

# SPRING TIME IS TONIC TIME

The System Needs "Spring Cleaning," Just As The Home Does. TANLAC Has Been Called The World's Greatest Tonic By Over 100,000 Persons, Who Have Testified That Tanlac Has Helped Them Regain Their Strength and Health.

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Tanlac Has Benefited Thousands of Persons Suffering From Stomach Trouble, Indigestion, Rheumatism, Nervousness and Kindred Ailments — Tanlac Is For Sale By All Good Druggists — Accept No Substitute — Over 40 Million Bottles Sold.

## How Much Salt in the Sea?

At first it strikes one as strange that, although the sea must originally have been formed of distilled water—that is, congealed watery vapor—and though all the rivers that flow into it, estimated to amount in the aggregate to 6,500 cubic miles of water every year, are fed exclusively by rainfall, which is also distilled water, it should nevertheless be extremely brackish, very salt indeed in the Tropics, and less salt at the Poles.

Yet it is chiefly the rivers that account for the saltiness of the sea. It is estimated that they carry something like 100,000,000 tons of saline matter into the ocean every year, and, further, that the ocean holds in suspension no less than 140 billion tons of salt, a quantity sufficient, if extracted cover the dry surface of the earth to a depth of 400 feet.

It is believed that 90,000,000 years have been required for the sea to attain its present saltiness.

Wondrous indeed is the virtue of a good book.

# CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

# 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.

Eye fatigue is an important subject for discussion. A large percentage of the people of this province are unaware of the dangers to their eyesight that result from fatigue. We have only one pair of eyes—that is, those of us who are blessed with normal vision, and the eyes we have are the only ones we ever will have. It is most important therefore that we try to preserve our sight as much as possible and not subject it to any unnecessary strain. For a long time it was thought that strain on the eyes only applied to students. Scarcely anybody suffered from eye headaches except the bookworms. Now we find that many other classes of people are affected with eye strain. Take the farmer plowing his furrow, who looks steadily at the ground hour after hour trying to keep in a straight line and trying not to "bite off" too much or too little earth at each roll of the sod. To do this he keeps his eye muscles in the same state of contraction all day long. When evening comes he often has some little bit of ground to finish and keeps on in the fading light, thereby increasing the strain to which he has been subjected all day. His muscles get tired, his nerves get tired, his brain gets tired and then when he goes home he often subjects his eyes to further strain by doing chores about the house or barn or reading the paper in imperfect light.

There is nothing that sooner reflects on the general health of the individual than eye strain, for it has a very strong influence on the general nervous mechanism of the body and continuous eye strain may lead in time to general nervous breakdown.

The eye is a most intricate piece of

apparatus and very delicate in its construction. No machine made by man is so perfect in construction or so elaborate in design. To serve the eye, no less than twelve muscles are provided. Of the twelve important nerves that come off directly from the brain, one-third, or four, are for the service of the eye.

Shortly after the start of life we are endowed with good eyes and if care is taken we preserve them. But there are many pitfalls by the way, and from one cause or another the eyesight becomes not so good as it should be. There is the question of strabismus or squint to be thought of. This often develops in early life due to weakness of certain of the eye muscles which from one cause or another fail to develop as they should and thus the more powerful and more developed muscles rotate the eye out of its proper place and the condition commonly known as squint results. There is a remarkable lack of knowledge about the seriousness of squint. Many people have the opinion that squint in children will right itself if left alone. There are thousands of one-eyed people in this province today just because their parents thought they would allow the squint to right itself. Intelligent and proper medical treatment of the eyes in squint is the only way by which one can hope for good results. Never leave a case of squint to right itself. Go to an oculist at once, and especially in the case of young children this condition of squint should be rectified if possible before the child is five years old. If allowed to go longer, the sight of the "turned" eye will most likely be damaged for life. An ounce of prevention in this case is worth a pound of cure.

## SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### At the Crossroads.

A recruit wearing fourteen in boots was enlisted in the Irish Free State army. One night he was included in a rounding-up party, and when the roll was called afterward he was absent. "Has anyone seen Jewell?" asked the sergeant.

"Sir," said a voice, "he's gone up to the cross-roads to turn round!"

### Value of Insurance.

Mike and Pat are sleeping and are awakened by fire gongs. Pat shouts to Mike, "Mike, ran for your life, the house is on fire and the roof is falling in!" Mike replies, "I'll not move an inch. I'll stay right where I am. Sure 'tis meself that's insured against accidents!"

### Chiropractically Speaking.

Two colored gentlemen were arguing. "You ain't got no sense," said one. "No sense? Den what's dis head of mine for?" "Head? Dat's no head, niggah. Dat's jes' a button on top of yo' body to keep yo' back-bone from unravel lin'."

Ask for Minard's and take no other.

## EASY TRICKS With Three Dice



Many of the best tricks are performed by utilizing facts about which few people are informed. An effective little trick with dice owes its mystery to the fact that very few persons, even those who are familiar with dice, really know how the spots are arranged.

Ask a person to throw three dice while you stand with your back to the table. Ask him to add the number of spots thrown—the total of the spots on the upper faces of the three dice. Then ask him to turn each die upside down and add to the total of the spots on the top of the dice, the total of the spots which are underneath.

Ask him to concentrate on the number. After an appearance of concentration on yourself, tell him that the total is 21. You will be right.

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

## How the English Make Toffee.

Mix four cups of brown sugar and half a cup of corn syrup with half a cup of water, and put on the fire, stirring carefully until all the sugar is dissolved. Let this come to a boil and then take off the fire and add four tablespoons of butter. Put the mixture back on the stove once more and boil until the butter has penetrated throughout the candy. Pour onto a greased enameled ware tray of any kind and, as the candy cools, mark it into squares. When it has hardened break these apart and wrap each piece separately in wax paper. Incidentally, you will find that the labor of "cleaning up" is a great deal less if you have used an enameled ware saucepan for the cooking, since even the stickiest mixtures do not adhere long to its porcelain-like surface.

If there is one thing that some of us can thank Almighty God for during our pilgrimage through life, it is the faithful love and devotion of our dog and horse friends.—R. W. S. Bishop.

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

The French Government recently gave Pierre Lafargue, a peasant farmer, a medal because his family had continuously farmed the same piece of land for 1,151 years.

Keep Minard's Liniment in the house.

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### The Call.

Come with me where the soft winds blow,  
Come out where the wild flowers grow  
Among the yellow daffodils,  
Come where the fairies play at dusk o' day,  
When the golden sun is slipping away  
Down beyond the hills.

Come with me ere the day grows late,  
Come when the thrush is calling his mate  
In the morning hours.  
Oh, come with me to the meadows wide and free,  
And thy heart shall sing the bird's sweet melody.  
Among the flowers.

The flower of a common milkweed catches and holds a cluster fly that has come in search of honey.



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which contains proven directions 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 Monoaceticacidester of Salicylicacid

## BACKACHE!

Minard's eases the stiffness, relieves the pain. Keep a bottle handy.



## Nervous People

That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Bipro-Phosphate is taken for a short time. Price \$1 per pkg at your druggist. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

### A Recoil.

A woman had invited a few friends to play bridge. "I wish they were not coming," she said to her maid; "but when people ask you out, you must have them back." "Of course, ma'am," came the reply. "One must retaliate!"

### Classified Advertisements

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## WEAK, RUN DOWN AND AILING

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed

Port Mann, B. C.—"I took Lydia E. Pinkham's Vegetable Compound because

I was tired and run-down. I had headaches and no appetite and was troubled for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I was living in Washington I was recommended by a stranger to take Lydia E. Pinkham's Vegetable Compound. I am stronger and feel fine since then and am able to do my housework. I am willing for you to use these facts as a testimonial."—Mrs. J. C. GREAVES, Port Mann, B. C.

Feels New Life and Strength

Keene, N. H.—"I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pinkham's Vegetable Compound and I also used Lydia E. Pinkham's Sanative Wash. I am able to do my work and feel new life and strength from the Vegetable Compound. I am doing all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N. H. Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound.

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