

## PEOPLE "ALL NERVES"

### What to Do if You Find Yourself in This Condition.

The sort of thing that specialists speak of as nervous debility is the run-down condition caused by over-work, household care or worries. The sufferers find themselves tired, morose, low-spirited and unable to keep their minds on anything. Any sudden noise startles and sets the heart palpitating violently. They are full of groundless fears, and do not sleep well at night. The hands tremble and the legs feel as if they would give way, following a walk or any exertion. The whole condition of such people may be described as pitiable.

Doctors of the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of new rich blood. Therefore the treatment for nervousness and run-down health is Dr. Williams' Pink Pills, which promptly build up and enrich the blood. The revived appetite, the strong nerves, improved spirits and new strength which comes after a course of these pills will delight every sufferer.

You can get these pills from any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Torpedo-Carrying Wonder Plane.

What is generally thought to be the most wonderful aeroplane ever built is nearing completion at the works of the Blackburn Aircraft Co., Ltd., at Brough, on the Humber, in East England.

The machine has been built for the Air Ministry, and is named the Cubaroo. It is driven by a 1,000-h.p. Napier Cub. It is a biplane with a wing spread of about 70 feet, and it has an enormous fuselage.

Although the Napier Cub is, both in size and power, the biggest aero engine in the world, it is stowed away in the fuselage so that it cannot be seen, and the pilot's seat is actually on top of the engine.

Inside the fuselage there are three separate floors. On the top floor is the pilot's room and space for armament.

On the middle floor are the chart room and offices, and on the "ground floor" or basement are the bomb sights and more armament. The torpedo is also controlled from this room.

The machine has been specially designed to carry the largest naval torpedo built.

It has a normal top speed of 120 m.p.h., but when in action it could swoop down at 150 m.p.h. to within a few feet of the water, discharge its torpedo, which would disintegrate or sink the largest £6,000,000 battleship afloat, and be miles away almost before the crew of the ship knew what was happening.

The Cubaroo has been designed by Major Bumpus, and a fleet of 400 such machines could be built for the price of the battleship which any one of them could destroy.

### Chinese Trees for Pulp.

Seeds of Chinese fir trees, which are particularly suited for the manufacture of wood pulp, are being tested by the forest service in the hope of adding to the pulp producing resources of the United States.

### Why She Kissed Him.

Agincourt was a great English victory; yet it would hardly be as familiar as it is to English and American readers to-day if it had been merely chronicled, not greatly celebrated by the victorious race. It is Shakespeare and Drayton that have kept that great fight and its leaders still vivid and alive. Recently the distinguished French author and critic, M. Champion in his new Poetic History of the Fifteenth Century, has narrated the fascinating career and achievements of Alain Chartier, who in his poem the Lay of the Four Ladies wrote of the same battle from the point of view of the vanquished.

Each of the four ladies had a lover engaged in the conflict. One is killed in action; one is taken prisoner; one is missing; and the fourth is alive and un wounded because he fled. The four ladies mourn their griefs and sympathize with one another, but all agree that the greatest grief belongs to her whose lover has returned safe.

Master Alain, as he was often called, was a fervent patriot not only in inclining his countrymen to resist and repel the English but also in boldy calling attention to needed reform in his own land; he denounced corruption and incompetence; he championed the poor and oppressed, always uttering his mind with a fearlessness the more admirable because in those days every man of letters was dependent upon favor and patronage. But Master Alain, despite his free tongue, never lost favor at court; he was even intrusted with delicate foreign negotiations and sent abroad as ambassador. He lived long honored and beloved by noble and peasant; he was the favorite of three kings, and once it is the one thing known of him to most readers outside of France—he was kissed by a princess.

The lady was Marguerite of Scotland, wife of the Dauphin, later Louis XI. She was young, intelligent, spirited and beautiful; of Alain it was said that he had "the most beautiful soul and the ugliest countenance of any man in France." He had fallen asleep on a bench in the courtyard of the palace when Marguerite came by attended by a train of courtiers and noble ladies. She stooped and kissed him as he slept. The company were astounded, and one maid of honor ventured to remark, "But, madame, how can you kiss a man who is so ugly?"

"It is not to the man that I have given a kiss," replied the princess, "but to the precious mouth from which have passed and gone forth so many wise and witty words and noble sentences."

Master Alain fortunately lived to see and to hail the rise of Jeanne d'Arc; and his last known poem is one again denouncing the English and prophesying that they soon should be defeated and driven from France—as indeed they were soon after.

Few people know that the word fag is a clipped form of fatigue, although everybody recognizes that photo is short for photograph, incog. for incognito, memo. for memorandum, motor for motor-car, pram for perambulator, phone for telephone, and cycle for bicycle—clipped still further to "bike."

Science has records of fish, birds, and animals which have changed their sex.

Minard's Liniment Relieves Pain.

## 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 strength of a chain is measured by its weakest link. It matters not how ponderous and massive some of the links may be, the chain has little strength and will not stand the strain if even one of its links are defective. This is true whatever phase of life one considers. Take a baseball game for instance. What greater drawback could be imagined than to have one weak man on the team? All the others are playing faultless ball and nothing seems to be in the way of victory. But the poor player drops the ball at a crucial moment when a catch should have been certain and the opponents score a home run, evening up the score or winning the game. It was the weak player that did the trick. In any line of organized sport, such as rowing, every man must do his bit and do it well. There must be no weak spots anywhere. And so it is when we think of the public health and the efforts that are being put forward to keep the people well and strong, to prevent the spread of communicable disease, to save the lives of mothers and infants, to protect workers in industry and to provide clean food, safe milk and pure water for drinking purposes. The disposal of refuse; the provision of adequate sewage facilities, the matter of personal hygiene, good health habits, proper methods of living, eating, the right kind of food, and not overeating, keeping the bowels active, taking outdoor exercise, bathing frequently, cultivating a kindly and optimistic spirit towards those with whom we come in contact—these are some of the links in the chain of health.

The recent convention of social workers demonstrated the numerous phases of health and welfare activities that have to be considered if the whole scheme of social service is to be of any real and lasting service to the

community. All phases of the work came up for discussion, child welfare, mental deficiency, delinquents, bettering the condition of the poor, providing better facilities for workers, guarding their health and preventing accidents. These and many other topics were thoroughly considered. In listening to a discussion on industrial hygiene problems, I jotted down a few notes. They tend to show how varied and interesting are the subjects being dealt with, and how they pertain to the welfare of the industrial workers—a class which comprises such a large part of our population. Here are some of the things talked about: Protection of workers against anoxia and lead poisoning also came up for discussion, as did also the question of providing legislation for the protection of women workers before and after childbirth.

Low wages and long hours produce a lower standard of living, immorality and disease.

Part of the duties of social workers is to try and bring about shorter hours of work in certain occupations. A great problem confronting us at the present time is the reduction of unemployment.

The 8-hour day was advocated in industrial work of the nature of mining, manufacturing and construction. New Brunswick, it appears, is the only province in the Dominion that permits child labor under fourteen years of age.

Some scheme should be inaugurated to examine school children, so as to decide what employment they are best suited for.

If L. V. S. of Napanee will send name and address to Dr. Middleton, Spadina House, Toronto, he will give some directions about anti-goutte tablets. They are expected to be soon on the market.

### BABY'S GREAT DANGER DURING HOT WEATHER

More little ones die during the hot weather than at any other time of the year. Diarrhoea, dysentery, cholera infantum and stomach troubles come without warning, and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in the house where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles, or if the trouble comes suddenly the prompt use of the Tablets will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Angels.

I too have looked on angels, The angels of the Lord, Not Uriel standing in the sun, Nor Raphael whose plumed sandals run Upon the winds, nor that holy one Nearest the throne, great Gabriel, Nor Michael of the sword.

I saw no wings of angels Arched over Palestine, Not above Ornan's threshing floor Where the Wrath was stayed, nor above its sore Thirst of the desert where Hagar bore Water of life to Ishmael, Led by celestial sign.

Altars, but never angels Ascending in the fire; Beggars, but not in seraph hold Borne skyward; river, but no gold And beryl of high heralds told To show to fainting Daniel The end of world's desire.

Yet I have looked on angels, The angels of the Lord, And entertained them unawares, Worn men and women bowed with cares, Pilgrims whose patient eyes were prayers, Binding rebellious Israel With love's tenacious cord.

All quietly God's angels Go lifting hearts that fall, Slipping our prison doors ajar, Shining more softly than a star Where glooms have been the shadows are, Guileless as Nathaniel, Undaunted as Paul.

Saint John beheld glad angels At the gates of the jasper wall, But I have seen them spent with grief, Homeless as wandering autumn leaf, Reapers that sink beside the sheaf, Yet over like child Samuel A rising at the call.

Oh, I have looked on angels, The angels of the Lord, With none believing their report, Of the Philistines made a sport, Rejected, yet the temple court Of God's own grace, Immanuel, His worship their reward.

The Narrowest Streets. Some of the streets in Chinese cities are only three feet wide.

Content makes poor men rich; discontent makes rich men poor.



Her Improvement.

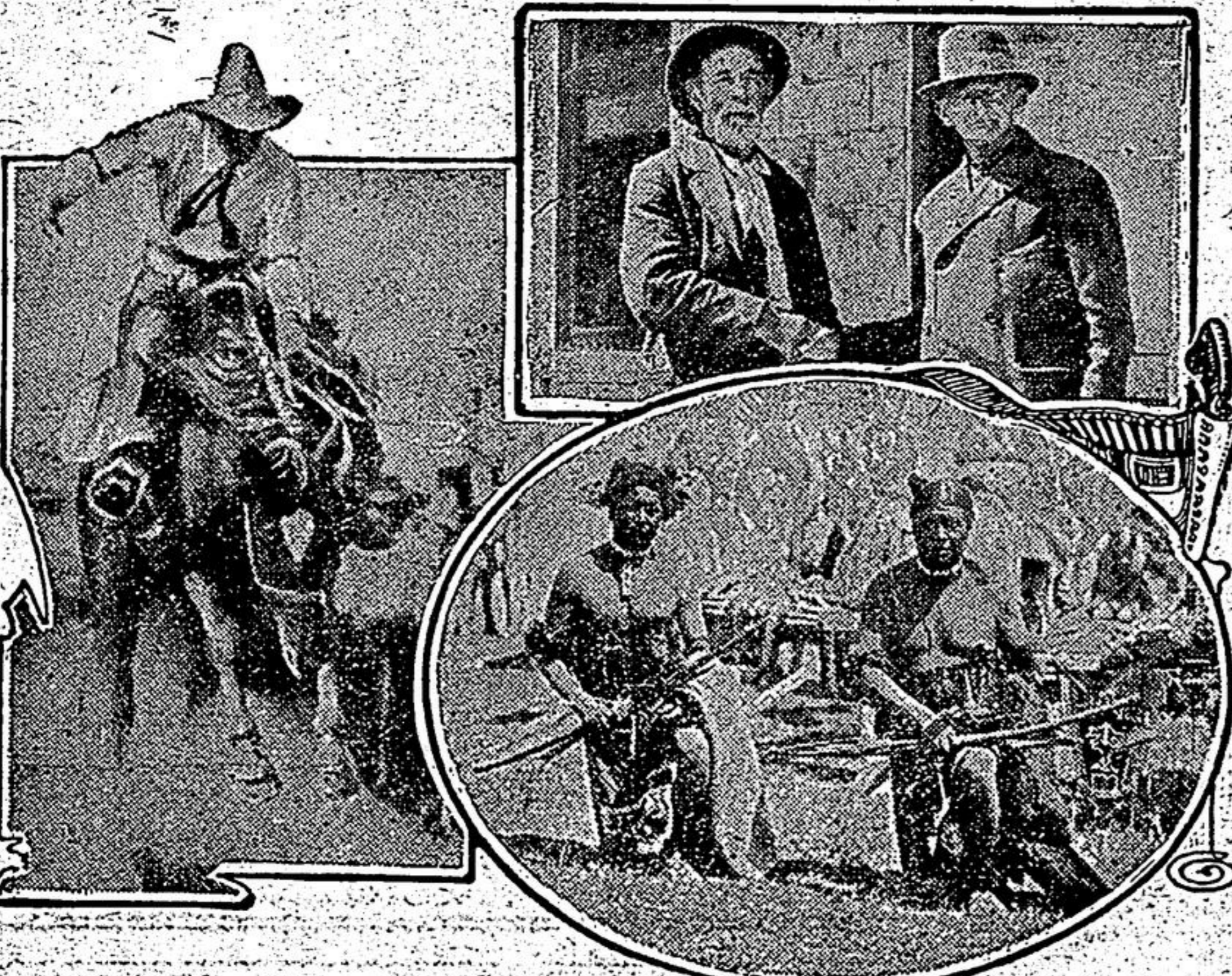
"Have you noticed any improvement in your golf lately?" "You bet! I found ten balls out of 50 lost yesterday! Last season I was lucky if I found two."

Many will sympathize with your misfortune; it is a real friend that honestly rejoices in your success.

Avoid loss when sending money by mail. Use Dominion Express Money Orders—the safe, convenient, inexpensive way.

The biggest mistake of all is constantly to be looking for small ones.

## Celebrate Arrival of Royal Canadian Mounted Police



MacLeod, a little town in Alberta, with a population of about two thousand and rather quiet souls, celebrated its jubilee recently.

Fifty years ago a squadron of the Royal Northwest Mounted Police, camped on the site, made it their headquarters, and it was for many years the centre of the Western zone of law and order. Fifty years in that time MacLeod has grown up into a flourishing prairie town, and created a wealth of traditions.

Practically all those who remain of the original members of the scarlet and gold gathered in MacLeod, drawing with them seventeen thousand visitors from all over the American Continent.

Scores of cow boys, veteran mounties and visitors danced on the sidewalks to the tunes of old fiddles and banjos picked and sawed by wrinkled hands. The Backfeet and Bloods, once the terrors of the surrounding plains, held an old-time war dance in

their camp. Their shrieks and throbbing tom-toms mingled strangely with the music of the visiting bands and the bagpipes who monopolized almost every street corner.

To-day, surrounded by vast deposits of bituminous and anthracite coal, the centre of a cattle and horse raising country, MacLeod contains four churches, good schools, and is the headquarters of the Royal Canadian Mounted Police.

# RED ROSE

For COFFEE, particular people— Pure! No chicory or any adulterant in this choice coffee

### EASY TRICKS Rose In The Button Hole



This is a good stunt with which to begin a series of parlor tricks. The trickster pretends to pick a magic seed out of the air and puts it on his coat lapel where a buttonhole flower would be worn.

The spectators can see that his hands are empty. He counts, "One, Two, Three!" and a real rose appears, as if by magic, in the buttonhole.

A length of elastic is the confederate in the trick. One end of it is fastened to the inside of the coat under the armpit. The exact position will have to be determined by experiments. This is laid right through the cloth and through the buttonhole and a rose is fastened to the end. When the performer enters the parlor, the elastic is stretched and the rose hidden and held by the pressure of the upper arm against the body. To cause the rose to appear in the buttonhole, it is necessary only to relax the pressure of the arm against the body. Magicians usually arrange for the rose to be easily detached from the elastic, thus permitting an examination of the flower and the automatic vanishing of the means by which the trick was done.

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

A Quake a Week. The city of Lima, Peru, has an earthquake about once a week, but in ten years there has been no loss of life or property. Slight jars and heavy rumblings are the chief characteristics.

Valued at \$75,000, a wonderful new telescope has been made for the Russian Government by a British firm. It contains a mirror 40in. wide, 8 1/2in. thick, and nearly 1,000 pounds in weight.



## ASPIRIN

Say "Bayer Aspirin"

INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

Safe Accept only a Bayer package

Which contains proven directions handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100—Druggists (Canada) of Bayer Manufacturing Co. Montreal, Quebec

## Improve Your Appearance

More Phosphate, if you want your complexion to clear, eyes to brighten, and skin to become soft and smooth. Thin, nerve-exhausted people grow strong on Bipro-Phosphate and druggists guarantee it. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

## Save Your Hair!

Rub the scalp with Minard's. It removes dandruff and stops the hair from falling out.



FLORIDA OFFERS GREAT opportunities for safe investments with profitable returns. Highly interesting particulars sent free. We also wish to communicate with reputable persons to represent us in their locality. Write now. Box 56, Stuart, Florida.

### New Sectional Maps.

Two new sheets of the Sectional Map of Canada, the Moose Mountain sheet and the Medicine Hat sheet, have just been issued. The western edge of the area covered by the former sheet lies about sixty-six miles east of the city of Moose Jaw. The area covered by the latter includes the city of Medicine Hat. Each sheet is approximately 24 inches by 34 inches, on a scale of three miles to an inch, and shows by various colors detailed topography such as streams, lakes, roads, buildings, contours, telegraph and telephone lines, railways, post offices, etc.

These sheets may be obtained from the Topographical Survey of Canada, Department of the Interior, Ottawa, upon payment of the normal fee of 25 cents each, or if they are desired in older form of pocket size convenient for carrying around, the price is 50 cents.

### Minard's Liniment for Rheumatism.

The neglect of the sun's healing powers has been one of the greatest of many blunders of so-called civilization. Sir Herbert Barker, the famous bone-setter.

For a finger-nail to reach its full length, an average of seven-twelfths of an inch, from 121 to 180 days of growth are necessary.



## MURINE

NIGHT & MORNING KEEP YOUR EYES CLEAN CLEAR AND HEALTHY



## Powder With Cuticura Talcum After Bathing

After a bath with Cuticura Soap and warm water Cuticura Talcum dusted over the skin is soothing, cooling and refreshing. If the skin is rough or irritated, anoint with Cuticura Ointment to soothe and heal.

Sample Each Free by Mail. Address Canadian Depot, Cuticura, P. O. Box 2612, Montreal, P. Q. Price 25c. Ointment 25c and 50c. Talcum 25c. Try our new Shaving Stick.

## WEAK, RUN DOWN AND AILING

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed

Port Mann, B. C.—"I took Lydia E. Pinkham's Vegetable Compound because I was tired and run-down. I had headaches and no appetite and was troubled for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I was living in Washington I was recommended by a stranger to take Lydia E. Pinkham's Vegetable Compound. I am stronger and feel fine since then and am able to do my housework. I am willing for you to use these facts as a testimonial."—Mrs. J. C. GREAVES, Port Mann, B. C.

## Feels New Life and Strength

Keene, N. H.—"I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pinkham's Vegetable Compound and I also used Lydia E. Pinkham's Sanative Wash. I am able to do my work and feel new life and strength from the Vegetable Compound. I am doing all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N. H.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound.