

STERN REMINDERS OF RHEUMATISM

The Trouble Must be Treated Through the Blood.

Every rheumatic sufferer should realize that rheumatism is rooted in the blood and that to get rid of it it must be treated through the blood. The old belief that rheumatism was caused by cold, damp weather, is now exploded. Such weather conditions may start the pains, but it is not the cause. Liniments and outward applications may give temporary relief, but that is all they can do because they do not reach its sources in the blood. The sufferer from rheumatism who experiments is only wasting time and money in depending upon such treatment; the trouble still remains, and it is all the time becoming more firmly rooted. Treat this disease through the blood and you will soon find relief. Dr. Williams' Pink Pills act directly on impure, weak blood; they purify and strengthen it, and so act on the cause of the rheumatism. Mr. P. J. MacPherson, R.R. No. 5, Cardigan, P.E.I., says: "About three years ago I was attacked with rheumatism. I began taking Dr. Williams' Pink Pills and soon the trouble disappeared and I am in better health than before. I also know of an old lady acquaintance who was badly crippled with rheumatism in her arms and legs, and who suffered very much. She, too, took Dr. Williams' Pink Pills and is now able to do her housework. I tell you this in the hope it may be of benefit to some other sufferer."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

Remarkable Christian Names

It is one of the minor tragedies of life that a man is allowed no voice in the choice of his baptismal name. No doubt the parent who had twins christened Cherubim and Seraphim, because, as he explained, "they continually do cry," was proud of his cleverness; but he could scarcely expect his offspring to "rise up and call him blessed," any more than the man whose five children had to sign their names Imprimis, Finis, Appendix, Supplement, and Erratum.

Equally unfortunate were infants launched into the world as Not-Wanted James, Is-It-Maria? and That's-It-Who'd-Have-Thought-It. Even Odious Heath and Troublesome John Sims could afford to smile at such labels while deploring their own, while it was without malicious intent that the parents of an American named Cumber christened him, as their fifth, Quintus. Naturally, his political opponents could not resist referring to him in print as Mr. Q. Cumber.

While some parents exhibit too much ingenuity at the baptismal font, others seem to be singularly lacking in that virtue. One man called his sons, in order of birth, One Stickney, Two Stickney, and Three Stickney; and his daughters, by way of numerical variety, First, Second, and Third Stickney.

The two children of another parent were christened Also and Another, while the progeny of a Mr. and Mrs. Frost were known to an amused world as Jack Frost, Winter Frost, White Frost, and Early Frost.

Vernal Greenwood, with its poetic suggestiveness, is pardonable, and partridge Roast has an appetizing flavor; but what shall we say of Mr. Bull, who had his first-born dubbed Wild, and of Mr. Keye, whose infant son was branded Donne Keye, in honor of his mother's maiden name.

A glance through the registers at Somerset House will reveal hundreds of curious names, says an English newspaper. Thus we find Reservoir Green rubbing shoulders with Noah

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 the Parliament Bldg., Toronto.

People of low or defective mentality are a problem, no matter from what viewpoint we regard them. In school this type of child is a continual worry to the teacher, especially in the majority of schools where there is little or no provision made for grading the children according to their general intelligence or the progress they make in their studies. Happily our Public Health and Education authorities, in conjunction with the Canadian National Committee for Mental Hygiene, are taking active measures at present to deal with mental defectives at every stage of life. Through the medium of physicians and trained nurses, surveys of the mental condition of school children are being made all through Ontario in co-operation with the Department of Education, and the Public Health Nurses stationed throughout the Province are also reporting all cases of mental defectives of pre-school age, with notes as to the mental condition of the parents, home influences and surroundings, etc. In Toronto, important work along these lines is being carried on by such agencies as the psychiatric clinic at the Toronto General Hospital, medical inspection of schools and social workers, while mental hygiene committees are actively engaged in Ottawa, St. Catharines, London, Woodstock, Windsor, St. Thomas, Guelph and Kingston. The main purpose at present is to get an approximate estimate of the number of mentally defective children and adults in the province, and from this a general idea of the organization that is necessary to effectively grapple with the situation. It has already been definitely found out that thousands of mentally defective people are at large throughout this Province, many of whom are earning their own living. These people cannot be kept in institutions, nor do they come under the jurisdiction of Homes for the Feeble-minded such as at Orillia, but nevertheless they are in great need of supervision and education. The great question is to know just where these mental defectives are employed, at what kind of

work they are engaged, how efficient they are in carrying out their duties, or whether their mentality suits the particular work they are doing. Accidents often happen through dull-witted or careless people not realizing the danger of certain kinds of machinery, and getting caught in belting, gears, etc. I have often seen people of low mentality who have lost fingers at a punching machine, when one glance or word would teach any observer that such a workman should never have been put to such dangerous work.

Industrial statistics show that many of these mental defectives are employed at biscuit making, chocolate dipping, etc., and here the chief danger lies in their not understanding or appreciating the value of personal cleanliness, especially the need for washing the hands regularly and thoroughly when they have to touch articles that may be afterwards used for food.

Vocational and Extension Education is one of the most needed reforms. In an up-to-date scheme for any education of this kind that the Government may undertake, there are four measures that should be given special attention. The first is that of the rehabilitation of industrial cripples; the second is to care for boys and girls between 14 and 18 years of age, who are compelled to go to work but are entitled to a greater amount of education; the third is the training of special teachers to take charge of part-time and other vocational schools; the fourth measure is to train foremen in industrial plants, and this can be done through evening schools if properly qualified teachers can be obtained.

By such a comprehensive scheme, at least a beginning will be made in dealing with a social problem that needs the earnest attention of all good citizens, and which will require the united efforts of both Government and people if the race standard is to be improved.

The record of crime at the present time is some indication of what has to be done in mental hygiene.

Ark Smith; Britannia Bottle smiling across the page at Jocose Ann Reynolds and Affability Box; and Happy Ephraim Jiggins with Virtuous Jane Spurgeon; Man Friday Wilson and Merry Christmas Finnett look on enviously.

Names of great warriors and statesmen are associated with the most unwarlike and unpolitical of surnames. Thus we find Arthur Wellesley Waterloo Cox fraternizing on the same page with Napoleon-the-Great Brown! and Richard Coeur de Lion Tyler bridging the centuries to compare notes with Robert Alma Balaclava Inkerman Sebastopol Delhi Dugdale, whose father was a tailor.

John Redvers Buller Thomas and Ezekiel Methuen Macdonald Baden-Powell Williams owe their names to the Boer War; while the parents of King David Haydon, Martin Luther Upright, and Lord Nelson Jones have gone farther back in history for inspiration. There are parents for whom nothing less than royal labels will suffice. And thus we encounter Empress Eugenie Aldridge, Albert Edward Prince of Wales Morris, King George Westgate, and Royal Consort Partington.

One Unhappy man was condemned to go through life labelled Ananias; and in Norfolk there was living not long ago a man who signed his name Mahershabalhashbaz.

While the majority of parents are content with one or two Christian

names for their children, there are others who must have a long string of them. Thus there as living a short time ago a woman who had a name for every letter of the alphabet, from Anne Bertha Cecilia to Winifred Xenophon Yetty Zeus.

WELL SATISFIED WITH BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Her use of them leads her to believe there is no other medicine to equal them for any of the many minor ailments of childhood. Concerning them Mrs. Eugene Boisvert, East Aldfield, Que., writes: "My baby was terribly constipated, but after the use of Baby's Own Tablets he is entirely well again. I am so well satisfied with the Tablets that I lose no opportunity in recommending 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.

Myself.

I have to live with myself, and so I want to be fit for myself to know. I want to be able as days go by, Always to look myself straight in the eye; I don't want to stand, with the setting sun And hate myself for the things I've done.

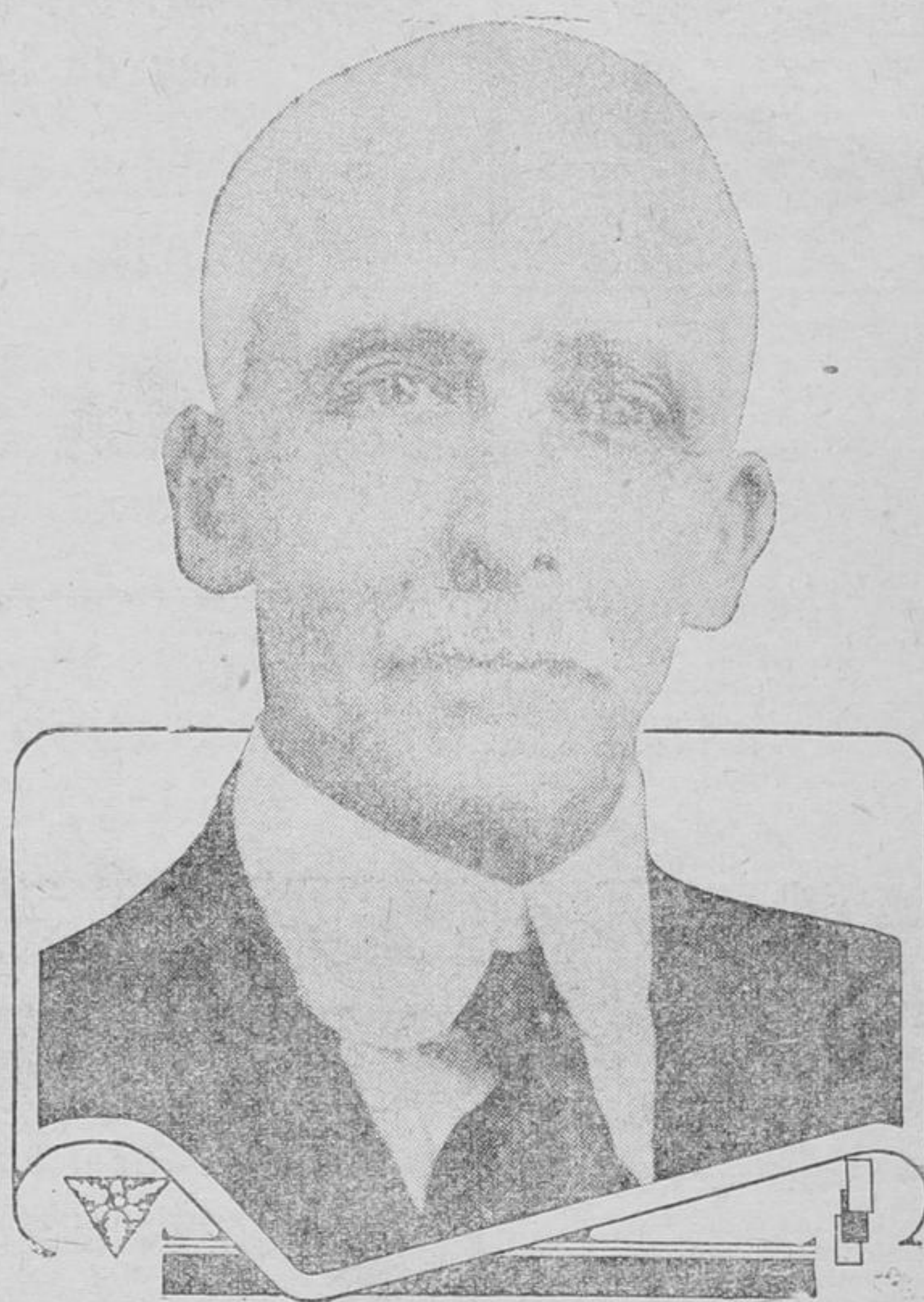
I don't want to keep on a closet shelf A lot of secrets about myself, And fool myself, as I come and go, Into thinking that nobody else will know The kind of a man I really am; I don't want to dress up myself in sham.

I want to go out with my head erect, I want to deserve all men's respect; But here in the struggle for fame and self I want to be able to like myself. I don't want to look at myself and know That I'm bluster and bluff and empty show.

I never can hide myself from me; I see what others may never see; I know what others may never know; I never can fool myself, and so, Whatever happens, I want to be Self-respecting and conscience-free.

Minard's Liniment Relieves Neuralgia

Gives Tanlac Credit For Splendid Health



T. J. PARKER
4246 Juneau Street, Seattle, Wash., U.S.A.

"I used to think all the Tanlac testimonials were exaggerated, but I have felt thankful a thousand times I ever believed in it strong enough to give the medicine a trial," said T. J. Parker, well-known salesman for Gately's Clothing Store, residing at 4246 Juneau St., Seattle, Wash., U.S.A.

"Several years ago I commenced having periodic spells of sickness and a few months ago I had an attack that I thought would finish me. When I did finally get up, I was scarcely able to go. I had no appetite and what little I forced myself to eat caused so much gas on my stomach I could hardly get my breath.

"At night I was often so bloated I couldn't breathe while lying down and just had to sit up and struggle for air. At times I had cramps so bad I could hardly endure it.

"My liver was sluggish and sometimes I got so dizzy I would nearly fall. I felt tired and miserable all the time, couldn't even sleep and for days at a time I wasn't able to go to work.

"Well, a friend of mine finally got me to try Tanlac, and it certainly has done a good job for me. My appetite is fine now and although I am eating just anything I want and as much as I please, my stomach never gives me the least trouble. I have picked up in weight, my strength has come back to me, and I am now enjoying the best of health.

"All the men at the store know Tanlac put me back on my feet, and I am glad to give this statement for what it may be worth to others."

Tanlac is sold by leading druggists everywhere.—Adv't.

Quite Likely.

Lulu—"Here's an ad for a man to undertake the sale of a patent medicine."

Harry—"Yes, it will probably be profitable to the undertaker."

I think sculpture and painting have an effect to teach us manners and to abolish hurry.—Emerson.

Ask for Minard's and take no other.

MONEY ORDERS.

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

The first warship of the Monitor type was built in 1861.

ASPIRIN

Only "Bayer" is Genuine



Warning—Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

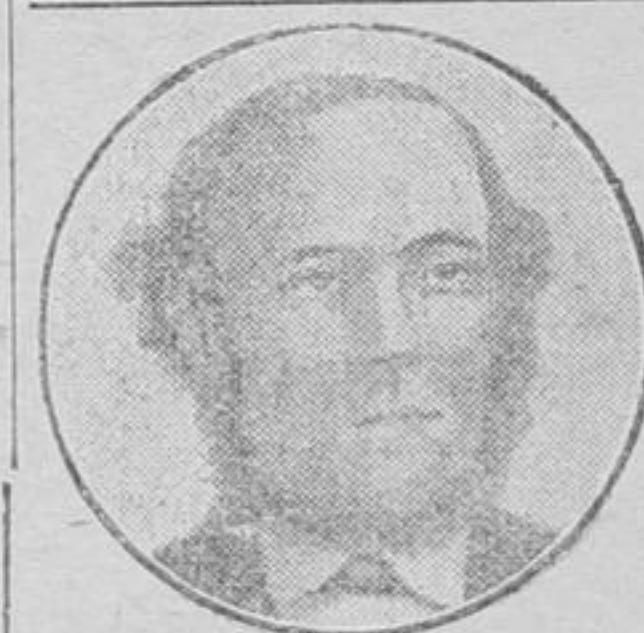
America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 118 West 31st Street New York, U.S.A.

Steadfast.

Only be steadfast; never waver, Nor seek earth's favor, But rest;

Thou knowest that what God wills must be For all His creatures, so for thee, The best.

Judge Lavallee of Quebec, was the author of the national hymn, "O Canada," of which many different versions have appeared.



DR. MINARD, Inventor of the Celebrated MINARD'S LINIMENT

Try a Bottle To-day

ITCHING RASH ALL OVER BODY

Burned Dreadfully. Lost Rest. Cuticura Heals.

"I had an itching rash on my back and shoulders which was very irritating and tiresome. It kept spreading all over my body and broke out into sore eruptions. They caused itching, and when I would rub or press them they burned dreadfully and I could not enjoy a night's rest.

"I had given up hope when I tried Cuticura Soap and Ointment, and it was about four to six weeks before I was healed, after using eight cakes of Soap and three boxes of Ointment." (Signed) Miss Marie Bennett, Valley, Washington.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

When Nights Are Sleepless

—the trouble is often due to the effects of caffeine on nerves and muscles, from the use of coffee or tea.

Thousands have turned to

POSTUM CEREAL

and found complete satisfaction, with freedom from irritation to nerves or digestion

"There's a Reason"

Sold by all grocers

