THE ONLY WAY TO CURE RHEUMATISM

Must Be Treated Through the Blood and the Poisonous Acid Driven Out.

The twinges and tortures of rheumatism are not due to cold, damp weather as so many people suppose. Rheumatism comes from poisonous acid in the blood. This is a medical truth that every rheumatic sufferer should realize. There is only one way to cure rheumatism—it must be treated through the blood. All the liniments and rubbing and so-called electric treatment in the world will not cure rheumatism, and the sufferer who tries them is not only wasting money, but is allowing the trouble to become more firmly rooted in the system and harder to cure when the proper remedy is tried. Dr. Williams Pink Pills have had remarkable success in curing rheumatism because they go right to the root of the trouble in the blood, driving out the poisonous acid, releasing the stiffened joints, clearing away the torturing pains, and giving the victim renewed health and ease. Mr. Vincent Brow, Havre Boucher, N. S., says: "For two years I was an almost constant sufferer from rheumatism, the trouble being so bad at times that I could scarcely get about. The trouble seemed to bring with it anaemia, and altogether I was in a very bad condition. I used doctor's medicine for almost a year without relief. Then on the advice of a friend I decided to try Dr. Williams Pink Pills. I think I took altogether about a dozen boxes, with the result that I am again enjoying perfect health."

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

FOOD TO THE TRENCHES.

All About the Risky Work of the Transport-Wagon Driver.

An inky black night in a rather wild, open country. Lines of wagons stand in readiness to start. To each wagon there are attached a couple of horses—Dublin cab-horses some of 'em, says London Answers.

There is a bugle call; a number of men in the raggiest khaki you could imagine come from out of the darkness at the double. They line up before the wagons, an order is shouted hoarsely, and the men spring to the seats on the wagons and away they go, jolting and rattling across the sodden ground that three months ago was a yellow cornfield.

The wagons contain bully beef, biscuits, apples, and cold tea in bottles, and the drivers have got to deliver it all somehow to the soldiers in the trenches eleven miles away. The men fight, sleep, eat, live, and die in the trenches, until the moment comes for an advance or retreat.

And getting these food wagons to the trenches is perilous work, for the Germans do all they can to prevent food wagons reaching our soldiers.

The danger of what is called food-transport work is, of course, far greater in some places than others. In some places there may be shelter to be obtained right up to the trenches, and the wagons are never seen by the enemy, but in others the wagons may have to reach the trenches by way of open and difficult ground, over which headway can be made but slowly. Many a driver has perished, many a baggage wagon been destroyed, in such places.

When the wagons are within about four miles of the trenches the Germans try to locate them with searchlights or fireballs, and then begin shelling them.

They use fireballs now altogether for this purpose. The fireball is a sort of immense firework. When it bursts it turns into a glaring ball of blue fire which hangs in the air throwing a brilliant light about the ground beneath it, and enabling the German gunners to get the exact range of the food-wagons.

A comrade of mine saw a shell burst within a foot of a wagon. It simply wiped the wagon and driver and horses out of existence. The wagons, of course, spread out as far as possible from each other, and if one or two meet with disaster, some always reach the trenches in safety.

Often the food has to be distributed under shell-fire, but in the trenches one is fairly safe; at any rate, the danger never affects the Tommies' appetites, any more than do his ragged garments, the mud with which he is caked, or the other hundred and one discomforts of living in the trenches.

Mr. Isaac Ward, well known at kept far from the door.

The cheerful feeling you possess after a drink of something hot and flavory should be only the beginning of your satisfaction.

For this very reason more and more people are turning from tea and coffee to

Instant Postum

A lessened tendency to such annoyances as nervousness and sleeplessness repays them.

A ten-day trial of this delightful, flavory hot drink has assisted so many to health and comfort that your friend, the Postum drinker, will tell you it's well worth while.

"There's a Reason"

WAR BRINGS NEW DISEASES

ARE NOW BEING INVESTIGATED BY COMMISSIONS.

Dr. Hugo Cabot Tells of "Treach Fever" and "Trench Nephritis."

The horrors of war have been augmented by two new diseases—"trench fever" and "trench nephritis," the latter somewhat similar to Bright's disease—according to a report received at Harvard University from Dr. Hugo Cabot, who is in charge of the Fourth Harvard Surgical Unit at the front.

Both diseases are subject to investigation by commissions appointed by the British Government.

Eight thousand wounded and sick soldiers cared for and only nineteen died is the record of this unit during its three months of service at its semi-base hospital "somewhere in France," Dr. Cabot says.

More Wounded Than Sick.

The contingent, consisting of 34 physicians and surgeons and 75 nurses, was established last June at its hospital, which was principally under canvas, though several corrugated iron "huts" were available for the most severe cases. The contingent was just in time to share in the work of caring for the wounded from the Somme region, which necessitated an increase of beds in the hospital from 1,340 to 2,380.

"A most striking percentage of modern warfare," says the doctor, "is the high percentage of wounded as compared with sick. In most former wars the proportion of sick to wounded has been at least four or five to one, whereas during the summer in this war the proportion of sick to wounded is one to five-six, and in the winter one to one and one-half."

Proof of Effective Fire.

Speaking of the character of wounds, the doctor says: "Rifle and machine gun bullets, on account of their steel jackets and high velocity, cause relatively clean wounds, and the same is true of shrapnel. Interestingly enough, during the early part of July, at the beginning of the 'Somme drive,' we had a large proportion of machine gun bullets, due to the fact that the German trenches were at least partially intact; were still in three well developed lines so arranged that one regiment would enfilade the other. Thus a section of a regiment having entered a second line German trench on the 6th of July was literally wiped out by an enfilading machine gun fire from both sides. Later, after the three lines of permanent trenches had been blotted out by the extraordinary accurate fire of the British heavy artillery, most of the wounds were produced by fragments of high explosive shells and bombs, and were therefore ragged, tearing injuries, removing two or three inches of the great bones of the thigh or lower leg and producing most hideous wounds.

Steel Helmets Same Many.

"The universal use of steel helmets has much reduced the importance of wounds in the head. Though not an absolute protection, they either deflect the course of the projectile so as to produce only a stunning injury, or break the force of the blow with the production of a badly bruised or devitalized wound, but often without penetrating the skull.

"Of abdominal wounds we saw nothing in their early stages, since, if these injuries are to be successfully dealt with they must be operated upon within six hours. Special hospitals for the purpose have been established immediately behind the firing line. During the first year of the war these injuries were almost universally fatal. To-day between 40 and 50 per cent. of the cases operated upon recover.

"A most important part of the work of the unit has concerned itself with the management of the dreadful wounds of the face involving mouth and jaws. This department is under the management of Dr. Kazanjian, whose work has been of such a high order that all cases of this kind in the whole area are placed under his care. In this department, probably more than any other, the Harvard unit has contributed to the efficiency of the Royal Army Medical Corps.

Nearly All Wounds Infected.

"Practically all wounds are infected, but the most serious and important of these infections is the so-called gas grangene, caused by a gas-producing bacillus. From 80 to 90 per cent. of the wounds are infected with this organism, in which, in rapidly developing cases, the tissues about the wound crackle under the fingers on account of the minute collections of gas under the skin. More important, however, are the collections of gas deep in the tissue, where it spreads rapidly to the soft parts literally melting away in this neighborhood and thus producing the most startling and most serious complication, secondary hemorrhage."

Speaking of the work at a semi-base hospital, Dr. Cabot continues:

"Work is light or heavy in very direct relation to the activity of the fighting in that section of the front they drain. For this reason there were periods of relative calm during which it was possible to carry on more or less scientific investigations into the new problems presented by this war.

"Shell Shock."

"One of the most interesting problems was the condition known as 'shell shock,' more closely allied to the so-called traumatic neuroses seen in civil practice than to any other condition with which we are familiar.

"Just as in civil life traumatic neuroses have been a cloak for deception, so in military operations 'shell shock' has become a potent source of malingering. In the most severe cases of 'shell shock' the men are deaf and dumb, show gross shakiness and tremors, and in some instances various grades of paralysis of arms or legs. All the symptoms are easy to counterfeit, and when it became generally known that men with so-called 'shell shock' would be sent to the base the strain proved too much for a considerable number of men."

"Faulty Nutrition and Elimination"—these are the cause of the most of the ailments that afflict human beings. Too much indigestible food and lack of power to throw off the poisons that come from indigestion—these lead to a long line of distressing disorders. Avoid them by eating **Shredded Wheat Biscuit**—a simple, elemental food that contains all the body-building material in the whole wheat grain, including the bran coat which keeps the intestinal tract healthy and clean. Delicious for any meal in combination with sliced peaches or other fruits.

Made in Canada

TUMBLING DOWN A MOUNTAIN.

An Artist's Hair-Raising Experience in China.

An American who lives in China made the ascent of the sacred mountain, Siao-outai-shan, a year or two since, and made, or at least began to make, the descent in a much more unpremeditated manner.

He had reached an altitude of over 9,000 feet and, having lost the trail, branched off and climbed a lower peak to see whether he could discover the right track. He managed to crawl to the top, and since the view was very fine he opened his paint box to make a sketch.

As he was sorting over his brushes the stone on which he was sitting gave way, and he started sliding down the almost perpendicular slope. He tried to clutch the ground with his hands. He seized every projecting stone, in the hope of stopping his precipitous descent, but at the speed at which he was going that was no easy matter.

Death stared him in the face, for another hundred yards would bring him to the edge of a precipice several hundred feet high, over which he must inevitably go. His hair stood on end as he approached the spot, and he can well remember the sound of his heavy paint box clanging from rock to rock as it accompanied him in his descent.

A violent shock, which nearly tore his body in two, made him think he had gone over; but no, he had suddenly stopped.

He opened his eyes, but he did not dare move, for his position, although much improved, was far from safe. His coat and a strong leather strap that was slung under his arm had caught on a projecting stone; but a single false movement on his part would start him sliding down the slope again.

Slowly, carefully, as he lay on the almost perpendicular slope, he tried to get a footing; when he had succeeded in doing that the great difficulty was to turn round. After several anxious moments each of which seemed ages long, he succeeded, and there he was, half-kneeling, half-lying, with his body on the ground, clutching the rock that had saved him.

Then, when his agitation had passed away, he managed to crawl up, catfashion, to a position of safety.

The Evidence.

"There goes another married man," said the girl at the candy counter.

"How do you know?" asked the cashier.

"He used to buy a three-pound box of candy twice a week, and now he buys half a pound once a month."

Minard's Liniment Cures Garget in Cows

Had Some.

"And have you had any experience with children?" inquired the woman who was about to engage a nurse.

"Shure, Oi hov," returned the applicant with a broad smile. "Wasn't Oi wan meself wanst?"

RHEUMATISM MAKES YOU FEEL OLD

Pains and Aches Yield to Sloan's Liniment, The Family Friend.

When your joints become stiff, your circulation poor, and your suffering makes you irritable, an application of Sloan's Liniment gives you quick relief—kills pain, starts up a good circulation, relieves congestion. It is easier and cleaner to use than mussy plasters or ointments, acts quickly and does not clog the pores. It does not stain the skin.

You don't need to rub—it penetrates.

Certainly fine for rheumatism, stiff neck, sciatica, lame back, toothache, etc.

For sprains, strains, bruises, black and blue spots, Sloan's Liniment reduces the pain and eases the soreness.

Its use is so universal that you'll consider Sloan's Liniment a friend of the whole family. Your druggist sells it in 25c., 50c. and $1.00 bottles.

Sloan's Liniment
KILLS PAIN

GERMANY HAS 4,500,000 MEN

THEY ARE ABLE TO CONSERVE THEIR STRENGTH.

Military Writer Says Allies Must Strain Every Nerve Next Year.

The military correspondent of the London Times writes as follows, on the question of the man power of the allies and the Central Powers: "Germany's wise economy of her young contingents and her constant re-examination of the medically unfit and the refusal to consider the claims of the 'conscientious objectors' and also of the civil service, her success in restoring to the colors a high proportion of the German wounded, the use of prisoners in factories and on farms, the forced labor of the population of the occupied territories and finally the trap she has baited to catch the Poles, all enable her to maintain in the field units of full strength much longer than any one would have thought possible.

National Discipline.

"These successes are due to national discipline and complete subordination of the interests of the individual to those of the state. The militarization of the entire nation represents a remarkable achievement. By a well organized system of substitution Germany is already able to take for her armies two batches of half a million men each and is in the course of taking a third from the munition works, mines, railways and other essential national industries.

"She has been able to build up 200 field divisions and cannot now safely be credited with less than 4,500,000 men in her field armies. On lines of communication, guards and reserves generally, owing to the measures Germany is taking, she cannot even now be reckoned to have less than 2,000,000 men.

Allies Must Work Hard.

"The situation broadly is that the allies are faced with the necessity of straining every nerve to place in the field next year every man, gun and shell that all the countries can produce.

"We allies are quite able to make this effort, and to overmatch Germany. We in these islands have still between three and four million men of military age in civil life, not counting men over forty-one. We are in far better position than Germany to maintain the war. Our gallant dominions have still large reserves of man power. Russia has still ample reserves and will produce larger armies each year the war lasts. Italy increases and improves the quantity and quality of her armies monthly and France has been most successful in drawing more men from civil employments. She now excels in the art of accomplishing great things in the field with relatively slight losses."

German Compulsion.

The Berlin Lokal Anzeiger quotes a Frankfort telegram to the effect that all German citizens in good health are to be summoned compulsorily to do work of national importance. Berlin newspapers published an urgent official appeal to the women to apply at the war factories for work. War brides are accused of leaving factories on their marriage and taking separation allowances and refusing to continue work. A proclamation by the general commanding the Munich district threatens that selfish idle persons who refuse to take work and forego amusements will be forced to do so in the end.

HOUSES FOR SOLDIERS.

What the C.P.R. Is Doing for Returned Heroes.

The houses which the C.P.R. is building in the west for the returned soldiers will cost them about $1,000 each, with out-offices. They will consist of four rooms each—two bedrooms, dining room and kitchen. Each farm will consist of 160 acres and there will be 80 additional acres which may be availeed of in the course of time, and as the settler concludes that he can work it. The C.P.R. has several designs for homes which will be submitted to the intending settlers. These offer a variety of design to suit different tastes and different pockets, it may be said. The settler can choosee a house which will cost him $2,000 but the payments will be made exceedingly easy. In all there are probably 8,000,000 acres of land held by speculators in the West; but, apart from that, there are literally hundreds of millions of acres of cultivable land lying idle over the West—not close to the tracks, of course, but good land which many have longed for so ardently that they have sat on the steps of the land office all night to be the first in the morning to get their application in. The C.P.R. is going on on its own account with the colony homes; but it expects that the Government will shortly outline a plan of a comprehensive nature which can be generally applied to the situation.

A Perfect Sample.

A farmer who was blessed with a son with an engaging frankness of speech sent him to the local miller's one day. The lad got hold of the miller and submitted for his inspection a handful of wheat. The miller studied the wheat attentively, and then said to the boy, "How much more has your father got of this?" "He ain't got no more like it," the boy answered. "He's been all mornin' pickin' that out."

"By their works ye shall know them," said the watchmaker.

Minard's Liniment Cures Distemper

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YOUTHS OF 18 IN THE GREAT WAR

WENT IN AS BOYS AND EMERGED AS MEN.

The Young Heroes Are Fearless In Face of Danger on the Battlefield.

Young heroes of the Somme who have yet to celebrate their nineteenth birthday are finding their way back to England, says Lloyd's Weekly News. Some of them are in London to-day. They were so eager to get to the war that they gave their age wrongly.

There is a bright, sparkling-eyed Canadian in a West London hospital, recovering from a nasty scalp wound, who enlisted when he was seventeen and was at the front before he was eighteen. He has been through the last three months' terrific fighting, but talks lightly of his trying experiences. "Makes you think," is the terse way in which he dismisses the fire and fury of the Somme.

When asked why he enlisted so young, he remarked that he saw all his friends going to war, and he could not bear to stay behind.

I Was Needed.

A rosy-cheeked youth from a southern regiment, who formerly worked in a chemical factory, will be nineteen in December. He knows all that there is to know about the war in its most terrible form, having been in the Somme advance. His only explanation for joining up so young is that he heard they wanted men, and he went. "I didn't think war was what I found it," he says cheerfully, "but I don't regret in the least what I did. When I am better from my wounds I shall be ready for another turn in the trenches."

A young Australian giant who is just turned eighteen says he enlisted just after his seventeenth birthday. His father did not oppose his going to the war, as he believed that every boy fit to bear a rifle, no matter what his age, ought to be in khaki. He has been to Gallipoli and to the Somme, and he is prepared for anything that may be in store. "It is worth while being in the Australian Army," he remarks unexpectedly, "if only for the opportunity of coming to London and seeing them change the guard at St. James's Palace—a sight I am never tired of watching."

Typical of British.

These heroes of eighteen are typical of the spirited British manhood whose valor is driving the Germans out of their most formidable trenches. You gather from them that they joined up somewhat ignorant of the dangers they would be called upon to face, but not dismayed or regretful when face to face with those dangers.

They have left in most cases comfortable homes and a comfortable way of living, and of their own choice taken a fairly considerable chance of being killed and certainly a great risk of being wounded.

The hospital nurses speak of the young wounded heroes as among the best patients they have had to treat, for they are so merry and have so little of the atmosphere of the war about them. Perhaps in civilian life they were little inclined to reflect seriously on the grave issues with which the Empire has ben confronted for twenty-six months, but while they have been at the war they have had both the opportunity and the cause for thinking. They went to the Somme boys; they have emerged men.

He Hadn't Forgotten.

"George,, I'll bet you've forgotten what day this is?"

"No, I haven't it's either wedding day or your birthday. It always is one or the other when you want to make a bet like that."

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASES
CURES RHEUMATISM BRIGHT'S DISEASE BACKACHE DIABETES
NUMBER 23 THE PROPRIETORS

THE FAT MAN'S WATCH.

Those Belonging to Heavy Men Invariably Gain Time.

A watch is a very delicate piece of machanism—far more so than the average watch-owner realizes. For instance, the balance-wheel vibrates at the rate of five beats to the second, or 18,000 to the hour. The wonder is, then, not that watches lose or gain, but that so many keep such good time as they do.

Consider the jarring which all watches have to put up with. Their wearers run, jump, ride, and take all sorts of violent exercise, and the action of the body of the wearer is bound to influence the delicate machinery of his timekeeper.

It is notorious that watches belonging to big, heavy-footed, weighty men invariably gain, while those worn by women and light-footed or quietly-moving men usually keep good time.

A watch should always be wound in the morning. By so doing the spring will exert its strongest power during the day. When a watch is wound at night it has only a weakened spring to offer as resistance to the jars and jolts of the daytime.

The pocket in which you keep your watch all day averages a warmth of 77 degrees Fahrenheit. On a winter's night the temperature of the table by your bedside will probably be from 40 to 45. How can you possibly expect so sensitive a machine as a watch to stand a sudden drop of between 30 and 40 degrees?

Your motor car will not go without oil. Nor will your lawn-mower or your sewing machine. A watch, though to some extent air-tight, also requires oil. At least once in two years you must take it to the watchmaker's for cleaning and oiling.

No watch is completely dust-proof. Particles of dust work in, they mix with the oil, and presently begin to act like emery-paste, and wear out the working parts. When you consider that a watch ticks 432,000 times a day you can compute the gigantic nature of the task which it performs in a year, and realize how necessary are regular cleanings and oilings.

The best watches of to-day are so made that they are proof against ordinary magnetic influences; but the average watch will be entirely upset if worn during a visit to a power-station, and even the magneto of an ordinary motor car may affect its working and time-keeping.

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A Serious Case.

"You call yourself a heart specialist?" said the patient when he had recovered consciousness.

"I certainly do," answered the physician.

"Then you ought to know better than to present a bill like this to a man in my condition."

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Minard's Liniment Cures Colds, &c.

Hearsay.

"How I envy you seafaring men," said the sweet young thing. "It must be wonderful to gaze on the broad expanse of the ocean and breathe the clean salt air."

"Yes, replied the stoker, "it must be."

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Miss Keen—I've noticed how self-satisfied you are, Mr. Sappleigh.

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A Great Accomplishment.

"All glory, now," say I
To Nellie,
"To him who first
Invented jelly."

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

London.—Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Note: Another prominent Physician to whom the above article was submitted, said: "Bon-opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." The Veimar Drug Co., Store 4, Toronto, will fill your orders if your druggist cannot.

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