

Poor Health Life's Handicap

Rich, Red Blood and Strong Nerves Needed to Win Out

It has been well said that life is a race. The full blooded man with sound nerves, the bright-eyed, rosy cheeked woman invariably win. The nervous, dyspeptic man, and the ailing anaemic woman; are left behind. Success in life is largely a question of good health and sound nerves. It is never the shaky, undecided men who are chosen for promotion; the sickly looking, pale woman is not sought after like her happy rosy sisters.

What makes all the difference is the condition of the blood. If your blood is thin and poor, your nerves are bound to suffer, because they have to depend upon good red blood for nourishment. Headaches, undecided will, a shrunken figure and pale, unattractive face tell only too plainly that the blood is at fault.

Both men and women in great numbers have found deliverance from their inferiority in life's race, caused by impoverished blood, through the use of Dr. Williams' Pink Pills. They are a remedy that has been a household word for a generation, because they tone up the whole system, make the blood rich and red and strengthen the nerves. Mrs. S. B. Miller, Elmira, Ont., says: "I look upon Dr. Williams' Pink Pills as a family medicine, and have reason to praise them for what they have done in our home. Some years ago, while we were living in Alberta, my husband was so completely run down that he was unable to do any work, and even to carry a pail of water would exhaust him. A doctor was called in who said his heart was affected, and that medicine would be of little use to him. This greatly worried me and I finally urged him to try Dr. Williams' Pink Pills. He began their use and in a short time the swelling in his hands and feet disappeared. We decided to return to Ont., but the doctor said he could not stand the trip. But the doctor was mistaken, for through the use of the pills, he gained such strength as to be able to look after the harvest, and in a month later we returned to Ontario. My husband still takes a box or two of the pills twice a year, and they keep him in good shape. I have also found the pills good for my growing daughters, and we are never without them in our home."

One of the best things about Dr. Williams' Pink Pills is that they do not contain the slightest trace of opiates or harmful drugs. While they are overcoming disease the rare building up general conditions of good health. You can get these 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.

WHAT IS EXPECTED OF TEACHERS

The Rural Science Bulletin has in a recent issue paid a high tribute to the duty of "The Teacher" and in so doing remarks:

"It is important to teach children to read. It is equally important to teach them how to take care of their eyes in order that they may enjoy reading without physical discomfort. It may be important to know how Queen Elizabeth

WOLFVILLE SCHOOL EXHIBITION

LIST OF THE PRIZE WINNERS

CLASS A—VEGETABLES	1st Prize	2nd Prize	3rd Prize
Potatoes (white)	W. Parker	L. Parker	G. Mahaney
Potatoes (red)	G. Mahaney	H. White	R. Rathburn
Potatoes (blue)	H. White	G. Burgher	K. Warren
Cucumbers (table use)	H. Perry	L. Nowlan	V. Brown
Cucumbers (seed)	G. Burgher	C. Coldwell	J. Harris
Beets	V. Brown	J. Harris	R. Rathburn
Carrots (short or half long)	A. Porter	J. Porter	J. Harris
Parsnips	J. Harris		
Turnips (table)	G. Burgher		
Turnips (stock)	R. Rathburn		
String Beans (pole)	K. Johnson	G. Porter	J. Pierce
Shelled Beans	W. Pick	V. Brown	M. Pierce
Cabbage	J. Harris	M. Coldwell	W. Pick
Citron	R. Forsythe	M. Hennigar	
Pumpkins	N. Coldwell	M. Coldwell	V. Cook
Squash (summer)	M. Pierce	N. Coldwell	
Squash (hubbard)	J. Harris	A. Wallace	L. Parker
Vegetable Marrow (yellow)	P. Farris	I. Fitch	L. Smith
Vegetable Marrow (green)	A. Fitch	L. Smith	
Onions (red)	N. Coldwell	M. Hennigar	M. Coldwell
Onions (white)	N. Coldwell	M. Hennigar	K. Johnson
Tomatoes (ripe)	M. Coldwell	J. Pierce	G. Burgher
Tomatoes (green)	A. Pick	H. White	K. Johnson
Corn	V. Brown	H. White	M. Pierce
Oats	J. Northover		
Collection of Flower Seeds	E. Ford		
SPECIALS			
Peas (garden)	J. Northover		
Plum Tomatoes	J. Harris		
Summer Savory	K. Warren		
CLASS B.			
Best Col. Sweet Peas, 5 Kinds	H. White		
Sweet Peas (Boquet)	I. Baird	M. Johnson	B. Hales
Asters	H. White	F. Sanford	T. Baird
Salvia	H. White	G. Mahaney	
Cosmos	J. Bishop	P. Farris	
Dahlia	B. Spencer		
Annual Species	G. Mahaney	E. Abbott	L. Crowell
Mixed Bouquet of Annuals for Tea Table	Z. Tretthewey	E. Abbott	
Mixed Basket of Flowers	D. Angus	L. Nowlan	
Perennials	M. Johnson		
Pansies	J. Bishop		
Cut Flowers	H. White	N. Sanford	G. Mahaney
Any Kind of Wild Flowers	P. Farris	J. Marrine	L. Marrine
Any Kind of Cultivated Flrs.	L. Nowlan	G. Mahaney	
CLASS C.			
Crocheting (a)	M. Roop	B. Dakin	T. Tretthewey
Crocheting (b)	D. Stevens	H. White	M. Bishop
Embroidery (colored) (a)	G. Keebles		
Embroidery (colored) (b)	E. Baines	N. Coldwell	H. White
Plain Sewing (a)	R. Forsythe	G. Phinney	M. Williams
Darning (a)	M. DeWitt		
Knitting (a)	Z. Tretthewey	E. Bartheaux	
Knitting (b)	R. Foote	N. Tretthewey	
Finished Garment (a)	M. Roop	M. Comstock	
Finished Garment (b)	C. ...	N. Coldwell	G. Shaw
Brown Bread (b)	G. Shaw		
Graham Biscuits	F. Forbes		
Bran Muffins (a)	E. Miles		
Bran Muffins (b)	M. Vaughn		
Molasses Cookies (a)	B. Porter	M. Coldwell	
Molasses Cookies (b)	N. Tretthewey		
CLASS C (Continued).			
Drop Cakes (a)	B. Porter	D. Harris	F. Porter
Drop Cakes (b)	E. Ford	B. Johnson	M. Pierce
Canning Peas or Beans	M. Bishop	J. Bishop	
Canning Raspberries or Peas	G. Shaw	A. Pearson	
Collection of canning	B. Hales	N. Coldwell	L. Miller
Pickles	E. Ford	Z. Tretthewey	
Butter	L. Nowlan	H. White	
Bird House	J. Pierce	R. Rathbone	
Single Piece (Man.Tr.) (a)	M. Wallace	V. Graham	J. Porter

To be concluded next week.

dressed. It is more important to know how to dress today. It is interesting, possibly, to know the details of the Great Plague; but it is absolutely necessary to know how to prevent similar epidemics in our own community. Some people have been fairly successful in life without knowing how many bones there are in the human body; but no one can afford not to know what kind of food is necessary to make those bones grow.

The teacher's duty above all, therefore, is to teach the children to be healthy, happy, civilized human beings, with a taste for good reading, the ability to write, and speak good English, an appreciation of good music, a knowledge of gardening and housekeeping, and a consciousness of one's duty to one's self and one's community.

Surely the public expects considerable of "the teacher" and all in exchange for any sum of money ranging from the price of a set of Ford Tires to the smallest amount for which the school house can be kept open. If the government expects so much of our young women teachers it ought to be willing to in a greater degree than heretofore, give compensations somewhat more in keeping with the demands.



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