

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, poorly ventilated rooms. It is so often said that the mother does not get him out of the fresh air as often as she should. He catches colds which attack 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.

Why Do They Do It?

The man who beats his horse "to make him go" is, at the same time, doing something to himself of which he is entirely unaware. The man who so mistreats his horse has lowered himself beneath that of the animal he has misused. The boy who kicks a dog "to hear him howl" is making a big mistake. At an early age he is allowing himself to be worse than any of the dumb, helpless creatures that he takes such pleasure in harming. This is the sort of boy—if not properly instructed in earlier years—who grows to be the man who beats his horse; or, worse, he is the boy who grows to be the man who beats his wife and children. "Why do they do it?" So easy to ask! Shall we not say, "How can we stop it?" There is a way, and it is not as difficult as one might think: When boys are very small the mothers and fathers should try to instill in them a genuine love for animals, be-

cause no one wishes to harm a thing he really loves. When a small boy who has not been taught one can usually tell by his treatment of animals—is seen abusing an animal, we should tell him then, while he is hurting it, how to treat a dog, a cat, a horse; tell him, then, while he remembers his deed, that a dog will not love him if he kicks it, pulls its ears, or mistreats it in any way. Then point out someone, if possible, who loves the same dog—if it be a dog—he has just been hurting, and mark the love and devotion of that animal to its benefactor. The average boy, deep down in his heart, likes animals. He will see the difference in treatment, and the difference in the dog's response to kindness and cruelty; if the boy has any good, common sense, he will doubtless begin to think, and the result will be a change in his treatment of animals. Let us help every boy's natural liking of animals grow into love, and a great deal of cruelty will be killed at its birth.

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.

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. Donné, 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. O. 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.

Advantage of a School Boys' Band and How to Start One.

By P. A. Tubbs, a Superintendent of School Music.

In starting a band, issue a call to all who are interested. Then lay out your scheme upon the blackboard, based upon what would be the proper proportion of each instrument in a band of fifty players. Describe the instruments, manner of playing each, and the nature of the part played. Tell why a boy slow of movement and thought should not select a clarinet, which is entrusted to much the same work the violin has in the orchestra; why a boy with protruding teeth should not play an instrument with a cup mouthpiece; why a euphonium player should be very musical, of fairly good size, of good lung capacity, etc.

It is surprising how quickly the boys will agree with the leader in assigning instruments.

After the instruments are given out, each boy should have individual lessons until he can produce a tone recognizable as to pitch and can play the natural scale on his instrument. The group lessons should be given to supplement the private lessons.

Following this, the brass and reed sections should be rehearsed separately. This method of gradually increasing the size of the group until the full band is rehearsed keeps the interest at "white heat," and when the first full rehearsal is called every youngster is in place willing to do his best, which is an ordeal for the teacher. Private and group lessons are given after school hours, with band rehearsals twice each week from 7 to 8. The boys are allowed to "blow" a little before rehearsal, just as the symphony player is supposed to do before the concert.

When the director takes his stand the instruments are placed across the laps, all talking ceases and everybody is ready to hear what the director may have to say. The director seldom plays except to illustrate. The boys are taught to follow the baton and never allowed to overblow. The boys' band is of more interest in the homes of the members than any other organization in the town. The leader is consulted oftener by parents in regard to the band work than he is as teacher of other branches of school music. Most of the boys who are studying piano in the town derive their first interest in music through their band work.

Boys will play in a band when no interest can be aroused in the orchestra; however, that interest is apt to develop later in the musical ones. I believe there is no other means as great as the band in creating an interest on the part of the boy in all things musical in his school. The boys are also reminded of the great advantage the syllable reader has in playing a band instrument over the one who cannot sing by syllable. I have known several cases where boys have learned to sing by syllable in order that they might be able to play the band instrument the better.

The music rehearsed is never trash. The last number played at the close of the rehearsal is usually a popular song or ballad of the better class, given as a piece of pie might be given at the close of the meal. This popular number so dearly loved by the boys is always looked forward to, and if the rehearsal is drawing to a close and there is no sign of the popular number some one is sure to ask, "Don't we get any pie to-night?" and the pie is surely passed.

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

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, Brantford, 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.

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 boring, 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.

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

Irish people, who eat large quantities of potatoes, never suffer from gout. Dragon-flies can catch up other insects travelling at over forty miles an hour!

Footsore?

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

Minard's Liniment
The Family Medicine Chest



KEEP YOUR STOVE BRIGHT
BLACK KNIGHT STOVE POLISH
Will not burn. Easy to use.

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 downbearing pain before and during the periods, and from terrible headaches and backache. I hated to go to a doctor, 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 parties to knit men's wool socks for us at home either with machine or by hand. Send stamp and address envelope for information. The Clothing Wholesale Distributing Co., Dept. 1, Orillia, Ont.

KUAMM GLOVES
HUBAM CLOVER: THE GREAT annual Write for interesting information. D. Fraser, R.R. 1, Harnden, 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, etc. Cables, bolts, etc. shipped subject to approval at low prices in Canada. York Belting Co., 115 York St., Toronto.

America's Pioneer Dog Remedies
Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author.
E. Clay Glover Co., Inc., 120 West 24th Street, New York, U.S.A.

COARSE SALT LAND SALT
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF TORONTO

PETRIE'S MACHINERY 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.
Sole Distributors: 23 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Dept. of Hygiene, Limited, 244 St. Paul St., W. Montreal.
Cuticura Soap shaves without lather.

Chest colds—broken!
Inflamed membranes, congestion, oppressive pain: Apply Sloans to chest and throat. It scatters congestion—your cold is gone!

Sloans' 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

Genuine BAYER Aspirin

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
- Eache
- 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 Manufacturer of Salicylic acid. While it is well known that Aspirin means Bayer's manufacture, to assist the public against imitations, the Tablets of Bayer Aspirin will be stamped with their general trade mark—the "Bayer Cross."

Let the Sunshine in!

Are you fagged and foggy when you wake up in the morning? "There's a Reason."

Tea and coffee are known to affect many people that way. Often, too, these beverages cause nervousness, sleeplessness and severe headache. "There's a Reason."

Instant Postum, made from choice, roasted wheat, is a delightful mealtime beverage free from any element of harm.

Try it for awhile, instead of tea or coffee, and let the Sunshine in.

At Your Grocer's in Sealed, Air-tight Tins

Instant Postum FOR HEALTH
"There's a Reason"

A generous sample tin of Instant Postum sent, postpaid, for 4c in stamps. Write!

Canadian Postum Cereal Company, Limited, 45 Front St. E., Toronto. Factory: Windsor, Ontario

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!"

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.

Man was plainly intended to work; else why when he asked for butter did nature give him a cow?

The word "stentorian" comes from the name of a Grecian herald named Stentor, whose voice, according to legend, was as loud as that of fifty men shouting together.

Minard's Liniment for Neuralgia.

ISSUE No. 5—22