

WHEN NERVES ARE NEAR EXHAUSTION

The Right Thing to Do is to Take a Tonic for the Blood.

When you become so exhausted after a day's work that you cannot sleep, or sleep fails to refresh you, it is time to look after your health. Failure to act at once means a steady drain on your health reserve, which can result in but one thing—a nervous breakdown.

Do not wait for a breakdown. The treatment is simple enough if you do not let your condition become too far advanced. The treatment is one requiring an effective tonic to enrich the blood and feed the starved nerves. The most effective tonic known is Dr. Williams' Pink Pills, which act directly on the blood, and with proper diet have proved of the greatest benefit in nervous troubles and all conditions due to impoverished blood. Mrs. Mary Hanson, Braeside, Ont., has proved the value of Dr. Williams' Pink Pills and says:—"I was taken ill with what doctors whom I consulted called neuralgia of the tissues of the system. I was a complete wreck from constant pains in my body and limbs, dizzy headaches, fainting spells and constipation. So intense was the pain that at times it caused vomiting and I would have to go to bed for two or three days, only to get up so dizzy and so weak that I could not cross the bedroom without aid, and while these spells lasted I could keep nothing on my stomach. I doctored for almost a year, but with no beneficial results. Finally the last doctor who attended me said medicine would not benefit me. I must have perfect rest, and spend most of my time in the open air. He gave me very poor encouragement. Knowing that the mother of four children could not spend all her time in idleness, I told my husband I was through with doctors and was going to try some other remedies. I got one, but after taking it for a month found no benefit. Then I decided to try Dr. Williams' Pink Pills, and at the end of two weeks I found these were what I needed. With nerves worn threadbare from all the suffering of the past, I continued the use of Dr. Williams' Pink Pills for three months and by this time I was able to do most of my own housework. In fact I soon felt well and was able to do any kind of work without feeling tired. Since that time I have continued to do all my own work and have had no return of the dreadful pain I suffered before. I have recommended the pills in many cases and have always seen good results from their use."

You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Flax Seed for Canada.

On account of the standstill of the flax industry in Ireland, an investigation is being made with a view to growing flax in Canada.

Port Said in Egypt, gets on an average only 2 inches of rain yearly. London has 24 inches, New York 38 inches.

Bituminous sands 150-200 feet thick lie along the Athabaska river for 73 miles. Drawn out by the sun, the tar runs into deep pools. Similar sands are found at intervals from Lat. 57 deg. to beyond the Arctic circle. The soaked area is possibly 10,000 square miles. This deposit represents the largest known occurrence of solid asphaltic material.

Minard's Liniment for Rheumatism.

Drugs and Prohibition

By Rev. Peter Bryce.

"I believed in Prohibition, absolutely, but my faith is shaken," said a friend to me a few days ago. "The statement attributed to Judge Murphy," he continued, "in a letter in a morning paper last week, seems to make it clear that those deprived of liquor are turning to drugs, and the results are deplorable."

Judge Emily Murphy, in her book, *The Black Candle*, in the chapter devoted to "Prohibition and Drugs," makes it clear that she does not consider Prohibition to be the cause of increased addiction in drugs. She believes it is "bad association and the urge of an illicit traffic seeking to profit by the sale of the habit-forming drugs that are the most potent causes for the growth of the evil." She further states: "In most places those deprived of liquor seek substitutes not in opium, cocaine or other allied drugs, but in raisin jack, home-made wines, Jamaica ginger, paregoric, essences or moonshine." Another argument according to Judge Murphy, why drugs cannot be said to be a substitute for drink is the fact that such a large percentage of drug addicts are in their 'teens.

Many medical authorities confirm Judge Murphy's statement. Joseph C. Doane, M.D., the Chief Resident Physician of the Philadelphia General Hospital, states that from the testimony of their drug patients, there is no connection whatever between drug-disease and the inability to get liquor.

The New York City Health Department, in the year 1919-20, asked 1,403 drug patients the cause of their addiction. Only 1 per cent. came to it from alcoholic indulgence. The Secretary of the Rhode Island State Board of Health says: "We fail to find among the applicants for treatment any one formerly addicted to the free use of alcoholic beverages."

The City Health Officer of Jacksonville, Florida, reports that from the histories of addicts registered, "it appears that there is no relation between the habitual user of alcoholic liquor and the drug addict."

The Medical Committee of the Kiwanis Club, Vancouver, states: "Practically all observers state that there seems to be no special connection between the use of alcohol and the use of drugs. There is no evidence to show that the suppression of the use of alcohol increases to any appreciable extent the addiction to drugs, as drug addicts are rarely alcoholics."

Cora Frances Stoddard in her Preliminary Study on the relation between prohibition and drug addicts says: "Of 1,169 patients treated at the New York Narcotic Relief Station in one week (April 10-16, 1919), most of them were mere youths, nearly one-third of them are not out of their 'teens. One boy began at the age of thirteen." These youths are doubtless animated by a morbid desire to imitate what they believe to be the habits of the underworld and gunmen.

Dr. C. M. Crawford, the Ontario Hospital, Whitby, says: "Morphine and cocaine are responsible for certain type of mental disorder. There has been no increase so far as we can determine in either morphine addiction or cocaine addiction since prohibition came into effect."

Dr. G. H. Kirby, Medical Director of the New York State Hospitals, says: "Since prohibition has come into effect alcoholic mental disorders have practically disappeared, and further, morphine and cocaine addiction have not increased at all." He bases his statement on many thousands of cases.

If other causes have not shaken my friend's faith in prohibition, there is evidently no cause for the foundation of his faith being shaken by the facts regarding the drug traffic.



The Drawback

"I'm glad you don't like candy any better than you do."
"I 'spect I would only I get full too quick."

**INDIGESTION, GAS,
UPSET STOMACH**
Instantly! "Pape's Diapepsin"
Corrects Stomach so
Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Dragon-flies can catch up other insects travelling at over forty miles an hour!

MONEY ORDERS.

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

Irish people, who eat large quantities of potatoes, never suffer from gout.

The sea covers three-fourths of the earth's surface, or a total area of about 145 million square miles.

"Cascarets" 10c

For Sluggish Liver
or Constipated
Bowels

Clean your bowels! Feel fine!
When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Rice paper is not made from the rice plant, but from the pith of a tree growing in Formosa.

Minard's Liniment for Neuralgia.



ISSUE No. 5-22.

Footsore?

Bathe your feet with warm water then rub well with Minard's Liniment. Soreness goes—feet feel fine. For Minard's Liniment is King of Pain.

Minard's
Liniment

The Family Medicine Chest.

**PETRIE'S
MACHINERY
TORONTO**

**MRS. ANDERSON
TELLS WOMEN**

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound

Leslie, Sask.—"For about a year I was troubled with a distressing down-bearing pain before and during the periods, and from terrible headaches and backache. I hated to go to a doctor, and as I knew several women who had taken Lydia E. Pinkham's Vegetable Compound with good results, I finally bought some and took four bottles of it. I certainly do recommend it to every woman with troubles like mine. I feel fine now and hope to be able to keep your medicine on hand at all times, as no woman ought to be without it in the house."—Mrs. OSCAR A. ANDERSON, Box 15, Leslie, Sask.

Mrs. Kelsey Adds Her Testimony

Copenhagen, N. Y.—"I read your advertisement in the papers and my husband induced me to take Lydia E. Pinkham's Vegetable Compound to get relief from pains and weakness. I was so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others."—Mrs. HERBERT KELSEY, R.F.D., Copenhagen, N. Y.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound before they give up hope of recovery.

Classified Advertisements.

HELP WANTED—FEMALE

HELP WANTED. WE REQUIRE partles to knit men's wool socks for us at home, either with machine or by hand. Send stamp and addressed envelope for information. The Canadian Wholesale Distributing Co., Dept. 6, Orillia, Ont.

HUBAM CLOVER.

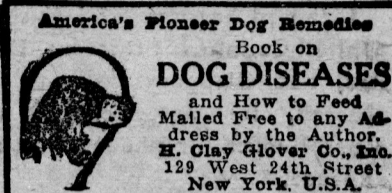
HUBAM CLOVER, THE GREAT annual. Write for interesting information, D. Fraser, R.R. 2, Iderton, Ontario.

POULTRY.

BRED-TO-LAY BARRED ROCK cockerels, good individuals, \$3.00 each. David A. Ashworth, Denfield, Ont.

BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.



COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO



Clear Your Complexion With Cuticura

Bathe with Cuticura Soap and hot water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum for powdering and perfuming.
Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal.
Cuticura Soap shaves without mug.

Chest colds—broken!

Inflamed membranes, congestion, oppressive pain. Apply Sloan's to chest and throat. It scatters congestion—your cold is gone!

Sloan's Liniment
—kills pain!

Made in Canada

For rheumatism, bruises, strains, chest colds



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 Manufacturing, of Monach, Germany. 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."

CENTRAL NURSERIES

Have the kind of Trees, Shrubs, etc., you want to plant. The best that grows and sure to please. Free catalogue. No Agents.

A. G. HULL & SON
ST. CATHARINES, ONT.

HORSES COUGHING? USE

Spohn's Distemper Compound

to break it up and get them back in condition. Thirty years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as preventive; acts equally well as cure. Sold in two sizes at all drug stores.

SPOHN MEDICAL COMPANY, GOSHEN, INDIANA

YOUR HENS MUST LAY REGULARLY IN ORDER TO PAY YOU BEST SWIFT'S MEAT SCRAPS

Produce More Eggs and Bigger Profits for you.
Mix one part Swift's Meat Scraps with 3 Bran and Shorts for best results.

Write for Free Booklet and Prices.

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