

## TOOK ALL HIS GRIT TO HOLD ONTO HIS JOB

Was Afraid to Eat, Grew Weak and Dizzy, But Tanlac Soon Ended His Troubles, Says Quebec Citizen.

"Tanlac has done me a world of good and I am a firm believer in it," said Narcisse Descombes, 79 Franklin, Quebec, Que.

"For over a year my stomach was badly out of order and I didn't relish a thing, in fact. I was almost afraid to eat, because I knew of the suffering that was sure to follow. At times I was so weak and dizzy I could hardly stand up and while I managed to hold on to my job, it took all my grit to do so. Indeed, I was almost a nervous and physical wreck.

"I took only a few bottles of Tanlac, but to-day I feel better, work better and sleep better than I have in years. It has just made a new man out of me."

Tanlac is sold by all good druggists. Advt.

### Escape at Bed Time.

Lights from the parlor and kitchen shone out,  
Through the blinds and windows and bars,  
And high overhead and all moving about

There were thousands and millions of stars,  
There ne'er were such thousands of leaves on a tree,

Nor of people in church or the park  
As the crowds of the stars that looked down upon me

And that glittered and winked in the dark.

The dog and the plough and the hunter and all,  
And the star of the sailor and Mars,  
These shone in the sky and the pall by the wall

Would be half-full of water and stars;  
They saw me at last and they chased me with cries,  
And they soon had me packed into bed,

But the glory kept shining and bright in my eyes,  
And the stars going round in my head.

—Robert Louis Stevenson.

### When Things Stick.

There are times when the cap of a fountain-pen vies with the limpet in sticking power. Sometimes, again, it is the screwed portion containing the nib that refuses to move when you want to fill your pen in a hurry.

Either of these can be removed in a very simple way. Don't use force; get a broad rubber band and wrap it round the part that has stuck. Rubber grips well on even slippery vulcanite, and you will find that with its help your fingers will obtain such a firm hold that unscrewing is a matter of a moment.

If the metal lid of a screw-topped glass jar refuses to move, wrap round it a strip of sand-paper with the rough side inwards. The rough surface bites

## 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 ever-increasing number of women employed in industry constitutes a health problem intricate and important, affecting not only themselves, but the health and vitality of many of the coming generation. The economic conditions of our time seem not only to make it necessary for women to supplement the family income, but in too many cases to assume the chief responsibility for the support of the home. It is therefore necessary to see that working conditions for women are such as not to impair their health and efficiency. First of all it is necessary that a living wage for women be provided. In addition to the prescribed standards for women workers, viz., the eight-hour day, Saturday half-holiday, and no night work, many details of importance need to be given attention. Experts agree on the following: Good working conditions, including adequate washing facilities; adequate and sanitary toilet accommodations; dressing rooms, clean workrooms with carefully adjusted lighting, ventilation and heating, plentiful and sanitary drinking facilities; chairs, machines and work tables adjusted so that the workers can either stand or sit at their work; carefully guarded machinery; elimination of the necessity for the constant standing or other posture causing physical strain, repeated lifting of heavy weights or other abnormally fatiguing motions, and the operation of mechanical devices requiring undue strength; exposure to excessive cold, or to dust, fumes or other occupational poisons without adequate safeguards against disease.

Prohibition of employment of women in occupations involving the use of poisons, which are proved to be more injurious to women than to men. Prohibition of home work and co-operation of workers in establishing health standards in industry.

While the standards especially apply to women, very few of them can be said to apply only to women. Take the question of long hours in the mill or factory, which is not good for

either man or woman, but while the former is usually through with work when he leaves his job at night, the latter has often several hours of housework to do after she gets home. This refers primarily to widows, and to wives of men either partially or totally incapacitated, who because of economic necessity have to earn money to support the family.

Occupations such as wrapping and packing cigarettes, running an electrically-driven sewing machine which makes two thousand or more stitches a minute, or any process that requires an infinite number of rapid repetitions of the same movement must have a definite injurious effect on the nerves. A careful and full examination of the effects of this class of work is extremely necessary.

Posture or position while at work is another subject that has not been given sufficient attention in the past. A definite standard as to the kind of seat used, the back rest, the foot rest, the number of hours on stretch that women have to sit or stand at their work, are all matters of great concern to the health and comfort of those engaged in such occupations. Lifting heavy weights is something that women should not be asked or expected to do, while poisonous fumes and gasses have been found to have a much more serious effect upon women than upon men. It is known that lead poisoning in women may result in sterility or in children being dead-born, or in more of their babies dying during the first year of their lives.

Taking Toronto as an example of Canadian cities, a recent investigation among industrial plants there revealed the fact that one-third of all the employees are women, and these being largely of child-bearing age, the health problems thus raised are numerous and extremely important.

Will Mrs. Geo. Pentland who wrote asking for literature please send her address to Dr. Middleton at Spadina House, Toronto. Mrs. Pentland overlooked giving her address on the letter sent.

into the smooth metal, enabling the hand to get a splendid purchase.

When a glass stopper sticks, try tapping it gently on all sides with the back of a knife. Usually this will loosen it. But if it still remains fixed wind a thick piece of string round the neck of the bottle and roll its ends backwards and forwards half-a-dozen times. The heat set up by the friction of the string will warm the glass, causing it to expand and loosening the stopper.

### A Lazy Switchman's Invention.

Few things are wholly bad. Laziness is not an admirable trait in any man, but for all that it appears to have been responsible for at least one useful and important invention. In

1846, says an American writer, a railway switchman who had to attend to two station signals some distance apart decided to save himself the trouble of walking to and fro between them by fastening the two levers together with a long piece of wire. He used a broken chair as a counter-weight and ran the wire on into his hut. Each night after that he sat by his fireside and worked the two signals without setting foot outside.

Presently the railway authorities found out what he had done, reprimanded him for his indolence, promoted and rewarded him for his ingenuity and then adopted his invention.

Minard's Liniment Relieves Neuralgia

### Plants That Follow the Sun.

At this time of the year runner beans and many other climbing plants are making their way up the hopes that support them. If you examine them you will find that those which climb by twining always twist in the same direction.

The hop and the honeysuckle turn from left to right. The reason for this is that the sun moves in the same direction and the plants follow him. The side of the shoot which is turned towards the sun grows faster than that which is in the shadow, and the result is that the stalk is forced into a "clockwise" curve.

The runner bean, however, and many other plants, twist in the opposite direction. At first sight you might think that this disproved the explanation given above; but in reality it does not. Plants of this kind are affected differently by strong light and the heat of the sun. In their case, the side of the shoot which faces the sun shrinks a little under the heat and wraps the whole stalk into an "anti-clockwise" curve.

### Divorce Statistics.

Divorce statistics of the world have just been compiled by a famous German lawyer, showing that 79 per cent. of divorces involve the husband as the guilty party so that there remain 21 per cent. where it is the fault of the wife.

### The Modern Way.

Fashionable Mother (languidly): "Well, Jane, how is baby to-day?"  
Nurse: "He cut two teeth this morning, ma'am."

Fashionable Mother (still more languidly): "That was careless of you, Jane! You oughtn't to let a young baby play with a knife."

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## TRY MAGNESIA FOR STOMACH TROUBLE

It Neutralizes Stomach Acidity, Prevents Food Fermentation, Sour Gassy Stomach and Acid Indigestion.

Doubtless if you are a sufferer from indigestion, you have already tried pepsin, pancreatin, charcoal, drugs and various digestive aids and you know these things will not cure your trouble—in some cases do not even give relief.

But before giving up hope and deciding you are a chronic dyspeptic just try the effect of a little Bisurated Magnesia—not the ordinary commercial carbonate, citrate, or milk, but the pure Bisurated Magnesia which you can obtain from practically any druggist in either powdered or tablet form.

Take a teaspoonful of the powder or two compressed tablets with a little water after your next meal, and see what a difference this makes. It will instantly neutralize the dangerous, harmful acid in the stomach which now causes your food to ferment and sour, making gas, wind, flatulence, heartburn and the bloated or heavy, lumpy feeling that seems to follow most everything you eat.

You will find that provided you take a little Bisurated Magnesia immediately after a meal, you can eat almost anything and enjoy it without any danger of pain or discomfort to follow, and moreover, the continued use of the bisurated magnesia cannot injure the stomach in any way so long as there are any symptoms of acid indigestion.

### Not Fair Play.

Two small boys were puzzling their brains to invent a new game. At last one of them said, eagerly: "I know, Billy; let's see who can make the ugliest face."

"Garn! No fear!" was the reply. "Look what a start you've got!"

### MONEY ORDERS.

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

### Hard Lines.

"So you want to be my son-in-law, do you?" asked the old man, with as much fierceness as he could assume.

"Well, said the young man, "I don't want to, but I suppose I'll have to be if I marry your daughter."

Minard's Liniment for sale everywhere

The red terror is the forest fire. It robs the public treasury. It cuts off employment. It undermines our lumber and pulp and paper towns.

America's Pioneer Dog Remedies  
Book on  
**DOG DISEASES**  
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**COARSE SALT LAND SALT**  
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Minard's Liniment Co., Ltd.,  
Yarmouth, N.S.

Dear Sirs,—Since the start of the baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using MINARD'S LINIMENT our troubles ended. Every baseball player should keep a bottle of your liniment handy.

Yours truly,  
W. E. MCPHERSON,  
Sec. Armstrong H. S. Baseball Team.

## Classified Advertisements

IS THERE A VULCANIZER IN YOUR town? You can earn \$25.00 a day. We teach you. Write Chief Instructor, Canada Vulcanizer, London, Ont.

RADIO—BUILD YOUR OWN RECEIVING SET. Genuine Blueprints, easy to understand, of inexpensive set, with instructions how to build, install and operate. One dollar postpaid. Crown Radio Supply, 315 Manning Chambers, Toronto.

### ADVERTISEMENT.

THE JAMES TEXTS, BELLEVILLE, Ont., print in book form various Departmental and Matriculation Examination papers of the Lower and the Middle Schools, 1912 to 1921 inclusive. Write for price list of set ready for distribution.

### BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO. 115 YORK STREET, TORONTO.

Who overcomes by force hath overcome but half his foe.—John Milton.

## HEAD COVERED WITH PIMPLES

Itched Badly. Baby Cried At Night. Cuticura Heals.

"My baby's head was covered with hard, red pimples. They itched so badly that she scratched them until they developed into sore eruptions. Her hair began to fall out, and at night she cried and kept me awake."

"I tried different remedies without relief until I started using Cuticura Soap and Ointment. After one week's use I saw a great improvement, and after using two cakes of Cuticura Soap and three boxes of Cuticura Ointment she was completely healed." (Signed) Mrs. M. De Stefano, 76 French St., Bridgeport, Conn., May 11, 1921.

Use Cuticura Soap, Ointment and Talcum exclusively for every-day toilet purposes.

Sample Each Free by Mail. Address: "Lyman, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25c. Talcum 50c. Cuticura Soap shaves without using.

## HER AILMENTS ALL GONE NOW

Mrs. Sherman Helped by Lydia E. Pinkham's Vegetable Compound

Lake, Michigan.—"About one year ago I suffered with irregularities and a weakness and at times was obliged to stay off my feet. I doctored with our family physician and he finally said he could not understand my case, so I decided to try Lydia E. Pinkham's Vegetable Compound. After I had taken the first bottle I could see that I was getting better. I took several



bottles of the Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and I am entirely cured of my ailments. You may publish this letter if you wish."—Mrs. MARY SHERMAN, Route 2, Lake, Mich.

There is one fact women should consider and that is this. Women suffer from irregularities and various forms of weakness. They try this and that doctor, as well as different medicines. Finally they take Lydia E. Pinkham's Compound, and Mrs. Sherman's experience is simply another case showing the merit of this well-known medicine.

If your family physician fails to help you and the same old troubles persist, why isn't it reasonable to try Lydia E. Pinkham's Vegetable Compound?

## Let the Children in, too!

It's no longer necessary to maintain a dividing line at the breakfast table—tea or coffee for grown-ups—no hot cup for the youngsters

## Serve INSTANT POSTUM

to each member of the family, and all will be pleased and benefited by this pure, wholesome cereal drink.

"There's a Reason" for Postum Sold by all grocers

Canadian Postum Cereal Co., Ltd.  
Windsor, Ontario.



WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

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 Mono-acetic acid ester of Salicylic acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."