WHY BACKS ACHE

The Kidneys Seldom to Blame-The Trouble Due to Blood Impurities.

There is more nonsense talked about backache than any other trouble. Some people have been frightened into the belief that every backache means deadly kidney trouble. As a matter of medical fact not one backache in twenty has anything to do with the kidneys. Most backaches come from sheer weakness and kidney drugs can't help that. You need something to improve your blood and build you up, and that is exactly what Dr. Williams' Pink Pills will do. Some backaches are really muscular rheumatism; some are the symptoms of such ailments as influenza, indigestion, constipation and liver troubles. In women most backaches come from any weakness or irregularity of the blood supply. To get rid of the trouble take a tonic like Dr. Williams' Pink Pills to enrich the blood and bring strength to aching backs and weak nerves. Mr. W. Prince, Lovering, Ont., tells what these pills did for him. He says:-"Periodically I suffered for about five years with backache. If I caught cold it seemed to settle in my back, which pained me so badly that I could hardly turn over in bed. These attacks would last for a week or ten days. I tried many remedies but they did not drive away the trouble. About two years ago, while suffering from one of these attacks, a friend advised me to try just as half-doing things kills it. Dr. Williams' Pink Pills. I followed his advice with the best of results, as I have had no attack of the trouble That is the test of your ability, of your since, and I feel sure that I am permanently relieved."

dealer in medicine or by mail postpaid half done or did you come up to the at 50 cents a box or six boxes for \$2.50 finish with it like a real victor?-O. S. from The Dr. Williams' Medicine Co., Marden. Brockville, Ont.

Blaming It on the War.

A little boy who pinched his finger in the door uttered a naughty word-a word he had promised to forget-and hastened to apologize to his dismayed mother. "I dest touldn't help it," he declared. "I dess it's the after 'fects of the war."

The little boy was not much better in finding excuses than the rest of us. In a way, perhaps, the war is to blame for crime waves, political landslides, pinched fingers and puppy love.

us any in solving the real problems regulate the bowels, sweeten the stomleft by the war to blame that awful conflict for all the absurdities and perversities of so-called human nature.

It is one of the most profound truths in human life that sooner or later you get back what you give.

Minard's Liniment for Rheumstism.



Doing His Part.

"The papers say there would be no panies if people only had confidence in the banks."

"Well, I'm not worrying-confidence is the only thing I ever had in a bank."

'Tis the Finish That Counts.

One of the most demoralizing things in the world is to get into the habit of starting things with enthusiasm and then fizzling; stopping and leaving them half done. This is fatal to all excellence; it is a deadly blow to efficiency. After a while you will incapacitate yourself for doing good work. On the other hand the habit of doing things to a complete finish, of stamp- biles." ing everything with the mark of your character, of putting the stamp of excellence upon it, constantly increases your capacity for doing good work,

It is not the beginning of things that counts so very much; it is the finish. efficiency. How does the thing you started turn out; how did you leave it? You can get these pills through any Did you get discouraged and leave it

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 Isn't it time, however, that we for well and happy again. The Tablets got our war hysteria? It doesn't help are a mild but thorough laxative which ach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from oplates 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.

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.

digested and assimilated food. The the best chance of recovery. body gets its warmth and power to For those who are well, good health work from the burning or oxidation is promoted and maintained by no betof these food substances in the cell, ter means than deep breathing daily We know that the burning of wood in the open air, and suitable outdoor or coal in a stove cannot take place exercise. If every man, woman and without oxygen. If you shut off all young person in this country could be the draughts and make the stove air- persuaded as a matter of daily routight the fire will burn low and event- tine to take at least twelve deep ually go out altogether. Oxygen is breaths in the open air, or before an just as necessary for the burning of open window every morning, the food, the fuel of the body, and fresh residual air in the lungs would be reair contains oxygen.

ed by disease and who must fight not body. The result would undoubtedly only to keep alive but to conquer the be beneficial to everybody and would

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" Corrects Sour, Upset Stomachs at Once

surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

Fresh air is the breath of life. germs of any disease like tuberculosis There is little use in trying to keep must have abundance of fresh air. For well if we do not get abundance of them it is not enough to spend the pure fresh air to breathe. In breath- daylight hours in the open; the entire ing we take oxygen into our lungs, twenty-four hours should be fresh air and expel the carbon cloxide or waste hours. The windows should be open, matter in the form of expired air. or the porch available at all times. Oxygen is absolutely essential to life, The tuberculosis patient who tries to and its great use in the body is to set stay in the open air as much as posfree or bring into action the energy sible and who faithfully follows the stored in the body in the form of other directions of his physician, has

placed by fresh air and more oxygen People whose resistance is weaken- supplied for the general upkeep of the bring about a general improvement in the health standard of the entire community.

> A correspondent asks what the danger is in allowing young people to become stoop-shouldered, and how the defect can be corrected.

Stooping shoulders are undesirable, because they decrease efficiency, look badly and show that the person does not take much physical or gymnastic exercise. It may be the result of an incorrect posture while at work. There may be a tendency to lung trouble, but that kind of case most "Pape's Diapepsin" is the quickest, liable is the narrow chested which results from arrested development.

The remedy lies in gymnastics and physical exercises persisted in for a long time, the avoidance of wrong or incorrect postures, and the occupations that may cause it. Shoulder braces are not much good. The proper plan is to develop the muscles and I keep the right position.

PALMER HAS NOW DISCARDED CANE

Can Get Around Like a Young Man Since Taking Tanlac, Says Hansel Citizen.

"You don't often see a man as spry as I am at seventy-two," declared Thomas Palmer, Sr., well-known retired farmer of Hansel, Ont., while on a visit in London, Ont.

"At the time I got Tanlac I could hardly walk at all, and hadn't been down town without my walking stick since last September. But last Thursday I went down town twice without it and got about as good as many a younger man. I suffered terribly with constipation the last ten years, had no appetite and was bothered a great deal with my kidneys. Sometimes every joint in my body ached. I was badly run down and seldom got a night's

"If I had Tanlac last spring it would have saved me money, for I took medicine two years without any relief to speak of. But Tanlac and the Tanlac Pills have put me in fine shape, and I stand ready to praise it to the limit."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

Unnecessary Exertion.

"I've heard she walks in her sleep." "Fancy-and they with two automo-

MONEY ORDERS.

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

Silk furnishes the longest continuous fibre known. One cocoon has been known to yield nearly three-fourths of a mile.

CHILD'S BOWELS

"California Syrup" is Fig Child's Best Laxative



Hurry mother! Even a cross, sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Earache?

Hot Minard's Liniment on cotton wool brings quick relief for Minard's is King of Pain.

> Minard's Liniment

The Family Medicine Chest.

For the Kidneys

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 50c. and \$1.00 bottles. 7

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

ISSUE No. 3-123.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fino! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping-nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Pigs that are washed put on a fifth more flesh than those that are left dirty.

Minard's Liniment for Neuralgia.



Skin Fresh and Young

Daily use of the Soap keeps the skin smooth and clear, while touches of the Ointment now and then prevent little skin troubles becoming serious. Cuticura Talcum is ideal for powdering.

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

Classified Advertisements

AUTO SCHOOL

EDUCATIONAL.

ASTER THE TYPEWRITER BY mail. The touch typeing system taught in six lessons-only \$15.00. Why pay more? Typewriting School, 718 Baltimore Bldg., Chicago.

HELP WANTED-PEMALE

ELP WANTED. WE REQUIRE parties to knit men's wool socks for us at home, either with machine or by hand. Send stamp and addressed envelope for information. The Canadian Wholesale Distributing Co., Dept. 6, Orillia, Ont.

BELTING FOR SALE

DELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

COARSE SALT LAND SALT

Bulk Carlots

TORONTO SALT WORKS C. J. CLIFF TORONTO

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

River Desert, Que.- "I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."-Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.

Bruised?-ease the pain!

Apply Sloan's to sore spot. It increases circulation scatters congestion. This reduces swelling and inflammation -the pain disappears!

Sloan's Liniment -kills pain! Made in Canada





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 Toothache Earache

Headache Neuralgia Lumbago

Rheumatism Neuritis 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 Mono. aceticacidester 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."