

THE CAUSE OF SICKNESS

Almost Always Due to Weak and Impoverished Blood.

Apart from accident or illness due to infection, almost all ill-health arises from one or two reasons. The mistake that people make is in not realizing that both of these have the same cause at the root, namely poor blood. Either bloodlessness or some other trouble of the nerves will be found to be the reason for almost every ailment. If you are pale, suffering from headaches, or breathlessness, with palpitation of the heart, poor appetite and weak digestion, the cause is almost always poor blood. If you have nervous headaches, neuralgia, sciatica and other nerve pains, the cause is exhausted nerves. But run down nerves are also a result of poor blood, so that the two chief causes of illness are one and the same.

If your health is poor; if you are pale, nervous or dyspeptic, you should give Dr. Williams' Pink Pills a fair trial. These pills act directly on the blood, and by enriching it give new strength to worn out nerves. Men and women alike greatly benefit through the use of this medicine. If you are weak or ailing, give Dr. Williams' Pink Pills a fair trial and you will be pleased with the beneficial results that will speedily follow.

If your dealer does not keep these pills you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"Twas a Famous Victory."

"It is a great day for England," said William IV, as he lay on his death-bed on June 18th, 1837, and listened to the guns firing for the anniversary of the Battle of Waterloo.

The Battle of Waterloo was fought by eighty thousand French and two hundred and fifty guns, against sixty-seven thousand English, Hanoverians, and Belgians, assisted by a large number of Prussians, who came in at the last moment.

The British casualties on the field were fourteen hundred men killed and nearly five thousand wounded. Four thousand of the allied forces were killed, and the total number of their wounded was twenty-two thousand.

At the time it was considered a very dear victory; but it is, perhaps, one of the most famous and important of all time. It has gone down into the glorious history of our country, carrying with it an ever-living memory of our great countryman—Wellington.

The highest peak in New Zealand is 12,350 feet high.

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.

Practically everybody knows what goitre is. A day seldom passes without one noticing a person on the street or car with a swelling on the neck. This is particularly noticeable in young girls and older ones too, who go about with their throats exposed.

What is the nature and cause of goitre? Marine and Kimball, two noted men who have given this subject much consideration, have this to say of it: "Simple goitre has been demonstrated to be a deficiency disease of the thyroid gland, due, almost entirely to a lack of normal iodine supply in the food and drink of man." The disease is not confined to the human race, horses, cattle, sheep, dogs, cats, rabbits and fish also being affected.

Goitre is of world-wide distribution, but most common in inland countries, especially on high plateaus and in mountainous regions. It is very prevalent in Canada, being found in Ontario, Quebec, New Brunswick, Alberta, Saskatchewan and certain sections of British Columbia. Goitre seems to be fairly common in New Ontario and also in the north-eastern part of old Ontario where the surface drainage contains very little iodine. It is also prevalent about the Great Lakes.

Rough surveys of the province appear to show that in general there is a considerable amount of goitre in the northern sections, the percentage among school children being from ten to twenty-five per cent. Examinations of the iodine content of various water supplies in the province are at present being made, and these, no doubt, will shed further light on this subject. The freedom of maritime countries from goitre is due to the presence of sufficient iodine in the food and drink for all requirements of the thyroid gland. The sea is the great reservoir of iodine; iodine is present in the seawater and sea-food (animal or vegetable).

It is also present in the air, due to the sea spray. Salt obtained from sea-water and not highly purified contains sufficient iodine for the proper functioning of the thyroid gland. Unfortunately, however, at the present time, salt is not prepared from sea-water, but from inland salt deposits which are often deficient in iodine or have the iodine removed by the process of manufacture. Plants growing on soils which contain iodine will take it up and pass it on to the animal consumer, but if the soil is deficient in iodine they are not able to furnish a source of supply to the animal, and goitre results.

Statistics show that the disease is generally more prevalent in women than in men in the proportion of three or four to one.

The best way to overcome this disease is by the administration of iodine, and the most effective way of giving iodine is internally. One can administer iodine by inhalation or by external application, but both these methods are more or less unsatisfactory?

Iodine can be given in the drinking-water or by the use of iodized table salt but the most effective way is to give it in the form of sodium iodide or in an organic form of iodine done up in a chocolate tablet. The disagreeable taste of the sodium iodide makes it an ineffective preparation in that children simply won't take it for any length of time, and if taken in this form it should be once a week in three-grain tablets during the entire school year. It can't be done. The children refuse to take it.

To overcome this objection, a chocolate-coated tablet containing five to ten milligrams of iodine (one tablet each week) has been prepared. This is the best method yet devised. During the period that the iodine is being administered the patient should be under medical supervision.

Stocking Lakes in Jasper Park.

To facilitate the stocking of the lakes in Jasper National Park, a number of troughs were recently set up in the basement of the Administration Building at Jasper, Alberta. They are at present carrying Loch Leven trout eggs, and further shipments of other varieties will be furnished by the Department of Marine and Fisheries from time to time and the resultant fry distributed in the waters of the park.

CHOLERA INFANTUM

Cholera Infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded summer complaints. Concerning them Mrs. Fred Rose, South Bay, Ont., says: "I feel Baby's Own Tablets saved the life of our baby when she had cholera infantum and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Making Drums Talk.

Experiments are now being made with the object of adapting the Ashanti drum-language to the conveyance of messages in English, especially for the use of Boy Scouts.

Ashanti is a tone language. The drummers have two drums—a "male" and a "female"—set in different tones, and on them they can reproduce, not only the number of syllables in a word, but the arbitrary toe-quality assigned to each when spoken. The result is a kind of musical speech. The drums are "talking."

But the same system could obviously not be applied to English, so an attempt is being made to work out an adaptation of the drum-talk to the Morse code. After trying various plans, the most promising method has been found to be the use (ignoring the tones) of spacing only, each dot or dash being represented by two beats.

The drums carry a mile or more, and in very favorable circumstances they can be heard as far as three miles. Messages can be sent hundreds of miles in a remarkably short time.

The safe way to send money by mail is by Dominion Express Money Order.

"Gen." for Short.

A man travelling in the United States, meeting a little Negro boy, inquired his name.

"Gen,' sah," was the reply.

"Jen?' That's a girl's name, isn't it?"

"Ah spells it wif a G, not a J, sah."

"Oh, possibly an abbreviation of 'General,'" said the tourist.

"No, sah; 'tain't zackly dat," was the reply.

"Mah sho-nough name am 'Genesis xxx, 33. So shall my righteousness answer for me in time to come' Washington Carter, but dey jest calls me 'Gen' for short."

When you are right you can afford to keep your temper. When you are wrong you can't afford to lose it.

Minard's Liniment Relieves Pain.

RED ROSE TEA

"is good tea"
Fine, brisk flavor! Best of all in the ORANGE PEKOE QUALITY

EASY TRICKS The Coin Bag



Most tricksters know one or more methods of causing a coin to vanish by sleight of hand or other trickery. Here is an easy method of completing the trick by a mysterious reappearance of the coin. Unfortunately, it is not the same coin but the spectators need not know that.

A bag of flannel or other rough cloth is produced and half a dozen coins are shaken out of it. The bag is held upside down and shaken, so it is obviously empty after the coins have been taken out. One of the coins is taken by the spectators and the remaining five counted by a spectator and put into a bag. To prevent trickery the spectator ties the mouth of the bag with cord and puts it in his pocket. The trickster causes the remaining coin to vanish by any means he desires and is able to use. The bag is opened and the coin is found to have joined the others. The bag may be examined without fear of disclosing the secret.

A duplicate coin is used and this is in the bag all of the time. This coin is put in the corner of the bag and pocketed by a few stitches of thread. One end of this thread is knotted with a rather large knot. The bag may be held upside down and shaken without fear that the coin will fall. The trickster, holding the bag—first showing his hands to be empty—gets hold of the knot while the bag is being tied and pulls out the stitches. In this way the duplicate coin joins the other.

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

Compulsory Home Training.

At Auckland, New Zealand, when giving evidence at the inquiry into social problems, Mr. Pownton, a magistrate, suggested conscription for girls for thorough domestic training as likely tremendously to benefit the home life of New Zealand.

Genuine

ASPIRIN

Say "Bayer"—Insist!

For Pain Headache
Neuralgia Rheumatism
Lumbago Colds

Safe Accept only a Bayer package

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 Monocasticidester of Salicylicacid

Feet Sore?

Rub well with Minard's. It relieves inflammation, soothes and heals.

MINARD'S "KING OF PAIN" LINIMENT

In the Dog Days.

July is usually considered to be the warmest month of the year all over the Northern Hemisphere, and its heat led to an old Roman superstition, which has left its mark on our own speech.

Warm weather is not always too healthy, and July in Rome was frequently a month of epidemics and high mortality. The Romans connected this with the rising and setting of the star Canicula—the Little Dog—in coincidence with the sun, and talked of the period of July 3rd to August 11th as the Dog Days.

The Little Dog no longer rises with the sun during this period, but the name of the Dog Days and something of their sinister reputation still persist. Even in modern Britain, magistrates have been known to order dogs in towns to be muzzled about the beginning of July.

Minard's Liniment for Rheumatism.

Difference Dampness Makes.

The common 110-volt electric current is harmless to a person on a dry floor, but may mean instant death to one who touches an electric light as he stands in a bath-tub.

MURINE

Keeps EYES

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

TROUBLED WITH ITCHY PIMPLES

Scattered Over Face.
Cuticura Healed.

"My face was full of blackheads which later became little pimples. They were scattered over my face and itched and burned, and when I scratched them they became worse and left scars. I was troubled with them for about three or four months

when I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. It helped me so I purchased more, and now I am completely healed." (Signed) Miss Esther L. Ball, Manitou Beach, Michigan.

Use Cuticura for all toilet purposes.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 1814, Montreal. Price, Soap 25c, Ointment 25c and 50c, Talcum 25c.

Try our new Shaving Stick.

MOTHER OF LARGE FAMILY

Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hemford, N. S.—"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Pinkham's Vegetable Compound, for I think it is the best medicine ever sold. You may advertise my letter."—Mrs. GEORGE I. CROUSE, Hemford, N. S.

My First Child

Glen Allen, Alabama.—"I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet. A neighbor recommended the Vegetable Compound to me after I had taken doctor's medicines without much benefit. It has relieved my pains and gives me strength. I recommend it and give you permission to use my testimonial letter."—Mrs. IDA RYE, Glen Allen, Alabama.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobeurg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

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Serve Mustard with all meats

Mustard neutralizes the richness of fat foods and makes them easier to digest. Mustard enables you to enjoy and assimilate food which otherwise would burden the digestive organs.

but it must be Keen's

Why Busy Women Want SMP Enameled WARE

Busy women want SMP Enameled Ware because it will bring food to the boil almost twice as fast as all-metal utensils, and completes the cooking sooner. A woman can wash SMP Enameled Ware utensils faster than utensils that have to be scrubbed and scoured.

Three finishes: Pearl Ware, two coats of pearly-grey enamel inside and out. Diamond Ware, three coats, light blue and white outside, white lining. Crystal Ware, three coats, pure white inside and out, with Royal Blue edging.

THE SHEET METAL PRODUCTS CO. OF CANADA LIMITED
MONTREAL TORONTO EDMONTON VANCOUVER WINNIPEG CALGARY

