

MEDICAL HINTS

From Authorities

Facts That Every Woman Should Know

It is conceded by all recent medical authorities that within the last twenty-five to fifty years there has been and still is a steady and increasing tendency on the part of American women to derangements of the reproductive system. Whether this increasing tendency is due to peculiar climatic conditions; to more sedentary and luxurious habits; to the greater employment of women in manufacturing, in business and in professional life; to other and as yet undiscovered causes or as is most probable, in varying degrees to all the foregoing, is still a mooted question with the medical profession.

To those who have never given the subject attention or investigation, it would be a matter of the utmost surprise to learn of the large proportion of American women who frequently suffer from functional troubles. One celebrated writer says: "There is perhaps no disorder of the genital functions so common among civilized women as suppression of the menses." Another authority declares: "In women there is no function of greater importance than that of the catamenia (menses), and in none are derangements more frequent."

Not infrequently long and obstinate suppression of the menses if not relieved, results in the patient "going into decline" and dying of consumption.

Almost equally common is Dysmenorrhoea (painful menstruation) which, unless relieved, irritates and wrecks the health of the sufferer. Thus, an authority on nervous diseases says: "There is but little doubt that derangements of the menstrual function have much to do with the occurrence of Hemiparesis, Mascoydia, Vaginodynia, Hysteria, Ovaralgia, Neuralgia and a long train of other nervous affections in women."

Says another author: "Some women through ignorance, many through recklessness, and a few from necessity, go out lightly clad in the most inclement weather, and many suffer in consequence from Amenorrhoea, violent Dysmenorrhoea, and other derangements of the menstrual functions."

Many other citations from authorities could be given, but the foregoing should be sufficient to satisfy everyone that there is a real need and a wide and legitimate field for a reliable and efficient remedy for these conditions.

It is to meet this constantly growing need and demand for a thoroughly reliable remedy for these functional derangements, especially one of the most common (suppression of the menses) that the formula for the remedy we advertise and sell under the name of **DR. MARTEL'S FEMALE PILLS** was originated and perfected. This remedy was prescribed in private practice by one of the most noted physicians in New York for 40 years (in all cases for which it is recommended) and has been on the market for 20 odd years, which is positive proof of its value.

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These goods are never sold in bulk.

Sunday Services in Churches

St. Andrew's.—Rev. John W. Stephen, minister. Services, 11 a.m. and 7 p.m., conducted by the minister. Students, soldiers and strangers cordially welcome.

St. Paul's.—Holy Communion 11 a.m. Preacher Canon Fitzgerald. M.A. Sunday school, 3 p.m.; Evening Prayer, 7 o'clock. Preacher, Canon Fitzgerald, M.A.

First Baptist Church, Sydenham and Johnson Sts.—Rev. J. S. LaFleur, pastor. 11 a.m., sermon theme, "Bonds," 2.45 p.m., Bible school, 7 p.m., "The Latest Gospel." Services conducted by the pastor.

Cooke's Presbyterian Church, Brock street.—The minister, Rev. W. Taylor Dale, will preach at 11 a.m. and 7 p.m. Evening subject, "Fashion." Sunday School at 11 a.m. and 3 p.m. Bible Class—3 p.m. Students and visitors cordially invited to the services.

Chalmers Church.—Rev. R. J. Wilson, D.D., minister. Services at 11 a.m. and 7 p.m. Sunday School in the church at 3 p.m. In the morning Rev. Prof. W. G. Jordan, D.D., will preach. In the evening, Rev. Principal Smith, D.D., will preach. You are invited.

Bethel Church, corner Barrie and Johnson streets. Pastor, A. Sidney Duncan. Services, 11 a.m. and 7 p.m. Sunday School, 3 p.m. Subjects, "The God of Bethel" and "Life's Rewards." Christian Endeavor, Monday, 8 p.m.; prayer meeting, Wednesday, 8 p.m. You are invited.

Princess Street Methodist Church.—Rev. John A. Waddell, minister. The minister at both services, 11 a.m. and 7 p.m. Sunday school, 2.45 p.m.; Epworth League, Monday, 8 p.m.; Prof. Matheson will speak on "Astronomy." Prayer meeting, Wednesday, 8 p.m. Students and strangers cordially welcomed to all services.

First Church of Christ, Scientist, 95 Johnson street.—Services, 11 a.m. and 7 p.m. Subject, "Doctrine of Atonement." Sunday school, 9.45 a.m.; Wednesday, 8 p.m., testimonial meeting. Public reading room open every afternoon except Sunday and holidays, from 3 to 5 p.m., and on Thursday and Saturday evenings from 7.30 to 9.30 p.m.

All are cordially invited to the services and to the reading room.

St. James' Church, corner Union and Arch streets.—T. W. Savary, rector, the rectory, 152 Barrie street, 11 a.m., morning prayer and holy communion. Sermon subject, "The Great Teacher." 3 p.m., Sunday School service. Preacher, The Right Reverend W. D. Robbins, bishop of Athabasca, 7 p.m., Evening prayer and sermon.

Calvary Congregational Church, corner Charles and Brown streets.—Pastor, Rev. A. F. Brown, 144 Barrie street. Phone 1806W. Sunday, 11 a.m., subject, "Gladness in Sorrow." 3 p.m., Sunday School; 7 p.m., subject, "Punishment Deferred." Monday, 8 p.m., Christian Endeavor; Wednesday, 8 p.m., prayer meeting. All are welcome.

St. Luke's Church, Nelson street.—Rev. J. de P. Wright, M.A., B.D., rector. Eighteenth Sunday after Trinity, 8 a.m., Holy Communion; 11 a.m., Morning Prayer; 2.45, Sunday School and Bible classes; 4 p.m., holy baptism; 7 p.m., evening prayer. Music—Anthem, "The King of Love My Shepherd Is" (Shelley). Seats free. Strangers and visitors cordially invited to attend.

St. George's Cathedral.—Very Rev. G. Lohrop Starr, M.A., D.D., dean and rector, 78 Wellington street, phone 2156. Rev. W. E. Kidd, M.A., M.C., curate, 7 Wellington street, phone 869W. Annual Harvest Thanksgiving, 8 a.m., Holy Communion; 11 a.m., Holy Communion. Othoral Anthem, "Ye Shall Go Forth With Joy." Barby. Preacher, Rev. E. F. Robbins, D.D., Bishop of Athabasca. 3 p.m., Children's Service; 4 p.m., Holy Baptism; 7 p.m., Evensong. Preacher, Bishop of Athabasca. Anthem, "Praise the Lord O Jerusalem." Maundor.

MAKING LIFE WORTH LIVING

By the Rev. Charles Steitz.

By the Rev. Charles Steitz. The big church on the boulevard was being dedicated in a week's special services. It had cost literally hundreds of thousands of dollars. Nothing that the ingenuity of the architect could suggest that would increase the beauty of the church and the comfort of the people was neglected. And in the week's services nothing was permitted that might spoil the harmony of this most auspicious occasion. And all this was well. The music—it was the best of its kind that money could buy, for the men in this church could afford to engage the choicest singers. A great organ had been installed. It was the latest and finest product of the master builder. The man who presided at the keyboard was the city's greatest musician. And this was right, too, no doubt. For why should a church spend a fortune on a musical instrument and then turn it over to a mediocre player?

But all through the week there was one woman whose heart was sore. For thirty years she had been playing the organ in the old church. Preachers came and preachers went—it seemed to be mostly the latter—but the old organist remained. Some of the preachers were progressive—even radical—while others were extremely conservative, but the organist had been satisfactory to them all. Somehow she never failed to adapt herself to the mood of the preacher, and she seemed always to provide the music which gave greater power to the message of the minister, no matter what it happened to be.

Now, preacher and people were entering the grand new church with its great new organ. It soon became apparent to all that the old organist would not do for the new environment. Somehow she did not fit into the new order of things. She played as well as she ever did, but the demands were sure to be exacting, and the entire programme was different—and so the old organist was left behind. Not that, quite, for these were Christian men who ran this church—they pensioned her. And this was commendable. But still—the old organist was left behind.

While the week's meetings were in progress in the great new church, she was back in the old building, going over the stacks of sheet music, which she had selected from among all the wealth of harmony produced by the world's music masters. But most of the time she was seated at the organ playing the old-time melodies, which had brought peace of mind and renewed hope to thousands upon thousands of weary pilgrims on life's hard road.

One morning she came in and found the old organ seat gone. She began a troubled search for it, but it was nowhere to be seen. Finally, wandering in to a corner of a foreign missionary exhibit to which the old church had been temporarily turned over, she saw the missing seat, and perched upon it, with draperies that almost hid the seat from view, was the image of an ugly old Buddha—the god of some of the so-called heathen.

The old organist slowly walked back to the organ loft. She had played her last melody. With trembling hands she gathered together the well-worn sheets of music of the masters—tears the meanwhile coursing down her cheeks. What more was the church to do? Had it not given her a pension, which would make her comfortable for the rest of her days? But neither votes or thanks for work well done, nor checks for sums which been off hun-

For the welfare and happiness of the entire human race.

What do the rich enjoy that the poor may not possess? Oh, many things, you'll say—money, and all that it will buy. That's true, but what does money buy?

It will buy food. But even the poor have food. It may not be as choice as that which the rich enjoy, but it is a question whether the rich get as much satisfaction from their food as the poor do. They spoil a lot more than the poor eat. And more people die of over-eating than starvation—in this country, anyway.

It will buy shelter. It will buy a house of a hundred rooms. But who will deny that the humblest home in the land is often richer in comfort and real joy than the most pretentious "house"? Of what use is a house if it isn't a home? It's only a place of shelter, and a hut may be that. But a hut with love and sympathy and friendship is a far better shelter than a mansion without it.

It will buy clothes. Stylish clothes; clothes that will arouse envy and hatred and often contempt; clothes that keep the body no warmer than those that the average workman wears.

Let's admit that good food and fine houses and beautiful clothes are desirable. It's a queer kind of a person who does not want them in preference to poor ones. But to be deprived of these isn't the worst thing that can happen to a workman. The worst thing that is happening to working people today is that they themselves are denying themselves the things that really enrich life—whether a man have money or not.

After all, life is made up of little things. For example, to call your wife "dear"—and mean it. The word itself doesn't signify much, but there's a wealth of love back of it. It's usually a sign of culture and refinement, among other things. To speak tenderly to your children, and have them love you, sincerely. This is worth while. To sit down quietly in the evening—not necessarily to talk, but to "understand." Such an evening is worth more than one spent in everlasting chatter. To look at a beautiful sunset, to study a picture, to admire a flower. Money doesn't buy such joys. Usually money takes them away. Working people often cheapen themselves by saying that these things are not for them. Why not? For of such things are many of the deepest joys of life.

CROP REPORTS.

Montreal, Oct. 12.—Below will be found a brief synopsis of telegraphic reports received at the head office of the Bank of Montreal from its branches. The branch managers have complete and intimate knowledge of each local situation and are in close touch with crop conditions in all sections of the districts mentioned.

General.

Taken as a whole, the present year is one of the best that Canada has ever experienced as regards the quantity and quality of the crops. In the Prairie Provinces the yield of wheat is estimated to be close upon 380,000,000 bushels or some 100,000,000 bushels larger than last year, and yields of other grains are proportionately greater. Most of the grain is grading high. The Province of Ontario probably never had a more splendid all-around crop than this year. The average has been considerably exceeded in practically every class of agricultural produce. Heavy crops have also been garnered in Quebec and the Maritime Provinces. British Columbia suffered from drought in the early part of the season, an unusual condition which cut the yields to below average.

Prairie Provinces.

Owing to the early harvest, 7,000,000 bushels of new wheat were marketed in August and a further 95,000,000 in September, an abnormally large movement, with which the Railways coped in an excellent manner. During the first two weeks of September, threshing was delayed by rain, but owing to cool weather there was little damage from sprouting. Wheat is grading high, the bulk of the receipts running Nos. 1, 2 and 3 Northern. The yield of wheat is estimated to run from 350 to 380,000,000 bushels as compared with 280,000,000 bushels last year; oats 400,000,000 bushels compared with 335,000,000; barley, 55,000,000 bushels as compared with 44,000,000.

Province of Quebec.

The Province's principal crop, that of hay, proved unusually heavy and of excellent quality. Cereal crops throughout the Province have been harvested in good condition, the yields being highly satisfactory. Roots are not quite as good as previously expected, and some rot has appeared in potatoes, which are barely an average crop. Most districts report a good supply of feed. So far as yields of crops are concerned,

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ed, the present year has been one of the best for some time.

Province of Ontario.

The yields of grains show an estimated average increase of 43 per cent. over last year. Fall Wheat is estimated at 18,250,000 bushels; last year, 12,750,000. Spring wheat, 2,200,000 bushels; last year, 1,900,000. Barley and rye 18,875,000 bushels; last year 11,825,000. Oats 122,150,000 bushels; last year 72,575,000. Peas 2,165,000 bushels; last year 1,450,000. Hay and clover 5,670,000 tons; last year 3,950,000. Corn averages 10 tons per acre, same as last year. Potatoes average 150 bushels per acre; last year average, 100 bushels. Other roots about same percentage of increase. Fruit crop much heavier than last year with exception of winter apples which average only 80 per cent. of normal crop. Pasture in excellent condition all the season.

Maritime Provinces. Hay crop exceptionally good.

Oats also turned out well. Potatoes in New Brunswick and Nova Scotia will probably be but a 50 per cent. crop and in Prince Edward Island 75 per cent. Other root crops and grain have been good. Fruit generally is average in quantity and of good quality. Annapolis Valley expects about 1,500,000 barrels of apples of above average quality against 1,750,000 barrels of poorer quality last year; the crops of both years have been well above average. Collectively, all crops will be above an average year, especially cattle feed.

Province of British Columbia. Most crops below average due to drought. Hay was only from 40 per cent. to 50 per cent. of record crop, of 300,000 tons last year. Cereals were only half average crop, a considerable proportion being cut green for fodder. With exception of peaches, fruits were smaller crop than usual. Okanagan apple output estimated at 1,900,000 boxes.

comparing with 2,900,000 last year. Fraser Valley apple and pear crop a good average. In Ashcroft District potatoes highly satisfactory.

Euchre at Portsmouth. A most successful euchre was held by the Catholic Women's League of Portsmouth in the school house on Thursday evening and a nice sum of money was realized. There were nineteen tables and a good attendance. The prize winners were: Ladies' prize, Mrs. O'Mora, gentlemen's prize, P. M. Beaupre. Mrs. J. P. Coady was convener of the committee, and the guests were received by the president, Mrs. P. M. Beaupre, assisted by Mrs. Ryan and Mrs. Robert McDonald.

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