

MRS. KNOX SUFFERED FOR OVER THREE YEARS

St. John Lady Was Nervous and Had Severe Indigestion That Caused Intense Pain.

"It has been nearly two years since I took Tanlac, but I am more grateful to the medicine than ever for I have felt just fine to this very day," recently declared Mrs. Lena Knox, 51 Hilliard Street, St. John, N.B.

"For three years, indigestion and nervousness caused me such agony it beggars description. I was actually afraid to eat; at night I would lie awake nervous and sleepless for hours and finally became so weak and thin I was almost a shadow.

"But Tanlac gave me a splendid appetite, calm nerves and a digestion that is simply perfect. I sleep the whole night through and have gained such weight, strength and energy that I always feel at my best."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.



MRS. LENA KNOX

Tanlac Vegetable Pills For Constipation. Made and Recommended by the Manufacturers of Tanlac.

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.

Monks in England enjoy a remarkable immunity from cancer, tuberculosis and influenza, according to recent investigations made by the Ministry of Health. It is because they eat no meat in the monasteries, but consume a great deal of fresh vegetables and fruit?

Dr. S. Monkton Copeman, of the British Ministry of Health, has been making an investigation at the Carthusian Monastery at Cowfold, near Horsham, Sussex. He states that so far as he has been able to ascertain, the monks there appeared to be extraordinarily healthy. He pointed out that no meat was eaten in the monastery, but the monks eat a great deal of fruit and vegetables. Green salads are among the most important items of their diet. Like the monks on the continent they also make large dietary use of dandelion and chicory.

"There is no doubt," said Dr. Copeman, "that middle-aged people should eat plenty of fruit and vegetables like the monks. Most of the monks at Cowfold are middle-aged, but there are some old ones. I saw one who is nearly a hundred years old employed

on carting stones." Dr. Copeman added that convents are not so free from disease and that there is a good deal of consumption in convents, especially in the very poor ones. The procurator of the monastery states that the ministry has begun a detailed study of the dietary habits of the monks with a view to applying their fruitarian principles to the treatment of cancer. The opinion is steadily gaining ground among medical authorities that the kind of food we eat has a great influence on our health and our freedom from or susceptibility to disease.

Dr. Adam Wright, Chairman of the Provincial Board of Health, Ontario, has given this matter of diet as a preventive of cancer much thought. He holds the opinion and it is gaining ground, that the prevention of intestinal stasis is an important factor in the prevention of stomach and intestinal cancers.

As cancer seems to be increasing in this country, according to statistics, it is readily seen that the question of diet in fighting this dreadful malady is extremely important.

Canada Needs Her Forests.

Lumber and pulpwood have for years been looked upon as the chief products of our forests, with the result that little attention has been given to the smaller and not very essential products. Canada's forested areas are represented in so many articles of use that it would be useless to try to enumerate them, but a few outstanding ones may be mentioned, says the Natural Resources Intelligence Service of the Department of the Interior at Ottawa.

British Columbia estimates that this year 6,000,000 fruit boxes will be required to provide for the province's apple crop.

Nova Scotia uses over 1,500,000 barrels each year to ship apples, the barrels averaging about 15 staves each. One Nova Scotia plant last year had a contract for 10,000,000 staves.

It requires 12,000,000 new ties each year to supply the Canadian railways for upkeep alone.

Telephone and telegraph companies use one million poles each year.

The coal mines of Nova Scotia use one million trees, or 26,000,000 lineal feet of timber, each year for mine props.

There were over 13,000,000 boxes and packing cases made in 1920, also nearly 3,000,000 cheese and butter boxes.

The forests, after supplying all this material, will continue to do so from normal growth, provided they are protected from fire. Forest fires are destroying more timber annually than is used for commercial purposes. Save the forest and save the wood-using industries.

Smoke OLD CHUM

The Tobacco of Quality



Sealed Package 15¢ (which keeps the tobacco in its original condition)

also in 1/2 lb. tins

Manufactured by Imperial Tobacco Company of Canada Limited

TOO WEAK TO WALK

The Sad Condition of a Brandon Lady—How Relief Came.

"I owe my present good health to Dr. Williams' Pink Pills," says Mrs. Annie Treherne, Brandon, Man., who tells of her new found health as follows:—"Some years ago I had an attack of pneumonia and it left me in a terribly weakened and run-down state. I was unable to walk for a long time as I had practically lost the use of my legs, and had to be carried upstairs, for I had not the strength to go myself. I became despondent over my condition for I had tried many remedies, which failed to help me. While in this wretched condition a lady friend urged me to give Dr. Williams' Pink Pills a trial and I procured a supply. After taking the pills for a while I could see that I was growing stronger, and I gladly continued their use until I had fully regained my old-time health and strength. Now if I feel at all run down at any time I at once take Dr. Williams' Pink Pills, and they never fail me. I can therefore warmly recommend them to others who may be run down."

There is no better tonic than Dr. Williams' Pink Pills to improve the blood and bring back strength after acute diseases such as fevers, pneumonia, influenza, etc. Given a fair trial they will not disappoint you. You can get the pills from your druggist, or they will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

Vita Nuova.

Now is the time once more, Dear and desired of old, Spring at the sill at the door, Slender and young and cold. Scarcely the heart can hold The joy long waited for, Now the magical word is told, And the young Spring's at the door.

When all the folk are asleep, Save only the feathered folk, She goes by the hills of sheep, By the lambs and the grazing flock, Flowers in the fold of her cloak, And the grey dawn at the peep, The trumpeter Daffodil woke The thrush and blackbird asleep.

Now in the East and the dark The heart trembles and sings, Sings with the linnets and lark New songs of immortal things. It wakes, it quivers, it springs, O heart, that was Winter-stark It rises it beats it has wings When the Spring calls in the dark. —Katharine Tynan.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Saving Her Memory.

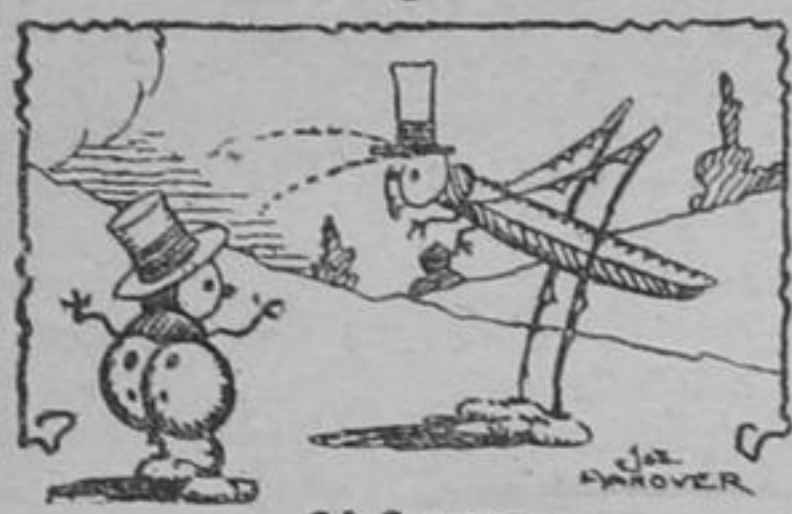
"How is it that you have such a good memory, Norah?" her mistress inquired.

"Well, mum, I'll tell ye. Since me childhood never a lie have I told, and when ye don't have to be taxin' yer memory to be rememberin' what ye told this one or that, or how ye explained this or that, shure ye don't overwork it an' it lasts ye, good as new, till ye die."

Minard's Liniment for Distemper.

BABY'S OWN TABLETS ALWAYS KEPT ON HAND

Mrs. David Gagne, St. Godfroy, Que., writes:—"I have used Baby's Own Tablets for my three little ones and have found them such an excellent medicine that I always keep them on hand and would strongly advise all other mothers to do the same thing." The Tablets are a mild but thorough laxative which quickly relieve constipation and indigestion, break up colds and simple fevers and promote that healthful refreshing sleep which makes the baby thrive. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Of Course.

Bug—"Hear you're going to give a dance."
Hopper—"Well, yes, a hop!"
Minard's Liniment for Sprains.

Opinions have never produced a thing; facts have been the basis of the world's progress since the beginning.

Light and wireless waves travel at a rate of 186,000 miles a second.

No Monkey Business

Treat your fowls with Die-Lice. One application guaranteed to keep your fowls free from lice for six months.



SEND NO MONEY—

Just drop us a card; we will mail you Die-Lice sufficient to treat 200 fowls. When it arrives pay postman \$1 and postage. Money back if it fails. Secret: how to tell sex of an egg before incubation, and wonderful new secret how to rid your place of rats, mice and soppers without the use of traps or poisons—sent free with each box. Agents wanted.

THE DIE-LICE CO., Warton, Ont.

Rediscovered Port on Persian Gulf.

The site of Jerra, the mysterious port on the Persian Gulf mentioned 2,000 years ago by Ptolemy, geographer, and since lost sight of, has been rediscovered in ruins by Captain R. E. Cheeseman, former private secretary to Sir Percy Cox, British High Commissioner at Bagdad, who has just returned to civilization after a trip into unknown Arabia.

He reached the oasis of Jabrin in the Great South Desert, the first European to penetrate there, and found it inhabited by a tribe living in Stone Age conditions. Captain Cheeseman's exploits were made possible by the relations of the British with Ibn Saud, Sultan of Nejd, whose guest he was.

GREEN TEA IN GREAT DEMAND.

Twenty-five years ago, Green Tea was more popular than Black, but due to the heavy importation of poor quality Japan and China Green Teas, the demand fell off. Ceylon and India started producing Green Tea on a large scale only in recent years. They were of such fine quality and delicious flavor that Green Tea drinkers immediately recognized their superiority and demanded them in ever increasing quantities. Salada Tea Company is practically the sole importer of Ceylon and India Green Teas in Canada.

Her Mistake.

A philanthropic woman was visiting a lunatic asylum. There was one old man there who roused her special compassion.

"Hoy long have you been here, my poor man?" she asked.

"Twelve years."
After several more questions she passed on, and her guide informed her that the old man was the medical superintendent.

"I'm so sorry, doctor," she cried, hurrying back. "I'll never judge by appearances again."

Bacteria of Benefit.

Bacteria are the world's best manufacturers of fertilizers.

The rays of the sun take eight and a half minutes to reach the earth.

MURINE
Keeps EYES
Clear, Bright and Beautiful
Write Murine Co., Chicago, for Eye Care Book

DON'T DO THIS

CATARRHAL DEAFNESS
Many have had surprising relief from Catarrhal Deafness, Head Noises, Ringing in the Ears and Head Colds by using
Leonard Ear Oil
A soothing, penetrating oil that is very effective. Just rub it back of the ears and insert in nostrils. For sale everywhere \$1.25. Interesting descriptive folder sent upon request. A.O. LEONARD, Inc., 70 5th Ave., N.Y.

PAIN
Minard's, the great counter-irritant, penetrates to the root of the pain and gives quick relief.

MINARD'S "KING OF PAIN" LINIMENT

The wrist watch is usually considered a modern development of the watch and clock industry, but Queen Elizabeth wore the first one about the same time she introduced silk stockings.

Classified Advertisements

WANTED—CAR OWNERS TO send for our Big Free Catalogue showing 101 bargains in Auto Supplies. It will save you money. Send for it to-day. Canadian Auto Shops, Box 154, Niagara Falls, Ontario.

ITCHY RASH IN SPOTS ON HANDS

Could Not Put Hands In Water, Cuticura Heals.

"A red rash broke out in spots on my hands. I did not pay much attention to it at first, but later the eruptions grew larger and caused so much itching and burning that I could not put my hands in water. The irritation caused me to scratch the affected parts.

"As soon as I began to use Cuticura Soap and Ointment the trouble began to get better. I continued the treatment and now I am completely healed." (Signed) Mrs. H. W. Day, Hillside Farm, Wesley, Me., Aug. 31, 1923.

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 Canadian Depot: "Cuticura, P. O. Box 3616, Montreal." Price, Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shaving Stick.

HELP FOR YOUNG WOMEN

Mrs. Holmberg Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Viking, Alta.—"From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."

—ODELIA HOLMBERG, Box 93, Viking, Alta.

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn more about it.