

DYSPEPSIA IS GREATEST ENEMY OF MODERN MAN

Distressing Malady is Most Prevalent of All Present-Day Diseases—Thousands Are Relieved by Tanlac.

Of all the conditions that afflict humanity, chronic dyspepsia, or what is more commonly known as indigestion, is probably the most prevalent. This most universal malady has afflicted the medical profession for years, and the most skilled specialists have been unable to cope with it successfully.

Hours might be consumed in describing the sufferings, mental and physical, of the sufferers from chronic dyspepsia and their failure hereof to get relief. A morbid, unreal, whimsical and melancholy condition of the mind, aside from the nervousness and physical suffering, is the usual condition of the average dyspeptic.

Dyspepsia, or indigestion, as the case may be, is usually caused by the eating of too much or unsuitable food, and the mucous membrane of the stomach becomes irritated, and there is set up an acute or sub-acute gastric catarrhal condition which prevents the proper digestion of the food. This food is apt to ferment and decompose, and as a result the familiar distressing symptoms of dyspepsia may arise. In mild cases there is nothing more than an uncomfortable feeling in the stomach, with a certain amount of depression, headache, loss of appetite, perhaps belching of gas and occasional vomiting. There may be also accompanying intestinal symptoms, such as constipation, pains in the back, colic, etc. There may be only the familiar heartburn due to the inflammation of the stomach from excessive gases of fermentation or putrefaction. In the most severe cases—those that last over a day or two—the symptoms enumerated may be much more intense. The distress may be marked and the general constitutional symptoms more evident. When this stage is reached the loss of appetite, the mental depression,

and the general uncomfortable feeling in the stomach are much more pronounced. This is particularly true in acute gastritis.

It frequently occurs from continued excess in diet—that this condition becomes chronic, and the symptoms persist for an indefinite period. The appetite is very apt to be varied, but at times very good. Heartburn is frequent, if not constant. The stomach is painful on pressure, the tongue is coated, there is a bad taste in the mouth, and there are changes in the amount of salivary secretion. Constipation is also usually present, although diarrhoea may alternate.

Most cases of dyspepsia can be cured if the diet is properly looked after and with the proper treatment. Proper eating, the proper amount of food and hygienic living are the most important features of the treatment. Most people eat too fast and eat too much.

One noted authority has said that the stomach is the fountain head of health or disease, as the case may be. Tanlac was designed primarily for the regulation of the stomach, liver and bowels, but it is no uncommon thing for persons who have used it to find that they have also been relieved of rheumatism and other ailments not generally recognized as having their origin in stomach trouble.

There is probably not a single portion of the body that is not benefited by the helpful action of Tanlac, which begins its work by stimulating the digestive organs, thereby enriching the blood and invigorating the whole system. Next it enables the weak, great stomach to thoroughly digest the food, permitting the assimilation of the nourishing elements.

Millions of people have not only been relieved of the most obstinate forms of dyspepsia and indigestion by the Tanlac treatment after other remedies had failed, but many of them have reported a remarkable and rapid increase in weight and a return to normal health and strength by its use.—Advt.

"PARLIAMENT OF LAYDES."

Satirical Seventeenth Century Pamphlets Dealing With Question. A striking idea of the changed attitude of the world toward women in politics is to be obtained from some of the satires of the period of the Civil War and the Puritan Parliament.

These tracts, says a recent contributor to Country Life, depict a lower; and also a higher house, composed entirely of women. The feminine House of Commons appears in a pamphlet under the title of "A Parliament of Laydes with their Lawes newly enacted," describing the convening of a House of Noble Matrons to control alleged grievances and picturing the tumultuous insistence of a "great many Tradesmen's Wives" who "desired to have their voices in the Council."

The "Lawes" proposed by this assembly, included "That women might vex, perplex, and any way torment their husbands," in accordance with the motion of Mistress Rachel Rattle-pace that "when our husbands trouble us we may likewise torment them; if they fret we frowne; they grudge, we grumble; they prate, we gloat; they cross, we curse; if they bend their brows, we may bend our fists; and be they never so outrageous, we to carry no coles in any case."

A further law proposed was that "Women may feast banquet and gossip when and where they please." The impartiality of the House of Women is indicated by the "Item" that "It is thought meet that rich widowers shall marry Gentlemen's youngest sons that have no means to maintain themselves."

This skit was reprinted nine years later, with a more elaborate title: "The Parliament of Women: With the merry Lawes by them newly Enacted to live in more Ease, Pomp, Pride, and Watkinson. But especially that they might have Superiority, and domineer over their Husbands."

Perhaps the most interesting tract of all is the "Extract Diurnal of the severall passages in the Parliament of the Laydes." These passages relate the impeachment of various Royalist leaders during an eight-day session, which was held in Oxford, and the final reprieve of the prisoners. The "Laydes" sat in "Mary Maudlin Hall," and there conducted the trial of Prince Rupert and others for treasonable misdemeanors. The "Countess and other Laydes (on Monday morning early) first made choice of their Speaker; it was agreed that Lady Obony should have the Chaire, and Moll Cut-purse made Serjeant at Arms."

The first day was occupied by speeches moving that all persons guilty of baseness, cowardice, or treachery, be brought to the bar, as delinquents. The second day the Laydes ordered that various delinquents, including Prince Rupert, be brought before the House, "alive or dead."

When the warrant was delivered to the Serjeant at Arms, Mrs. Moll "mustered up her witty Mermaidons" (the women police of the period) and "sends for an attacheth, the Delinquents, whom she keeps prisoners fast in Irons, lest they or any of them should make escape." Prince Rupert, falling on his knees, heard his charge read against him "that he hath been the chiefe cause of their designes miscarrying by his plunging at Edge Hill, his wilfulness at Marston Moore, and his cowardice at Borstoll. To all which he pleaded 'Not guilty, noble Amazons."

The House delivered a series of ferocious judgments, whereupon all the condemned prisoners most abjectly prayed for mitigation and tears "made the Laydes' hearts relent," with the result that "a general Reprieve was granted to them all."



There's always a race for the first dish
When It's Pure Gold!

THE kiddies know how delicious Pure Gold Jellies taste. You can't fool them with substitutes, either.

Pure Gold Jellies have a special richness of flavor—a smoothness of texture—which is wonderfully pleasing. Only the finest ingredients are used, skilfully blended and absolutely pure.

With Pure Gold Jelly Powders in the house, you'll always have a dessert which will please the kiddies—which is good for them, too. A delightful dessert easily prepared in a few moments.

Order Pure Gold Jelly Powders with your groceries. The better grocery stores carry them—in raspberry, strawberry, lemon, orange, red currant, pineapple, cherry and vanilla flavors.

Pure Gold Manufacturing Co., Limited
TORONTO



Pure Gold Desserts JELLY POWDERS



JOHN LEWIS
Who returns to the editorial staff of Toronto Globe after eighteen years' absence. Mr. Lewis was an editorial writer for Toronto Star from 1906 until 1919 and editor of the Liberal publications during 1920.

BOTANY

Toilet by the river's brim,
As Wordsworth intimates,
Is something more than what the
Ordinary text book states.
So, taking further dope from him,
Let's hasten to explore
More flowers—perhaps they've
got the
Same hunch on Something More.

Just take the gorgeous pansy, and
Uphold it to the light:
It is a glorious creature
In all creation's sight.
But should you find one on the strand
Please, Mister, don't forget
How'er it's changed in feature,
It is just a Violet!

The pansy by the garden's edge
Was modest, long ago;
Tomatoes were tomatoes
When they first began to grow.
A violet among the sedges
Was shrinking—but I'll bet
A bushel of potatoes
It was just a violet!

—Ted Robinson in Cleveland Plain Dealer.

GOMPERS WEDDED.

Noted Labor Leader Marries a Widow in New York.
New York, April 18. — Samuel Gompers, president of the A. F. of L., and Mrs. Gertrude Gleaves Neuscheler, whose engagement was announced Friday night, were married here Saturday in a hotel. The ceremony was performed by Supreme Court Justice Robert Wagner. Only a few close personal friends of the bride and bridegroom were in attendance. These were guests at a bridal breakfast, immediately after the ceremony.

Mr. and Mrs. Gompers left immediately for Toronto, where the labor leader is scheduled to deliver an address Tuesday before the Empire Club on "Labor's Policy Toward the Open Shop."

After his address in Toronto, Mr. Gompers will take his bride to Washington, where they will make their home.

It is a good plan to practise what you preach, but you want to be pretty positive that you preach the right doctrine.

Take the high incentives away from man and there remains nothing but an animal.

A Kipling Story.

The railways of America are in many respects very different from the railways of England, and Mr. Kipling, in one of his stories, illustrates one striking difference with an amusing little story. "In England," he says, "the railway came late into a settled country, fenced round with a mained ever since just a little outside daily life—a theory to be respected. But in America it strolls along with its hands in its pockets and a straw in its mouth—a platform, regulationless, necessity; and it is treated even by sick persons and young children with a familiarity that sometimes affects the death-rate. There was a small maiden, aged seven, who shared our smoking compartment with her presence when our excitement failed; and when she said to the conductor: 'When do we change crews? I want to pick water lilies—yellow ones.' A mere halt she would not suffice for her needs; but the fifteen minutes' stop when the red-painted tool chest was taken off the rear car and a new gang came aboard, would do. The big man bent down to Little Impudence, and said: 'Want to pick lilies, eh? What would you do if the car went on and took mamma away, sis?' 'Take the next train,' she replied, 'and tell the conductor to send me to Brooklyn. I live there.' 'But suppose he wouldn't?' 'He'd have to,' said Young America, 'I'd be a lost child.'

The Emu.

Among the indigenous birds of Queensland the emu is one of the most interesting. It rivals the ostrich for the catholicity of its feeding. In the stomach of a specimen which was recently killed were found four pennies and five halfpennies. Other things found inside this emu were: Nine 3/4 inch nails, five marbles, one pump connection, one umbrella ferule, one key, one medal, one clock wheel, (2 3/4 inches in diameter), two studs, three buttons, one safety pin, two staples, three washers, and 24 pieces of broken china, while a large pin was found embedded in the liver. The emu was only young, and was a fine specimen.

The color of the moon, when it is rising, should always be noted. If rich and golden, this means fine weather; if pale, however clear the orb may seem, this is a sure sign of moisture and, therefore, of rain.

By their own statements we are led to believe that doctors make a lot of mistakes.

BIG RALLY AT SYDENHAM

Kingston Speakers Take Part in a Prohibition Meeting.

Sydenham, April 15.—Three speakers from Kingston were present at a prohibition rally on Thursday evening in Wesley Hall. The meeting was well attended and all the speakers were given an attentive hearing. Addresses were delivered by Prof. W. T. MacClement, Queen's University; Rev. E. H. Burgess, of Zion Presbyterian church, and Judge H. A. Lavell.

Speaking first, Prof. MacClement based his argument for prohibition on the selfishness of individuals who made it possible for the liquor trade to exist. He said that preservation of self was an important law in the lower animal kingdom, but that when it came to man, he should be willing to sacrifice some of his own interests for the welfare of others. It could not be left to nature to remedy the evil, but only by action of the people could it be eradicated.

Rev. E. H. Burgess, the next speaker, opened his discussion with the financial situation as affected by the liquor traffic. He stated that on the employer and workingman, rich and poor, its result was disastrous. All the time lost by workers when under the influence of liquor affected production, and this in its turn hurt home markets, and finally trade opportunities were reduced. He asked: 'Have we not a right to legislate against the liquor traffic when it is ruining the business of the country?' The speaker claimed that the majority of all poverty, vice, and crime was directly or indirectly attributable to liquor. Speaking of the personal liberty argument, he treated it rather humorously, which did not fail to have its effect. He declared that the alleged results of prohibition, bootlegging, the danger of drugs, and the like, were not to

be feared, for they would in the end die out. Then he referred to the rising generation, and said that if it was done for no other reason, liquor should be stamped out for the sake of the youth. His whole speech was a scathing denunciation of the "wets" and their arguments.

As the final speaker of the evening, Judge H. A. Lavell was introduced, and the first part of his talk dealt with statements made by the Liberty League. He said that what was back of all that was said by those belonging to that organization was that they wanted the "wet" goods. Following this, he quoted statistics to prove that crime had decreased since prohibition had come into force, but that when importation was legal it had slightly increased again. He appealed to the voters to turn out and exercise their power on Monday, emphasizing the responsibility that would be placed on each of them.

Besides the speakers of the evening there were present on the platform the local ministers, Rev. G. Stafford and Rev. T. Leech. Vocal solos were ably rendered by Mrs. W. S. Gordon and Rev. G. Stafford. On motion of Rev. T. Leech, seconded by H. J. Knight, an expression of the appreciation of the audience for the splendid addresses given was tendered the speakers.

On Wednesday evening the regular Ladies' Aid tea was held in Wesley Hall. Supper was served at six o'clock, and continued until the commencement of the programme. Musical selections included a duet by Mrs. Boyd Alton and Mrs. Harry Pixley, solo by Mr. Rittenhouse, duet by Mrs. Herbert McRory and Claude McRory, vocal solo by Wilfred Nicholson, and violin solo by Wallace Ross. The concluding number was a two-scene play, given by Spafford talent, in which the performers acquitted themselves well. The actors taking part were Mrs. W. Spafford, Miss Campsall, Miss H. Davy, Miss Hill, T. Darling, F. Smith, W. Darling, M. Lonslow, W. Spafford, H. Halferty. It was given under the direction of Mrs. M. Spafford. Rev. G. Stafford was the chairman.

SMILES



SHE KNEW THE CAUSE
Doctor: I think the cause of your husband's trouble will soon be removed.
Mrs. Plaintalk: Just one more bill like the last, doctor, will do the work!



THE BELL-RINGER
"You recall that bells Jack was always trying to sound as to what she thought of him?"
"Perfectly."
"Well, he succeeded in giving her a ring."

Smoke
T&B
A rich Virginia blend
cool smoking



HE'S AN AMATEUR ENTERTAINER.
This frolicsome dog, shown above, has been amusing Toronto crowds by putting on a performance with a wastepaper basket in the grounds of the Metropolitan church. Inside the basket, as shown in the picture, the terrier, by sidestepping, whirls the cylinder around like a squirrel in a cage. Outside the dog rolls the basket along as a man rolls a barrel. Whether the animal devised the amusement or is trained is not known, but he certainly enjoys it.

LIVER ILLS
Are Cured by
HOOD'S PILLS