

RHEUMATIC PAIN AND THIN BLOOD

Liniments of No Avail — The Trouble Must be Treated Through the Blood

The most a rheumatic sufferer can hope for in rubbing something on the swollen, aching joints is a little relief and all the while the trouble is becoming more firmly rooted. It is now known that rheumatism is rooted in the blood, and that as the trouble goes on the blood becomes still further thin and watery. To get rid of rheumatism, therefore, you must go to the root of the trouble in the blood. That is why Dr. Williams' Pink Pills have proved so beneficial when taken for this trouble. They make new, rich blood which expels the poisonous acid and the rheumatism disappears. There are thousands of former rheumatic sufferers in Canada, now well and strong, who thank Dr. Williams' Pink Pills that they are now free from the aches and pains of this dreaded trouble. One of these is Mr. Robt. A. Smith, Mersey Point, N.S., who says: "Some years ago I was attacked with rheumatism, which grew so bad that I could not walk and had to go to bed, under the doctor's care. It is needless to say that I underwent a great deal of suffering. The doctor's medicine did not seem to reach the trouble, so when I was advised to try Dr. Williams' Pink Pills I did so, and after taking them for some weeks I was able to get out of bed. I continued using the pills and was soon able to work, and I have not been troubled with rheumatism since. In other respects also I derived a great deal of benefit from these pills and I think them a wonderful remedy."

Dr. Williams' Pink Pills are sold by all medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Rains Reopen Mines.
Heavy rains in British Guiana have supplied water for the working of many diamond mines that had been idle for some time.

The Scriptures.
There are no songs comparable to the songs of Zion, no orations equal to those of the Prophets, no policies like those the Scriptures teach.—Milton.

Homeward Bound for Christmas
Old hearts will beat more quickly; old eyes will shine with happiness when YOU go home. And what a joy it will be for you, too, visiting the scenes of childhood days and meeting friends of other years!

Make arrangements now to go home this Christmas on a liner of the Cunard or Anchor-Donaldson Canadian Service. The voyage will be an unforgettable pleasure. The ship's comfortable appointments and the courteous intelligent interest taken by every member of the staff in your well-being make your journey a real joy.

Christmas Sailings from Halifax
ANTONIA—Dec. 13 to Plymouth, Cherbourg and London.
LETTITIA—Dec. 12 to Belfast, Liverpool and Glasgow.
*Dec. 11 from St. John N.B.

Ask your Steamship Agent for information or write

The Robert Reford Co., Limited
Montreal, Toronto, Quebec,
St. John, N.B., Halifax.

CUNARD ANCHOR-DONALDSON CANADIAN SERVICE

Use **SMP** Enameled Ware Cooking Utensils

Clean as China Strong as Steel

Sold in best stores everywhere

SHEET METAL PRODUCTS CO. 215

Mapping a Hitherto Unmapped Area Northwest of and Adjoining Red Lake.

A few weeks ago it was announced in the press that the federal authorities were engaged upon a mapping programme covering the region in the vicinity of Red Lake. In accordance with this mapping programme a provisional map of the Red Lake district itself had been issued to meet the urgent need for the presentation of authentic topographic information; and the subsequent publication of map sheets lying on all sides of the Red Lake region was provided for. Two of these projected sheets were issued during the past few weeks, namely, the Lac Seul sheet and the Points du Bois sheet, lying respectively to the south-east and the southwest of Red Lake, and north from the main line of the Canadian National railways. The mapping programme has been carried on by the Topographical Survey, Department of the Interior, in co-operation with the Surveys Branch of the Department of Lands and Forests, Ontario, and the Royal Canadian Air Force.

A third sheet is now ready for issue to the public. This is known as the Carroll-Lake sheet and comprises an area lying northwest of and adjoining Red Lake, included within latitudes 51° and 52° and longitudes 94° and 96°.

These sheets are published on the scale of four miles to the inch. They are issued in folder form for convenience in carrying in the pocket and may be obtained for the nominal fee of fifty cents by writing the Topographical Survey, Department of the Interior, Ottawa. They are also issued in plain form, unfolded, for which the fee is twenty-five cents.

Up to the time that this mapping programme was undertaken, there was very little authentic information available regarding the topography of this region, and most of the previous maps showed practically blank spaces here. This is far more a true representation of the case, for the topography actually consists of a maze of lakes, rivers, and connecting waterways of all sizes and shapes scattered throughout an entirely forested territory. The value of a good map in such country is at once apparent.

But He Knew the Dog.
The man who dashed into the police station at half-past two in the morning looked as if he had been having a nightmare.

"My wife!" he gasped. "I want you to find my wife! Been missing since eight this evening! Oh, find her for me!"

"What's her description?" asked a sergeant. "Height?"

"I—I don't know!"

"Weight?"

"The husband shook his head vaguely.

"Color of eyes?"

"Er—average, I expect."

"Do you know how she was dressed?"

"I expect she wore her coat and hat. She took the dog with her."

"What kind of a dog?"

"Briardle bull-terrier, weight fourteen and a half pounds, four dark blotches on his body, shading from grey into white. Round, blackish spot over the left eye, white stub of a tail, three white legs, and right front leg briddled, all but the toes. A small nick in his left ear, a silver link collar, with—"

"That'll do!" gasped the sergeant. "We'll find the dog!"

The Beginnings of Music.
It is a curious and interesting fact that although Eastern music and Western music are so different from each other, they have developed on very much parallel lines. Pythagoras, who was the man who first discovered the principles by which different notes may be fixed, the fact that a string divided into two gives a note an octave higher than its full length, and similar facts, was born about thirty years before Confucius who, besides giving China its standard Philosophy which has lasted to the present time, established its musical principles, comparing the motion or rhythm of music to that of the stars and giving the scales the names which fix their order of importance. Within a hundred years of that time Indian music was first placed on a scientific theoretical basis which enabled it to be taught by other means than merely by ear.



SCENE OF ARMENIAN SHOCKS
Above is shown a map of Armenia reported badly razed by the succession of quakes. Mount Alagoz, Mount Ararat, the legendary resting place of Noah and Leninakan, are said to be the shock centres.

Street Beauty.

I never leave London without a pang. I never come back to it without realizing afresh its beauty and its glamor. In fog or sunshine, in rain or snow, with its turmoil and its rush, I love the Town.

Not long ago I happened to be in Westminster on a December afternoon. It had been raining heavily all day, and the sky, which had just cleared, was flooded with a golden light. The towers of the Abbey stood up against it in misty blue. A string ofansom cabs coming along, reflected in the wet streets, looked like a procession of black gondolas. It was a striking effect. I gazed at it entranced, and then walked home feeling as if I had had a glimpse of fairyland.

Men talk rapturously about "mountain distances" and "air perspectives"; but what can be more striking than the blue-grey fog that turns the end of a London street, as you look down it, into mystery and beauty; that gives to the present a tinge of uncertainty of the future, and throws a halo of poetry over the most commonplace homes?—Rose Barton in "Unfamiliar London."

Diabetes.

Once upon a time we saw a poster which read: "Why is food important? Because we are food on legs!" We hope we are more than just that, but the subject of food must give us pause, although it is rather too much to say "Tell me what you eat and I will tell you what you are," yet any one in any part of the country to-day will tell you that if you eat too much sugar and starchy foods it will doubtless bring on diabetes. That is exactly what happens when the body is not able to properly take care of the sugar and starch contained in the food we eat.

What are we eating? "We are eating more cereal products than any of our ancestors ever ate in the past, except perhaps the ancient Egyptians, who were the grain-eaters of antiquity."

"We are eating much more sugar than any one in the world ever ate before. One hundred years ago the average consumption of sugar per person was about eleven (11) pounds in a year; to-day it is one hundred (100) pounds!" During the war we ate less sugar—diabetes was reduced; after the war we increased our sugar and diabetes increased.

The main cause of diabetes is wrong food—too many sweets and starchy foods. No sugar in tea and coffee; no candy, no pastry, no iced cakes, none but milk puddings, no cereals—none some of the "don'ts" for those who have a tendency to diabetes; use simple foods: milk, eggs, lean meat and fish, fruits and vegetables, bran muffins or brown bread. This is the best preventive—proper diet.



Charged Water.
"He carries a mighty big bill at the drug store. I hear."
"Yes, even the water he gets there is charged."

Artists' Need of Fitness.

It is not necessarily higher moral qualities that make the musicians of to-day more sober than those of a few generations ago, but stern necessity, because the music of to-day is so much more difficult to play and sing. A humorous description of the effect of indulgence on orchestral players was given many years ago by the late Sir August Mannes, the famous conductor of the Crystal Palace Orchestra. He said that the players "were always in bad order on Monday morning" because on Sundays they smoked too much and kissed their wives and sweethearts so much that the lips of the wind players were all out of order. Modern music, as well as the conditions of professional life, demands so much from the artist that any lack of fitness results in an imperfect performance, while the criticism of managers, conductors, press and public alike is so keen that the artist cannot afford to be less perfect than the highest he can give.

BABY'S OWN TABLETS ARE OF GREAT VALUE

To All Mothers Having Young Children in the Home.

No other medicine is of such aid to mothers of young children as is Baby's Own Tablets. The Tablets are the very best medicine a mother can give her little ones during the dreaded teething time because they regulate the stomach and bowels and thus drive out constipation and indigestion; prevent colic and diarrhoea and break up colds and simple fevers.

Concerning Baby's Own Tablets, Mrs. John A. Patterson, Scotch Village, N.S., says: "I have six children, and all the medicine they ever get is Baby's Own Tablets. I would use nothing else for them and can strongly recommend the Tablets to all other mothers."

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.



Bugville Athletic Note.
"Bugville's champion shot-putter in action."

Prelude.

The little bird sits in the nest and sings
A shy, soft song to the morning light,
And it flutters a little and prunes its wings.
The song is halting and poor and brief,
And the fluttering wings scarce stir a leaf,
But the note is a prelude to sweeter things,
And the busy bill and the flutter slight
Are proving the wings for a bolder flight!

—Paul Laurence Dunbar.

The Best Country.

Such is the patriot's boast, where'er we roam,
His first, best country, ever is at home.
And yet, perhaps, if countries we compare,
And estimate the blessings which they share,
Though patriots flatter, still shall wisdom find
An equal portion dealt to all mankind;
As different goods, by art or nature given,
To different nations makes their blessings even.

—Goldsmith.

RED ROSE TEA
"is good tea" TEA
Perhaps you use good tea. We think Red Rose extra good.

Health Partnership and the Individual's Responsibility.

Industrial Hygiene means promotion of the health of industrial workers. This necessitates the most practical co-operation between the two great groups concerned, the employers, who are responsible for health conditions in the plant, and the employees, who are responsible for health conditions in the homes, and, more important still, for their own private health habits. The benefits to health resulting from good working conditions (such as adequate light, ventilation and temperature and facilities for nourishment and cleanliness) are enormously minimized if not entirely counteracted unless the individual employee is a partner in the health campaign. It is convinced of the importance of such factors, and tries to obtain them in his home. Health can not be imposed on anyone; to some extent each man must be a self-starter.

Broadly speaking the health factors which are the individual's private responsibility are housing or rooming arrangements, food, sleep and personal hygiene. The importance of these things cannot be over emphasized—if bad, they can shatter the strongest physique; if good, they can conserve and strengthen the most delicate. The problem is similar for men and women but most difficult for women who are apt to be hampered by small means. It is for this reason that the Department of Health brought out the well-known book on the subject—"Health Confessions of Business Women," a book by business women themselves for business women, covering all the personal factors which bear on health. It may be had on application to the Division of Industrial Hygiene, Ontario Department of Health, Spadina House, Toronto. Over 12,000 have already been requisitioned, but a limited supply is still available.

Our Most Dangerous.

—Day is the one on which we complete our masterpiece.
—Friend is the one who tells us our second best is good enough.
—Enemy may be our friend who knows the most about us.
—Dollar is the one we got without earning it.
—Moment is the one when our loyalty to a friend conflicts with loyalty to duty.
—Ambition is the one that ignores our conscience.
—Amusement is the one that leaves us less fit for work.

Become Beautiful
HAIRDRESSING ACADEMY
Shows you how to make your hair beautiful. Includes instruction in styling, coloring, and waving. Also includes instruction in manicuring and pedicuring. Course of 12 weeks. Tuition \$10.00. Address: 121 Avenue Road, Toronto, Ont.

Dandruff.
Rub Minard's into the scalp four times a week. It stops falling hair.

MINARD'S KING OF PAIN LINIMENT

Dull Pains in Back.

St. Thomas, Ont.—"I took four bottles of Lydia E. Pinkham's Vegetable Compound and found great relief from the dull, heavy pains in the small of my back and the weakness from which I suffered for five years after my boy was born. After taking the Vegetable Compound and using Lydia E. Pinkham's Sanative Wash I am feeling better than I have for the past seven years, and advise my friends to take it."—Mrs. F. JOHNSON, 49 Moore Street, St. Thomas, Ont.

CUTICURA HEALS ITCHY ECZEMA
Started With a Rash. Then Broke Out in Blisters. Lost Sleep.
"My daughter suffered with eczema for about a month. It started first with a rash and then broke out in blisters. It itched and burned a great deal, and she lost considerable sleep at night on account of it. We began using Cuticura Soap and Ointment and after a few applications the itching and burning sensation stopped. We continued the treatment and in two weeks she was completely healed." (Signed) Mrs. Peter MacDonald, R. R. 11, Proton, Ont., Sept. 29, 1925.
Make Cuticura Soap and Ointment your every-day toilet preparations, and have a clear, sweet skin, soft, smooth hands, and a healthy scalp with good hair. Cuticura Talcum is unexcelled in purity.

Genuine ASPIRIN
Proved safe by millions and prescribed by physicians for
Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Drugists.

Aspirin is the trade mark (registered in Canada) of Bayer, Manufacturer of Monoacetic Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). 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."

Classified Advertisements.

REMNANTS.
3 LBS. \$2. 5 LBS. PATCHES, \$1.50. A. McCreery, Chatham, Ontario.

BOYS!
BOYS OF 12 TO 14 YEARS, wishing to make \$20.00 before Christmas, write to Robert Horton, 97 Withrow Ave., Toronto.

STUDENT NURSES WANTED.

NASSAU HOSPITAL, MINEOLA, Long Island. Registered Training School. 40 minutes from New York City. 2 years, 4 months course. Complete training. Well qualified instructors. Three weeks' vacation annually. One year high school or equivalent required. After preliminary term an allowance of \$25 a month besides uniforms and books given. Class entering in January. Address: Principal of the School of Nursing, Nassau Hospital, Mineola, Long Island.

Understanding.

A man does not receive the statements that "two and two are four" and that "the pure in heart shall see God" on the same terms. The one can be proved to him with four grains of corn. He can never arrive at a belief in the other till he realizes it in the intimate persuasion of his whole being.—James Russell Lowell.

Greeks Growing Roses.

Greek refugees in Greek Macedonia have begun to raise roses for the perfume industry.

Plans For Homes
Last word in builders' aid. Practical up-to-date suggestions on planning, building, furnishing, decorating and gardening. 112 pages, illustrated, and scores of actual drawings and suggestions. Send 25 cents for current issue.
MacLean Builders' Guide
344 Adelaide St. W., Toronto, Ont.

PAINS ALL OVER BODY

Two More Cases of Feminine Illness Relieved by Lydia E. Pinkham's Vegetable Compound

Barrington, N. S.—"I had terrible feelings, headaches, back and side aches and pains all over my body. I would have to go to bed every month and nothing would do me good. My husband and my father did my work for me as I have two children and we have quite a big place. I read in the paper about Lydia E. Pinkham's Vegetable Compound, and then got a little book about it through the mail, and my husband sent to Eaton's and got me a bottle, and then we got more from the store. I am feeling fine now and do all my work and am able to go out around more. I tell my friends it is Lydia E. Pinkham's Vegetable Compound that makes me feel so well."—Mrs. VICTOR RICHARDSON, Barrington, Nova Scotia.

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