

PAIN IN THE JOINTS

Is An Indication That the Blood is Thin and Watery.

The first sign of rheumatism is frequently a pain and swelling of one of the joints. If this is not treated through the blood, which is the seat of the disease, the poison spreads, affecting other joints and tissues—sometimes rheumatism attacks the heart and is fatal.

A remedy that has corrected many cases of rheumatism is Dr. Williams' Pink Pills. These pills enrich and purify the blood so that the poisonous rheumatic matter is driven out of the system as nature intended. Miss Gertrude Denne, Washago, Ont., was attacked with rheumatism and found relief through Dr. Williams' Pink Pills. She says:—"About a year ago I was attacked by rheumatism and for two weeks was confined to my bed. The trouble was so painful, affecting the joints of my limbs so that I could not stand alone. Mother had a box of Dr. Williams' Pink Pills in the house and thought they might help me. I began taking them, and when I had taken these pills got a further supply, with the result that the rheumatism vanished and I was a well girl. I may add that my mother and two of my sisters have also used the pills for various ailments with equal success, and now we are never without them in the house."

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or by mail, at 50 cents a box, from The Dr. Williams' Medicine Co., Brockville, Ont.

Poland's Trade.

The policy of the Soviet government in endeavoring to kill imports from Poland has obliged the Polish government to look for other foreign markets. During the last year Poland has paid special attention to the Balkans, sending there an itinerant exhibition of Polish manufactured articles.

Poland organized a regular fair in Constantinople in September, the first European fair in Turkey, and everything seems to indicate favorable prospects for the expansion of Polish trade in the Near East.

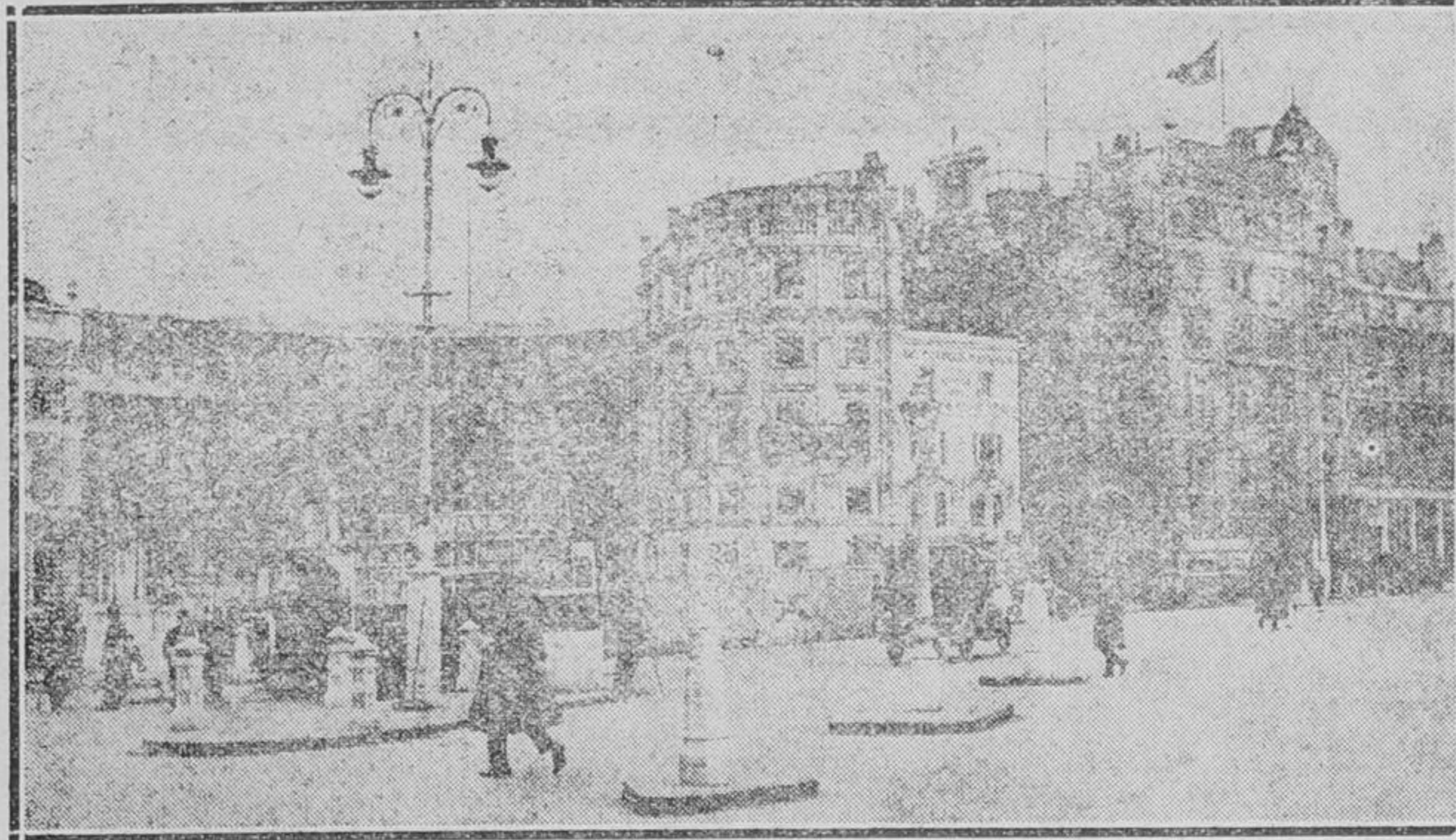
When sending money by mail use Dominion Express Money Orders. Safer than sending bills.

Pageant.

Though I go by with banners
Oh, never envy me
These flags of scarlet flying,
This purple that you see.

This air of marching triumph
Was all that I could save
Of loves that had an ending
And hopes that had a grave.
—Margaret Widdemer.

Minard's Liniment for Rheumatism.



MAMMOTH FOUND IN TRAFALGAR SQUARE, LONDON

The fossilized bones of a mammoth and a hippopotamus that, about 100,000 years ago, lived in Trafalgar Square, now one of the world's busiest spots, have recently been discovered thirty feet below the surface. The bones, including also those of the aurochs, or great ox, and the red deer, have been identified by Sir Arthur Keith, the renowned anatomist, and Mr. R. H. Burns. They have been placed in the museum of the Royal College of Surgeons, to which they have been presented. The bones were found when foundations were being dug out adjacent to the head European Offices of the Canadian Pacific Railway (right). It is assumed in Geological circles that these relics of the past belong to one of the milder periods of the Ice Age. The spot where they were found is marked by a cross.



Hon. Marguerite Shaughnessy

Daughter of the late Lord Shaughnessy, Chairman of the Canadian Pacific Railway, who acted as sponsor at the launching of the Clydebank yards of John Brown & Co., of the Canadian Pacific S.S. "Princess Marguerite" recently. The new vessel is a twin screw, oil burner, and will be an important addition to the Company's Pacific Coast fleet. The ship comprises five decks and has an over-all length of 868 feet.

Leather for Suitcases.

Hides of water buffaloes are being shipped from China to the United States for manufacture into suitcases.

Sameness in our daily food is bad for our digestions.

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers and making teething easier. Concerning them, Mrs. Saluste Pelletier, St. Dumas, Que., writes:—"I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Firm on Eternal Rock.

There are silent depths in the ocean which the storms that lash the surface into fury never reach. People who have learned to control themselves, who do not live on the surface of their being, but who reach down into the depths, where, in the stillness, the voice of God is heard, where they absorb the great principles of life, are not affected by the thousand and one storms and tempests—domestic financial, social, political, which cause so much suffering and unhappiness, and mar so many lives. In the depths of their being they find the divine stabilizing power which carries them poised and serene even through a hurricane of difficulties.—O. S. M.

Minard's Liniment Relieves Pain.

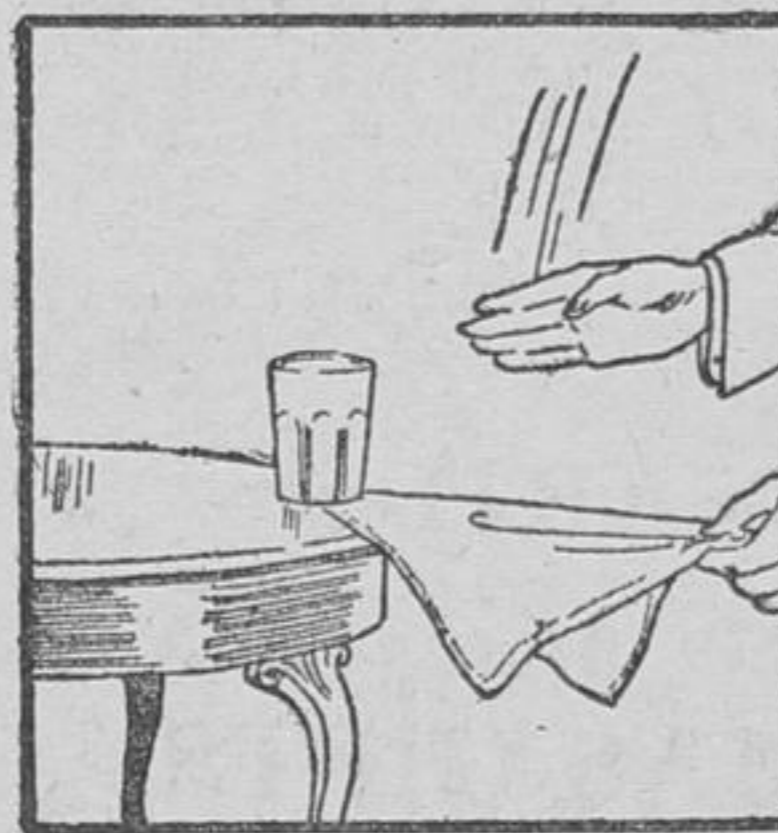
Wet leather is damaged much more readily by heat than dry leather. Many a good shoe has been spoiled by putting it too close to a stove or radiator to dry.

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MONTREAL, QUEBEC

EASY TRICKS

No. 347

With A Glass Of Water



A tumbler is filled with water until it can hold no more, and is placed on the corner of a handkerchief which is placed very near the edge of a table. The table should have no cover.

The problem is to remove the handkerchief without touching the glass or spilling any of the water. Although the task seems impossible of accomplishment, it can be done very easily.

Grasp the opposite corner of the handkerchief and hold it in a horizontal position, holding the corner as far as you can away from the table. With your other hand strike the handkerchief a sharp downward blow. If you do this, the handkerchief will be drawn from under the glass. It is desirable that the tabletop be very smooth and that the handkerchief have no heavy hem.

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

MORE THAN 55,000 FARMERS

have bought their farms in Western Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large area of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

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.

Public Health is a subject that touches very closely the life and happiness of every one of us. It is not an abstruse subject or one which a person takes up merely for cultural reasons or as a pastime. It is a necessary subject to know—so necessary, in fact, that ignorance of its principles is at the root of a good deal of suffering in this world, causes race deterioration and often brings people to an early grave. There are many ways of explaining what Public Health means, and could fill a volume in doing so, but it can be conveniently described in two words—"Right Living."

The Great War that shook the foundation of the nations of the world has taught us much. One of the most important things it has brought to our attention is the great need for the preservation of the human race.

So many precious lives were sacrificed on the battlefields during those terrible years that thinking men and women have come to realize the necessity of preventing the useless sacrifice of human life in times of peace. Take the question of infant mortality alone. The annual list of deaths of children from malnutrition, preventable diseases and so forth is a disgrace to any civilized country. By the enforcement of public health and hygienic measures, many of these little lives could be saved. But there are many other fields of public health work equally important. One of the earliest codes of health regulations with which we are familiar, dates back to the time of Moses, and this is remarkable on account of the fact that many of the regulations are in entire harmony with the recognized principles of hygiene of the present day. This is espe-

cially true of the warnings against discharges and eruptions from the body, of the emphasis placed on washing and bathing as a means of purification and of the explicit directions for proper disposal of excreta (see Lev. IV, and Deut. XXIII).

With the low standards of medical knowledge prevailing during the dark ages, it is not surprising to find practically no traces whatsoever of activities relating to Public Health Education. In the thirteenth, fourteenth and fifteenth centuries, however, mainly because Europe was repeatedly devastated by various plagues, the need appears to have been felt for furnishing authoritative information regarding the dreaded plagues. The result was the publication of numerous leaflets called "plague tracts," dealing with many scourges such as leprosy, syphilis, plague, alcoholism and sweating sickness. A reawakening of interest in public health was observed mainly in England, in the early part of the nineteenth century, and we find, as a result, that communities concern themselves more actively in the provision of pure water supplies, in the disposal of refuse, the construction of better streets.

Towards the end of the century, especially during the eighties, a campaign was begun for the suppression of tuberculosis. This campaign was developed very effectively in the United States. Up to ten or fifteen years ago, a large amount of the effort against infant mortality was expended in hunting out and providing medical care for sick babies in summer time. That this was absolutely illogical and ineffective in combating infant mortality was not then recognized.

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

The Wrong Subject.

Professor Hamilton, of the Dublin University, used to recall his first meeting with his predecessor, Brinkley. Hamilton was a youth of eighteen, and sat next the bishop at a banquet. They did not speak, and the young man thought he ought to say something. Seeing a map of Van Diemen's Land hanging on the wall, he asked, suddenly: "Were you ever in Botany Bay?" The bishop turned to him, with a look of severe displeasure, and thundered: "Eat your soup, sir!" And then it just occurred to Hamilton that the bishop thought he was being asked whether he had ever been transported," for at that time all desperate criminals were sent to Botany Bay.

Classified Advertisements

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FARM LOANS MADE. AGENTS wanted. Reynolds, 77 Victoria Street, Toronto.

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ON CANADIAN SUBJECTS. Send particulars to the Wilson Publishing Company, 78 West Adelaide Street, Toronto, Ontario.

TAYLOR-FORBES

Tree Pruners

For every purpose in the orchard, cutting limbs up to 1 1/2 inches. Handles—4, 6, 8, 10 and 12 feet.

Your Hardware Dealer knows the quality

Our descriptive circular sent to any address on request.

TAYLOR-FORBES COMPANY, LIMITED GUELPH, ONT.

Old People

Biro-Phosphate feeds the nerves and old people need it to make them feel and look younger. It's the one best nerve builder for weak, nerve-exhausted men and women and that is why we guarantee it. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Frost Bites

Minard's takes the sting out of them. Quickens circulation and prevents complications.



Get Rid Of Irritations By Using Cuticura

Bathe freely with Cuticura Soap and hot water to cleanse and purify. Dry lightly and apply Cuticura Ointment to soothe and heal. Nothing better for all eczemas, rashes, pimples, itchings and irritations. Cuticura Talcum also is ideal for the skin.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal." Price: Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shaving Stick.

FABRE LINE

The popular Route to the Mediterranean

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From: New York	Jan. 10	Feb. 17	Mar. 21	Apr. 28
To: Ponta Delgada	Jan. 17	Feb. 24	Mar. 28	May 5
Madeira	Jan. 19	Feb. 26	Mar. 30	May 7
Algiers	Jan. 23	Mar. 2	Apr. 3	May 11
Palermo	Jan. 25	Mar. 4	Apr. 5	May 13
Naples	Jan. 26	Mar. 5	Apr. 6	May 14
Piraeus-Athens	Jan. 29	Mar. 8	Apr. 9	May 17
Constantinople	Jan. 31	Mar. 10	Apr. 11	May 19
Byzantium	Feb. 3	Mar. 13	Apr. 14	May 22
Jaffa-Jerusalem	Feb. 5	Mar. 15/18	Apr. 15/16	May 23/24
Egypt	Feb. 6/8	Mar. 16/18	Apr. 17/19	May 25/27
Messina	Feb. 11	Mar. 21	Apr. 22	—
Monaco	Feb. 13	Mar. 23	Apr. 24	May 31
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