

## YOUR BODY ITS OWN DOCTOR

### HOW BLOOD MOBILIZES ITS DEFENCE.

#### When Attacked by Disease the Body Begins to Manufacture a Cure.

Every soldier, sailor, and ex-serviceman is familiar with the operation of inoculation. But what really is this process of inoculation which is attended by such magical results?

The dictionary tells us that inoculation is the communication of a disease by the insertion of infectious matter into the system. To a certain extent this is true, the newest method of preventive medicine being founded on the sound principle of setting a thief to catch a thief.

But the essential principle of inoculation as understood today is the raising of the resisting powers of the blood against disease germs.

It must be borne in mind that the healthy blood of a perfectly fit human being is of the nature of an all powerful and living germicide, competent to deal with and finally destroy the germs of any disease that may have invaded it. Microbes, though invisible to the naked eye, are constantly about us. We can no more escape their pressing attentions than we can dodge the presence of the atmosphere.

Our blood, then, while healthy, maintains a constant vigil on the ever-threatening microscopic army awaiting a chance to invade our bodies. The moment a few disease germs manage to effect an entry, be it through the lungs or swallowed with food or drink, or implanted by a sting, a pin-prick, a rusty nail, etc., or any other wound, the wonderful intelligence department of the body signals the news through the nervous system to headquarters.

Mobilization of all the complex defensive forces of the blood takes place at once. The white cells of the blood mass in their millions at the point of danger, giving the invaders an exceedingly warm reception. These white cells are the effective fighting units of the defensive force, the better known red cells forming the transport and commissariat service. Their particular job is to fall upon, gobble up, and entirely digest and annihilate the enemy individually and collectively; and this they do effectively, so long as the number is equal to the task.

**Why You Should Take Exercise.**  
The white cells are, however, enormously helped in their fight by the use of a special kind of "munition" analogous to poison gas, used in a liquid form as a spray, to which the most malignant of enemy germs must finally succumb. This antitoxin (or counter-poison) is always produced automatically by healthy blood immediately it is attacked by disease germs.

When attacked by disease, the body at once begins to manufacture, and cure itself by its own medicine. That is why every infective disease, if it does not kill the patient, automatically comes to an end. Were it not a fact that every infective disease stimulates the production in the body of its own antitoxin, which finally kills the original disease, there is no particular reason why measles, or mumps, or influenza, or any other catching "complaint" should not continue for years. The modern treatment of tuberculosis by the injection or inoculation of tuberculin is founded on this principle of arousing the blood to the formation of the necessary antitoxin, which in course of time, provided the conditions are favorable, puts an end to the original disease—tubercular consumption.

Auto-inoculation or self-inoculation may also be produced in consumptives by a system of graduated exercises, which rouse the resisting powers of the body by raising what is called by scientists the "opposite index" of the blood. This opposite index is a measure of the rapidity with which the white cells eat any given germ in the blood. The name is formed from the Greek word "opson," which means a sauce, or seasoning, or anything that makes the morsel more tempting. These sauces are manufactured and used by the blood to make the disease germs so tempting to the white blood-cells that the former devour them with a relish that makes them greedy for more!

Exercises graduated according to the condition of the tubercular patient also act curatively by greatly improving the appetite, with resulting stimulation of digestion, absorption, and distribution throughout the system of food elements.

It was a Wonderful Watch.  
"Like a lift, sir?" said the countryman, civilly, as he overtook a foot-worn traveler on the dusty road. As they jogged along they chattered about all sorts of things. Presently the old chap pulled out a watch of the turnip variety. "Can 'ee tell me the toime, sir?" he asked.

"Certainly. It is 3 o'clock," replied the other, as he watched the driver set his watch at twelve. Then he stopped him. "I said three o'clock, not twelve," he added.

"Oh, that be all right, sir!" said the carter, as he slipped his timepiece into his pocket. "He'll soon make that egg. Her be a wonderful goer!"

## GENERAL DEBILITY FOLLOWING INFLUENZA

### Strength Can Only Be Regained by Enriching the Blood.

Following a wide spread epidemic of influenza, general debility is on the increase, and its effects may be noticed in the worn listless appearance of so many of the men and women you meet. Influenza always leaves behind it impaired vitality, and with the modern conditions of life that use up nerve force so rapidly, general debility becomes one of the most common maladies. The symptoms of debility vary, but weakness is always present. There is poor digestion, languor, weak, aching back, wakefulness at night, often distressing headaches and a feeling of fatigue. These symptoms indicate impure and impoverished blood. It is significant of nearly every attack of influenza that it is followed by anaemia and debility.

For all such run-down conditions, new blood is the most reliable cure. Sufferers should, at once begin to make their blood rich and red with Dr. Williams' Pink Pills. Under a fair treatment with this medicine they will realize more and more the health-restoring influence of good rich blood, and how this new blood brings a feeling of new strength and increased vitality. Proof is given in the case of Mrs. G. Robertson, Wingham, Ont.

"When the Spanish influenza spread over our town I happened to be one of the first attacked, and the attack was a very severe one, and worse still, the after effects of the trouble left me in continuous misery. I had severe pains in my side, felt low-spirited, and with no ambition whatever. My head ached almost continually, my eyes felt heavy, and pimples broke out on my face. I was advised to try Dr. Williams' Pink Pills, and after taking them for a time I felt like my old self, able to do my housework, and feeling well and strong. I can strongly recommend Dr. Williams' Pink Pills for the serious after-effects of influenza as I am sure they will restore all sufferers to good health."

You can get these Pills through any dealer in medicine or by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

At times it is proper to be thankful that you are not as other men are; for instance, when you live in a good farming community, and the "other men" are hived in the cities.

## Three Fashionable Models



No. 9144—Misses' Suit Coat. Price, 25 cents. Suitable for small women; coat in two lengths, collar in two outlines. Cut in 3 sizes, 16 to 20 years. Size 16, longer length, 3 yds. 48 ins. wide, or 2½ yds. 54 ins. wide; lining, 3½ yds. 36 ins. wide; shorter length, 2½ yds. 48 ins. wide, 2¼ yds. 54 ins. wide.  
No. 9145—Misses' Two-Piece Skirt. Price, 20 cents. Suitable for small women; high waistline, in two lengths. Cut in 3 sizes, 16 to 20 years. Size 16, longer length, 2¼ yds. 36 ins. wide, or 1½ yds. 54 ins. wide; shorter length, 2¼ yds. 36 ins. wide, or 1½ yds. 54 ins. wide. Width, 1½ yds.  
No. 9118—Misses' Dress. Price, 25 cents. Suitable for small women; two

## A Well-Balanced Cereal

That is what Grape-Nuts food is called, because it supplies the vital mineral elements so often lacking in other foods.

## Grape-Nuts

provides all the goodness of wheat and barley. It's easily digested and has a wonderfully likable flavor.

"There's a Reason for Grape-Nuts" At all Grocers.

## World Shortage in Gems.

The jewelry trade is expecting a dearth of precious stones, says a London despatch. That is attributable to two main causes. The output fell during the war and a new demand has been created by the redistribution of money brought about by war. The demand for new rich class must be catered to. With regard to diamonds the de Beers interests and a London syndicate of some half dozen firms, control what represents from 95 to 98 per cent of the world's output.

A few diamonds come from Brazil, British Guiana, India, Borneo and the Congo, but not enough to effect the market.

The output from the South African mines has not been up to pre-war level in recent years. Distribution has proceeded on the rationing principle, varied by the syndicate according to circumstances. Thus Antwerp has been allotted a good share to assist in the rehabilitation of the Belgian diamond cutting industry. There are also developing markets in India and Japan, to which consideration has to be given.

It is estimated, however, that America still absorbs her pre-war proportion of diamonds, which was three-fourths of the total output. There is always a superabundance of money for those costly luxuries in the United States. Many more high grade stones could be sold there if only they could be obtained, notwithstanding that prices are now something like three times those of 1914 for certain qualities.

No manufacturer whose business is ordinarily dependent on diamonds can keep his factory going on the supplies now available and their energies are being diverted as far as may be into other channels.

A certain number of old diamonds cut by past generations of craftsmen are being put on the market to relieve the shortage. They are not greatly sought-after by the trade, however, because the progress of art and the changes of fashion put so many of them hopelessly out of date. They are generally "square and lumpy," whereas the present day style aims at a perfectly rounded effect. Old stones do not pay to recut for general commerce on account of the wastage and the high rates to which this class of labor has advanced.

The human body is subject to some 2,400 diseases, but normally a person is liable to seventeen, and physicians say probably will experience only half a dozen.

Canada has one mile of railway for every 224 persons.

Minard's Liniment Cures Gargat in Cows.

## "SYRUP OF FIGS" CHILD'S LAXATIVE

Look at tongue! Remove poisons from little stomach, liver and bowels



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear. Mother! You must say "California."

## Greetings to Prince of Wales.

A welcome to our soldier prince Upon Canadian soil!

Our vast Dominion greetings sends, May nought his visit spoil: Propitious were the winds which brought

His vessels o'er the sea; Hearty the homage waiting him: From hearts of loyalty!

Now Peace unfolds her pinions fair Upon the world once more; And all our soldiers homeward speed Back from the scenes of war. In Canada for whom they fought They're glad the prince to see; Comrade-in-arms on Flanders Fields They'd pledge him fealty!

## Hurrah! How's This

Cincinnati authority says corns dry up and lift out with fingers.

Hospital records show that every time you cut a corn you invite lockjaw or blood poison, which is needless, says a Cincinnati authority, who tells you that a quarter ounce of a drug called freestone obtained at 10¢ the cost from the drug store but is sufficient to rid one's feet of every hard or soft corn or callus. You simply apply a few drops of freestone on a tender, aching corn and soreness is instantly relieved. Shortly the entire corn can be lifted out, the root and all, without pain. This drug is sticky but dries at once and is claimed to just shrivel up any corn without inflaming or even irritating the surrounding tissue or skin. If your wife wears high heels she will be glad to know of this.

## Lost His Bet.

It was the commercial-room, and the conversation had turned on the topic of the powers of endurance shown by men of the past and present. During a lull in the conversation one young commercial said:

"Any man, if he has the will-power, can endure pain or fatigue; I know I can."

Silence for a moment, and an "old man of the reed" replied:

"I'll bet you a dollar you can't hold your foot—boots on—in a bucket of hot water as long as I can!"

The bet was taken, and two buckets of hot water were brought in, and a kettle of boiling water to raise the temperature to the point of endurance. The young one's face began to pale; but the other called for more boiling water.

"What the deuce is your leg made of, sir?" yelled the former, suddenly taking his foot from the bucket.

"Cork, sir—cork!" was the cool answer, and the other man felt that he had indeed lost.

## MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

## Visiting the Frog.

The frog is the vivisectionist's favorite victim, not because his structure is at all human-like (though he is built somewhat like a man), but for the reason that he will endure being chopped up to a remarkable extent and still retain life. If his brain be removed he can get along without it, swallowing whatever is put into his mouth and otherwise behaving much as usual, though in automatic fashion. If the lungs are cut out he will survive for a long time because he can breathe through his skin. The corpulence of his blood being remarkably large, that fluid serves admirably for the instruction of the seeker after medical knowledge.

"With consistency a great soul has simply nothing to do. He may as well concern himself with his shadow on the wall."—Emerson.

"Give us courage and gaiety and the quiet mind. Spare us to our friends, often us to our enemies. Bless us, if it may be, in all our innocent endeavors."—Robert Louis Stevenson.

## BITS OF HUMOR FROM HERE & THERE

**Poor Teacher!**  
"Now, Johnny," said the teacher after much explaining against the use of "ain't," "why shouldn't we say 'ain't'?" "Because, ma'am," said Johnny, "there ain't no such word as 'ain't.'"

**A Boomerang.**  
"Bertie," said his mother, sorrowfully, "every time you are naughty I get another gray hair."  
"My word!" replied Bertie; "you must have been a terror. Look at Grandpa!"

**No Time For Argument.**  
Old Salt: "Yes, sir, I fell over the side of the ship, and a shark 'e came along and grabbed me by the leg."  
Visitor: "Good gracious! And what did you do?"  
Old Salt: "Let 'im 'ave the leg, of course. I never argues with sharks."

**The Resemblance.**  
"I am afraid," said the let-him-down-easy editor, "that I do not see my way to printing your poetry in my periodical. You see, it's not quite the style of thing we want, though it is undoubtedly remarkable—very remarkable." "Do you know, young man, that there are some points about your writings that resemble Milton?"  
"Do you, think so?" cried the delighted poet. "What are they?"  
"Your stops," replied the editor. "Indeed, you employ almost the same punctuation-marks!"

**Minard's Liniment Co., Limited.**  
Gentlemen, I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life I consider it has no equal. I would not start on a voyage without it if it cost a dollar a bottle.  
CAPT. F. R. DESJARDIN.  
Schr. "Storke," St. Andre, Kamou-raska.

**The Good Old Days.**  
In looking back along the years How beautiful the past appears! How much we praise "the good old days!"

We see them through the mellow haze Of "used-to-be"; and memory, Beyond a doubt, has tricky ways. We quite forget the pain and woe And sorrow that we used to know. All ills were born this very morn. The rose of memory has no thorn. Alas, to-day the world is gray And all the breezes sigh forlorn!

H.R.H. the Prince of Wales was given a beautiful costume by the Stony Cree Indians at Banff. The costume is made of snow-white deer-skin trimmed with ermine and embroidered in colored beads (royal blue predominated) by the most skilled women of the tribe. The work occupied six weeks.

**America's Pioneer Dog Remedies**  
Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author, H. Gray Glover Co., Inc. 114 West 11th Street, New York, U.S.A.

**Coughs and Colds Mean Restless Nights**  
which sap the vitality. Danger lurks in every hour a cold is allowed to run its course. Coughing your children quickly back to health and strength and avoid serious complications. Get the prompt use of Gray's Syrup—over 60 years in use. Always buy the Large Size.

**GRAY'S SYRUP OF RED SPRUCE GUM**  
Medicated. DR. WATSON & CO. New York.



## Give Cuticura the Care Of Your Skin

And watch that troublesome eruption disappear. Bathe with Cuticura Soap, dry and apply Cuticura Ointment. For eruptions, rashes, irritations, etc., they are wonderful. Nothing so insures a clear skin and good hair as making Cuticura your every-day toilet preparations. Cuticura Soap 15¢, Ointment 25¢ and 50¢. Take the 10¢ plus Canadian duties. Sold everywhere. For circulars, etc., address: "Cuticura, Dept. H, Boston, U.S.A."

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## GUARD THE CHILDREN FROM AUTUMN COLDS

The Fall is the most severe season of the year for colds—one day is warm, the next is wet and cold and unless the mother is on her guard the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mother's best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose will prevent colds or if it does come on suddenly the prompt use of the Tablets will quickly relieve it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**World's Lightest Wood.**  
The lightest wood, in weight, that is known, is "Balau." Cork is three times as heavy as this wood. It can easily be indented with the finger nail. It is treated with paraffin and used in making floats of life preservers and in constructing life rafts.

**Minard's Liniment Cures Distemper.**  
Clean legs and a clean skin on a horse will save many bushels of grain.

A statue in bronze of Queen Victoria is being shipped from England to the city in Canada which bears the Queen's name, where it will be placed on a lofty pedestal plainly visible to passengers on incoming ocean ships. The statue weighs two and one-half tons. It will pass through the Panama Canal and up the Pacific Coast on its forty-day journey to Victoria.

## FOGGY?

If Bilious, Constipated or Headachy take "Cascarets."

To-morrow the sun will shine for you. Everything will seem clear, rosy and bright. Your system is filled with liver and bowel poison which keeps your skin sallow, your stomach upset, your head foggy and aching. Your meals are turning into poison, gases and acids. You cannot feel right. Don't stay bilious or constipated. Feel splendid always by taking Cascarets occasionally. They act without griping or inconvenience. They never sicken you like Calomel, Salts, Oil or nasty, harsh pills. They cost so little too—Cascarets work while you sleep.

**SHILOH**  
SINCE 1870  
30 PROPS  
30 STOPS COUGHS

## ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Headache, Neuralgia, Toothache, Earache, and Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all. Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin, the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada. Handy tin boxes containing 12 tablets cost but a few cents. Druggists also sell larger "Bayer" packages. There is only one Aspirin—Bayer. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocaceticacid of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

## Ask Your Druggist For Dr. Miles' Calendar For 1920

IT is FREE and the best large-figure Calendar published. It gives the weather forecast for each day in the year, also time of Sunrise and Sunset and phases of the Moon: "An exceptionally complete and useful Calendar!" That's what everybody says. The edition is limited. It is therefore very important that you call early so that you will be sure to get this splendid free Calendar at the beginning of the year.

Just go to your druggist, tell him your name and address, and that you want Dr. Miles 1920 Calendar. He will do the rest—FREE.

## Classified Advertisements.

### FOR SALE.

PAIR PRACTICALLY BLACK FOXES. Also twenty other pairs. Reid Bros., Bothwell, Ontario.

### WANTED.

RAW FURS. WHAT HAVE YOU? What price? Reid Bros., Bothwell, Ontario.

### WANTED.

FIRST CLASS GARAGE MAN. Reid Bros., Bothwell, Ontario.

### SITUATIONS VACANT.

ARE YOU LOOKING FOR AN OPENING to prove your ability? Or are you just drifting along on the principle that "everything comes to him who waits"—without much thought of your efficiency? If you are in the latter class, be up and doing—train your mind and memory as to be ready for Opportunity when it comes your way. In other words, Personalise! If you know you have ability, why not use the waiting moments to improve your efficiency and incidentally acquire that Personality which means so much in seeking Success? Small town or big city, or on the township side line, it matters not—the Personal System is conducted by mail. Other and Modern tells you all about it. It is a book that's free and lays no obligation upon you to enroll, though you'll be surprised to find how moderate is the fee required. Write for the book and particulars to-day to the Pelman Institute, 765 Temple Building, Toronto, Canada.

### MISCELLANEOUS.

CANDY—EARN \$25 TO \$50 WEEKLY. Advertisers: Men & Women. Start one of our Specialty Candy Factories in your home, small room anywhere. Grand opportunity. We tell how and furnish everything. Candy-makers House, 1819 Rutherford St., Philadelphia, Pa.

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CANCER, TUMORS, LUMPS, ETC. Internal and external cured without pain by our home treatment. Write us before too late. Dr. William Medical Co., Limited, Colthamwood, Ont.

Cashiers filled with dry coffee grounds protect needles and pins from rusting.

On many of the irrigated farms in southern Alberta the policy of raising crops for the live stock carried is being followed with much success.

## KNOCKS OUT PAIN THE FIRST ROUND

Comforting relief from pain makes Sloan's the World's Liniment

This famous reliever of rheumatic aches, soreness, stiffness, painful sprains, neuralgic pains, and most other external twinges that humanity suffers from, enjoys its great sales because it practically never fails to bring speedy, comforting relief. Always ready for use, it takes little to penetrate without rubbing and produce results. Clean, refreshing. Made in Canada. At all drug stores. 50¢, 70¢, \$1.40.

**Sloan's**  
Liniment  
Keep it handy