

THERE IS DANGER IN WATERY BLOOD

If Not Corrected Serious Results
May Follow.

In no trouble is delay or neglect more dangerous than anaemia, a poverty of the blood. It is very common in young girls and in persons who are overworked or confined within doors. It makes its approach in so stealthy a manner that it is often well developed before its presence is recognized.

But taken in time there is a tonic medicine which increases the number of red blood corpuscles, thus enabling the blood to carry the life-giving oxygen to all the tissues of the body. Dr. Williams' Pink Pills have had much success in the treatment of this stubborn trouble because of this wonderful property.

The correction of anaemic conditions by Dr. Williams' Pink Pills is as certain as anything can be. Take as an example the case of Miss Mary D. Kelly, Charlottetown, P.E.I., who says:—"My blood was thin and watery and my system very much run down. I could not do any work or walk upstairs without resting. I suffered greatly from headaches, my appetite was poor and I was also troubled with indigestion. I began taking Dr. Williams' Pink Pills and in a short time the results showed they were just the medicine I needed. I only used six boxes but am now feeling stronger and better than I have done for several years. From my personal experience I can strongly recommend Dr. Williams' Pink Pills."

These pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

A Conversation.

Says Paron to Farmer Jack in the lane:

"Hullo, then, Farmer, to work again? You're sixty-seven now if you're a day. With a tidy bit put by, I'll lay. You've done your share, and you've worked full measure;

Why don't you leave off and take your pleasure?
Other folk do it. Why shouldn't you?"

"Ah, Passen," says Farmer, "and so I do.

My pleasure be this, for to work and make.

Tid'n' all for me wive and datter's sake.

If they gets so much pleasure to take and spend it

As 'tis to me for to make and tend it, They'm pleased, and I'm pleased, and we'm all content.

"Good-day to ee, Passen."
And off he went.

—L. A. G. Strong.

Advice.

If you don't want to be laughed at by others, laugh at yourself.

If you don't want to be criticized by others, criticize yourself.

If you want others to take you seriously, don't take yourself too seriously.

Discovering an error is the same as finding out a truth.

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.

Could one imagine a better environment for the upbringing of healthy children than the farm? Does it not seem apparent that the healthy life close to nature, with plenty of food, plenty of fresh air and out-door exercise would constitute ideal conditions for the normal growth and development of the young? One would think so, and yet with all the advantages of a natural, healthy environment it has been found that there is a large percentage of defective vision, defective teeth, adenoids and diseased tonsils among children in rural districts. It is hard to believe this, until an actual examination is made and the true conditions revealed.

I was in a rural district in Ontario some months ago where a public meeting was held for the purpose of explaining to the people of that neighborhood the need for community or public health nurses. A kindly-faced old clergyman sat next to me during the meeting and he intimated that there was very little sickness in that neighborhood and that the children were all strong, healthy youngsters and did not need medical or nursing supervision. At that very moment I had in my pocket some statistics as to the physical condition of the children attending school in his district, and the figures were astonishing. Out of 375 supposedly healthy children of ages ranging from 6 to 12 years, all attending school, only about 80 were without physical defects of one kind or another. And not one of these children had had a previous examination, nor apparently did their parents know that anything was wrong. They were just growing like weeds, their physical condition left to haphazard without any thought of what the result might be. The distressing part of it is that a large percentage of these defects could be put right in early life if attention was drawn to them and they were given medical and nursing attention. But the parents did not know, and some of these parents would resent the insinuation that their children had physical defects that were being neglected. It is only by education that this prejudice can be entirely removed, and no parent, once the condition is realized, would leave a stone unturned to give the young child the best possible chance in life. It is because they do not know, that parents seem neglectful, and in rural districts and on farms there is very little opportunity, except through the community nurse, to have a physical examination of children carried out, so that medical advice and attention can be secured where needed.

In a rural community in Kansas a nurse recently spread the gospel of truth from a health point of view, and the people actually regarded her as a disturber of the peace. Farmers' wives told the nurse she was making a nuisance of herself, and worst of all, says a writer in the "Outlook," two or three doctors objected to the examination, on the ground that they frequented

the homes of their parents, knew every child in them by its first name, and would know if anything were wrong. However, after a time the inspection was made by a physician and a dentist of 123 country and town schools, and reports sent to the parents of what was found in their wholesale diagnoses. Where the normal conditions seemed on the surface to be ideal for child health, says the writer:—

"The examiners made records of 3,632 children, and they found that 2,317 were defective—over 63 per cent. Of the defectives 836 were underweight, with other defects, and 1,237 were suffering from malnutrition. That is, one-third of the children of this community were undernourished. Only 878 children (24 per cent.) were normal and without physical defects. There were reported 216 cases (7 per cent.) of defective vision; 23 cases (1 per cent.) of defective hearing; 125 cases (4 per cent.) of adenoids; 819 cases (28 per cent.) of defective tonsils; 1,071 cases (37 per cent.) of defective teeth. What could be better than that the home physician and dentist should get busy?"

Apparent negligence there was, but where was the fault? The fault lies in the point of view, and this applies to Ontario as well as any other place on this continent, or in the world for that matter.

The farm, as this writer says, is regarded as a health resort, and the doctor is called in only when there is serious illness. So-called minor defects go unattended until they develop into serious ailments, and often are neglected altogether.

Mrs. M. of Walkerton complains of severe headaches, with occasional sickness of the stomach. She should consult her doctor and dentist, have her tonsils and teeth carefully examined. There may be some focus of infection causing the headaches and other symptoms.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. They are the ideal home remedy for the baby; being guaranteed to be absolutely free from opiates or other harmful drugs. They are a gentle but thorough laxative and have been proved of the greatest aid in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them Mrs. Ernest Gagne, Beausejour, Que., writes: "I have used Baby's Own Tablets for constipation and colic and have found them so successful that I would not be without them. I would strongly recommend every mother to keep a box in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Fresh!

The food at a certain military camp "somewhere in England" was of rather mixed quality.

The orderly officer was going the rounds, and passed through the mess where "B" Company were at dinner.

"Any complaints?" he asked.

"Yes, sir!" Private Thomas said swiftly.

"What is it?"

"The beef is bad, sir!"

"Bad?" said the officer. "Nonsense! It's nothing of the sort. Why, man, do you know in the Crimean war, officers and generals would have been thankful to have that meat."

"Yes, sir," said Private Thomas. "But that was seventy years ago, and it might have been fresh then!"

An Awkward Question.

Gertrude had been inquisitive all the evening. Her father had answered her questions patiently, but he was becoming exasperated. Finally she said:—

"What do you do at the office all day, daddy?"

Daddy's patience gave way. "Oh, nothing," he said.

Gertrude pondered over this answer for a moment. Then she returned valiantly to the charge. "But how do you know when you have finished?" she asked.

The Source of Ermine.

The white fur with black tipped tail known as "ermine" comes from the mountain weasel, an animal which lives by sucking the blood of the animals it kills.

Canada has a greater area than the United States, but a population less than New York State.

MILNE SAYS HE FEELS GOOD AS ANY MAN IN CITY

After Effects of 'Flu' Overcome and He is Brimful of New Life and Energy Since Taking Tanlac, Declares Halifax Citizen.

"Tanlac built me up right from the start and I don't believe there is a man in Halifax who feels better than I do," said William Milne, expert motor mechanic, 65½ Birmingham St., Halifax, N.S.

"I had the 'flu' a year ago and it left me so weak I could hardly get about. My appetite was so poor I barely ate enough to keep from starving. When I tried to work I would give out and couldn't even do the smallest job. Some days I was so weak I couldn't crank a car. As time passed and I saw no improvement I felt like giving up.

"Tanlac brought back my health and I am now full of life and energy. The man who told me about this medicine did me a good turn and I want to pass the good word along."

Tanlac is sold by all good druggists. Advt.

Making clay pipes, which was once almost entirely a German industry, is now being done to a large extent in Britain.

Minard's Liniment Relieves Neuralgia

PETRIE'S MACHINERY TORONTO



Cuticura Is Wonderful For Your Hair

On retiring rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. This cleanses the scalp of dandruff and promotes hair health.

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

Classified Advertisements

WEEKLY NEWSPAPER WANTED.

WE HAVE A CASH PURCHASER for a weekly newspaper in Ontario. Price must be attractive. Send full information to Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

BELTING FOR SALE

THRESHIRE BELTS AND SUCTION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto, Ont.

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., 128 West 24th Street New York, U.S.A.

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

Yarmouth, N.S., March 24, 1921.

The Secretary of the Yarmouth Athletic Association, who were the champions for 1920 of the South Shore League and Western Nova Scotia Base Ball, states that during the summer the boys used MINARD'S LINIMENT with very beneficial results, for sore muscles, bruises and sprains. It is considered by the players the best white liniment on the market. Every team should be supplied with this celebrated remedy.

(Signed) JOSEPH L. LeBLANC,
Sec'y Y. A. A. A.,
Champions N. S. South Shore League, 1920.

WOMAN TAKES EVERY CHANCE

To Recommend Lydia E. Pinkham's Vegetable Compound, for It Helped Her So Much

Fredericton, N. B.—"I was weak and had some troubles women often have, and usually I was unfit for my work. I saw your advertisements and decided to try Lydia E. Pinkham's Vegetable Compound. I am very much pleased with the result and recommend your Vegetable Compound whenever I have a chance. You may use this letter for the benefit of others."—Mrs. WANDLESS, 360 Church St., Fredericton, N. B.

Mrs. Wandless, like many, many other women who have found relief by taking Lydia E. Pinkham's Vegetable Compound, is anxious to let other women know of this splendid medicine. So by word of mouth and by letter, one woman to another, its virtues are made known.

Women suffering from female ailments, indicated by such symptoms as backache, nervous troubles, hot flashes, pain in the side and a general run-down condition of the whole system, should take Lydia E. Pinkham's Vegetable Compound.

For nearly fifty years it has been helping women. Let it help you.

Lydia E. Pinkham's Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to Lydia E. Pinkham Medicine Co., Lynn, Mass.

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
Earache	Lumbago	Pain, Pain

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 Monocaceticacidester of Salicylicacid. 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."



The world's good judgment
approves this cup

RICH, refreshing and satisfying, Postum brings the endorsement of discriminating people everywhere.

Postum meets all the demands of a table drink—it imposes no penalties upon nerves or digestion.

Made instantly in the cup at the table—
An economical drink for health and efficiency.

Instant Postum

"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd., Windsor, Ontario