

# WOULD WALK THE FLOOR HOURS AT TIME

### Toronto Woman Was in Terrible Health Before She Began Taking Tanlac—Now Feels Just Splendid.

"I am now enjoying good health for the first time in years," said Mrs. George Bathgate, 17 Bellair street, Toronto, Ont., "and I owe it all to Tanlac."  
"For four years my stomach was so out of order everything I ate formed gas and bloated me up so I could hardly get my clothes on. I had acute pains in the pit of my stomach that just seemed to go clean through me. My sufferings were such at times that I had to use hot applications to get relief. I had no appetite and could only eat the light-

est foods. My nerves were shattered and at night I walked the floor for hours trying to get so I could sleep. My head ached like it would burst and frequently I was taken with such a swimming in the head I nearly fell. I got to be terribly weak and while trying to do my housework would often have to quit and lie down.  
"But I improved steadily almost from the first dose of Tanlac, and now am as well as I ever was in my life. I have a ravenous appetite, and never suffer a particle from indigestion, headaches, nervousness, dizziness or any other trouble. I am so much stronger it never bothers me to do my housework now. I never get tired of telling my friends about Tanlac."—Advt.

## Sherwin Williams

SHER—WILL—LAC VARNISH STAIN

is the best Varnish Stain on the market. Ten different shades to choose from. If you can't call, phone 236.

### W. H. Cockburn & Co.



## Would You Bequeath Your Child to Charity?

If you should die, would your poor widow be so busy trying to make her own living that she would be forced to turn your helpless child over to the care of strangers or to a "Charity Home"?

Don't bequeath the child you worship, and who is so tenderly cared for, to Charity.

Protect your wife and "little one" with Mutual Life Insurance.

You CAN afford the Mutual Straight Life Policy, with profits applied to reduce the premiums. This policy provides low cost insurance that is absolutely safe.

Ask the Mutual Life Agent for particulars.

## THE MUTUAL LIFE of Canada: Waterloo, Ontario S. ROUGHTON, Kingston, Ont.

## Every Can of B-H Adds Value to Your Home!

Save the surface and you save all the rest.  
A Tempting Offer to Sell the Old Home  
If well preserved, an old family residence always possesses an extra valuation over and above its property value. It has something which a new house can never claim, and the man who is fortunate enough to inherit the home of his forefathers, knows that proper surface protection means, ultimately, a much larger selling price.  
A comparatively small outlay for paint is repaid many times over in the added value of your home as an investment.

## B-H ENGLISH PAINT

70% Pure White Lead (Standard Grade)  
30% Pure White Zinc  
100% Pure Paint

The outstanding record of B-H "English" Paint's enviable reputation as a surface saver is its guaranteed formula right on the face of every can on manufacture.

These important basic ingredients (70% Brandram's Genuine R.R. White Lead and 30% Pure White Zinc) give to B-H "English" Paint its remarkable covering capacity and durability—it ensures that your home will be covered with a smaller quantity of paint than you would have to use if you bought a paint of lower quality.

For sale by HENRY & BIRCH, 100 Dundas Street, Toronto, Ont.

## Women in

The University of Chicago has just concluded a study of the religious life of its students. It reveals that 88 per cent. of the students were members of some religious bodies—distributed as follows: 67 per cent. Protestant; 12 per cent. Jewish; 8 per cent. Catholic; 1 per cent. miscellaneous.

Of the 2,065 students from whom the results were obtained, 1,268 were men and 797 were women. The surprising fact developed that there were more women than men without religious affiliations—15 per cent. as against 9 per cent.

This raises the question as to whether women as a whole are more religious than men.

For centuries the poets and philosophers have been telling us that women are more "spiritually-minded" than men, but the poets and philosophers were wrong.

The other day a professor of psychology said "the reason women are more spiritually-minded than men, is because men are more robust, more virile than women."

Do you believe God would penalize a man in the development of spirituality merely because he is robust and virile? Not much—God would simply expect a man to express his spirituality in his own way—not like a woman.

It's because woman's spirituality has come to be the test of genuine religion that so many men are out-side all the churches. They can't express their religious instincts as a woman would hers. And so they have decided that either there's something wrong with religion or that there's something wrong with themselves which they can't change—so what's the use, they've said.

And the church has suffered. But so have the men. Not so much because they didn't go to church, as because they thought that the healthy, glowing aspirations which prompted them to strike out vigorously on a plain, every-day kind of a job, for the sake of their fellows, wasn't "regular religion."

Then they've had an idea that because they could not get up in meeting and fluently use the language of the "regulars" that they hadn't much "religion." And they were wrong again. But so was the church wrong when it permitted this kind of an impression to grow in the minds of these warm-hearted men, but who lacked eloquence.

That there are about three times as many women in the church as there are men doesn't necessarily prove that women are more religious than men.

This situation is primarily due to the fact that the church has been practically the only institution which has given women a chance to express their social instincts—for if you were to carefully analyze women's work in the church, you would find that it is not chiefly "religious" but social. Men have had the chance to express their social instincts in all kinds of organizations outside the church.

That there are at least seven times as many men in jails and penitentiaries as there are women doesn't necessarily indicate that men are more criminal in their tendencies than women.

Women, for the most part, lead sheltered lives. They are protected from the rougher things in life. Whereas, men are out in the thick of the fight subjected to all kinds of temptations, and often they fall—sometimes for the sake of the women whom they would continue to protect from the struggles of the rough way.

Women are gentler, more tender than men. Their religion may be sweeter, more emotional than men's. But—and this is said with full appreciation of the fact that women, in

the main, are better than men. Nevertheless, men are just as religious and spiritually-minded as they are simply different.

Fear has sometimes been expressed that women are now crowding men in industry—that they are asserting themselves as never before. It is true that the women are getting the vote, but a study of industrial development indicates that women once monopolized many industries which have now gone into the hands of the men.

The history of women in industry in the United States is the story of a great industrial readjustment. Not only has women's work been carried from the home to the factory, but the kind of work which they are doing has been greatly changed, and, at the same time, their monopoly of the traditional occupations has been destroyed.

As is the case with men, their labor has been greatly systematized and specialized, so that an individual woman no longer finishes an entire product. She has become part of a great machine. Also, what was formerly regarded as women's work exclusively is now being performed by men and what was formerly considered men's work is often performed by women.

Under the old domestic system the work of the women was to spin, to do a large part of the weaving, to sew, to knit, and in general to make most of the clothing worn by the family.

Other duties of the domestic servant, to cook, to clean and to perform the other duties of the domestic servant. But machines have now come in to aid in all these industries—machines which in some cases have brought in their train men operatives and in other cases have enormously increased the productive power of the individual making it necessary for many women to hunt other work.

One kind of spinning is now done by men only. Men tailors make thousands of women's suits. Men dress-makers and even milliners are common. Men make our bread and do much of the work of the steam laundry where our clothes are washed. Men, too, have learned to clean our houses by the vacuum process, so that it is not altogether fair to insist that women have been crowding men out of industrial life.

Very early in the history of the United States the National Trades Union was decidedly opposed to the employment of women in industry. One of its leaders in a Fourth of July oration before the Philadelphia Trades Union said that he did not consider it possible for women to "recede from labor all at once," but urged them to form trades-unions and raise their wages until "half the labor now performed will suffice to live upon . . . and the less you do," he added, "the more there will be for the men to do and the better they will be paid for doing it, and ultimately you will be what you ought to be, free from the performance of that kind of labor which was designed for men alone to perform."

As a matter of fact, the opposition of men to the encroachment of woman in industry has been almost entirely due to the reason that when women enter the same occupation as men they usually receive lower wages for the same kind and amount of work. The labor union demands "equal pay for men and women for equal work." They make this demand not so much because they are interested in having women receive as much money as they receive, but because they fear that unless the women do receive as much money as they do that they will themselves be crowded out of the industry.

But women have come to stay in industrial life and their economic position will be gradually improved, partly as the result of trades-union activity, but also because of labor legislation.

seem also applies to those who have wine cellars.

"Uneasy lies the head that wears the crown," and also uneasy lies the head of the house who has much liquor stored away against the evil day.

Meat goes down by the carcass and up by the pound to the consumer.

This rumper over the management of the Home for the Aged is all unnecessary. The Kingston home, is one of the best conducted in the province. Anybody with common sense knows that old folks in their dotage and some stubborn are not easily handled. It is just as well that the investigation has taken place, as it will show the people that there is no foundation for the stories afloat.

What is needed at the city's home for the old folks is an infirmary for those who become ill and also more help. A superintendent and his wife with a little cheap help cannot be

expected to take care of fifty-two inmates, some of whom are almost helpless.

The Kingston pastor who is allowing the young folks to dance in his church hall, and who is being criticized by those who always have a tart taste in their mouth, is right. Let more pastors throw open the church halls for the young people, and good will result.

—THE TOWN WATCHMAN.  
Men are filled with discontent because each envies the lot of others instead of enjoying his own. Find the work you like and you'll like the work you find.

# Spinning Days



IT has been well said, a school teacher has more influence in shaping the lives of her scholars than their parents.

How necessary, then, is it that she should have a bright, clear brain, and be strong and vigorous in order that she may give them of her best.

The worry and the work, the strain and anxiety of a teacher's life are such as tell severely on the nervous system. Time and again teachers have had to give up good positions on account of a weak head and a down health and shattered nerves.

To such Milburn's Heart and Nerve Pills come as a boon and a blessing. Their purpose is to make the weak heart strong, the shaky nerves firm, and thus build up the entire system to full strength and vitality.

Miss L. E. Hopkins, Kirkton, Ont., writes: "I have used Milburn's Heart and Nerve Pills for weak heart. I was so nervous I had to leave school for two years. After I had taken five boxes of the pills I was able to go back to my school again, feeling in go health."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by

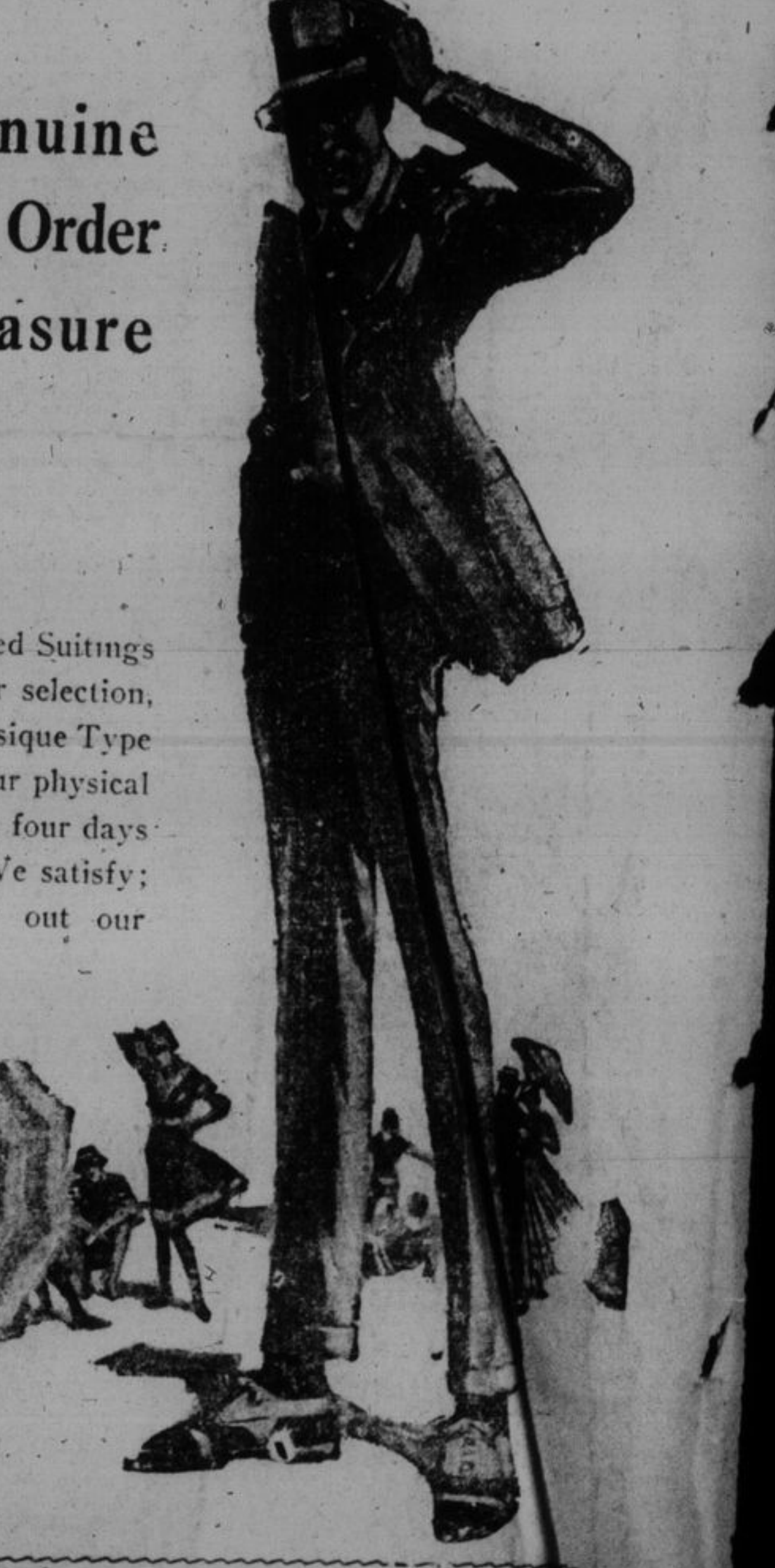
## The T. Milburn Company, Limited

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## And now!—a genuine Semi-ready Special Order Suit made to measure

**\$30**

Splendid range of new Spring Tweed Suitings shown by sample. You make your selection, and we take your measure on a Physique Type Chart which gives to the Cutter your physical photograph. The Suit is tailored in four days at the Semi-ready Tailor Shops. We satisfy; and we're on the spot to carry out our promise of delivery and guaranty.



George VanHorne, Princess Street.

## THE MAN ON WATCH

Whence cometh the little moth? This is the question all housewives are now trying to answer.

Glenburnie voted "wet." Being an old Scotch settlement, no comment is necessary.

The Sons of England had to call upon a Scot to address them the other night and tell them all about St. George and the dragon. Now just imagine the Kingston Scotch societies calling upon an Englishman to deliver their annual oration.

Christie Graham has become a resident of the township and is now qualified for membership in the county council. Christy could put some pep into that body.

St. George's cathedral is boasting of its age. It should rather brag about its pep.

It is now in order for some Kingston prohibitionists, who are under suspicion, to offer \$100 if any liquor can be found in their homes. But such a challenge cometh not.

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Men are filled with discontent because each envies the lot of others instead of enjoying his own. Find the work you like and you'll like the work you find.

quickly dispels that exhausted feeling, enriches the blood and benefits the mental, muscular and nervous systems. In a word, says a druggist, "Hood's Sarsaparilla is our most dependable restorative."

Only the best tonic and purifying ingredients used—roots, herbs, bark and berries, such as physicians often prescribe. A record of 46 years successful use. It will do you good. Try it this spring.

A mild laxative, Hood's Pills.

## OUR SELECTIONS

—IN—  
**Spring Woollens**

while not as large as some years ago, is very attractive and we think we can meet your taste. Our prices are reasonable, consistent with high-class work.

## CRAWFORD & WALSH

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## Spring Medicine

Now Needed by Nearly Every One to Purify the Blood and Build Up Strength.

## Hood's Sarsaparilla

THE IDEAL SPRING MEDICINE.