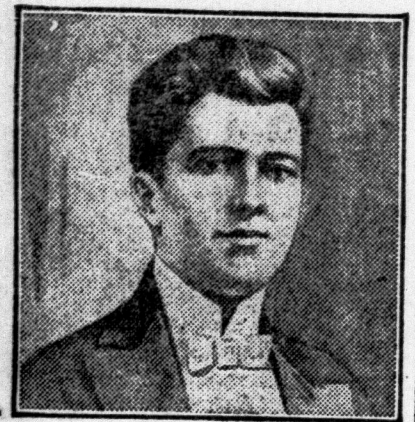


THE DAILY MISERY OF ILL-HEALTH

Three Years of Suffering Quickly Relieved by "Fruit-a-lives."



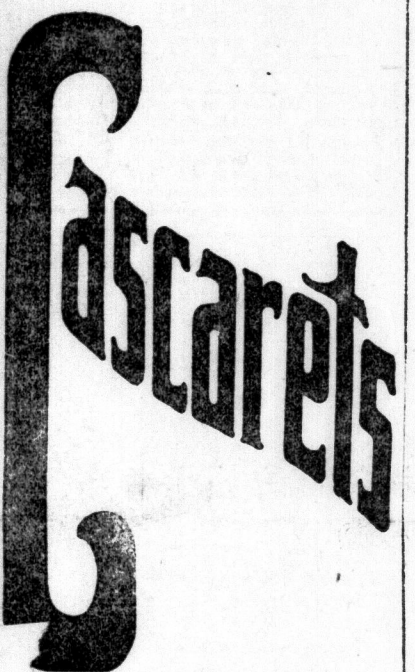
MR. GASPARD DUBORD.

"159 Avenue Plus IX, Montreal.
"For three years, I was a terrible sufferer from Dyspepsia, and my general health was very bad. I consulted a physician and took his medicine and faithfully carried out his instructions; but I did not improve and finally the doctor told me I could not be cured."

"At this time, a friend advised me to try 'Fruit-a-lives,' and I did so. After taking two boxes of 'Fruit-a-lives,' I was greatly relieved; and gradually this marvelous fruit medicine made me completely well."

"My digestion and general health are splendid—all of which I owe to 'Fruit-a-lives.'"
"GASPARD DUBORD."
Fifty cents a box, 6 for \$2.50; trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives, Limited, Ottawa.

"They WORK while you sleep"



You are constipated, bilious, and what you need is one or two Cascarets to-night sure for your liver and bowels. Then you will wake up wondering what became of your dizziness, sick headache, bad cold, or upset, gassy stomach. No griping—no inconvenience. Children love Cascarets, too; 10, 25, 50 cents.

QUICK! STOP INDIGESTION

Pain in Stomach, Sourness, Gases and Acidity relieved with "Pape's Diapiesin"

Your upset stomach will feel fine! No waiting! When your meals don't fit and you feel uncomfortable; when you belch gases, acids or maise sour undigested food. When you feel clumps of indigestion pain, heartburn or headache from acidity, just eat a tablet of harmless and reliable Pape's Diapiesin and the stomach distress is gone.
Millions of people know the magic of Pape's Diapiesin as an antidote. They know that most indigestion and disordered stomach are from acidity. The relief comes quickly, no disappointment, and the cost is so little, too. Pape's Diapiesin helps regulate your stomach so you can eat favorite foods without fear.

SCHOOL CHILDREN

should be plump, rosy-cheeked and bubbling over with vim and vitality.

Scott's Emulsion is unsurpassed for purity and goodness. It should be a great help to your boy or girl.

Scott & Bown, Toronto, Ont.

ALSO MAKERS OF KI-MOIDS (Tablets or Granules) FOR INDIGESTION

Cuticura Talcum is Fragrant and Very Healthful

MODERN PUBLIC HEALTH

(University Extension Board of Western University.)
BY H. W. HILL, M.B., M.D., D.P.H.
Director, Institute of Public Health of Western University, London, Ontario, Canada.
A Column Devoted to Public Health in All Phases.
Questions Addressed as Above Will Be Welcomed.

VITAMINS IN FOOD.

Vitamins are just ten years old this year, so far as human recognition of them is concerned, but, of course, they are as old as life in reality, and have been doing business at the same old stand since life began. A man named Funk stumbled on them in 1911; and we have learned enough about them since to appreciate their importance and to use the knowledge practically for the great improvement of the diet and for the prevention of certain diseases due to improper diet. We know at least five definite diet diseases, and many indefinite ones, perhaps early obstructive stages and variations of the five definite ones.

Don't think, however, that vitamins are something you can buy down to the store, grocer or butcher or druggist, and buy in powder form, all separated out, analyzed and guaranteed. They come in the food itself—or, rather, in some food. The proper way to secure vitamins in sufficient quantity is to use in proper proportions the foods that contain them.

THREE CHIEF VITAMINS.

Up to date we know three vitamins—outstanding, important ones, without which no amount of food is of any value to the body. One may eat proteins, carbohydrates, fats, salts and water, "fit to bust," but without the vitamins starvation follows as well as disease. We have never seen or handled or analyzed a vitamin yet; but they are as definite substances, all the same, as the ferments that make peptones out of beef—the ferments of our stomachs and intestines, without which we would be helpless because we could not digest our foods. These ferments have never been isolated, analyzed and examined, but we know they are there because of their effects. So with the vitamins.

ACT IN THE BLOOD.

Vitamins do not act in the stomach or intestines, but apparently in the blood or lymph, or even the cell itself. Their particular business seems to be to act as a link between the food and the body-cells. Picture to yourself the food taken from the intestine into the blood and passing in the blood to the brain-cells, liver-cells, muscle-cells and all the different kinds of cells in the body, all waiting hungrily to get their regular supplies of protein, fats, carbohydrates (sugar) and salts. All this richness flows right by the doorstep of the cells, as delivery wagons pass by our own real houses on our city streets. The hungry cell picks out from the blood stream what it particularly needs at that minute—and its needs vary from minute to minute, doubtless, just as in our own homes we want meat, broccolis, and so on more or less all the time, but more meat one day, more bread another, according to how our supplies are holding out.

MUST DRAW IT IN.

But the cells can't get the food from the blood stream by merely wishing for it. There is something needed to actually take hold of the food as it passes and draw it into the cell. It is as if the cell were fishing for a living in the river of blood passing it, so continuously night and day. The cell (this is only a parable, of course) may be compared to a fisherman on the banks of a stream—a fisherman who must starve if he cannot catch fish enough for himself. Now, our cell-fisherman has the rod and line to do his fishing with, but he can't make his own hooks. The vitamins appear to be a sort of chemical hook, brought to the cell-fisherman by the blood stream itself, if they are in the food taken by the body. If they are not in the food taken by the body, the cell-fisherman starves because he has no hooks to catch his fish with.

SEVERAL KINDS OF HOOKS.

The three vitamins we know of seem to constitute three different kinds of hooks, to catch three different kinds of fish. The cell-fisherman needs all three kinds of fish to make him happy and well. Perhaps this sounds rather fanciful, but we know that if one vitamin is lacking, the other two will not do their duty just the same, yet sickness will result from the absence of that one; and a different kind of sickness, according to which vitamin is lacking.

NAMES OF THE VITAMINS.

One of these vitamins, for instance, is named "water-soluble C." If this one is lacking in the food, scurvy results. Scurvy was a terrible thing in the old days for sailors on long voyages, garrisons besieged in besieged towns, explorers far from home, and so on. When Jacques Cartier landed at Quebec his crew were nearly dead with scurvy. No mild little indigestion or slight emaciation, this disease, but a ghastly combination of ulcerated mouth, the gums hanging in shreds, the teeth loose, bleeding from the nose and mouth, fura, the skin, etc., swollen joints; death often.

WORKED WONDERS.

Raw potato juice, raw cabbage, orange juice, lemon juice, fresh vegetables in general given to these poor wretches worked miracles with them. Why? It seems that an exclusive diet of cooked, dried, canned and otherwise preserved

If Sleeplessness Is Your Trouble Read This

Sleeplessness is a warning of forces at war within the body—all is not harmony—something needs correction. Nine times out of ten the body is loaded with the poisons of half-digested and half-digested food. Brain and nerves are irritated, sleep is impossible.

No prescription ever formulated produces the rapid results of Dr. Hamilton's Pills.

They flush every impurity from the body, keep every organ working well, remove the evil effect of lost sleep, and set you up in a few days.

Try Dr. Hamilton's Pills today, see how much better you feel, see how much easier it is to face the day's work. Your blood is nourished, your nerves feed with new vital power, vigor and health is sent to every part of your system.

It's because Dr. Hamilton's Pills make each organ do the work Nature expects of it, because it insures harmony, health and vigor to the system, that it cures sleeplessness, languor, depression, and nervousness.

Isn't there a reason why you should use Dr. Hamilton's Pills? Sold in 25c boxes by all dealers.

foods means that the particular vitamin, the lack of which produces scurvy, will be absent. Not that such a cooked, canned, preserved, dried diet does not have plenty of nourishment in the food. But the particular vitamin needed to prevent scurvy has been destroyed by the cooking, canning, etc. All such foods then require that there should go with them enough fresh food, especially raw cabbage, lemon juice, orange juice, to supply the vitamin, otherwise absent.

PRACTICAL POINTS.

But have we any scurvy today? Isn't this an ancient history? Not at all. There are plenty of scurvy cases such as Jacques Cartier's crew furnished, except very occasionally among people isolated for any reason for a long time from civilization—as on the Labrador coast in winter, where the people have no really fresh vegetables or meat for months at a time. But the early stages of scurvy do develop among children very often. About 75 per cent of the scurvy we see now is among children, and the skillful physician who is looking out for it will detect the early symptoms and head it off before it goes very far. Better still, even these earliest symptoms can be prevented entirely by seeing that every child has some of the things enumerated above every day.

relative values of different things in preventing scurvy are given in the following table taken from "Physiology and Nutrition," now in the public library:

Fresh cabbage	100
Lemon juice	60
Turnip (swede) juice	48
Orange juice	33
Germinated lentils	20
Boiled cabbage	20
Runner beans	20
Boiled potato	5
Meat juice	5
Dried vegetables	1.6
Cow's milk	1

Notice that the very best are the RAW things (see the difference between the raw cabbage and the cooked cabbage, for instance). Notice also how low the animal products run—meat juice and cow's milk.

The other two vitamins we will have to leave until next time.

What's In a Book?

By Kathleen K. Bowker.

BY KATHLEEN K. BOWKER.

The Canadian Bookman (Garden City Press, Garden City, N. Y.) is a magazine that should appeal to every booklover. The book reviews are excellent; often full of a sapient satire that one wishes after an overdose of "Cover-lenders." The December number contains some very interesting poetry; Miss Beatrice Taylor's "Dedication" is a fine piece of writing, touched with the deep emotions and sincerity of the "Land of the Great Spirit." Every true Manitoban expression of the soul of the Province, "A Swan Song," by Edwin Sapir, is an interesting imitation of the Ancient Greeks and "There" is a Poem—a Creed—or a Faith (as it strikes you)—beautifully conceived and expressed.

Frederick Nivola has an amusing chuckle over "Canadian Taxes," and there is a very great deal of interesting literary information.

Did you know that Mr. T. B. Costain has been gathered into American Camp at London to go ahead with recruiting for the 30th Wellington Regiment, which is to be reorganized at once. The officers of the regiment are to be recruited from the ranks of the British Army, and the men from the ranks of the Canadian Army.

There is also a neat note to aspiring Poets, on the courtesy of the "Postage Stamp" habit. They (why pick on Poets?) are especially requested to send stamps for the return of their poems. "We do feel entitled to insist upon the provision of sufficient stamps to get the poem returned to its Birth-place."

Why SHOULD the A. P.'s necessarily provide for the return of their "Poems" (Isn't it Shakespeare who remarks "How sharper than a Serpent's tooth"?)—possibly the Crocodile Regrets of the Declining Editor? "It is to have a Toothless Child"—or words to that effect? Who WANTS to meet their own Mailed Fist in a head-on collision like that? Stamp—especially when accompanied by an addressed envelope—merely a temptation to the harassed editor. How difficult to read some poems: How much easier to slip the whole thing into that empty envelope, and repeat it. I know—I've been there! Then, too, if of an economical turn of mind, he will hate to waste those stamps—and unless he has infinite leisure, he won't stop to suck them off for his personal use.

Anyway, most Poets have a "First Impression"—usually a hand-written—of their poems, that will probably be worth hundreds some day (You saw what Kipling got recently?)—from which they can make fresh copies. If they have not.

I respectfully suggest that instead of returning the proffered copies (which soon become post-dated and travel-stained anyway), the Editor has his sentiments inscribed on a Postcard. That will save an extra stamp all round. And as a passing comment: let us hope that the "Bookman"—which is beautifully printed on delightful paper—may soon think it worth while to employ a Proof-reader.

A Rinehart Tale. The nicest thing about Mary Roberts Rinehart is, that when she tells you a story, you always feel that she has "Been there." There is such an impression of spontaneity—

At least with a short story: Perhaps this is less apparent in her later, longer novels. "Dangerous Days" lacked that convincing touch. But lately I came on a reprint of tales called "Love and the Nurse" (McClelland & Stewart), and the only really small thing about them is the number of printed pages that is occupied by each one.

There is a particularly delightful story about a delicious "Isolation" who overpersuaded the Nurse to marry him—a dying man—on account of a Secret Spite (of which she knew nothing) towards people of whom she had never heard.

And then he got well after that—touch in that tale—where everyone was scrubbed and sterilized within an inch of their lives—is the mention of how the kindly old Parson, yanked in at some unearthly hour of the morning to marry this ill-assorted couple, made his exit undisturbed, and after his return home,

took a whisk-broom, and brushed his coat well, to rid it of germs. Exactly on a par with many of our best quarantine habits! Each story is as good as nut-chocolate.

AWARDED \$200, COUNTER-CLAIM

Agent Brands as False Woman's Story of Indecent Assault.

WINDSOR, Jan. 21.—Adolph Fulmer, a real estate salesman, was awarded \$200 by jury in the county court at Sandwich on a counter-claim in the action brought against him by Mrs. Bertha Lafontaine of Windsor.

Mrs. Lafontaine claimed \$500 damages from Fulmer for alleged indecent assault. She said that defendant, who was nearly blind, came to her home on the pretext of using the telephone, threw his arms about her and tried to kiss her. Since that day Mrs. Lafontaine said that she had suffered from neurasthenia.

Fulmer branded her story as false, and said plaintiff had spread the story, and therefore, put in a counter-claim for \$500 against Mrs. Lafontaine for slander. Fulmer said that since the story had become public he had broken down in health and had since been unable to work.

MAY RESULT FATALLY.

DURHAM, Jan. 21.—While working in McArthur Bros. sawmill on second concession, E. G. R. Glenelg, on the Reay farm, Nell Black received a deep cut on the head by a saw, which, it is feared, may end fatally. He was taking an edge off the belt when he slipped his head, unthinkingly, against a rapidly-revolving saw, cutting it open from ear to ear two inches in depth. The cut penetrated the brain, and though still living, little hope is entertained for his recovery. He is 30 years old and unmarried.

GRANT SALARY INCREASES.

INGERSOLL, Jan. 21.—Salary increases in accordance with the request of six teachers of the collegiate, including Principal W. E. Shales, were recommended in the report of the teachers' committee at a special meeting of the board of education. They are, however, for a period of six months terminating June 30. The report was adopted. Recently the teachers stated that if the increases were not granted their resignations could be considered to take effect March 1.

TO DISCUSS MEMORIAL.

BRANTFORD, Jan. 21.—Mayor Wedlake has called a conference for January 27, when the matter of a Brantford war memorial will be discussed by all organizations interested. Some of the suggestions include a memorial arch at Lorne Bridge, a new wing for the general hospital, a new wing for the high school, educational scholarships and forms of monuments. Mayor Wedlake has offered to contribute the first \$500 to the memorial fund.

Kill the Germs of Catarrh

By Acting Today You Can Quickly Relieve Catarrh and Avoid Bronchitis, Per-haps Consumption.

Most Agreeable and Surest Relief is Catarrhazone, Which Relieves Every Case.

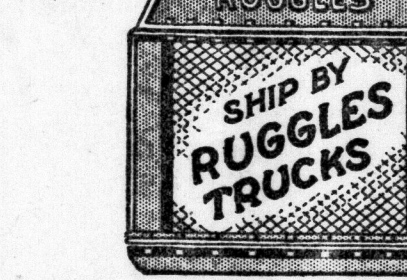
Catarrhazone proves especially good in those chronic cases where mucus drops down the throat, sickens the stomach, and pollutes the breath. When the nostrils are stuffed, only a few breaths through the inhaler are needed to clear the passages, and where there is coughing and sore bronchial tubes, the soothing, healing properties of Catarrhazone act almost at once.

Once you stop taking medicine into the stomach and get the healing oils and pure balsams of Catarrhazone at work you can be sure of quick and lasting relief for nose, catarrh, weak lungs, bronchitis, and speaker's sore throat.

The complete 10 outfit of Catarrhazone is sufficient for two months' treatment, and is guaranteed. Smaller size 50c at all dealers, or the Catarrhazone Company, Kingston, Ont.

REDUCTION IN WAGES.

FREDERICTON, Jan. 21.—Employees at the Canadian Cottons, Limited, at Marysville, have been notified that, effective January 24, 1921, there will be a decrease of 12 1/2 per cent in wages. The reduction, it is understood, is being made in general at all of the company's mills from St. John to Hamilton, Ont., affecting some 3,500 employees.



MADE IN CANADA

DEALERS

The Complete Line of

RUGGLES TRUCKS

will render dealers independent of any other truck affiliation. With the all-purpose range of models we make, Ruggles dealers will be able to sell successfully against any combination of trucks built.

1 ton Ruggles Rapid Delivery (with canopy top)

1 1/2 ton Ruggles Chassis and Seat

2 1/2 ton Ruggles Chassis and Seat

3 1/2 ton Ruggles Chassis and Seat

Vestibule Cab, Bunk, Bed, Express or Dump Bodies

(Pneumatic Tires, extra, on request)

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CONDITION CRITICAL FROM ASPHYXIATION

Two Aged South London Women Unconscious When Rescued.

Mrs. P. Griffith, aged 94, and Miss Adeline Jarvis, aged 82, are in a critical condition at their home, 61 Askin street, as a result of being asphyxiated on Thursday morning. They were found in an unconscious condition by Mrs. William H. Hadfield, 57 Askin street. Apparently they had been in that state for some time, as the lights, which were probably lit the previous evening, were still burning. The fumes were escaping from three open burners on the stove.

When Mrs. Hadfield found them she notified neighbors and called in medical aid. At first it was thought that they would not recover, but their condition improved slightly.

REFUSES BALDWIN PERMISSION TO APPEAL

MONTREAL, Jan. 21.—Judgment was delivered today in the court of appeals, dismissing the motion submitted yesterday on behalf of Maurice Day Baldwin, son of the late Bishop of Huron, Ont., and formerly a clerk in Holy Orders, asking the court's permission to appeal to the privy council from a majority judgment of their lordships last December, reversing a decision of the superior court and granting a petition of Mrs. Day Baldwin for a judicial separation and custody of the three children, with \$75 a month alimony.

Mr. Justice Martin delivered the judgment, remarking that in the light of rulings of the supreme court it could not be held that there was any right of further appeal in separation cases.

See the FIAT Tractor

AT THE LONDON MOTOR SHOW

See the FIAT PLOW

FIAT Has Excelled All Competitors

Do the Most Work At the Least Cost

THE WORK TEST

In a two days' test against 34 competing Tractors, the Fiat Tractor came FIRST in point of work done, as it worked almost nine-tenths of an acre per hour on heavy land, while on the same test some other well-known tractors only worked three-quarters of an acre per hour, some one-half an acre, and some only one-third of an acre per hour. The Fiat Tractor has the power and the mechanical perfection which keeps going even when the work is heavy.

PRICE—The price of the FIAT Tractor is LESS than some, but the work is superior to all.

Farmers and Dealers—Examine this Tractor on Exhibition at London Motor Show.

For particulars, prices, terms to dealers, booklets, etc.

Apply to M. A. KENNEDY CO., LIMITED

106-108 Richmond St. West, Toronto.

FIAT Distributors For Canada.

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