

# SMOKE OLD CHUM

The Tobacco of Quality  
**1/2 LB. TINS**  
 and in packages

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON  
 Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Unusual interest seems to be taken at the present time in the question of "shingles." Several inquiries have come in recently and one of the correspondents states that there are a few people suffering from that disease in his locality. I cannot think that the occurrence of these cases is anything more than a coincidence, for although "shingles" is on outside appearance a disease of the skin it is really a nervous derangement.

The eruption may appear almost anywhere, but the nerves supplying the ribs, lower part of the back, and above the eyes, are especially liable to suffer.

What the cause is one cannot always say with certainty, for there are times when the disease breaks out without any apparent reason. There are, however, certain conditions which predispose or pave the way for shingles, among which are tuberculosis, the internal use of arsenic, cold and debility. Pregnant women seem especially liable to contract this disease. When there is no "apparent" cause the appearance of the vesicles may indicate various organic affections of the nervous system, such as general paralysis of the insane, tabes dorsalis, meningitis, etc.

The principal early symptoms are shivering, slight fever, and pain in the region corresponding to the distribution of the nerve root involved. The disease is most common in persons under twenty-five years of age, but elderly people suffer most from the pain. The eruption is unilateral in distribution, which means that it affects only one side, and is often accompanied and followed by severe neuralgic pain. I do not put any confidence in the statement that there is no hope for the patient should the eruption encircle the body, because shingles is a "one-sided" disease. The eruption appears after a varying interval, but generally after a few days. Redness of the skin usually precedes the vesicles. The eruption corresponds to the distribution or area supplied by certain nerves. Sometimes the vesicles lead to ulcers, in which case scars remain. In other

## CORNS

Lift Off with Fingers

East or West  
 Eddy's Best  
**EDDY'S MATCHES**  
 Insist on having  
**EDDY'S!**

Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

### THE TEST OF TIME FOR RHEUMATIC SUFFERERS HAS PROVEN



Is a positive Remedy for Acute, Chronic and Muscular Rheumatism in all its various forms.

COUNTLESS GRATEFUL TESTIMONIALS and Repeat Orders received during past 25 years.

DOBSON'S NEW LIFE REMEDY is not an experiment but the product of a quarter century of study and research. Pleasant to take. Does not upset the stomach. No harmful drugs.

DO NOT BE PREJUDICED. Dobson's New Life Remedy will give you a new lease on life by freeing you of pain. Thousands of enthusiastic customers have written us stating that after years of failure with other medicines, electric belts, etc., they were cured by Dobson's New Life Remedy.

One bottle for One Dollar. Six bottles for Five Dollars.

Dobson  
**New Life Remedy Company**  
 73 West Adelaide St., Toronto  
 Canada

### Haunted Glamis Castle.

"What a delightfully dreadful place!" exclaimed Queen Victoria when she visited Glamis Castle, the seat of the Earl of Strathmore and Kinghorne, whose daughter is engaged to the Duke of York. Her late Majesty insisted on the minutest detail of the various apparitions and hauntings that "go with the castle," as the auctioneers say, and tolled up to the chamber where Malcolm, King of Scotland, was supposed to have been murdered.

Her Majesty was much impressed by what she heard, and there is an amusing story to the effect that King Edward (who at the time was quite young) was ordered to write out an account of the supernatural history of Glamis. Eventually after many tears he produced a blotted paper with a few incoherent fragments of alleged history.

The queer tales told of the "monster who cannot die" alleged to be living in a dungeon and kept alive by the blood of the title and his heir is a story handed down from the tenth century. Its origin is a mystery. Queen Victoria showed curiosity about it, but received only "courtly and diplomatic evasions."

### Time and I.

Time and I a compact made:  
 He should give me years suffering  
 For the deed that I essayed,  
 Holding it beyond all pricing.  
 Faith, he kept his promise, too.  
 Years have passed to Helix Elysian,  
 But the deed that I would do  
 Still is but a dreamer's vision.  
 Tell me, Time, for Hope's at stake,  
 How may I atonement make?

Time one moment paused to hear  
 Words I whispered to him;  
 Shook his head, as it were queer  
 That a mortal knew him.  
 "List," he said, "the Future's yours,  
 But the Past is dead and buried.  
 To-day success insures  
 Sloth is oblivion ferried."  
 Time and I new compact made:  
 To-day is mine—I'm not afraid.  
 —A. J. Waterhouse in "Success."

### Worshipping Letter-Boxes.

The Post Office in India is regarded with wonder and awe by the more ignorant natives. In some outlying districts, in fact, the natives actually worship letter-boxes.

A story is told of a man who put his letter in the box and then shouted the address to which it was to go through the slit. He imagined that a god was sitting inside!

Another took off his boots, bowed very low, and went through all kinds of religious rites both before and after posting his letter. Before departing he laid some coins on the ground before the box as an offering to the god inside.

## A GOOD MEDICINE FOR THE SPRINGTIME

### Do Not Use Harsh Purgatives—A Tonic is All You Need.

Not sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as many people do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken the body, and give strength. Any doctor will tell you this is true. What you need in the spring is a tonic that will enrich the blood and build up the nerves. Dr. Williams' Pink Pills do this speedily and surely. Every dose of this medicine helps to enrich the blood, which clears the skin, strengthens the appetite and makes tired, depressed men, women and children active and strong. Miss S. L. McEachron, Nairn, N.B., says: "I have been in the habit of taking Dr. Williams' Pink Pills in the spring and they keep me in the best of health. I think it is entirely due to the use of these pills that I always have such good health."

Sold by all medicine dealers or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### France to Bar Trained Animals.

Following the example of Great Britain, France also is seriously considering the question of prohibiting the exhibition of trained animals on the stage.

Recently French authorities have been making extensive inquiries as to how performing animals are trained. It is understood that this training falls little short of torture. It is believed that efforts will be made to eliminate performing animals from all French films. The first step in this direction has been taken by the French Society for the Prevention of Cruelty to Animals by an appeal to film makers not to employ animals in the future. The members of the society have agreed to leave any theatre or motion picture house where performing animals are shown.

### MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

Tilting Cab Roof.  
 A cab roof which is forward has been invented. It allows for motor trucks to permit them to enter low doors.

Starting in life as a newsboy selling papers on the steps of Parliament House, Mr. Stewart has just been appointed Minister of Works and Railways to the Australian Commonwealth.

### Childhood Indigestion

Nothing is more common in childhood than indigestion. Nothing is more dangerous to proper growth, more weakening to the constitution or more likely to pave the way to dangerous disease. Few of the children of the minor ill of childhood have their root in indigestion. There is no medicine for little ones to equal Baby's Own Tablets in relieving this trouble. They have proved of benefit in thousands of homes.

Dr. Jos. Launette, concerning them Mrs. Que., writes: "My baby was a great sufferer from indigestion, but the Tablets soon set her right and now I would not be without them." 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.

### Banana as Food.

Most fruits are valuable to man because of the medicinal properties of their juices and for their delicate flavors. But from a point of view of food there is nothing, or next to nothing, in them.

Strawberries, for instance, or peaches or pears, are of little use except to quench the thirst. The one great exception is the banana. The great traveller, Humboldt, once said that an acre of bananas will give as much food as 44 acres of potatoes. This is decidedly an exaggeration, yet, acre for acre, a crop of bananas does give more human food than any other plant or vegetable known to man.

The average yield of a plantation of bananas on good land is 233 bunches to the acre each year. You can put the weight of a bunch at 52 pounds, which makes the crop 14,796 pounds to the acre. This would be enough to feed a man for about three and one-half years.

An acre of potatoes will yield, on an average, 82 bushels, sufficient to feed a person for 18 months; or less than half the time that an acre of bananas would feed him.

But, then, the potato crop requires a lot of work. Each year the ground must be prepared, ploughed and fertilized, the seed sown, kept free of weeds, and finally the crop dug and housed. In the case of the bananas all this trouble is saved, for new "stools" keep growing up from the old stools, and there is nothing to do but keep the weeds down with a scythe and cut the fruit when ripe.

No wonder, then, that bananas are, weight for weight, the cheapest food for man, and that life runs easily in countries where the banana will grow. And that, mind you, is a belt nearly 3,000 miles wide all round the thickest girth of our planet.

Honesty in little things is very far from being a little thing.

## Sloans

### Stops Backaches at once—so comforting

A tiring day on your feet. Stooping, lifting, running up and downstairs—does your back feel tied in painful knots? Apply Sloan's to those aore, tired muscles. That warm, penetrating glow brings immediate comfort. Almost before you realize it the pain and stiffness are gone.

Wherever congestion causes pain—use Sloan's. Sloan's is protection against pain. All druggists carry it.

Made in Canada  
**Sloan's Liniment—kills pain!**  
 For rheumatism, bruises, strains, chest colds

### LOST 30 POUNDS THEN GAINED 35

### Veteran Real Estate Broker of Toronto Tells of Remarkable Restoration by Tanlac.

James Burns, 20 St. Albans Street, is still another man of prominence in Toronto to speak out in behalf of Tanlac. Mr. Burns is now seventy-three years of age, but says:

"No one takes me for seventy-three now, and I feel every bit as active as I did forty years ago.

"Before taking Tanlac my weight fell off from one hundred and sixty to one hundred and thirty pounds, and I had begun to feel the hand of 'Old Father Time' laying heavily on me. I seldom ate more than one meal a day and that caused me hours of misery. Nights I would pace the floor too nervous to sleep, and many days I felt too worn-out to dress and go out anywhere.

"I don't believe I could have ever pulled up to where I am now if it hadn't been for Tanlac. It has restored my health completely and built me up to one hundred and sixty-five pounds. Tanlac is the best investment I ever made."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

The fastest flowing river in the world is the Sutlej, in India, which rises 15,200 feet above the sea, and falls 12,000 feet in 180 miles.

Minard's Liniment used by Physicians.

The total length of the great wall of China, including its branches, is 8,980 miles.

### American's Pioneer Dog Remedies

## DOG DISEASES

Book on How to Feed and How to Cure Dog Diseases. Mailed free to any Address by the author, H. Clay Glover Co., Inc., 117 West 34th Street, New York, U.S.A.

### Keep Stomach and Bowels Right

By giving baby the harmless, purely vegetable, infant's medicine, MRS. WINSLOW'S SYRUP, you insure a healthy, happy child.

MRS. WINSLOW'S SYRUP is making baby's stomach digest food and bowels move as they should at feeding time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.

ACAC Druggists

### Cuticura Heals Face Disfigured With Itchy Eczema

"Eczema broke out in watery pimples on my face and head. Later my cheeks and head became so bad that they were covered with large scales. The itching and burning were so severe that I could not sleep at night. My face was badly disfigured. My hair became dry and lifeless and fell out so that I had to have it cut off close to my scalp.

"A friend advised me to try Cuticura Soap and Ointment so I purchased some, and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was healed." (Signed) Mrs. Elmer King, Box 278, Jackson St., Oxford, Nova Scotia.

Make Cuticura Soap, Ointment and Talcum your daily toilet preparations. Sample Book Free by Mail. Address: "Cuticura, Ltd., Dept. 514, P.O. Box 287, Lowell, Mass., U.S.A." Cuticura Soap always without sur.

### Classified Advertisements

CATALOG OF PROFESSIONAL AND ARTIST'S PLAYS, Sketches, Monologues, Jokes, etc. Fitzgerald Publishing Corp., Dept. 15 Vesey Street, New York.

CHATHAM FANNING MILLS, Chatham, Ont. Theatres, apply Messrs. Campbell, Chatham, Ont.

LADIES WANTED TO DO SEWING and light sewing at home, whole or spare time; good pay; send stamp for particulars; National Manufacturing Co., Montreal.

### Enliven Your Eyes

through the daily use of MURINE. The alluring sparkle of fresh, quick, clear eyes, the result of which have become dull and lifeless. Used safely for many years. Sold by druggists everywhere.

### For the Kidneys

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate their waste products. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 50c. and \$1.00 bottles.

## HEADACHE?

Bathe the forehead with Minard's and inhale freely. It gives quick relief for every ache.

## MINARD'S "KING OF PAIN" LINIMENT

### THEY TELL THEIR NEIGHBORS

Women Tell Each Other How They Were Helped by Lydia E. Pinkham's Vegetable Compound

Woodbridge, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles. I would have headaches, backaches, pains between my shoulders and under my shoulder-blades and dragging down feelings on each side. I was sometimes unable to do my work and felt very badly. My mother-in-law told me about the Vegetable Compound and I got some right away. It has done me more good than any other medicine I ever took and I recommend it to my neighbors. You are quite welcome to use this letter as a testimonial if you think it will help some poor sufferer."—Mrs. EDGAR SIMMONS, R. 2, Woodbridge, Ont.

In nearly every neighborhood in every town and city in this country there are women who have been helped by Lydia E. Pinkham's Vegetable Compound in the treatment of ailments peculiar to their sex, and they take pleasure in passing the good word along to other women. Therefore, if you are troubled in this way, why not give Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

# ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Nervousness	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark registered in Canada of Bayer Manufacturing of Monheim, Germany. While it is well known that Bayer is a German name, Bayer Manufacturing has endeavored to protect the public against imitations. The Bayer name will be stamped with their general trade mark, the "Bayer Cross."