

PEOPLE "ALL NERVES"

What to Do if You Find Yourself in This Condition.

The sort of thing that specialists speak of as nervous debility is the run-down condition caused by overwork, household care or worries. The sufferers find themselves tired, morose, low-spirited and unable to keep their minds on anything. Any sudden noise startles and sets the heart palpitating violently. They are full of groundless fears, and do not sleep well at night. The hands tremble and the legs feel as if they would give way, following a walk or any exertion. The whole condition of such people may be described as pitiable.

Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of new rich blood. Therefore the treatment for nervousness and run-down health is Dr. Williams' Pink Pills, which promptly build up and enrich the blood. The revived appetite, the strong nerves, improved spirits and new strength which comes after a course of these pills will delight every sufferer.

You can get these pills from any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Wills With Strings.

In a will recently probated in England the testator, who was a teetotaler, left his house to a relative on condition that not only should no spirituous liquor be drunk by the legatee, but that none should ever be consumed in the house.

This will recalls that of the late Mr. Richard Cory, who left over half a million, and provided in his will that no person should benefit under it unless he or she remained a total abstainer. He also directed that no person should have any of his money who adopted the Roman Catholic faith.

Novelists are fond of a plot in which a will lays down that the inheritor must marry within a certain period. Such wills are rare in real life; but a Mr. Nelson Roe, an Irishman, on his death, left his brother three farms and \$30,000 on condition that he married within six months. The brother lost no time in fulfilling the necessary condition.

The late Sir J. Blundell Maple left a great fortune to his daughter on condition that she spent at least 240 days out of each year in England. An appeal against the condition went against the lady.

Conditions made by testators are not, however, always good in law. A man left his sister \$20,000 on condition that she never married, but a year or so later, when she went to the Courts about the matter, the judge granted her relief.

In another case a man left a large fortune to a nephew, with the stipulation that his—the uncle's—body was



The above photograph shows the presentation of colors to the Mohawk Company of the Brantford Girl Guides, the only company of Indian guides in Canada.

to be handed over to a hospital. Otherwise the money was to go to the hospital.

It appears that, in English law, a subject cannot legally bequeath his or her body for scientific purposes, so in this case the nephew was not obliged to carry out the unpleasant condition.

An American left \$300,000 to his wife, with the stipulation that she should forfeit every penny of she appeared in any public place unveiled, or even smiled at a man. These ridiculous conditions were held to be tyrannous, and the widow was set free from them by the Courts.

So, too, in the case of the London stockbroker, who left his son a huge fortune on condition that he never visited or saw his mother.

But not everyone is so fortunate. Some apparently strange wills have been held good in law.

The oddest will of recent years was that of the Indian merchant, Mr. Charles Wallace, who left \$1,250,000 to his son, but only on condition that he obtained a baronetcy. The son attempted to obtain relief, but the Court decided against him.



Outward Bound.

"The Jersey coast is slipping seaward, they say."

"Sneaking out to the twelve-mile limit, I'll bet."

A deaf and dumb person who is fairly expert at the finger language can speak about forty-three words a minute.

Minard's Liniment for Rheumatism.

BABY'S GREAT DANGER DURING HOT WEATHER

More little ones die during the hot weather than at any other time of the year. Diarrhoea, dysentery, cholera infantum and stomach troubles came without warning, and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in the house where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles, or if the trouble comes suddenly the prompt use of the Tablets will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Dinner Jacket in the Jungle.

Discussing the influences that make the character of a man, Mr. Raymond Blathway in the Tapestry of Life gives credit to the English public schools or inculcating in the youth of the land the spirit that build the British Empire. Such slogans as "Go it, Eton!" "Well done, Rugby!"—which once gave the thrill of a great determination never to quit whatever the odds—have, he believes, carried the English into far places. As a good example of that dogged spirit he tells this story:

I was once traveling through a vast forest in India when I came upon a lonely bungalow far from the haunts of men. A young Englishman came forward to meet me and insisted on my stopping over as his guest for a day or two. I gladly accepted, for the heat was terrific, and a great storm was coming up over the mountains. But despite the fact that the thermometer marked one hundred and twelve degrees in the shade and that my host was trembling with fever and ague he insisted on putting on a stiff white shirt and a dinner jacket! No one who has not experienced it has any conception what the discomfort of such a costume means in the plains of India in the height of the hot season. I commented on it with a good deal of astonishment.

"Well," he replied, "I daresay it does strike you as rather odd. I haven't seen a white woman for two years, and I am always alone here, but I feel it keeps me in touch with the old country, and it helps to keep me decent and from becoming a slacker."

As I looked at the poor young fellow—he was only twenty-five years old—and gazed sadly upon his thin, white face and noticed how now and again the dreadful fever and ague took hold of him and shook him until his teeth rattled I could not but reflect upon the magnificent dominance of that undying sixth-form spirit: "Play up, play up, and play the game!"

Cane Juice Heavy.

The sugar cane juice, constituting about 80 per cent. of the weight of the cane, says "Nature Magazine," is clarified by the addition of lime.

Minard's Liniment Relieves Pain.

June brides may be interested in the account of a recent wedding in a small town in Roumania. Ten thousand people appeared as guests and brought presents that filled three large rooms. The ceremonies lasted a week, and the guests consumed thirty-two oxen, two hundred and ten sheep, one hundred and sixty calves, twenty-one hundred geese and three thousand chickens. The bride was the daughter of a famous rabbi.

Avoid loss when sending money by mail. Use Dominion Express Money Orders—the safe, convenient, inexpensive way.

It isn't your position, but your disposition, that makes you happy or unhappy.—Exchange.

RED ROSE

For **COFFEE** particular people—
Pure! No chicory or any adulterant in this choice coffee

EASY TRICKS Rose In The Button Hole



This is a good stunt with which to begin a series of parlor tricks. The trickster pretends to pick a magic seed out of the air and puts it on his coat lapel where a buttonhole flower would be worn. The spectators can see that his hands are empty. He counts, "One, Two, Three!" and a real rose appears, as if by magic, in the buttonhole.

A length of elastic is the confederate in the trick. One end of this is fastened to the inside of the coat under the armpit. The exact position will have to be determined by experiments. This is lead right through the cloth and through the buttonhole and a rose is fastened to the end. When the performer enters the parlor, the elastic is stretched and the rose hidden and held by the pressure of the upper arm against the body. To cause the rose to appear in the buttonhole, it is necessary only to relax the pressure of the arm against the body. Magicians usually arrange for the rose to be easily detached from the elastic, thus permitting an examination of the flower and the automatic vanishing of the means by which the trick was done.

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

I would make every girl salute the cradle.—The Bishop of Exeter.

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INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

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More Phosphate if you want your complexion to clear, eyes to brighten, and skin to become soft and smooth. Thin, nerve-exhausted people grow strong on Bitro-Phosphate and druggists guarantee it. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Save Your Hair!

Rub the scalp with Minard's. It removes dandruff and stops the hair from falling out.



FLORIDA OFFERS GREAT opportunities for safe investments with profitable returns. Highly interesting particulars sent free. We also wish to communicate with reputable persons to represent us in their locality. Write now. Box 56, Stuart, Florida.

Seek Grave of Hun King.

The unearthing of Tutenkhamen's tomb has started a general king-hunt among archaeologists, and no peacefully resting bones are secure.

Hungarian and Austrian scientists, led by Dr. Ferdinand Attich, have reopened the search for the original grave of the Hun King, Attila, digging in the neighborhood of Scontos, near the River Theiss, in the big Hungarian plainland.

Previous excavations in the territory uncovered valuable archaeological material dating from Attila's reign, though the grave of the king, who called himself the "Scourge of God," remains unfound. It is believed his grave, if discovered, would contain few valuables, because Attila, though he received at his court the jewels and gold of plunderers, lived himself in the utmost simplicity.

Of the population of Great Britain 80 per cent. live in town areas.

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Powder With Cuticura Talcum After Bathing

After a bath with Cuticura Soap and warm water Cuticura Talcum dusted over the skin is soothing, cooling and refreshing. If the skin is rough or irritated, anoint with Cuticura Ointment to soothe and heal.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2418, Montreal." Price, Soap 25c. Ointment 25c and 50c. Talcum 50c. Try our new Shaving Stick.

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.

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.

The strength of a chain is measured by its weakest link. It matters not how ponderous and massive some of the links may be, the chain has little strength and will not stand the strain if even one of its links are defective. This is true whatever phase of life one considers. Take a baseball game for instance. What greater drawback could be imagined than to have one weak man on the team? All the others are playing faultless ball and nothing seems to be in the way of victory. But the poor player drops the ball at a crucial moment when a catch should have been certain and the opponents score a home run, evening up the score or winning the game. It was the weak player that did the trick. In any line of organized sport such as rowing, every man must do his bit and do it well. There must be no weak spots anywhere. And so it is when we think of the public health and the efforts that are being put forward to keep the people well and strong, to prevent the spread of communicable disease, to save the lives of mothers and infants, to protect workers in industry and to provide clean food, safe milk and pure water for drinking purposes. The disposal of refuse, the provision of adequate sewage facilities, the matter of personal hygiene, good health habits, proper methods of living, eating, the right kind of food, and not overeating, keeping the bowels active, taking outdoor exercise, bathing frequently, cultivating a kindly and optimistic spirit towards those with whom we come in contact—these are some of the links in the chain of health.

The recent convention of social workers demonstrated the numerous phases of health and welfare activities that have to be considered if the whole scheme of social service is to be of any real and lasting service to the

community. All phases of the work came up for discussion, child welfare, mental deficiency, delinquents, bettering the condition of the poor, providing better facilities for workers, guarding their health and preventing accidents. These and many other topics were thoroughly considered. In listening to a discussion on industrial hygiene problems, I jotted down a few notes. They tend to show how varied and interesting are the subjects being dealt with, and how they pertain to the welfare of the industrial workers—a class which comprises such a large part of our population. Here are some of the things talked about: Protection of workers against anthrax and lead poisoning also came up for discussion, as did also the question of providing legislation for the protection of women workers before and after childbirth.

Low wages and long hours produce a lower standard of living, immorality and disease.

Part of the duties of social workers is to try and bring about shorter hours of work in certain occupations. A great problem confronting us at the present time is the reduction of unemployment.

The 8-hour day was advocated in industrial work of the nature of mining, manufacturing and construction. New Brunswick, it appears, is the only province in the Dominion that permits child labor under fourteen years of age.

Some scheme should be inaugurated to examine school children, so as to decide what employment they are best suited for.

If L. V. S. of Napanee will send name and address to Dr. Middleton, Spadina House, Toronto, he will give some directions about anti-goitre tablets. They are expected to be soon on the market.