

A MOTHER'S HEALTH NEEDS GREAT CARE

Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest, and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and relief at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. Mrs. W. T. Riley, R.R. No. 1, Apple Hill, Ont., has proved the great value of Dr. Williams' Pink Pills to mothers, and tells her story as follows: "Two years ago, after the birth of my boy, I became very weak and run down. Gradually I lost weight and energy until I was unable to do my housework. I could not sleep, my nerves would twitch and jump so that I arose in the morning with heavy aching limbs and head. Indigestion helped to make the misery worse, and my heart would palpitate terribly. I doctor'd steadily for a year without getting better, but just fringed along feeling that I would never be well again. But one lucky day, on the advice of a friend, I began treatment with Dr. Williams' Pink Pills. I have taken only six boxes, but I wish you could see the difference. I am now able to do my work, go about and enjoy myself. I feel so entirely like a new woman that I advise every weak or ailing woman to try Dr. Williams' Pink Pills and I know they will get beneficial results."

If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you. You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Emotional Cabbage.

Do plants and vegetables experience the same emotions that are felt by human beings? Scientists are beginning to think that they do. Some extraordinary discoveries have been made, and it has been proved that even the humble cabbage has feelings. It is also known that roses experience a rise in temperature after they have been pruned. Experts declare that there is no emotion, however delicate, which cannot be felt by plants. The Japanese have always recognized this feature in plants. They believe that love and hatred are both experienced by flowers. Every plant and vegetable has its own character, we are told. Science has still much to learn in this direction, but it may be that before long we shall know everything that goes on in the plant "mind." The British Empire has a total population of 445,388,500 people. A savings account is an antidote for debt, defeat and most disasters.

Marvels of Mental Telepathy.

It is not many years ago since there was doubt as to whether it was possible for the mind to transmit thoughts to another mind without the aid of speech or other mode of communication.

"Thought-readers" have appeared on the music-hall stage, but there has always been a feeling that the constant flow of talk invariably contained a code which enabled the man in the audience to give instructions to his confederate on the stage.

There really is such a thing as mental telegraphy, and it is possible for thoughts to be transmitted and received when when the two personalities are "in tune."

A well-known business man provided the writer with many instances of communication between himself and his wife. On one occasion he felt strongly impelled to enter a confectioner's shop and buy a chocolate cake. He did so, remarking to the assistant that he really didn't know why he was making the purchases.

He took it home expecting to be laughed at for his pains, but found his wife entertaining friends. There was a roar of laughter when he entered with the cake.

The whole company were witnesses to the fact that his wife had hoped he would return with a chocolate cake, she having forgotten to purchase one when out shopping.

The writer once asked his daughter to make a journey to the bank to pay in some money. The fact that a cheque had also to be cashed escaped his memory until she was well on her way. However, a strong mental effort was made to induce her to return—and she did so.

Deepest Gold Mine.

The Saint John Del Ray mine, 150 miles west of the Rio, follows a vein of gold until the workings are 1 1/2 miles below the earth's surface. The temperature rises one degree for every 120 feet in the depths, and at the lowest level, 6,426 feet, the temperature of the surrounding rock is 118 degrees Fahrenheit.

If you leave only ambition and no energy, you will get about as far as a locomotive without steam.

Solitude.

Solitude!
In a silent wood
Where thoughts profound
Like a deep black pool,
Arise and ascend
My quiet mind
As white birch trees
And darkened pines
Point to the evening sky.
The lonely star
Reflected lies
In the peaceful lake
While the sunset dies.
The loons awake
With a silver laugh
And the crescent moon rides high.

—Mary F. W. Porcher.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Injustice.

The lady of the house was waiting for the milkman, and when he appeared she went out to the back door. "The milk you left this morning was sour, Mr. Jones," she said. "There you are, mum!" cried the aggrieved milkman. "If there's any complaint, the poor milkman soon hears of it; but you never tell 'im when the milk ain't sour, do yer?"

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

No man has a thorough taste of prosperity to whom adversity never happened.

Minard's Liniment for sale everywhere

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.

Does fatigue cause the greater percentage of industrial accidents? Many authorities think it does, but Mrs. E. E. Osborne and Dr. H. M. Vernon of the Industrial Fatigue Research Board, are inclined to doubt it. These observers claim that the controlling factors in causing accidents are speed of production and the physical state of the workers. This latter factor is suggested by the number of accidents that occurred in a shell factory just after the workers had begun their night-shift. They were then for the most part in a lively and excited state, but as they calmed down in the course of the night, accidents gradually fell to half the original number. The importance of modern fatigue as a factor in the causation of accidents is suggested by laboratory experiments. When a test involving modern muscular activity was carried out continuously for a period of three and one-half hours the accuracy attained improved throughout, though much more slowly in the latter half of the experiment than in the first half. There was no indication of loss of manual skill, such as might under industrial conditions have led to increased accident liability. Temperature of the workshop or factory would seem to have some bearing on the number of industrial accidents. It was found that the least number of accidents occurred at 67 deg. F.; at lower temperature their frequency gradually increased till at 52 deg. F. they were 85 per cent. more numerous than at 67 deg. F. At a still lower temperature (47 deg. F.) they fell off slightly, perhaps because the workers were too cold to work with their usual speed, so that there was a consequent diminution of accident risk. At temperatures above 67 deg. F. the accidents showed a slight rise among women workers, but the men suffered 38 per cent. more accidents at 77 deg. than at 67 deg. F., their greater liability being probably due to the heavier and more trying nature of their work.

It has been observed in some industrial plants that a large number of accidents occur within ten minutes after starting in the morning and within ten minutes before closing time at night. Lack of concentration would seem to be the principle cause of the mishaps in these cases. But as the morning's and afternoon's work progresses, it has been found that accidents increase. What is the cause? Fatigue may have some part in it, but the speed of production and the physical state of the workers would appear to be the chief factors.

MAN OF LETTERS THANKS TANLAC

Canadian Writer Declares He Never Saw Its Equal for Building One Up.

"Tanlac is a faithful old friend that never fails me," declared James A. Brain, 671 Gerrard St. E., Toronto, Ont., recently. Mr. Brain is one of Toronto's best known citizens, and in addition to being a successful business man, has written many poems and songs that have gained wide popularity.

"I've been taking an occasional treatment of Tanlac for four years, and it keeps me in fine condition. Why, right now, I feel like I could hold ground in a foot race with any man my age in Canada."

"Before taking Tanlac, I was all run-down, had little appetite, and was suffering from indigestion. I wasn't sleeping well and was often so weak and nervous I couldn't attend to business."

"Well, sir, all these ailments disappeared with my first treatment of Tanlac, and to this good day I've been eating, sleeping and feeling fine. In all my seventy years, I've never seen the equal of Tanlac, and I just wouldn't be without it."

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

ITCHY PIMPLES ALL OVER FACE

And Shoulders. Burned Badly. Cuticura Heals.

"My trouble started with pimples breaking out all over my face and shoulders. The pimples were large and red and festering, and itched and burned so badly that I could not sleep. They were very sore and my clothing aggravated them."

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample which helped me. I purchased more, and after using four cakes of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) William C. Steen, 39 Peabody St., Buffalo, N. Y.

Use Cuticura for all toilet purposes. Sample each free by mail. Address: "Cuticura Liniment, 346 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25c. and 50c. Cuticura Soap shaves without razor.

IF STOMACH IS TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin"

As soon as you eat a tablet or two of "Pape's Diapepsin" your indigestion is gone! Heavy pain, heartburn, flatulence, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist.

America's Pioneer Dog Remedies

DOG DISEASES

How to Feed Malted Food to any Address by the Author, H. Clay Glover Co., Inc. 124 West 34th Street New York U.S.A.

A Practical Avocation.

One of the most practical avocations is music. In the welter of modern business life, the business man who can rest his mind and glorify his soul by a few minutes of musical expression every night has the asset which men like Lloyd George and Aviano Balfour have found invaluable. If there is the slightest manifestation of musical talent in the boy in your family teach him to play some instrument, give him a chance, it may be priceless to him some day.

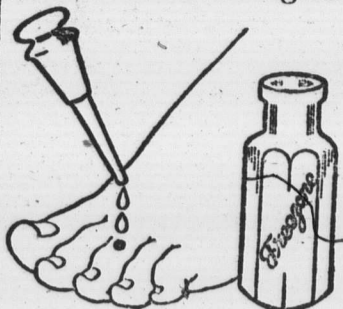
Men must begin to realize how closely music is bound up with the social and industrial life of the country. The old day when it was thought that the business man should take no time for music or that the musician could not possibly be a successful business man has fortunately passed into oblivion. Many of our best musicians have proved remarkable business men, not merely in the publishing field, where there are some startling successes, but also in the great world of business.

500 Days Without Water.

Interesting experiments of great importance to areas liable to severe drought were carried out recently by the Grofontein School of Agriculture in South Africa to ascertain whether stock could be kept alive for lengthy periods on a ration of prickly pear leaves alone. It was demonstrated that sheep, though they fell off in condition, could exist for 250 days solely on a diet of prickly pear, and when a small allowance of lucerne was fed in addition after that period the sheep were able to go for 500 days without a drop of water, depending on the moisture from the prickly pear.

CORNS

Lift Off with Fingers



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.

PETRIE'S MACHINERY TORONTO

Doctors

Endorse Minard's Liniment and prescribe it in their practice. Write for testimony of medical men.

Minard's Liniment

The Family Medicine Chest



Sure relief from rheumatic pain!

Whether you have suffered for years or are experiencing rheumatic pain for the first time—Sloan's Liniment will bring you quick, sure relief. Apply Sloan's to those stiff, sore joints. Instilling, penetrating warmth brings comfort immediately. Before you realize it the pain has disappeared. Sloan's Liniment will make you realize how unnecessary it is to suffer from rheumatic pain today. The most stubborn and chronic cases yield to Sloan's.

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

Classified Advertisements.

PURE WOOL HATS, BEAUTIFULLY carded and dyed. Entirely free from oil or grease. Large sample, enough for comforter, one dollar. Woolen Mills, Georgetown, Ontario.

SALISBURY WANTED.

KUSAM CLOVER.

HUBAM CLOVER. THE GREAT annual. Write for interesting information. D. Fraser, R.R. 2, Iderton, Ontario.

Where Cities Began. The City of London began on the bank of the Thames, surrounded on all sides except the river by a bulwark of forest, interspersed with swamps. Paris rose on an island of the Seine, with a protecting wall of water all around.

Minard's Liniment used by Physicians. Women and music should never be dated.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach, and all such distress gone by morning. Nicest physics on earth for grown-ups and children. 10c a box. Taste like candy.

Relieves Dyspepsia

M.D. advises: "Persons who suffer from severe indigestion and constipation should take after each meal and at bedtime, fifteen to thirty drops of the Extract of Roots known to the Drug Trade as 'Mother Seigel's Carative Syrup.' Get the Genuine. 50c. and \$1.00 bottles."

BACK ACHED TERRIBLY

Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do."

—Mrs. J. R. McMahon, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women." C

Get your vitamins naturally

Vitamins and mineral elements are part of the splendid nutrient which Nature stores in the field grains for nourishing and vitalizing the human body.

Grape-Nuts, made from wheat and malted barley, has for over twenty five years supplied vitamins and other elements necessary for perfect nutrition.

There's a crispness and flavor that delight the taste—and there's natural health-building goodness that makes Grape-Nuts with cream or milk a complete food—and wonderfully delicious!

Grape-Nuts is truly economical because a small quantity provides unusual nourishment.

Grape-Nuts FOR HEALTH

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BAYER Genuine

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
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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 Monoacetylsalicylic Acid of Salicylic Acid. Write to the Bayer Manufacturing of Monoacetylsalicylic Acid, 125 West 34th Street, New York, U.S.A. for a list of druggists. Bayer Manufacturing of Monoacetylsalicylic Acid will be stamped with their general trade mark, the "Bayer" cross.