

IN THE SHADOW OF POOR HEALTH

In This Condition Relief Comes Through Dr. Williams' Pink Pills

When the shadow of poor health falls upon you; when hope fades and life itself seems scarcely worth living, then is the time you should remember that thousands just as hopeless as you feel, have been restored to the sunshine of health through the use of Dr. Williams' Pink Pills. The rich red blood which these pills actually make, strengthens the whole system. The nerves are strengthened, headaches vanish, the appetite improves, and once again there is joy in life. Among the thousands benefited by the use of this medicine is Mrs. Jos. Robinson, Oshawa, who says:—"Some time ago I was in an anaemic condition and so weak I would faint away at times. I had no appetite, could not do my housework; in fact life seemed scarcely worth living. I was exceedingly pale and tried doctor's medicine with no good result. Then one day I saw Dr. Williams' Pink Pills recommended for a similar condition, and I got a supply. I continued taking the pills until I had used about a dozen boxes, and they have made me a well woman. I can now do a good day's work about the house, have no more fainting spells and can go about more actively than I did before. I believe these pills just the thing for pale, weak girls and women, and if given a fair trial will do for them what they have done for me."

You can get these pills through 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.

Kings Who Never Grow Old.

A curious custom of a pastoral people of Uganda, known as the Banyoro, is related by the Rev. John Roscoe.

He said that when once a king was enthroned his person became sacred, and his food was restricted to milk and beef from a sacred herd of cows.

The Banyoro monarch never allowed himself to grow old nor his faculties to become impaired. When he thought he was going to be seriously ill he called a council, arranged State affairs with the principal chiefs without giving them any reason for thinking that he was about to die, and dismissed them to carry out his instructions.

Then he returned to his private house, summoned his chief wife, and ordered her to bring him a cup of poison. He drank the contents, and in a few minutes was dead.

Rich in Petroleum.

An expert from the United States has estimated that, in proportion to area, South America is richer in petroleum than any other continent with the possible exception of North America.

Envy provides the mud that failure throws at success.

Ask for Minard's and take no other.

The Contemptuous Sniff.

Two prospectors, having been in the mountains for many weeks without anything to eat except bacon, had become extremely sick of it. Finally when one of them in disgust threw his plateful on the ground even the camp dog after sniffing contemptuously turned his back on it. Who the prospectors were does not matter; the situation is highly amusing, and for that reason a motion-picture photographer who was taking picture in British Columbia wished to reproduce it. He had, says Mr. Lewis R. Freeman in Down the Columbia, no trouble in getting the men to "register" disgust, but the "contemptuous sniff" business with the dog was more difficult.

After the voracious pup had devoured three plates of bacon without paying the least heed to the director's attempts to frighten him off at the proper moment the party tried using thin strips of birch bark trimmed to represent curling rashers. But the hungry dog persisted in licking even those, probably because they came from a greasy plate. Finally the photographer put some iodine on the birch-bark rashers. "If the pup eats it, of course he will die," he remarked, "but that will be no more than he deserves after the way he's acted."

The plan worked perfectly. After the pup's first eager lick he did "sniff contemptuously" at the pungent fumes of the iodine, and then with a wolfish snarl on his lifted lip backed out of the picture.

A Belated Discovery.

Mrs. Garker came home from a call one day in such a disturbed condition that it was evident that tears were not far in the background. She lost no time in beginning her explanation.

"Edward," she said to her husband, "I am so mortified. I don't know what to do!"

"What's the matter, Jane?"

"I've just been calling on Mrs. Peters. You know her husband, Marshall?"

"Yes."

"Well, I just learned to-day that 'Marshall' is not his title at all. Marshall is his first name."

"Why, certainly. I've always known that. What is there mortifying about it?"

"Nothing," said Mrs. Garker, with a groan, "only I've been calling him 'Marshall' every time I've met him for months and months!"

CHILDHOOD AILMENTS

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are a mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them Mrs. Alcide Lepage, Ste. Beatrix, Que., writes:—"Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Where They Spend Their Salt.

Salt is more valuable than gold in the Congo and is used as legal tender. That is why, says Mr. Isaac F. Marcossin in An African Adventure, one of the native chiefs protested to the Belgian officials at the advance of the cost of salt and other trade goods.

On returning from the meeting, says Mr. Marcossin, we heard shouting and hissing. We stopped and looked back. There on the crest of the hill were a thousand native women jeering, hooting and pointing their fingers at the Belgian officer, who immediately asked them to explain the cause of the demonstration.

After a while a big black woman stepped forward. "Ask the Bula Matadi," said she, "why the franc buys so little now. We get only a few goods for a big lot of salt." "Bula Matadi is the name that the natives give to all officials.

I had gone into the wilds to escape from economic unrest yet here in the heart of Central Africa I found the high cost of living provoking a spirited protest from a primitive people. As I proceeded up the Kassai River I found continued evidence of the advance in price of every food commodity. The omnipresent chicken that cost a franc in 1914 now costs from five to ten francs. But foodstuffs are only a small part of the economic troubles in the Congo. Before the war a first-class wife—all wives are bought—cost fifty francs; to-day the market price for a choice spouse is two hundred. Four times as much salt! A young man must hustle to earn it.

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Hen Language.

One day small Mary, who was making her first visit to the country, went with her grandmother to hunt eggs. "Look in the nest, dear," said her grandmother, "and see how many eggs there are."

"One egg," reported Mary.

"Are you sure there are no more? Look again." Mary knelt down in the straw and peered carefully into the nest.

"Yes, grandma, that's all," she said, "it's just as one as it an be." Then, as the hen gave a loud cackle, she added, "The egg's mama says she hasn't any more."

Minard's Liniment for Distemper.

Rough Treatment.

Two men were engaged in repairing the roof of an old building. One of them, having occasion to go down, carried the ladder away with him.

"Hi!" shouted his mate, "bring that back. How do you suppose I can get down?"

"Oh, just shut your eyes and walk about a bit," answered the other.

Seeds of Rubber Tree.

The seeds of the rubber tree contain about 50 per cent. each of kernel and shell. The air-dried kernels contain on the average about 45 per cent. of a drying oil. This oil hardens in air and can be used in making linoleum and soft soap.

In Proof of It.

A man came to see me the other day with a book demonstrating that we are all free and equal. Said he was only offering it to a few of our best people.

We should insure against handicaps by adding to our lives as many useful habits as we can.

No one with a good catch of fish goes home by way of the back alley.

Rheumatism And Dyspepsia Are Soon Ended

Victims of stomach trouble and rheumatism often find that when their stomach is set in order, the rheumatism disappears. Thousands of people everywhere have testified that Tanlac has freed them of both troubles simultaneously. T. G. Maitland, 147 Adelaide St., London, Ont., says:

"My digestion got so bad I would bloat all up and I suffered from constipation and biliousness, splitting headaches and dizzy spells. I had rheumatism in my joints and often just ached all over. I never have an ache or pain of any kind since taking Tanlac and never felt better in my life."

Badly digested food fills the whole system with poisons. Rheumatism and many other complaints not generally recognized as having their origin in the stomach quickly respond to the right treatment. Get a bottle of Tanlac to-day at any good druggist. Advt.

The "farmerette" has not entirely disappeared. Girls who enjoy outdoor life and are not afraid to work can still find employment on fruit and poultry farms. Moreover, many more women than formerly now own their own farms.

To be good is noble, but to teach others how to be good is nobler—and less trouble.—Mark Twain.

Rural Route No. 1, Mascouche, Quebec. 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 thimble 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.

ECZEMA ON FACE ITCHED TERRIBLY

In Pimples For About A Year. Hardly Slept. Cuticura Heals.

"I was troubled with eczema for about a year. It broke out in pimples on my face and in a few days would blister. At night I hardly slept a wink on account of the terrible itching, and when I scratched my face it would burn. I was disgusted terribly."

"I saw an advertisement for Cuticura Soap and Ointment and sent for a free sample. I bought more, and after using two cakes of Soap and one box of Ointment I was healed."

(Signed) Mrs. David Betz, 4159 Fox St., Denver, Colo.

Rely on Cuticura Soap, Ointment and Talcum to care for your skin.

Sample Each Free by Mail. Address: "Lyman, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 50c and 60c. Talcum 25c. Cuticura Soap shaves without mug.

Classified Advertisements

WANTED—YOUNG LADIES WITH Good Education to Train as Nurses, Wellanda Hospital, St. Catharines, Ont.

AGENTS WANTED.

W HOLE OR PART TIME TO SELL our complete line of electric fixtures and appliances from our catalogue. Liberal commission. W. P. Earle Electric Supply Co., 1284 St. Clair Ave., Toronto.

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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.

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PETRIE'S MACHINERY TORONTO

HER AILMENTS ALL GONE NOW

Mrs. Sherman Helped by Lydia E. Pinkham's Vegetable Compound

Lake, Michigan.—"About one year ago I suffered with irregularities and a weakness and at times was obliged to stay off my feet. I doctored with our family physician and he finally said he could not understand my case, so I decided to try Lydia E. Pinkham's Vegetable Compound. After I had taken the first bottle I could see that I was getting better. I took several bottles of the Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and I am entirely cured of my ailments. You may publish this letter if you wish."—Mrs. MARY SHERMAN, Route 2, Lake, Mich.

There is one fact women should consider and that is this. Women suffer from irregularities and various forms of weakness. They try this and that doctor, as well as different medicines. Finally they take Lydia E. Pinkham's Compound, and Mrs. Sherman's experience is simply another case showing the merit of this well-known medicine.

If your family physician fails to help you and the same old troubles persist, why isn't it reasonable to try Lydia E. Pinkham's Vegetable Compound?

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.

Indifference is probably the most serious obstacle to-day in the path of Public Health progress. Even direct opposition is more to be desired than indifference, for a person cannot very well oppose a measure of reform without giving some thought to the subject. But when people are indifferent it is hopeless to try to make progress. There is no foothold or handhold to grip, and no chance to get in the thin edge of the wedge of understanding that often converts an ordinary listener into an enthusiast. To bring this about, the teacher must of course have a message and a real one. He must be able to present facts arranged and presented in such a way that the reforms recommended cannot be considered anything but necessary and imperative.

The need for Public Health work is so obvious, and it touches the everyday life of the community so intimately that only a recital of health conditions as they are, will rouse the people to take action. There is no part or district of this province where health teachers and health workers are not needed. Every community is crying for help, although sometimes they do not know it, but the infant mortality rate, the number of physical defects, the conditions of life, all point to the necessity of something being done. To this end, education is

necessary—the people must be told what is wrong and what to do to right matters. In every community there are enthusiasts, but there are cases where their enthusiasm cannot carry them far, on account of indifference on the part of officials or others who ought to lead the way. An example of this indifference can be seen in certain rural schools where the water supplied to the boys and girls for drinking purposes is to say the least, absolutely unfit for use. Although the Medical Officers of Health whose duty it is to examine the water, issue warnings as to the dangers of health, month after month passes, and nothing is being done to right matters. Who is to blame? Is it the board of trustees? Is it the inspector? Is it the teacher? Is it the father or mother of the school child? This is only one example of the evils of indifference which impedes Public Health progress all along the line. In every phase of the work, whether it is Child Welfare, combating Venereal Disease, promoting Industrial Hygiene or in Sanitary Engineering activities, one is always confronted with the man or woman who does not care—who is indifferent.

These indifferent people are all, or nearly all, potential enthusiasts if they could be aroused, and that is exactly what Public Health Education is aiming to do.

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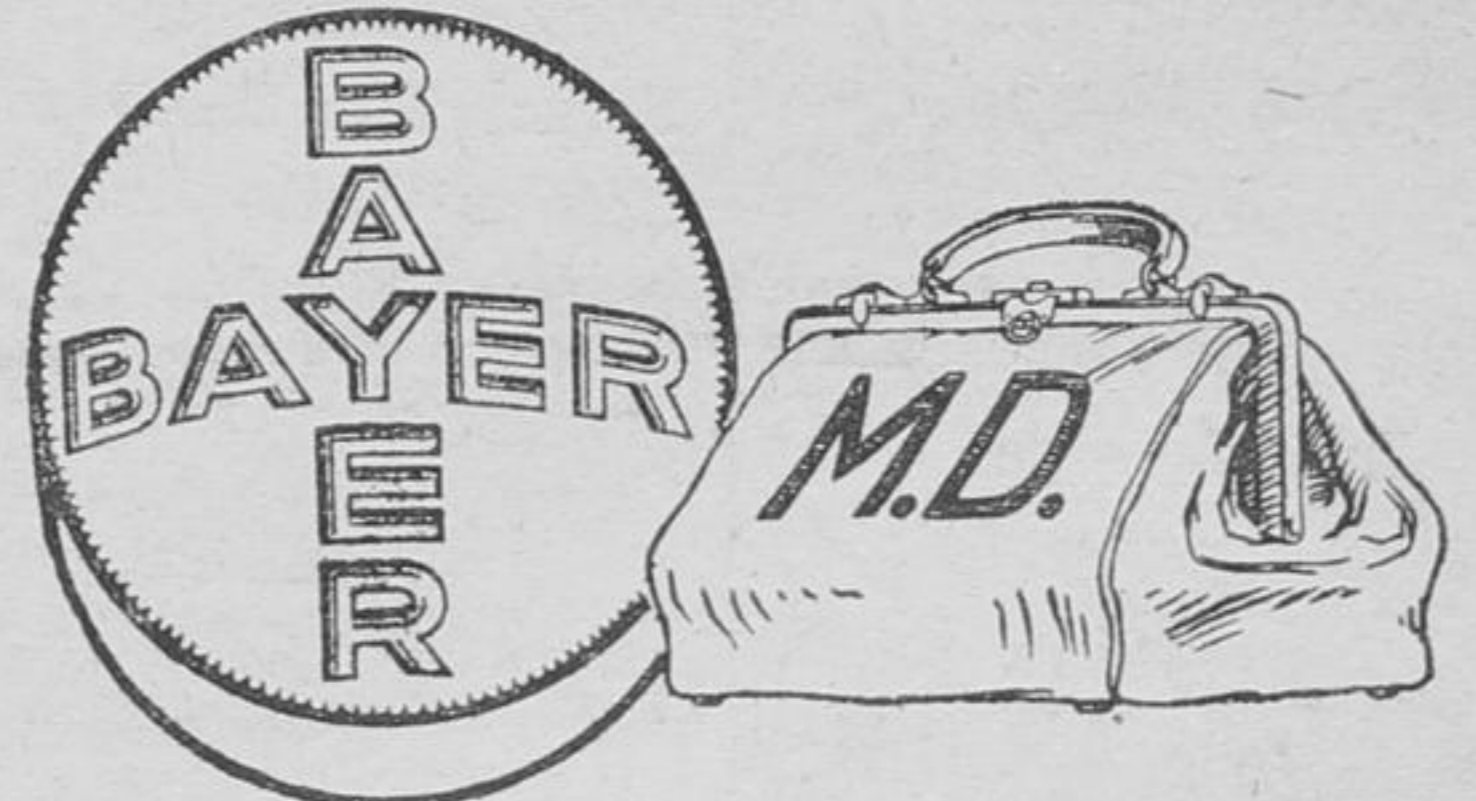
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