

# GROWING BOYS AND GIRLS

Need Rich, Red Blood to Keep Up Health and Strength.

It is a mistake to think that anaemia is only a girl's complaint. Girls probably show the effect of weak, watery blood more plainly than boys. But many boys in their teens grow thin and weedy, showing that they have not enough blood, or that it is thin and watery. Let the boy in this condition catch cold and he will lose his strength and his health becomes precarious. To overcome this trouble give both your weak boys and girls Dr. Williams' Pink Pills and see how soon good appetite returns and the weak boy or languid girl becomes full of activity and high spirits. Mrs. P. Garvey, R.R. No. 5, Mono Mills, Ont., tells what this medicine did for her young son. She says:—"Three years ago, my little boy, who was then 11 years old, was very pale and weak, he would take fainting spells and complained of a pain about his heart. One day a lady friend who noticed his run-down condition told me her daughter had been in a similar state and found new health through Dr. Williams' Pink Pills. I therefore got a supply for my boy, and by the time the first box was used his appetite seemed better, and by the time he had taken half a dozen boxes everyone was surprised at the change in his condition, he was such a fine, healthy looking boy. He had grown tall and stout, with no signs of his former run-down condition. I believe Dr. Williams' Pink Pills are unexcelled for anyone weak and run down."

Dr. Williams' Pink Pills are sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## Never Give Up in Despair.

If you ever feel that your little boat, Adrift on the Sea of Life, Is really not worth the effort To win in the world's great strife, Thrust at the oars with hope in the heart, And think of a land most fair, You are sure to reach if you struggle on And never give up in despair.

If ever your soul is down in the depths With the weight of the old world's scorn, Which passes you by with unconcern And leaves you all forlorn, Then trust in "our Father in heaven," Who awaits at the top of life's stair, The mortal who battles old Satan And never gives up in despair.

If ever the world seems against you, Think not you are quite forgot, For hidden away in some one's heart There is often remembrance sought. And though we may wonder that God conceals Life's beautiful thoughts so fair, It is His mysterious manner, So never give up in despair.

Every time a man has his fortune told he gets rid of a small portion of it.

## 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.

Eating too much or eating too little is wrong, and leads to all sorts of trouble. In the matter of health there is probably nothing of such vital importance as food. Indeed it has been authoritatively stated that the duration of life depends to a large extent to the kinds of food we eat.

How much food does the average individual need for the complete nourishment of his body? That is a vital question, for as has already been said, too much food or too little food is harmful. Of the two, overeating is the most common, and leads to indigestion in its various forms, liver and kidney diseases, gout, arthritis, some forms of eczema and a general disinclination to mental and physical exertion, especially in very fat people.

The evils of undereating include lack of energy and strength, lack of stored-up power for emergencies, loss of weight, anemia, imperfect growth, deficiency diseases, the less direct effects of sleeplessness, sensitiveness to cold, and mental depression and irritability. These occur not only in the evidently starving, but in people whose diet is ill-chosen.

How much then, shall a person eat? Generally speaking, just so much that from year to year the body keeps in good condition for its work, and maintains a fairly constant weight, and one bearing a proper proportion to height.

## Giving Mary a Start.

Whenever a couple, widely known and popular in the community, were married it used to be the custom for the local newspaper to print at length the list of wedding gifts. The London newspapers performed the same service for Princess Mary and her husband, Viscount Lascelles — whose name, by the bye, is pronounced Lasels with the accent strongly on the first syllable. The list is extraordinary and contains enough household furnishings to start a dozen couples at housekeeping.

Among the offerings were no less than sixty-six jugs and bowls, sixteen silver toast racks and twenty-two clocks. The late King Edward after his marriage found himself the possessor of fifteen hundred teapots of all types and descriptions and of more than eight hundred cruets. It is reported that some of them are still stored in London. Only persons who had been presented at court or who could claim personal acquaintance with either Princess Mary or her husband were permitted to send wedding gifts. Charitable and other public organizations and institutions were of course excepted. The ruling perhaps saved Princess Mary the embarrassment of being overwhelmed with teapots and cruets as her grandfather had been.

A classification of the gifts exhibited at St. James's Palace shows that only twenty-eight tea services were presented. Other items are one hundred and fifty-eight articles of jewelry, including bracelets, necklaces, pendants, tiaras, brooches, rings, caskets, fans and watches; a trayful of flawless, un-set precious stones; eight hundred and ninety-three gifts made from precious metals, including twenty-nine trays, twenty-four vases, thirty-one cups, twelve goblets, eighteen ink-stands, twenty-five statuettes, fourteen card trays, nine cigarette cases, eight traveling cases and seven workboxes; one hundred and ninety-seven books and manuscripts, twenty-two candelabra, seventeen umbrellas, fourteen lamps and shades, seventeen rugs, twenty-two sets of cutlery, eight wall brackets, twenty-two dinner services, forty-seven breakfast-table services, eighteen silver salvers, seventy pairs of gloves, ten wedding cakes and seven hunting crops.

## CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent the dreaded summer complaints. They are an absolute safe medicine, being guaranteed to contain neither opiates nor narcotics or other harmful drugs. They cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Tripoli has no rivers and rain seldom falls.

## Beginning His Education.

I remember the first day I went to school, writes John Burroughs in his charming sketch of his boyhood. I recall vividly the suit mother made for me out of some striped cotton goods with a pair of little flaps, or hound's ears, on my shoulders that flopped about as I ran. I accompanied Olly Ann, my oldest sister.

I remember struggling with the alphabet; the letters were arranged in a column; the vowels were first, and then came the consonants. The teacher would call me to her chair three or four times a day and, opening the spell book, point to the letters and ask me to name them. I remember that one boy, older than I,—Hen Meeker by name,—on one occasion stuck on "e."

"I'll bet little Johnny Burris can tell what that letter is," said the teacher. "Come up here, Johnny." Up I went and to the humiliation of Hen promptly answered, "E."

"I told you so," said the schoolmarm. How long it took me to learn the alphabet in that arbitrary manner I do not know. But I tackling the a—b, abs, and slowly mastering those short columns. I remember also getting down under the desk and tickling the bare ankles of the big girls who sat in the seat in front of me.

The summer days were long, and little boys had to sit on the hard seats and be quiet and only go out in the regular recess. The seat I sat on was a slab turned flat side up and supported on four legs cut from a sapling. My feet did not touch the floor, and I suppose I became tired; one afternoon I fell asleep, and when I awoke I was on a couch in a neighbor's house; the smell of camphor pervaded the room, I had fallen off the seat backward and hit my head on the protruding stones of the unplastered wall.

But the neighbor's wife was a motherly body and consoled me with flowers and sweets and bathed my injuries with camphor, and I suppose little Johnny was soon himself again. I have often wondered if a small bony protuberance on the back of my head dated from that collision with the old stone schoolhouse.

## What Are These Scents?

What are these scents that drift along the breeze, And fill the sordid, dingy city street For one brief space with fragrances as sweet As golden apples of Hesperides; What dim Arcadian meadows lent us these Faint breaths of loveliness from elsewhere, That let our hearts a fleeting moment fare Beyond the withered, brown, dust laden trees? Perchance the buds and blooms of long ago When this was open country, still come back On windy summer evenings to bestow On prisoned folk the blossomiings they lack— Vague, wistful ghosts, that mourn 'mid slums unclean, Old orchards and old meadows' vanished green.

—Charlotte Becker.

## Couldn't Speak English.

"Edward," asked a teacher in a school on the East Side, "why were you absent from school this morning?" "Oh, some one stole my coat on me."

"What's that? Stole your coat on you?" "Aw, teacher," interjected Edward's brother. "He's ignorant; he can't talk English. He means some one stole his coat off him."

## MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

## Of Ancient Lineage.

It is truly comforting to feel that the possibility of inheritance lies on the side of good breeding, and not on that of ignorance. It was with some such sentiment that a Washington woman made her claim of ancestry. "Oh, yes," she said, proudly, "we can trace our ancestors back to—well, I don't know who, but we have been descending for centuries."

## Minard's Liniment Relieves Neuralgia's

Forest conservation is a subject to be approached in a business-like manner. Harvesting the matured crop of timber is not properly done if steps are not taken at the same time to plant the seed and cultivate the forest for succeeding crops.—Western Lumberman.

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and How to Feed  
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H. Clay Glover Co., Inc.  
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## MUNN AND WIFE NOW ENJOYING BEST OF HEALTH

Toronto Couple, After Putting Tanlac to the Test, Declare it Restored Them Both to Splendid Condition.

"My wife and I put Tanlac to the test and we both think it is a wonderful medicine," said Edward Munn, of 123 Rose Ave., Toronto, Ont.

"For three years I was in a general run-down condition from stomach trouble and indigestion. The little I ate would cause gas to form so badly I was miserable most of the time. I was troubled continually with constipation and frequent dizzy spells made me feel like I would fall if I stooped over. I was always having headaches and towards the last I got so weak I was fagged out all the time.

"I hadn't gotten far on Tanlac before I knew I was getting better and now I feel fine in every way. My wife was badly run down, too; and Tanlac was just as effective in her case. We are now enjoying excellent health and are glad to recommend Tanlac for it certainly does the work."

Tanlac is sold by all good druggists. Advt.

London contains eighteen farmhouses—nine in Woolwich, five in Lewisham, two in Greenwich, and one each in Hammersmith and Wimbledon.

O. McPherson,  
Furniture Dealer, Undertaker,  
Armstrong, B.C.  
Minard's Liniment Co., Ltd.  
Yarmouth, N.S.

Dear Sirs,—Since the start of baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using Minard's Liniment our troubles ended. Every baseball player should keep a bottle of your liniment handy. Yours truly, W. E. McPherson.  
Secretary of Armstrong High School Baseball Team.

## CUTICURA HEALS LARGE ERUPTIONS

On Face, Sore and Disfiguring. In Blotches and Burned.

"Small pimple-like eruptions came first on my face. They were sore and disfiguring, and were also large and red. They festered and came to a head, and they were in blotches and burned."

"I had these on my face for about a month before I used Cuticura Soap and Ointment. I could feel the pimples getting better after a few days' treatment, and I used one cake of Cuticura Soap and one box of Cuticura Ointment when I was healed." (Signed) Miss Florence Thayer, Wright, Quebec.

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

Sample Each Free by Mail. Address: "Lyman, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25c and 50c. Talcum 25c. 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

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

Homicide Justifiable Here. The Purist—"It's simply maddening to hear a person say 'ain't' when he should have said 'isn't.' The other—"Ain't it, though?"

Minard's Liniment for sale everywhere

Our earth's volume is 260,000,000,000 cubic miles.

**COARSE SALT LAND SALT**  
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**PETRIE'S MACHINERY TORONTO**

## OF INTEREST TO WOMEN

Nurse Recommended Use of Lydia E. Pinkham's Vegetable Compound

Bothwell, Ontario.—"I was weak and run down, had no appetite and was nervous. The nurse who took care of me told me to try Lydia E. Pinkham's Vegetable Compound, and now I am getting strong. I recommend your medicine to my friends, and you may use my testimonial." Mrs. D. MAXWELL, R. R. No. 2, Bothwell, Ontario.

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good old-fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics nor harmful drugs it is a safe medicine for women.

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

# ASPIRIN

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