got in with a close shave."

Sea cows of the tropics live equally well in salt or fresh water.

Minard's Liniment Relieves Distemps?

Classified Advertisements.

FARM WANTED. ARM WANTED. SEND DESCRIP-

Chippewa Falls, Wis.

Queen Victoria.

serted, as desired.

ing twins?

tion and price. John J. Black.

The first Atlantic cable message to

Are you one of those boys who save

There are always a few tried and

tested recipes that one would like to

have conveniently at hand. Get a few

stout cards and punch eyelet-holes in

one corner. On these cards write the

recipes and then fasten the lot on a

key-ring. The card recipe book thus

made can be hung on a nail in the

kitchen, and an old card can be slip-

ped off the key-ring or a new one in-

America's Pioneer Dog Remedies

their parents money only by not be-

and How to Feed Mailed Free to any Address by the Author. 118 West 31st Street New York, U.S.A.

Book on

DOG DISEASES



# InRashOnFace And Limbs. Cuticura Heals.

"I had been troubled with eczema on my face which took the form of a rash. Later it broke out on my limbs and they itched very much, causing me to scratch them until they were bleeding. The rash would often keep me awake at night.

"I tried some remedies, which failed, and then thought I would try Cuticura Soap and Ointment. It was not long till the rash began to disappear, and I used three cakes of Soap and four boxes of Ointment, which healed me." (Signed) W. M. Hymers, Paris, Ont., Sept. 12, 1919. Cuticura Soap to cleanse, Cuticura

Ointment to soothe and heal. Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal.

Cuticura Soap shaves without mug.

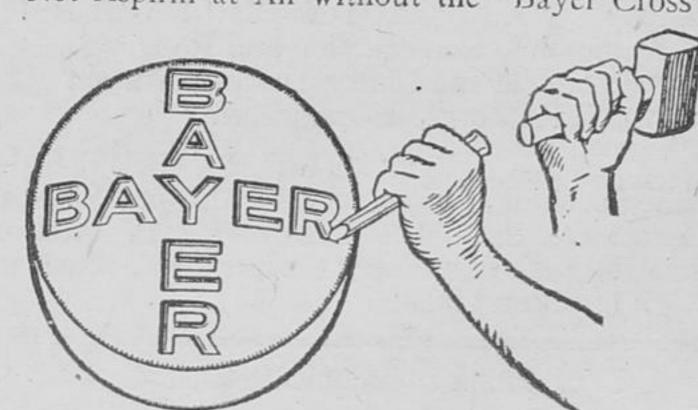


Warming relief for rheumatic aches. E'S just used Sloan's

Liniment and the quick comfort had brought a smile of pleasure to his face. Good for aches resulting from weather exposure, sprains, strains, lame back, overworked muscles. Penetrates without rubbing. All

\$140 druggists have it.

Not Aspirin at All without the "Bayer Cross"



The name "Bayer" identifies the | contains proper directions for Colde,

only genuine Aspirin,-the Aspirin Headache, Toothache, Earache, Neus prescribed by physicians for over nime- ralgia, Lumbago, Rheumatism, Neurlteen years and now made in Canada. tis, Joint Pains, and Pain generally. Always buy an unbroken package | Tin boxes of 12 tablets cost but of "Bayer Tablets of Aspirin" which a few cents. Larger "Bayer" packages.

There is only one Aspirin-"Bayer"-You must say "Bayer" Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monos aceticacidester of Salicylicacid. While it is well known that Aspirin means Bayon manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."