

RHEUMATIC PEOPLE NOW FIND RELIEF

By Driving the Poisonous Acid From the System.

Rheumatism attacks people when the blood is thin and watery or charged up with impurities, thus setting up inflammation of the muscles and joints. Cold, wet weather or sharp winds may start the pains, but the cause is rooted in the blood, and to get relief it must be treated through the blood. As a blood builder and nerve tonic Dr. Williams' Pink Pills are unsurpassed, and for that reason do not fail to give relief to rheumatic sufferers when given a fair trial. Among the rheumatic sufferers who have proved the great value of this medicine is Mr. N. M. Foley, Windsor, N.S., who says: "My trouble started with a bad cold, the result of working in a heavy rain storm. From that it developed into rheumatism which badly crippled me and kept me confined to bed for upwards of six months. The doctor who treated me did not help me, and every friend who called to see me had something different to advise. Some of these remedies I tried, but with no better results. My legs were stiff from the hips down, and every move I made caused intense pain, and constantly I was growing weaker. Then a friend from Falmouth, who came to see me, asked if I had tried Dr. Williams' Pink Pills. I had taken so much medicine without benefit that I was skeptical and said so. My friend, however, had so much faith in the pills that he got me a supply and to please him I began taking them. I had not been taking them long when I began to feel a change for the better, and I gladly got a further supply. Soon I was able to get out of bed and walk around on crutches. Still taking the pills I used in all seventeen boxes, by which time I was a well man and at work every day. Now I always keep a box of Dr. Williams' Pink Pills in the house and if I feel an ache or pain I take them and always with good results. I believe I would still be a bed-ridden cripple but for these pills, and I shall always praise and recommend them."

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

Seven Years Have Passed.

When seven years ago the world realized with a great thankfulness that Armageddon had actually come to an end, Flanders fields were vast tracts of land laid bare and desolate by the invader covered with mud and debris and dotted with struggling weeds and scarlet poppies. Now they have regained much of their normal aspect.

At St. Eloi, Zillebeke, St. Jean, Boesinghe and in the district of the Yser Canal reconstruction work is all but completed, and everywhere newly-built shops, houses, and churches, pay striking testimony to the industry of the Belgian people.

Here and there, it is true, certain war-time features have been preserved, as for instance, the trenches at Neuport, which have been made permanent by fortifying with cement.

At Ypres, the town is entirely rebuilt, and reconstruction work on the cathedral is being pushed forward at a rapid rate. Only the ruins of the wonderful old Cloth Hall remain, and will stand stark against the skyline for ever—a memorial of suffering and heroism.

Amid all this newness, two striking exceptions are Hill 60 and Houthulst Forest. The latter still remains a group of blackened tree-stumps, just as it was after that devastating gas-attack in which thousands of French soldiers, many of whose bodies still lie hidden in the dense undergrowth, were overcome by the times.

At Hill 60, the visitor may see old shells, cartridges, boots, socks, and other pathetic remains. Here to-day more than at any other place in the battlefields, it is possible to realize to the full what the war meant.

The work of completing the reverent orderliness of the cemeteries and raising memorials is also nearing its end. In fact, the country has now all but settled down. Those who contemplate a visit to the battlefields should make it as soon as possible.

How You Should Breathe.

Not one person in ten knows how to breathe. To breathe perfectly is to draw the breath in long, deep inhalations, slowly and regularly, in order to relieve the lower parts of the lungs of all injurious accumulations. Shallow breathing won't do this.

A doctor says: "I have overcome nausea, headache, sleeplessness, restlessness, and even more serious threatenings by simply going through a breathing exercise—pumping from my lower lungs, as it were, all the malarial inhalations of the day by long, slow, ample breaths. Try it before going to bed, making sure of standing where you can inhale pure air, and then darken your sleeping room completely. We live too much in an electric glare by night."

If you are mashing potatoes be sure the milk used is hot. Cold or lukewarm milk will make the potatoes heavy and pasty.

"Come Along, Boys, Here's a Church."

Once a ship was wrecked on a coral reef in the South Seas. The crew got ashore as best they could, using anything they saw afloat as a life belt. Not knowing the island, they were afraid to go inland. For aught they knew its inhabitants might be cannibals and they had no desire to furnish forth a cannibal feast.

Presently one of the company climbed a near-by hillock and risked a look over the island. Having won the summit he began to wave his arms excitedly, beckoning them. As they got nearer to him they heard him shouting, "Come along, boys, it's all right, here's a church."

The story is told by the famous Australian preacher, Rev. Henry Howard, who recently visited America. The Church to those men was a symbol of security. They were no longer afraid. Because the good news had been proclaimed there, those shipwrecked sailors felt safe. Without that symbol, they knew that their lives would not have been worth a moment's consideration.

The Church in the midst has made a difference. It has been the cradle of amazing securities and liberties, of philanthropies and literatures and enlightenments. The modern world all too often takes these things for granted, without recognizing their origins. Christianity has made all the difference and often we know it not.

The Church, for instance, has literally grown Good Samaritans, and because of their life has taken on kinder and more humane aspects. They have been found in every age—some of them known, most of them unknown. In the middle ages for instance, the Friars established themselves in the pestilential quarter of towns, ministering to the lepers. Men like St. Francis and St. Hugh of Lincoln would minister to lepers with their own hands, overcoming all repugnance, caring for them in the spirit and the name of Christ. Wherever Christianity has gone there have sprung up homes for lepers, orphanages, hospitals, schools. For the unprivileged and dispossessed life has come to have new securities and new succourers. The world's Elizabeth Frys, John Howards, Stephen Grelletts and Shaftesburys found their inspiration in the Christian Gospel.

The world is still sadly imperfect. In a sense it is true that Christianity, so far from having failed, has never really been tried. Yet it has been a leaven at work and in deep and wide-spread ways, often too little acknowledged or recognized, it has made all the difference to our life. The Church in the midst is the symbol of what Christianity has done for us.

CHILDREN LIKE BABY'S OWN TABLETS

Because They Are Tasteless and Are Easy to Take.

One of the strongest points in favor of any medicine for children is that it is so agreeable that the mother does not have to force it down the little one's throat.

Baby's Own Tablets have no drug taste, may be crushed to a powder if desired, and babies like them. They are perfectly safe for they contain no opiate or narcotic. They sweeten the stomach, and remove the cause of fretfulness.

Mrs. Arthur, Charlebois, Pawtucket, R.I., says: "I have found Baby's Own Tablets to be a gentle laxative and a safe remedy for stomach disorders in children. Our little boy had been given harsh cathartics but these tablets worked more effectively, without the severe griping. I can recommend them to all mothers of little children."

Baby's Own Tablets are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Watch Maker Muses.

There! It is fixed! At last it's done! How beautiful to see it run! For cogs, obedient to law, Are intercaught without a flaw, And with a calm, unshuffled speeding, A steady strength the springs are feeding.

How delicate and gossamer The little springs and spirals whir, Till wheel and coil and cog and catch With mightier wheels and spirals match;

And all this ticking and this beating, Are but diminished sounds, repeating The movements of a greater clock, The thunder of whose tick and tock Forever rolls without a pause, Reverberating heavenly laws.

The strength that stirs from out these springs Goes leaping on in planets' rings— This spring, that's bit by bit unbending, Is hurling constellations, sending What spinning suns forever wending! This coil winds out into the sky To spirals of the Nebulae;

About this balance-wheel, with ease Are pivoted the Pleiades; This little watch will but rehearse The ticking of the universe!

Does Some One coil the cunning springs Of all the whirling starry rings? Does Some One wind, beyond recall, The greatest ticking clock of all? What springs and spirals does He trace, As I do o'er this watch-a case?

—Louis Ginsberg.



LATEST IN MEDICAL SERVICE ON C. P. LINERS.

It is gradually being brought home to Mr. Average Man that the discomfort associated with ocean travel is but a bad dream of the past. Traveling across the Atlantic in five days in a luxurious cabin, with hot and cold water, lights, music, dancing, newspapers, radio and every desirable convenience of the day, it is hard to think of the time when it took weeks or months before a tiny schooner would reach America after fighting its way over each wave, threatened with disaster by every high wind.

Ocean travel has reached the point of perfection where even invalids and those taken sick suddenly can be given all the medical advantages of shore hospitals. The ship hospitals are as modern and up-to-the-minute as those on shore, but of necessity, are more restricted.

But even the finest of man's calculations are sometimes upset by the

uncontrollable sea. On the Canadian Pacific liner Montcalm recently, a passenger became dangerously ill and an immediate operation was thought necessary. At the time a fierce storm was raging, Commander Sibbons, R.N.R., ordered the ship stopped for two hours and Dr. Girvan, F.R.C.S., ship's surgeon, aided by Dr. D. B. Ross, of Montreal, performed the operation. The woman is now fully recovered.

Dr. Girvan remembers occasions when conditions were not so satisfactory. During the war, in Mesopotamia, he cut out the appendix of a native with a pen-knife when he could not get the patient to the hospital on time. In the wilds of Scotland, performing an operation for appendicitis, the man holding the candle fainted. Dr. Girvan summoned a woman to carry on. The patient recovered.

Hospital for Sick Children.

67 College St., Toronto, 2, Ont. Christmas, 1925.

Dear Mr. Editor:—

This is the fiftieth year—the semi-centennial of the Hospital for Sick Children. It is the Golden Anniversary of an institution which started out in 1875 with a six-bed equipment to cure children medically of their illnesses and to rid them surgically of their disabilities. Fifty years have passed and the tiny hospital has grown into one of the greatest institutions of its kind in the whole world. The people of this province demanded this service and they have made it possible by their Christmas-Time gifts. They are rewarded by the knowledge that thousands of Ontario children will grow up into manhood or womanhood blessing the "little blue cots" wherein they were restored and strengthened to play a full part in the battle of life.

To win back health for six thousand boys and girls was the measure of the Hospital's ward-service alone this year. Besides that there were over half a hundred thousand attendances in the Out-Patient Department, where the less serious cases are treated. All this cost a great deal of money, even though the doctors give freely of their skill and the nurses of their care. There is board and lodging and laundry to be provided, besides the best that can be procured in the way of all the medical and surgical supplies required to treat the myriad ailments and accidents to which children are subject.

In order to maintain its high standard of efficiency and also to widen the scope of its service, through clinics conducted all over Ontario, the Hospital is compelled to borrow heavily during the year. On the occasion of its fiftieth Christmas, an appeal is made to the public for the funds which will allow the Hospital for Sick Children to enter upon its second half-century of service with its courage renewed by a credit balance in the bank.

It is indeed a noble cause which I feel sure you will cordially commend to your readers.

Faithfully yours,
IRVING E. ROBERTSON,
Chairman Appeal Committee.

Note—This Hospital does not receive an appropriation from the Federation for Community Service Drive.

Silence.

When one small touch of Charity Could lift them nearer God-like state Then if the crowded Orb should cry: Like those who cried Diana Great!

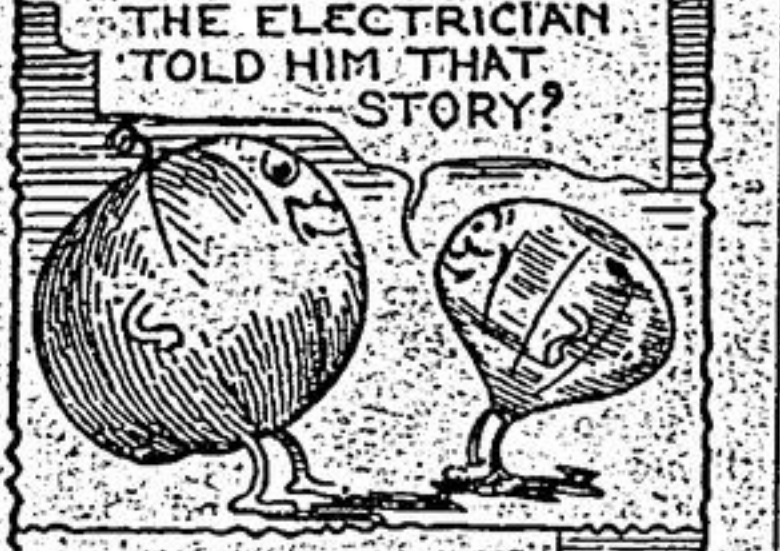
And I, too, talk and lose the touch I talk of, Sure, after all, The noblest answer unto such Is perfect stillness when they brawl.

No Ticket.

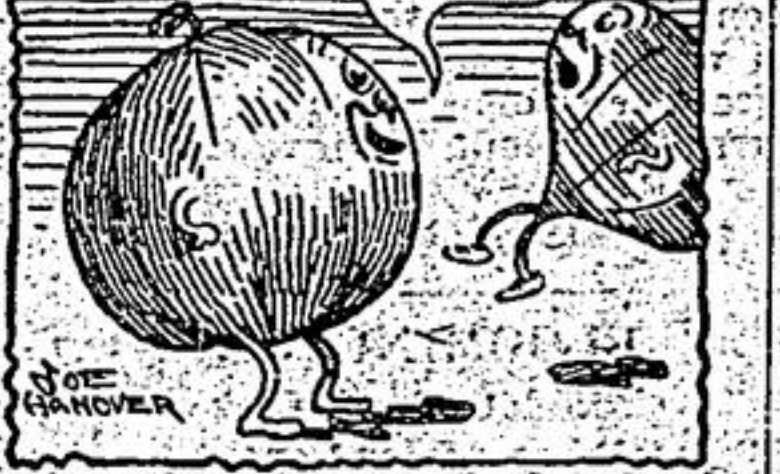
The new servant brought the visiting card to her mistress. "There's two of 'em," she said, "one in the drawing-room and one at the door."

"But why didn't you show them both in?" asked her mistress. "They only had one ticket," answered the servant.

WAS MR. CORN EMBARRASSED WHEN THE ELECTRICIAN TOLD HIM THAT STORY?



YES, HE WAS SHOCKED!



Upset stomach, sluggish liver, and acid condition cause bad breath. Seigel's Syrup gets at the cause. Try it and have a wholesome breath. Any drug store.

Britons' Growing Shorter.

Sir Arthur Keith, conservator of the Royal College of Surgeons' Museums and England's best-known anthropologist, says the average height of the modern Englishman is 5 feet 6 inches. It was previously supposed for many years that the average was 5 feet 8 inches. Sir Arthur said also in a recent lecture that the brain of modern Europeans is smaller to-day than formerly.

Keep Minard's Liniment handy.

Material in Oldest Stars Weighs 22 Tons to Pint.

The oldest stars, known as "white dwarfs" are made of the heaviest substance known to science, according to an interview with Professor Herbert Dingle, noted British astronomer, published in "The Daily Mail." It has been computed that this substance is 53,000 times heavier than water and 10,000 times heavier than iron. A child could not lift a piece the size of a penny. A pint of it would weigh more than twenty-two tons.

Mix a little ammonia with the beeswax and turpentine used for floor polishing. The wax will then dissolve quickly.

It Stopped Her Cough and Brought Peace, Comfort and a Restful Night

GRAY'S SYRUP OF RED SPRUCE GUM

Prepared by D. WATSON & CO.

The name "Red Rose" has been a guarantee of quality for 30 years

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

SUN IS SMALL FRY BESIDE STARS

But Earth Would Melt Like Snowflake if Thrust in it.

Secrets of Science Number Threes. By David Diets.

The sun, we learn from astronomy, is not the lordly monarch of the skies that it appears to be.

It only appears so to us, because this earth of ours is so very much closer to the sun than it is to any of the stars.

Many of the stars which appear to us as mere pin-points of light are any where from 50 to 500 times larger than the sun. The reason for the difference in appearance to us is that the sun is 93,000,000 miles from us while the distance to the nearest star is 25,000 billions of miles.

Everyone now with the exception of Voliva, and his followers believes that the earth and the seven other planets circle around the sun.

This belief is stated to-day as a matter of fact.

It is accordingly interesting to note that it once took a great deal of courage to proclaim that fact. It was an extremely dangerous thing to do.

In the year 1600, the astronomer Giordano Bruno was burned at the stake for daring to say that the earth was not the centre of the universe but that it revolved around the sun.

In 1616, Galileo was thrown into prison for making the same assertion. The sun, as has been said, is rather small fry compared to some of the stars.

But there's nothing small about the sun in comparison to the earth. The diameter of the earth is about 8000 miles. The diameter of the sun is more than 100 times that of 866,000 miles.

In bulk, the sun is 1,300,000 times the size of the earth. The sun is a great seething furnace of a temperature beyond human understanding. Its surface is a white-hot boiling sea of vapors.

If the earth was suddenly thrust into the sun, it would melt as quickly as a snowflake falling on a red-hot stove.

Astronomers believe that if all the coal fields of the earth could be piled together and burned, the total heat would not equal that given out by the sun during the fraction of a second.

The earth is protected from the rays of the sun by the atmosphere or blanket of air surrounding the earth.

Were it not for this, even though the earth is 93,000,000 miles from the sun, so much heat would strike it that the great ice fields at the north and south poles would be melted and within a year all the oceans would begin to boil.

Life of course would be impossible under such conditions. The force of gravity upon the surface of any heavenly body is a result of its size. An athlete could jump six times as high on the moon as on the earth. On Jupiter he could only jump half as high. On the sun the force of gravity would be 27 times as great as on the earth. Under such conditions our athlete would not be able to jump at all. In fact, if he were to lie down

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Take without Fear as Told in "Bayer" Package



Does not affect the Heart.

Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Tablets of Aspirin proved safe by millions and prescribed by physicians over twenty-five years for:

- Colds
 - Headache
 - Neuritis
 - Lumbago
 - Toothache
 - Rheumatism
 - Neuralgia
 - Pain? Pain!
- Each unbroken "Bayer" package contains proven directions. Handy boxes of twelve tablets cost few cents. Drug-gists also sell bottles of 24 and 100.

CHILBLAINS!

Wash the feet with warm water, and rub with Minard's. Quickly stops the pain.



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he would find the force of gravity so great that he would be unable to rise to his feet again. Next article: A "Close-up" of the Sun.

What's in a Name?

Sometimes a great deal, as will be seen from the following selections. This compilation shows the curious, and even ludicrous, results of including family names with the baptismal ones.

Sponsors who read this little list would do well to hesitate when they are requested to name the child: Edna Broker Mothershead; Marian English Earle; Sawyer Turner Somerset; Nealon Pray Dally; Benton Killin Sarage; Owen Taylor Money; Ima Little Lamb; Broker Husbands Hart; R. U. Phelan Goode; Marie A. Bachelor; Eaton Grove Phato; May Tyns Uppe; Betty Sawyer; Knott Worth Reading.

In an ounce of sugar there is sufficient energy to produce any of Shakespeare's plays, if it found its way to a brain as gifted.—Sir Arthur Keith.

Either Kind Stops Coughs

Buckley's Mixture "Strong" or "Modified" will stop your cough or cold. Buckley's "Strong" is the same efficient remedy you have used before. Buckley's "Modified" differs in taste only. Made for those who find medicines distasteful, particularly the children.

Both Mixtures act like a flash on coughs, bronchitis or any affection of throat, chest and lungs.

75c—40 doses

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Why Suffer With Itching Rashes

When a warm bath with Cuticura Soap and application of Cuticura Ointment will afford immediate relief and point to permanent skin health in most cases when all else fails.

Sample Each Free by Mail. Address: Canadian Dept. of Health, 114, Montreal, P. O. Box 200, Montreal 25 and 100, Toronto 25. Cuticura Shaving Stick 25c.