



R. A. Riggs, of Winnipeg, ex-member of the Manitoba Legislature, who has been appointed superintendent of employment office in Western Canada of the Civil Service Commission at Ottawa.

SCHOOL PROGRESS IN MESOPOTAMIA

(Special correspondence of The Christian Science Monitor.)

London, England—Those who conquered Mesopotamia are now proceeding to educate it. At least it can be said that the authorities realize the importance of so doing since they have set aside, even in time of war, 10 1/2 lakhs out of a total revenue of 200 lakhs for the purpose, and the cost of carrying on the government of the country even then involves a loss of 200 lakhs more.

ANY WOMAN'S STRUGGLE FOR GOOD HEALTH QUICKLY REWARDED

A SIMPLE HOME TREATMENT NOW ADVOCATED WHICH GIVES FINE RESULTS.

When a woman's face grows haggard and pale, when she is tired all day and ready to cry when night comes, she ought to know something is wrong.

Putting off only makes matters worse. The best advice we can give any sickly woman is to test out the following treatment.

At the close of every meal, with a sip of two of water, take two chocolate-coated Ferrero's Tablets. These are to be the best thing going for folks that are tired out, run-down and in need of a strengthening, building-up medicine.

Ferrero's action aids the three principal functions of the body—digestion, assimilation, elimination.

By strengthening digestion it forms an abundance of rich, red blood—this gives good color.

By perfecting assimilation, Ferrero's supplies nutrition—this gives strength, vitality.

Elimination is assured because Ferrero's quickens the action of the liver, kidneys and bowels—this guarantees the maintenance of vigorous health.

Ferrero's put you on the right road—the one that leads to health.

Not a man, woman or child needing blood, vigor, endurance—not a person who is weak, nervous or sickly, not a person in ill-health who would receive immediate help from Ferrero's.

As a tonic and restorative, as a health-bringer and body-builder, Ferrero's is unrivalled. It cures lack of food and nourishment, because it contains the elements that build up and strengthen. Try it yourself—sold everywhere in 50 cent boxes, 6 boxes for \$2.50, or by mail from The Catarisone Co., Kingston, Ont.

If Thin And Nervous Try Citro-Phosphate

DOCTOR'S SERVICES FREE OF CHARGE

Many "Liv-rite" Patrons Taking Advantage of Company's Offer—Iron and Vegetable Oils Make Tonic a Splendid Medicine.

Many of the users of "Liv-rite Tonic" are taking advantage of the opportunity given by its manufacturers, the Medication Drug Co., to receive medical consultation free and have benefited by the advice received from a reliable local physician.

A community ready to receive western culture—no ready, since the eagerness to learn English threatened the establishment of a Babu class, which it is the effort of all to avoid.

Unfortunately the boys are mainly Moslems, since other religions have their own schools, and though without exception these have voluntarily submitted to government inspection and a standard of efficiency to gain the use of grant, they retain their hold on the young since the hostility to the old Turkish instructional system was too great to be lived down in a brief space of time.

At Bagdad there exists already a technical school where, during three days in the week, there is technical instruction and during three days, workshop practice. Labor is so scarce in the city, owing to the advent of the British, that even boys of ten can earn in the repair and construction shops some fifteen to twenty rupees a month, and it is therefore essential to pay them the equivalent of time lost in going to school.

At present the institution is largely run by means of excellent Indian teaching material. Girls' schools are planned; beginnings have been made at Mosul with remodelled establishments, which had decayed under Turkish rule.

Of course, there are difficulties. The military still occupy some of the Turkish schools; educational apparatus is not easy to obtain; good teachers are few, and parents often set wages before the education of their children; distances are great. Religious views also often create temporary embarrassment, especially for those trying to evolve a simple form of Moslem teaching for both Shiites and Sunnis, or to make—as is the case—a successful little beginning even with the Yezidis or devil worshippers.

But when Major Bowman recently left for home, representatives of all classes came to the boat to beg him to return—a sure proof of appreciation. Education, indeed, in the country is very sympathetically regarded by the "powers that be." It is a tribute to British wisdom and impartiality.

Training of Teachers. The attendance is improving—in some cases absentees are non-existent. The teachers, chosen from the best elements of the community, since there is every effort to dignify the profession, are being carefully trained at Bagdad, and are well paid. In the old days the salary was about twenty rupees a month; it is now 120 to 140. They are housed in a hostel during their term of training, and have an allowance of thirty rupees a month if they belong to the city, and of 150 if they come from the country.

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CABINET MINISTER SICK.

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With the many remedies you have tried you surely know that no liquid medicine can cure your throat or nose. Even a gargle only bathes the entrance of the throat—it can't reach the inflamed bronchial tubes.

With Catarrhose, it's so different from medicine-taking—you simply breathe its healing vapor, inhale its balsamic fumes, which carry cure and relief to the minutest air cells in the lungs, nose, throat and bronchial tubes.

In this scientific way the soreness and inflammation is rapidly allayed, relaxed cords are toned up, the entire mucous membrane invigorated. Every trace of catarrh disappears, the disagreeable dripping of mucus in the throat, hawking, spitting, and stopped-up nostrils—all these sure signs of catarrh and bronchitis are permanently cured by Catarrhose. Large outlet lasts two months, costs \$1.00; small size 50 cents, trial size 25 cents, at dealers everywhere.

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IF KIDNEYS AND BLADDER BOTHER

Take a glass of Salts to flush out your Kidneys and neutralize irritating acids

Kidney and Bladder weakness result from uric acid, says a noted authority. The uric acid filter this acid from the blood and pass it on to the bladder, where it often remains to irritate and inflame, causing a burning, scalding sensation, or setting up an irritation at the neck of the bladder obliging you to seek relief two or three times during the night.

The sufferer is in constant dread, the water passes sometimes with a scalding sensation and is very profuse; again, there is difficulty in voiding it. Bladder weakness, most folks call it, because they can't control urination. While it is extremely annoying and sometimes very painful, this is really one of the most simple ailments to overcome. Get about four ounces of Jad Salts from your pharmacist and take a tablespoonful in a glass of water before breakfast, continue this for two or three days. This will neutralize the acids in the urine so it no longer is a source