

NEW STRENGTH FOR WEAK STOMACHS

Indigestion Disappears When the Blood Supply is Enriched.

The urgent need of all who suffer from indigestion, and who find the stomach unable to perform its usual function, is a tonic to enrich the blood. Pain and distress after eating is the way the stomach shows that it is too weak to perform the work of digesting the food taken. In this condition some people foolishly resort to purgatives, but these only further aggravate the trouble.

New strength is given weak stomachs by Dr. Williams' Pink Pills because these pills enrich and purify the blood supply. This is the natural process of giving strength and tone to the stomach, and it accounts for the speedy relief in stomach disorders that follows the use of Dr. Williams' Pink Pills. The appetite revives, food can be taken without discomfort and the burden and pains of indigestion are dispelled. Mr. William Johnson, a prominent business man of Lequille, N.S., bears testimony to the value of these pills in cases of this kind. He says: "I was attacked with indigestion accompanied by severe cramps in the stomach. I was prescribed for by the family doctor, but got very little benefit. Then I tried some of the advertised remedies but with no better result. Indeed my condition was growing worse. Then I read of the case of a man who praised Dr. Williams' Pink Pills whose condition was similar to my own, and I decided to try this medicine. The result, I think, was amazing, as the use of six boxes restored me to my former good health. I can therefore warmly recommend the use of this medicine for stomach troubles."

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

The Industrious Wasp.

The human view of wasps seems to be lacking in breadth. Because they are given to stinging us we fail to do justice to their virtues. One scientist who has given much study to the matter says that the main doctrines of the wasp are, "If any wasp will not work neither shall he eat"; and "Every wasp to labor according to his capacity, and receive according to his needs in a free community."

Division of labor, it is believed, goes a long way in the nest. Some of the workers seem to be specially employed as foragers and soldiers; others appear to be told off as nurses and guardians; while yet others are engaged as papermakers and masons.

Wasps are at all times particularly fond of honey. Indeed they have a very sweet tooth for sugar in any form. Toward the end of summer, therefore, as bee keepers well know, they will force their way into bee hives as open robbers and carry off by main force as much as they can gorge of their winged neighbor's honey.

The drones of the race instead of being idle and luxurious creatures, are sober, industrious and well behaved members of the community. They clean the streets of their town with exemplary diligence; they act as public scavengers or sanitary officers. And they have their reward; for unlike the doomed bee drones they live their allotted life in peace and quietness, till winter involves both them and their spinster sisters in one common cataclysm of death and destruction.

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. They are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Ring With a Romance.

Sir Rider Haggard has presented to the British Museum a gold ring which has an interesting history. He first saw it 57 years ago, attached to the watch-chain of the headmaster of his preparatory school, who had received it from a friend, who had traveled much in America. The friend's story was that, while traveling in Peru, he had opened a grave-mound, in which he found a stone table with 13 mummified figures seated round it. On the

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.

If ever there was a live conference held in this city it was the recent annual meeting of the Ontario Health Officers Association. There is no longer any valley of dry bones in connection with that organization. It fairly bubbles out with enthusiasm, and the health vista of the future is one of assurance, of confidence and of hope. It was a pleasure to attend the meeting and hear the discussions so ably presided over by Dr. W. J. Shaw of Clinton. Dr. Shaw has got the twentieth century viewpoint. He wants something done. He is not content with a mere rehash of foibles, failings and shortcomings in public health work. He insists on finding a solution. "I have heard this same list of adversities, of barriers to be crossed, for years and years. Nothing, or next to nothing, has been done to remedy them, but now they must be remedied." That is the way to talk. When Medical Officers of Health say "must" they mean business. And they have the Public Health Act at their backs.

Dr. F. J. Farley of Trenton, President of the Ontario Medical Association, delivered one of the most forceful addresses one could wish to hear. He maintained that the necessity for Public Health Work was so obvious that public opinion should not tolerate any government in power that would not endorse and carry out a public health program that would tend to insure the happiness, health and welfare of the people.

Other important recommendations Dr. Farley made were the establishment of county laboratories for the country physicians, the appointment of properly trained, whole-time county medical health officers, and community nurses.

Dr. Robert, M.O.H. of Hamilton, advocated the same scheme for health districts from 20 to 25 thousand people.

Dr. J. A. Morgan of Smith Township, Peterborough, gave an interesting paper on "How to control Diphtheria in a small country village," stressing the fact that diphtheria is one of the chief causes of children's deaths in a community, and that the free use of swabs and antitoxin, coupled with the services of the community nurse are the best methods for its control.

A most interesting address on "Food Poisoning" was given by Dr. M. J. Rosenau, professor of Medicine and Hygiene of Harvard University, author of the standard text-book "Preventive Medicine and Hygiene," and one of the most outstanding authorities on public health subjects on the continent.

Dr. H. W. Hill of London, Ont., gave an address on "Some modern fallacies," emphasizing the point that public health work is more concerned with the prevention of disease than its cure.

Dr. W. W. Lailey of Toronto read a paper on "Pre-natal care."

Dr. C. J. O. Hastings, M.O.H., Toronto, gave an address on "More efficient care of mothers and expectant mothers before, during and after confinement."

The morning session of the second day was entirely taken up with a discussion on milk and its prominence as a food indispensable both to the adult and the child.

According to Mr. E. H. Stonehouse,

finger of the principal figure was the ring, which the discoverer withdrew; and the bodies according to his story, crumbled into dust. It was the legend attached to this ring which, according to Sir Rider Haggard, first turned his imagination toward the invention of stories of adventure; and readers of "King Solomon's Mines" will recognize in it the origin of a striking episode in that book. Fifty-five years after he first saw the ring it still remained vividly in Sir Rider Haggard's memory, and he described its appearance in a story. Shortly after he had done so, he chanced to renew acquaintance and made inquiries about the ring, of which he eventually became the possessor.

Commercial Trees.

The constant demand for information in brief form concerning the leading characteristics, range, and uses of Canada's chief commercial woods has led the Forestry Branch of the Department of the Interior to issue Circular No. 14, "Commercial Forest Trees of Canada," by R. G. Lewis, B.Sc.F. In eight pages this bulletin gives much useful information about Canadian timber. The circular may be had free upon application to the Director of Forestry, Department of the Interior, Ottawa.

The octopus is the greatest enemy of crabs and lobsters.

president of the National Dairy Council, who delivered the first address in the morning, on the subject of "How to Produce a Clean and Safe Milk Supply," some of the conditions throughout the province are very bad. "If I were dictator," Mr. Stonehouse declared, "I would pass a Dominion law to-morrow, if that were possible, for the compulsory pasteurization of milk in every city, town and village. When we reach the point after years of education, when we can get good practically certified milk, then and then only can we dispense with pasteurization."

Dr. Roberts, Medical Officer of Health of Hamilton, pleaded for the laboratory diagnosis of milk. Twenty-five per cent. of all the cases of surgical tuberculosis are caused from the bovine tubercular organisms that the human being obtains from milk," he said.

Mr. Alex White, Chief Sanitary Inspector of the province, advocated the appointment by the Government of three trained milk specialists who could approach the question from the dairymen's standpoint.

Several doctors and inspectors from various parts of the province, including Galt, Brantford and Ottawa, maintained that the most important question of all was the condition of the herds. One suggestion offered was that each municipality should have complete control of the milk supply.

"Municipal Control of Milk Supply" was the topic of an address by Dr. Grant Fleming, Deputy Medical Officer of Health, Toronto. The inspection of farms and the education of the farmers, having as inspectors veterinary graduates, and the inspection of all equipment used in producing and delivering the milk, and in the process of pasteurization were absolutely necessary according to Dr. Fleming.

Topics of a more general nature formed the program of the afternoon. Dr. Colin Campbell of Toronto, gave some alarming statistics in regard to the frequency of "squint" or cross-eye among children. If taken in time, before the age of five or six years, there should be no difficulty in total cure. The trouble arose when a cure was attempted by a person other than one possessing general medical knowledge. In many cases, the doctor stated, children were apparently freed from the trouble, and the eye seemed perfectly normal, when as a matter of fact, the child would be almost entirely blind in the one eye. "The pity is," he declared, "that all of it is preventable. No time should be lost in stopping the practice of having children under five years of age examined for glasses, by anyone other than a careful medical practitioner." Dr. Campbell suggested that the Health Officers' Association, as a body, endorse a resolution to that effect. It is expected that the committee will consider the matter and report to the association at its next meeting.

A paper by Mr. F. A. Dallyn, C.E., on "Soil Pollution," in which the need of extreme care in the placing of a well was emphasized, and a description by Dr. P. O. Coulombe, M.O.H., of the work carried on by the Health Department in Sturgeon Falls, with which he is associated, concluded the conference.

His Hearing Restored.

The invisible eardrum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Ave., New York city, will be given prompt reply.

"The Blues."

This phrase, descriptive of moods of depression or melancholy, has an interesting origin. It was formerly believed that working with indigo dyes caused fits of melancholy, as the chemical worked on the system through the skin. As the dyes were nearly always stained blue in parts of their bodies, the phrase came into current use to express low spirits or moodiness.

Minard's Liniment Relieves Neuralgia's

Real happiness is cheap enough, yet how dearly we pay for its counterfeit.

LIVED ON LIQUIDS FOR MANY MONTHS

MONETTE'S STOMACH TROUBLE NOW OVERCOME, HE MAKES STATEMENT.

Declares Tanlac Completely Overcame His Trouble After Everything Else Failed.

"It was a lucky day when I bought Tanlac for it has made a new man of me," said Arthur Monette, 165A St. Elizabeth, Montreal. "My appetite was so bad I never knew what it was to be the least bit hungry. Even what little I did force down soured and bloated me so badly I had terrible smothering sensations and awful pains. For months I was unable to eat any solid food and I got in a terribly run-down condition. I became so nervous I would wake up all during the night, and got little sound sleep. I was constantly looking for something to bring me relief, but nothing seemed to reach my case until I ran across Tanlac.

"Six bottles of Tanlac completely overcome my trouble. I now eat just anything and never have an ache or pain or a sign of stomach trouble. I can't recommend Tanlac too highly." Tanlac is sold by all good druggists. Advt.

Registering a Loan.

"Could you let me have a five-spot for a few days?" asked Blithersby, in a confidential whisper.

"Here it is," shouted Mr. Grumpson, at the top of his voice.

"Thanks, but why so loud?"

"I was hoping I'd be able to impress the transaction on your memory."

MONEY ORDERS.

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

When we are old, we pretend to believe that we are still useful as our excuse for living too long.

Rural Route No. 1, Mascouche, Que. The Minard's Liniment People, Sirs.—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago but they grew again till about three months ago I had one as large and shaped like a lady's tangle, on the very place where my hair should be parted, and it was getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your liniment for another purpose and saw on the label good for tumors. Well I tried it and kept it for exactly two months, with the result that it has entirely removed all trace of the tumor, and were it not that they had been cut fifteen years ago, no mark would be seen. I have not been asked for this testimonial and you can use it as you see fit.

(Signed) FRED C. ROBINSON, P.S.—I am a farmer and intend using Minard's Liniment on a mare for a strained tendon, and am hoping for some results. FRED C. R.

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Book on DOG DISEASES

and How to Feed Mailed Free to any Address by the Author, H. Clay Glover Co., Inc., 129 West 24th Street New York, U.S.A.

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ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

Getting Back.

Walter—"Grilled steak, and choose a tough one."
Chef (in surprise)—"Why, tough?"
Walter—"The chap who ordered it used to be my sergeant-major."

Minard's Liniment for sale everywhere

The man who really "delivers the goods" doesn't have to knock at back doors.



Baby Wants Cuticura It Keeps His Skin Soft Smooth and Clear

Baby's tender skin requires mild, soothing properties such as are found in the Cuticura Soap, Ointment and Talcum. The Soap is so sweet, pure and cleansing and the Ointment so soothing and healing, especially when baby's skin is irritated. Cuticura Talcum is also ideal for baby.

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

NEARLY CRAZY WITH PAINS IN BACK

Read How Lydia E. Pinkham's Vegetable Compound Helped Mrs. Beecroft

Hamilton, Ontario.—"I have suffered for three years from a female trouble and consequent weakness, pain and irregularity which kept me in bed four or five days each month. I nearly went crazy with pains in my back, and for about a week at a time I could not do my work. I saw Lydia E. Pinkham's Vegetable Compound advertised in the 'Hamilton Spectator' and I took it. Now I have no pain and am quite regular unless I overwork or stay on my feet from early morning until late at night. I keep house and do all my own work without any trouble. I have recommended the Vegetable Compound to several friends."—Mrs. EMILY BEECROFT, 16 Douglas St., Hamilton, Ontario.

For nearly fifty years women have been telling how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast.

If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It has helped others, let it help you.

Genuine

ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. 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	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
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Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-acetic acid of Salicylic acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."