

SYMPTOMS OF DEBILITY

How to Tell Whether Your Blood Needs Revitalizing.

The symptoms of general debility vary according to the cause, but weakness is always present, a tendency to perspire and fatigue easily, ringing in the ears, sometimes black spots passing before the eyes, weak back, vertigo, wakefulness caused by inability to stop thinking and unrefreshing sleep. The cause of the trouble may be some drain on the system, or it may be mental or physical overwork, sometimes insufficient nutrition due to digestive disturbance.

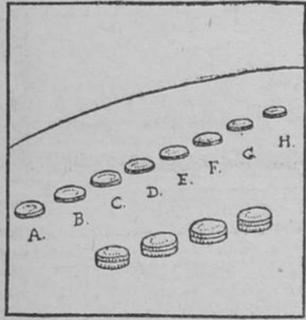
If you have any or all of these symptoms try building up the blood with Dr. Williams' Pink Pills, and as the new blood courses through your veins there should be an increase in your appetite, a better digestion and soon a renewal of strength and vigor.

You can get these pills through any dealer in medicine or by mail, post-paid, at 50c a box from the Dr. Williams' Medicine Co., Brockville, Ont.

EASY TRICKS

No. 45

Easy When You Know How



Place eight coins or checkers on the table in a row as indicated in the drawing. Now lift one coin up, pass it over two coins and place it on another. If you do it correctly, you will have the coins in the position shown in the lower illustration in four moves.

To do it, pick up D, pass it over E and F and place it on G. Pick up F, pass it over C and E and place it on B. Pick up A, pass it over F and B and place it on C. The last move is to pick up H, pass it over D and G, which are together and place it on E.

Another way is to place E on B, C on G, H on F and D on A.

(Clip this out and paste it, with other of the series, in a scrapbook.)

The Two Lovers.

"How do you know you love me?"
The modest maiden said.
The lover's eyes were big, round eyes,
And high he held his head.

"Because you're fair as angels are,
Because your eyes are dreams!
Because without you all the world
But tame and empty seems.
Because when I am far from you
Life seems but Death, always,
I cannot live without you, dear!"
She sent the man away.

"How do you know you love me?"
Again the maiden said.
The lover's eyes were sleepy eyes,
And down he cast his head.

"Because when e'er I knot my tie,
I always think of you.
I wonder if you'd like the red,
Or would prefer the blue.
Because when e'er I shave myself,
Your face comes in the glass,
And I am sure to cut myself."
He won the little lass!

—Gelett Burgess.

Keep Minard's Liniment in the house.

Oysters are nervous creatures, and it is said that a sudden shock such as a loud thunderclap will kill many hundreds of them.

Two-pronged forks were introduced into England in 1608. They were first made in Sheffield. Three-pronged forks came into use in 1750.

Relieved Rheumatism, Too, Says Contractor

Thousands of people everywhere have learned of Tanlac through the statements of others and have taken the treatment with such splendid results that they in turn deem it only fair to relate their experience for the benefit of suffering humanity. Such is the case with L. Desormeaux, well-known electrical contractor, living at 1066 Berri St., Montreal, who says:

"I couldn't do otherwise than publicly endorse Tanlac for I was lucky to find out about the medicine the same way myself. For nearly a year I suffered from indigestion, and also had rheumatism in my legs. About a month ago I was laid up in bed for two

weeks with this rheumatism and a bad case of grippe. I lost about eight pounds and felt miserable.

"Three bottles of the Tanlac treatment, besides greatly improving my rheumatism, has made my eating and digestion better than they ever were. I have regained my lost weight, and am feeling extremely well. Tanlac is great."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

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.

Where and from whom are children to receive education on sex matters? The question is an important one, for investigation has proven that ninety per cent. of children receive this information at a tender age from thoroughly improper sources. The child should be repeatedly impressed with the fact that the source of information on such matters should be the father or mother, not friends or companions. Sound training in chivalry and idealism, a proper reverent attitude towards sex and the great purposes of nature, thorough training for marriage and its responsibilities—these constitute a foundation upon which parents can build the future happiness of their children. Yet in spite of this, it has been proved that the great majority of children obtain their education on sex matters from companions, not often of the right type. What does this state of affairs lead to? It leads to a biased and improper viewpoint of the whole question of sex. It blinds the high purposes of nature; it develops cynicism, carelessness and sometimes is the starting point for careers of ill health and crime.

Red cheeks, sturdy limbs, clear vision, happiness alike in work and play; long and useful lives; these should be the lot of your children.

But for many thousands, the picture is and will be, sadly different. Blindness, deafness, insanity, locomotor ataxia, heart disease—these are only a few of the serious results of

the devastating plague of venereal diseases which overwhelm so many.

Surely the heritage of our children should be the right to be well-born—the right to a sound body and mind inherited from healthy parents who have married in full knowledge of the fact that they are free from all disease. And yet, eighty per cent. of blindness in the new-born is due to gonorrhoea; and syphilis is responsible for the birth of thousands of diseased children, four out of five of whom die in infancy.

Both of these diseases thrive on ignorance and cowardly silence. Ignorance can be dispelled if citizens and parents will only study the situation. Surely when they understand, parents and indeed all citizens, will do their part for the sake of the children of the land. No parent can sit back and say "This is none of my affair." Preventive social measures are important. Careful supervision of and attention to the needs of normal children will prevent much of the trouble. Normal recreation, good books and proper companions are all real preventive measures.

The cost of venereal diseases takes rank with the tremendous costs of war. Early death and widespread disability as a result, are matters of every day comment among those who have studied the question. The fact that we pay unnecessarily for hospitals, insane asylums, Homes for Incurables, jails, institutions for the blind and reformatories implies a wastage of public funds that should make every taxpayer think.

One Neighbor of Another.

Old Mistress—"So you are going to my friend over the way, Bridget? Did you tell her that you have been with me only two months?"

Bridget—"Yes, ma'am, and she said if I could stay with you two months that was a good enough reference for her."

Ask for Minard's and take no other.

Some people's idea of taking life easy seems to be making it hard for the rest of us.

Classified Advertisements

SILVER FOXES—NOTES FROM MY DIARY (Booklet). Nine years' experience ranching foxes. 25 cents. Dr. Randall, Truro, Nova Scotia.

WASHINGTON HAND PRESS.

WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take 8 pages of 1 column, long. Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

Harmless, purely vegetable, infants' and children's regulator, formula on every label. Guaranteed non-narcotic, non-alcoholic.

MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator

Children grow healthy and free from colic, diarrhoea, flatulency, constipation and other trouble if given it at teething time.

Safe, pleasant—always brings remarkable and gratifying results.

At All Druggists

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. Hermadis Chagnon, Ste. Theodosie, Que., writes:—"Baby's Own Tablets have been of great value to me in keeping my little one well and I would not be without them." Thousands of other mothers say the same thing. They have learned by actual experience the value of the Tablets in regulating the bowels and stomach; banishing constipation and indigestion; breaking up colds and simple fevers; and keeping the baby free from the many simple ailments of childhood. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



She—"It's hard to realize there are thousands and thousands of people in Europe of the lower classes only half clothed."

Rector—"Yes! And there are thousands and thousands in this country of the upper classes in the same condition."

MONEY ORDERS.

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

You have heard of the old lady who always had something good to say about everybody, and when someone was slandering the devil, she protested that at least he had something commendable, and that was his persistency.

Fill your pipe with

Ogden's CUT PLUG

"It Satisfies"

15¢ per packet
80¢ a 1/2 lb tin



If you roll your own ask for OGDEN'S FINE CUT (green label)

The bamboo holds the record among plants for quick growth. It has been known to grow 2 feet in twenty-four hours.

White Rhino's Handicap. African travelers tell us that the white rhinoceros frequently dies from eating poisonous plants which have no effect on the black one, probably because the fine scent of the latter tells him it is dangerous.

Failure is the only high road to success.

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.

CUTICURA HEALS LARGE PIMPLES

On Face, Itched and Burned. Caused Loss of Sleep.

"I was troubled awfully with pimples on my face. Little white spots formed at first which later broke out in large, red pimples that festered and scaled over. They itched and burned causing loss of sleep, and my face was disfigured.

"Other remedies were used without success. A friend recommended Cuticura Soap and Ointment so I purchased some, and after using them about a week I got relief. I continued using them and in a month was completely healed." (Signed) Miss Lillian Warner, Williamsburg, Ontario.

Daily use of Cuticura Soap, Ointment and Talcum helps to prevent skin troubles.

Sample Each Free by Mail. Address: "Lyman, Limited, 244 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25c and 50c. Talcum 25c. Cuticura Soap shaves without mug.

MURINE FOR YOUR EYES

Cleanses and Beautifies

Write MURINE CO., CHICAGO for Free Book on Eye Care

Attractive Proposition

For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

WARTS

Minards, applied frequently, dries up and removes Warts.

MINARD'S "KING OF PAIN" LINIMENT

WOMAN SUFFERED FOR MONTHS

Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not rest me at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it, but it was from my sister's advice that I took it. It did not take long until I felt stronger, headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."—Mrs. CHARLES BEELER, 501-14th St., Port Huron, Mich.

Another Nervous Woman Finds Relief
Port Huron, Michigan.—"I suffered for two years with pains in my side, and if I worked very much I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."—Mrs. CHARLES BEELER, 501-14th St., Port Huron, Mich.

Women who suffer from any feminine ailment should try Lydia E. Pinkham's Vegetable Compound.

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

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| 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 Monoacetic diester 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."