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THE LONDON ADVERTISER COMPANY, LIMITED.

London, Ont., Thursday, Jan. 11.

CANADA WANTS NATIONAL, NOT "NATIONALIST," GOVERNMENT.

LONDIN IS postmaster-general. At the time of his election he was one of the most outspoken Nationalists in the country. He now asserts that he is heart and soul with the cause of the Allies. Many months of the war had passed before he spoke in the interests of recruiting. And it will never be forgotten that he once said that "in order to breathe the air of freedom it might be necessary to shoot holes in the British flag." But Canadians should and will judge men by their actions. Blondin declares he is loyal to the cause. And "no one but God and I know what is in my heart."

The point to be considered in the appointment of Blondin is not whether he is a fit person for the place, but whether he would have been chosen by the people of Canada as a whole. There can only be one answer. A man with the recent, if not present, Nationalist affiliations of Blondin would not have been chosen, not even by the French Province of Quebec. Nationalism does not represent French sentiment. It represents the vicious element in Quebec that has deterred men from enlisting, that has held back the Government forces and has caused that province to be designated as the "slacker" among the provinces. Anyone identified with that influence should not be a member of Canada's war-time Government. And many men elected as Nationalists in the "unholy alliance" campaign of 1911 have been chosen as cabinet ministers.

Canada needs national government at this time. But in the appointment of such men as Blondin the present Administration gets as far away from popular demand as possible. It is more like Nationalist government.

KITCHENER REMAINS.

THE INAUGURAL address of Mayor Gross of Kitchener, Ont., would lead one to believe that the Citizens' League of that community means to out-British the British League. After many months of struggle and after the present mayor had declared that the place was "in his heart Berlin," it is somewhat surprising to read that the new mayor will do nothing to change the name of the city during his term of office. This means that the Citizens' League has surrendered all hope of reverting to the name Berlin or rejecting the present name. It is unthinkable that a name-changing agitation could be effectively revived after the war, or even after a year has passed. So that while the Citizens' League was victorious at the poll, the responsibility placed upon it is so tremendous that even those of its members who were determined to hold to Berlin are now reluctant to have the question cause further trouble and attract further criticism. They have found that Kitchener cannot live by itself alone. It was all very well for the Citizens' League to denounce the British League council. Now that the latter has been defeated, the opposing party is not so anxious to assume the offensive. The British League is still on guard.

It is regrettable that one of the first acts of the new council was to replace the secretary of the British League on the library board. This does not indicate the desire for harmony so forcibly expressed in the mayor's inaugural. But the outside people of the province will look with favor upon every act that tends toward proving that few or none of the citizens of Kitchener are pro-German. Certainly the community will be saved from a general business boycott by the record of the British League. No one who has watched the splendid work of its members in behalf of the community—they undoubtedly saved the day even when they were defeated—will desire to risk a chance of injuring their interests. They saved the day, and they are saving the business situation for Kitchener at the present time.

HORSELESS SPURS.

THE AGE OF THE spur has passed, says H. G. Wells in a recent article, yet the British officer is continuing to wear them. Many people have wondered at the practice being continued in Canada by officers who do not see a horse once in a month. Mr. Wells found spurs in motor cars and spurs clinking about the battlefield, and he was disgusted with this evidence of impracticability. Canada also finds much of show and feathers that certainly do not belong to the present war, many strange and conspicuous uniforms that mean anything but getting down to the hard business of war-waging.

Of course, it may be dismissed as a trifling conceit or a tradition, but it is absurd to see an officer climb into a motor car with clinking spurs. No doubt one could get a psychological reaction by sticking the rowels of one's spurs into one's motor car's panting sides. Or the heels can be anchored so that one may touch the pedals with a firm foot.

In this spur-wearing and the things that it speaks of, Mr. Wells sees a condition that should have been cleaned up long ago. He believes that thousands of horses and spurs have simply been purchased for show. He wonders why the horses are not home being made to draw plows or milk wagons, and the spurs home being made into devices of fine steel. The old rhyme that refers to "bells on your toes" should have included "spurs on your heels," for the horseless riders make music wherever they go, and the song they sing in the ears of the great British observer is, to be plain, a song of inefficiency and vanity. "The symbolism of the spurs" is a serious thing, thinks Mr. Wells.

A DESPOT'S GOOD WORK.

WHILE THE civilized world is trying to cure its disease of Prussian militarism, down in Mexico, which we think of as down and out, the news is that actually progress is being made. In the state of Yucatan, which projects between the Gulf of Mexico and the Caribbean Sea, an out-of-the-way Mexican Dobrudja, as it were, a thumb thrust out from the main land, the governor, General Alvarado, has been effecting great industrial and social reform. He wields absolute power and has put the church and the landholders under his thumb.

In two years, for example, he has reduced the number of priests and nuns from hundreds to five. He has attacked the crying evil of Mexico, the land monopoly by a wealthy few. About forty thousand new owners of land have been set up in Yucatan on forty-acre tracts, bought by the state from the big owners with 50-year gold bonds at four per cent, or confiscated in some cases from ecclesiastical ownership, and the taxes on the land once held by only the great proprietors have been increased from a trifle of $50,000 a year to $3,000,000. Here is an enormous change for the better, like the new tax system brought into England by the Lloyd George budget a few years ago.

Public schools have been multiplied and improved, and there is a rush for instruction, both by day and by night. A state agricultural school, with experiment stations in different sections, has been established.

The great planters have now to sell their sisal hemp, chief product of Yucatan, to the state at the state's price. An eight-hour and minimum wage laws, workmen's compensation, old-age insurance, child labor laws, compulsory arbitration of labor disputes before strikes or lockouts, are monuments already of Alvarado's short but energetic regime. A new law is going into effect to provide stringent protection for working mothers. They are to take a holiday for thirty days before the birth of a child and thirty days after, receiving all the time their complete salary; their positions must be reserved for them. The women of the masses, like the men, have been raised out of serfdom, and are even beginning to hold women's congresses.

Such a program carried out quickly in Mexico takes one's breath away. The outlying situation of Yucatan state no doubt has helped. It is a long way from Villa's stamping ground and from the intrigues at the capital. But once Yucatan grows prosperous and happy under Dictator Alvarado, what a province it will be to plunder.

BY UNDERSTANDING.

THE INVITATION extended by Ontario to the Quebec "Bonne Entente" is a step towards the better acquaintance of the two dominant races of these provinces. History has proved that legislation will never be a means of uniting them. Only a better understanding of each other will drive away that fear on the part of both, that the other is just waiting the opportunity to get the better of him. Hitherto there has been practically no communication between the French-Canadian of Quebec and the English-speaking population of Ontario. The French-Canadian has lived to himself, being in sympathy neither with the English-speaking Canadian, or the modern Frenchman. He is rather a product of the pre-revolutionary France, retaining many of the old French customs and ideas.

This move, however, of formally introducing the Frenchman into Ontario is hoped to begin a new relationship between the two races, a relationship which will be the foundation of a new Canada after the war. The common danger of war has brought about union in many places, and institutions, where hitherto there had been division, and the reconstruction after the war will require no less co-operation.

EDITORIAL NOTES.

"Carry on"

The early bird yesterday morning, plowing through knee-deep snow, didn't feel as if virtue were having any great reward.

There have been many complaints in regard to the burning of food in public incinerators. It's about time for the Christmas turkey to make its appearance there.

President Wilson, sensing the disturbance which his note created in his own country and anticipating the Allies' reply, must be in a state of continual nervous apprehension.

One disadvantage of being made a cabinet minister is the possibility of defeat in your own constituency. However, Mr. Sevigny, who is the latest member to whom this applies, is hopeful.

Asphalt paving is to be the chief and almost sole feature of local improvements this year. The city engineer is probably of the opinion that as long as a man is on the right sort of a road he is all right.

AMBIDEXTROUS

—New York Herald

The Advertiser's Daily Short Story

(Copyright, 1916, by the McClure Newspaper Syndicate.)

The Airman

[By Joseph T. Kescel.]

The crack aviator of the Tenth Corps, "The Bird," as he was called by his comrades, could not stifle the groan that escaped his lips. He attempted to change his position slightly and make himself more comfortable.

He was seated on the ground, his back against a tree, to which he had painfully crawled after his fall. In half delirium he muttered to himself numerous broken sentences.

"Commanding officer's orders were 'Go out over enemy's position, ascertain strength and report immediately upon your return.' Tried to do it, and would have done it, hadn't been for that devilish shell. Machine damaged and old Fred badly wounded.

"Can't forget his words and action when he saw we were hard hit. 'Good-bye, George, old man, good-bye,' he yelled, 'I'm badly wounded. Information very much needed at headquarters. Alone there is a chance to make it. With me in the machine it is impossible. Tell Katy my last thoughts were of her.' Then for love of country he threw himself out into space. Struck the hard ground inside the enemy's lines, and was killed.

"Rotten luck. Just downright hard luck, after everything had gone so well. Splendid flight we were making to headquarters with the information they wanted, when that whistling devil caught us. With Fred's weight gone the machine partly righted itself and would have made a safe landing but for this beastly tree.

"Steering gear broken, no chance to guide. Leg busted, arm broken and head feels smashed. Worst luck is in being unable to make report.

"Now my head has gone wrong. Saw the moon above, now see moons all over, going everywhere. Funny! Wish I had a drink of water, and canteen empty. Wow! Big moon is coming right toward me. There it comes. Hear voices, strange, and the man in the moon has an automobile. Can hear the purr of his engine."

With a start "The Bird" realized that it was an automobile from his corps. He attempted to raise an alarm and uttered a faint shout. Figures alighted and came rapidly toward him. They wore the uniform of his regiment. He heaved a sigh, and, as they bent over him, recognized the face of his commanding officer.

In a low but audible voice he said: "I wish to report position very strong. Heavily reinforced, and more coming up rapidly." Then he lapsed into unconsciousness.

Days had passed. One cool bright morning "The Bird" opened his eyes, now free from delirium. A gentle sigh passed his lips and a figure bent over him. Two questioning brown eyes gazed into his. In a weak voice he whispered: "Report enemy's position strong, heavily reinforced. This is very important."

Good Nurse Winthrop grasped the situation at once and knowing it best to humor the patient, hurried away. Returning to the bedside of the wounded man she said quietly, "Your orders have been obeyed. Headquarters have been informed."

"The Bird's thoughts broke into words. "Thanks, nurse, thank you," he murmured.

"I know you," he gasped. "Katy, dear old Fred's sister. His last word's were of you. I say good-bye for him. Am tired now and sleepy." With this he lapsed into peaceful slumber.

The late afternoon sun, streaming through the big hospital windows, found Nurse Winthrop again standing beside her new patient. The head nurse gently chided Miss Winthrop for the decided interest in patient No. 245.

The girl's eyes filled with tears, and she answered humbly. "Please don't scold, for he was with my brother Fred. The two were together when the machine was hit."

"Forgive me, dear, I did not know," replied the older woman. "Stay here until he awakens. I will attend to your other duties."

"The Bird's" eyes opened, and in a low, quavering voice he repeated what was uppermost in his mind. "Report to headquarters. Position very strong, heavily reinforced."

Questioning glances passed between the two women. The head nurse grasped the situation at once also, as had Nurse Winthrop that morning.

"Very well," she said. "I will report to headquarters immediately. Lie still until I return." With these words she hurried away.

The injured man gazed in wonderment at the face before him. "I know you—I have seen you before," he repeated. "You are Fred's sister Katy."

Two small white fingers were placed on his lips and a sweet voice admonished, "You must not talk now."

With the uninjured hand he removed the fingers from his lips. Exerting his whole strength he held them firmly while he insisted, "I won't be quiet, must talk. Want you to understand. Dear old Fred, my best friend, comrades since war started. Sends all his love to you."

Her eyes filled with tears, and with gentle firmness she released her hand, saying, "Please do not talk any more. You must be quiet, for you are injured and ill."

Miss Winthrop's lips curved into a faint smile as she repeated, "You are a soldier and will obey orders. I command you to be quiet."

Again the fingers were placed on his lips, and as "The Bird" raised his hand in attempted salute she knew her orders would be followed out.

His convalescence was rapid. When he was almost well, one day they were seated on the cool, wide, sun-shaded porch, the small white hand of Miss Winthrop nestling in his, and he recited the adventures of her brother and himself. Her eyes overflowed with tears and she murmured, "Dear brother. So noble, good and true!"

Firmly he held her hands and in a gentle voice beseeched, "Won't you be my Katy now? Fred's last words were, 'Look after her, George.' I know it would please your brother, and to me you are everything. I love you, dear, and I want you to be my wife," he pleaded.

With trembling lips she softly murmured, "Yes, George."

A fading sunbeam casting idle shadows over the cool, broad veranda danced in glee when their lips met in plighted troth.

Wait a Minute!

By J. H. F.

THIS WAS A REAL RUNAWAY IN REAL RUNAWAY LANGUAGE.

(Glanworth, by John Noble.)

Mr. Rushton, successor to Sambo, had a thrilling adventure whilst making his debut supplemented magnanimously with a belligerent equine as a factor in R. R. No. 6, St. Thomas. The sagacious equine was confronted ostensibly by a charming damsel in the suburbs of St. Thomas, who emerged stoically from a cluster of evergreens in quest of loving epistles, whereupon the belligerent quadruped regarded the interruption as a menace, and bolted suddenly, hauling the venerable patriarch resentlessly from the cutter head foremost into the ditch. He sustained a contusion of the shoulder, and whilst the victim of the disaster was discussing the interlude the belligerent equine gener ted absolutely the momentum of a tornado of the first magnitude, covering two miles, disseminating His Majesty's mail promiscuously. Chaos reigned supremely during the ingathering of precious matter. Despite the interlude dilatory delivery was inevitably the result. The venerable patriarch of the type of medieval days reached normal on Monday.

D. McAlpin and D. McPherson shipped off prime porkers on Thursday, consigned to the St. Thomas Packing Company. The maximum price paid was $11.60 per hundred-weight.

Alex McBrayne sustained serious injuries whilst manipulating obstreperous colts.

A scheme is being formulated to augment the circulating library.

John Martin and Kenneth McColl of the Canadian West are basking in the salubrious winter here.

* * *

War may be hades, but peace notes seem to be about as bad. Wilson wanted peace, and he waded into a flock of woe. It ain't nothing to us.

* * *

We still have hopes that some lecturer will name Poet Bill among the great Canadian poets. For output, Bill has it over the bunch like a cloud.

* * *

A Yale professor gave $670 for a Hawaiian stamp. He must be deaf. If he could hear that Hawaiian music, he would want to shoot all the folks from that land of sunshine and other things.

* * *

H. Knut Thaw is in trouble again. This simply proves that a nut never changes its skin, or words to that effect.

* * *

A number of trains going to Detroit have been cut off. Detroit is going dry anyway, so why should a lot of birds worry?

* * *

Detroit has been the mecca for a number of gents who prefer to beat it than fight. All trains might have been cut off to that city to the advantage of the Dominion.

* * *

Washington has been made dry, but a number of legislators there will continue to be intoxicated with their own eloquence.

* * *

Possibly the district went dry to make for harmony. There have been many dry speeches made in Congress.

* * *

We have read a lot about the superwoman, and we have come to the conclusion that she is able to support a husband in the style that he was accustomed to before marriage.

* * *

A Boston man says: "We sometimes get ashamed of ourselves, but it doesn't last long." Yep, and it does not come often neither.

* * *

A Cleveland woman advises that admissions be charged for divorce trials. Sure thing. Why should folks pay to read a salacious novel?

* * *

Mary Garden says she can count her own ribs. A lot of folks will volunteer to add them for her. We haven't met one of our ribs for such a long time.

* * *

A Missouri man weighing 300 pounds has married a girl weighing 293. We have no statistics on the weight of their intellects.

* * *

Buffalo Bill is gone. A regular fellow was the colonel, a fine chap, who played the game with death on many an occasion, and never batted a blinker. His work will live in American history, and his fame will last. He's now scouting other regions.

FUTURE IS SAFE IF EVERY FARM HAS ITS CATTLE COMPLEMENT

Keeping of Live Stock Is an Essential of Success.

EXPERIMENTAL UNION

Important Problems Are Discussed at Big Meeting at Guelph.

GUELPH, Jan. 10.—Today's sessions of the Experimental Union were largely atended.

The report of the auditors showed an expenditure of $2,538, with a balance of $1,906. The receipts were made up of the Government grant of $2,750. A balance of $1,515.67 from 1915 was shown.

Officers for the year are: President, H. Sirett, Brighton; vice-president, H. B. Webster, St. Marys; secretary, Dr. C. A. Zavitz, O. A. C.; assistant secretary, Professor W. J. Squirrell, O.A.C.; treasurer, A. W. Mason, O. A. C. The directors are Dr. G. C. Creelman, Hon. Nelson Monteith of Stratford, P. S. McLaren of Perth, A. H. McKenney of Amherstburg, Norman Jones (representing the O. A. C.; auditors, S. H. Landers and R. R. Graham.

Production of Foodstuffs.

Professor G. E. Day spoke on the production of animal foodstuffs. He said it had taken a world war to make people realize that agriculture is the foundation upon which the general welfare of the nation is built. He referred to the alarming decrease in the number of farm animals in Canada. This has been going on for a number of years, and this year promises a larger decrease than ever.

The speaker said that it was fortunate that a large number of thoughtful farmers, who appreciate the value of stock, were holding on to their usual number. This was a hopeful feature. The keeping of live stock is the main factor in maintaining really prosperous agriculture. There is no occasion for panic, and the Canadian farmer has every reason to regard the future with confidence, if his farm is carrying its usual complement of stock.

Fertilizer Experiments.

Dr. Zavitz gave some interesting results of experiments with fertilizers on potatoes. He told how the co-operative experimental work had been carried on in Ontario for 25 years in comparing stable manure and different kinds of commercial fertilizers. In five years tests had been made at the O. A. C. Potato fertilizer and Canadian fertilizer gave the highest yield of potatoes per acre of the different kinds used. The composition of the potato fertilizer is 3.19 per cent nitrogen, 9.25 available phosphoric acid, and 6.30 potash.

Royal Canadian is composed of 3.83 nitrogen, 9.25 available phosphoric acid and 5.38 potash.

Professor James Murray of Macdonald College, Quebec, spoke at the afternoon session on "Cultivation of the soil."

He was non-committal in regard to the use of the steam tractor for the eastern farms, claiming that the small field had much to do with making that form of cultivation unprofitable. He gave many figures gathered from observations in Western Canada which showed that the cost per acre for a steam tractor was $2.17, and for a gasoline outfit it amounted to $2.37. He mentioned several cases in the east where farmers had combined to get a tractor outfit, the scarcity of labor forcing them to do this.

BELMONT STORE SOLD.

BELMONT, Jan. 10.—Gordon Bloomfield has sold his general store to Thomas M. Brown. Mr. Bloomfield will continue to reside here, and will engage in another line of business.

Mr. and Mrs. W. A. Bradley attended the funeral of Mrs. Bradley's mother, in Streetsville.

Flattering to the Original

But Imitations Only Disappoint

There are many imitations of this great treatment for coughs, colds, croup, bronchitis and whooping cough. They usually have some sale on the merits of the original, but it should be remembered that they are like it in name only.

This is a facsimile of the package bearing portrait and signature of A. W. Chase, M.D.

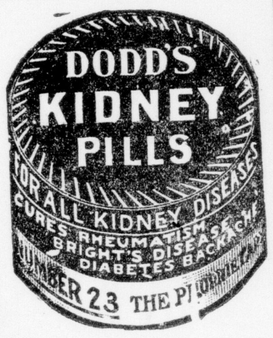
Try This If You Have Dandruff

There is one sure way that never fails to remove dandruff completely, and that is to dissolve it. This destroys it entirely. To do this, just get about four ounces of plain, ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning, most, if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

You will find, too, that all itching and digging of the scalp will stop instantly and your hair will be fluffy, lustrous glossy, silky and soft, and look and feel a hundred times better.

You can get liquid arvon at any drug store. It is inexpensive, and four ounces is all you will need. This simple remedy has never been known to fail.—Advt.



DANDRUFF GOES! HAIR GETS THICK, WAVY, BEAUTIFUL

Save Your Hair! Double Its Beauty in a Few Moments —Try This!

Hair Stops Coming Out and Every Particle of Dandruff Disappears.

Try as you will, after an application of Danderine, you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through the hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxuriance, the beauty and shimmer of true hair health.

Get a 25-cent bottle of Knowlton's Danderine from any drug store or toilet counter, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all.

Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

Traction Company

EFFECTIVE SEPTEMBER 17.

To St. Thomas and Port Stanley—7:30 a.m., *9:30, *11:30, *1:30 p.m., *3:30, *5:30, *7:30, *9:15 p.m.

To Tempo, 4:30. To St. Thomas, 6:15 p.m. and 11:15 p.m.

Sunday cars marked with a star (*).

LONDON AND PORT STANLEY RAILWAY

EFFECTIVE OCTOBER 1.

To Port Stanley: 6:20, 8:20, 10:20 a.m., 1:20, 3:20, 5:20, 7:20, 10:20 p.m.

To St. Thomas: *5:20, *6:20, 7:20, 8:20, 9:20, 10:20, 11:20 a.m., 12:20, 1:20, 2:20, 3:20, 4:20, 5:20, 6:20, 7:20, 8:20, 9:20, 10:20, *11:20 p.m.

Heavy type denotes no local stops between London and St. Thomas.

*Daily, except Sunday. tf

CUNARD LINE

CANADIAN SERVICE.
LONDON TO HALIFAX
Via Plymouth.
HALIFAX TO LONDON.
Calling Falmouth to land passengers
For particulars of sailings and rates apply to local agents or to The Robert Reford Company, Limited, General Agents, 50 King street east, Toronto. Jan. 31.

GRAND TRUNK RAILWAY SYSTEM

Winter Tours

SPECIAL Fares now in effect to resorts in Florida, Georgia, North and South Carolina, Louisiana and other Southern States, and to Bermuda and the West Indies.

Return Limit May 31st, 1917
STOP-OVER ALLOWED
R. E. RUSE,
C. P. and T. A., "Clock" Corner. Phone 80.
tf-ywt

FEEL 100% BETTER BY MORNING--TRY IT!

Get a 10 Cent Box of "Cascarets" for Your Liver and Bowels.

Tonight sure! Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, breath offensive and stomach sour. Don't stay bilious, sick, headachy, constipated and full of cold. Why don't you get a box of Cascarets from the drug store now? Eat one or two tonight and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. You will wake up feeling fit and fine. Cascarets never gripe or bother you all the next day like calomel, salts and pills. They act gently but thoroughly. Mothers should give cross, sick, bilious or feverish children a whole Cascaret any time. They are harmless and children love them.

Sowing and Reaping

Sowing the seed in the springtime so that you may reap a bountiful harvest, is like depositing your first dollar in our savings department. It grows and multiplies rapidly as does the grain, and ere long you have a goodly amount of "golden grain" in your granary—in the form of a savings account.

One dollar deposited opens an account, and we pay 3½% compound interest. Will you start sowing next pay-day, that you may reap and be independent?

The Ontario Loan & Debenture Co.
A. M. Smart, Manager
Corner Dundas Street and Market Lane, LONDON, CANADA 33

Men Wanted for the Navy

The Royal Naval Canadian Volunteer Reserve, wants men for immediate service Overseas, in the Imperial Navy

Candidates must be from 18 to 38 years of age and sons of natural born British subjects.

PAY $1.10 per day and upwards. Free Kit. Separation allowance, $20.00 monthly.

Experienced men from 38 to 45, and boys from 15 to 18 are wanted for the CANADIAN NAVAL PATROLS.

Apply to
COMMODORE ÆMILIUS JARVIS, Naval Recruiting Officer, Ontario Area, 103 BAY STREET, TORONTO, or to the Department of Naval Service, OTTAWA.

January 16 Tuesday

New Issue of the Telephone Book.

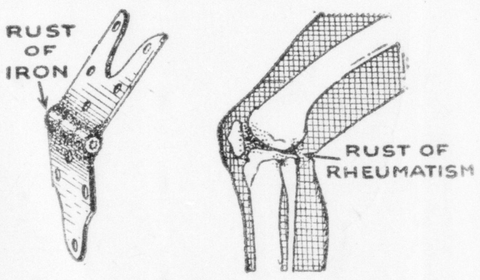
¶ Copy for the next Telephone Directory closes on the above date!
¶ Order your telephone *now*, so that your name will be in the new issue!
¶ Report changes required to our Local Manager *to-day*.

The Bell Telephone Co. of Canada.

Dec. 28,29 Jan 3,8,12

DRINK HOT WATER AND RID JOINTS OF RHEUMATIC RUST

Why rheumatism and lumbago sufferers should drink phosphated hot water each morning before breakfast.



Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste material, toxins and ptomaine-like poisons, called uric acid, is formed and then sucked into the blood where it continues to circulate, collecting grain by grain in the joints of the body much like rust collects on the range as shown above.

Men and women who suffer from lumbago, rheumatism or sore, stiff, aching joints should begin drinking phosphated hot water, not as a means to magic relief from pain, but to prevent more uric acid forming in the system. Before eating breakfast each morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This will first neutralize and then wash out of stomach, liver, kidneys and bowels previous day's accumulation of toxins and poisons; thus, cleansing, sweetening, and freshening the entire alimentary canal, each morning, before putting more food into the stomach.

A quarter pound of limestone phosphate costs very little at the drug store, but is sufficient to make any rheumatic or lumbago sufferer an enthusiast on the morning inside bath.

Millions of people keep their joints free from these rheumatic acids by practicing this daily internal sanitation. A glass of hot water with a teaspoonful of limestone phosphate, drank before breakfast, is wonderfully invigorating; besides, it is an excellent health measure because it cleanses the alimentary organs of all the waste, gases and sour fermentations, making one look and feel clean, sweet and fresh all day.

Those who try this for one week may find themselves free from sick headaches, constipation, bilious attacks, sallowness, nasty breath and stomach acidity.