

CAUSE OF BACKACHES

Every muscle in the body needs a supply of rich, red blood in proportion to the work it does. The muscles of the back are under a heavy strain and have but little rest. When the blood is thin they lack nourishment and rebel. The result is a sensation of pain in these muscles.

Many people are frightened into believing that backaches are due to kidney trouble, but the best medical authorities agree that backache is very seldom due to kidney trouble. In fact not more than one backache in a hundred has anything to do with the kidneys. The whole trouble is due to thin or impure blood, and those who are troubled with pains in the back or loins, either frequent or occasional, should look to the condition of the blood. It will be found in most cases that Dr. Williams' Pink Pills by building up the blood and feeding the starved nerves and muscles will banish the pains and make you feel better in every other way. How much better it is to try Dr. Williams' Pink Pills for your blood than to give way to unreasonable alarm about your kidneys. If you really suspect your kidneys any doctor can make a test in ten minutes that will set your fears at rest, or tell you the worst.

All dealers in medicine sell Dr. Williams' Pink Pills, or you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Making Love-Letters Private.

There have always been parents and guardians to hinder and thwart the hapless lover, and many girls have been obliged to resort to methods of deception.

The simplest means ever employed was to write the love message with fresh milk instead of ink. On the receipt of a blank sheet of paper, all the recipient needed to do was to sprinkle it with soot or charcoal. The grit stuck to the lines traced by the pen.

When the trick was of no avail, chemists would perform the task of writing with acetic acid. Another chemist applied sulphuretted hydrogen gas to the letter and the secret was unfolded.

Another "sympathetic" ink is that produced from cobalt, the writing of which disappears in the cold, but appears again as often as one chooses after being exposed to a moderate degree of heat.

Characters written in diluted sulphuric acid and lemon-juice become black or brown; those written in solutions of nitrate and chloride of cobalt, and of chloride of copper, are rendered green, the color disappearing when the paper is allowed to cool in a moist place.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth avenue, New York city, will be given a prompt reply.

A number of sharpened gear shaped wheels that intermesh do the work of a lawn mower that is almost noiseless.

Unquiet Earth.

When they call earth quiet
I think they have not seen
Old roads covered and
Old paths lost.
There is nothing more restless
Than small, fine green
That stirs in the seed that
The wind has tossed.

The old earth mother
In every field and thicket
Uncovers and recovers,
Bearing without rest,
Eggs and sprouts and lichens,
Mouse and worm and cricket,
And wild red honey at
Her warm brown breast!

Seed that dies to live again
And no man understanding,
Sour green fruit that loves the sun
But waits till frost for sweet;
And that old word of dust to dust,
Destiny commanding,
Flower and fruit and seed to make
The year complete.

The earth is never beaten;
She has harvests in wild places.
The bear knows the berry,
The fox knows the grape,
And all the old dead in her
Come out with flower faces;
She trembles with the forces
That quiver and escape.

When men call earth quiet
I think they do not know
How root calls to root
And breaks the brown clod.
They've never watched the woods
Come
Where men no longer go
And eat the long road where
Our feet once trod.

—Louise Driscoll.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

No Ancient Utensils Ever Found in Tin.

While tin has been in use for a great many centuries, yet ancient vessels of tin are so rarely found by archaeologists as to be well nigh unknown. This is not due to the fact that tin rusts, for the metal does not combine chemically with the oxygen of the air or that of water, but to the circumstance that a sort of decay does attack it, producing a change in its crystalline structure, the nature of which does not seem to be clearly understood. This ends in reducing the tin to a fine gray powder. The process proceeds much more rapidly at certain times than it does at others and seems to be transmitted from one piece of tin to another, almost like an infectious disease.

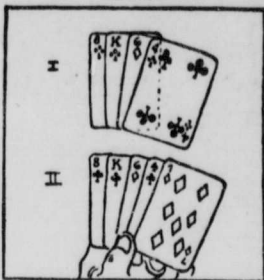
Try This.

Young Author—"When I write far into the night I find great difficulty in getting to sleep."
Friend—"Why don't you read over what you have written?"

EASY TRICKS

No. 56

Gone



Show five cards to the audience, asking a spectator to fix his mind upon three of them without telling you which he selects. Drop the cards into a hat. Reach into the hat and expressing your determination to take out one of the cards not selected, take out a card. It is not a selected card. Take out another. That is not one of the cards selected. The hat must now contain the three cards which were selected. Ask the spectator to reach into the hat and take out the remaining three cards. He finds the hat absolutely empty!
It seems impossible but it is really very easy. Take the three of spades and paste its back to the back of the seven of diamonds. Take any other four cards and paste them as in Figure 1. Now, cut as indicated by the dotted lines. This dotted line follows exactly the outlines of the 8 of clubs. To the back of this card, paste the deuce of hearts.

When you display the cards, hold them as in Figure 2. The seven will hide the misleading nature of the other "card." After the spectator has selected the three cards, put the "fan" of cards in the hat. The first card you take out is the three of spades. That is not one of the selected cards but no one will observe that it had not previously been displayed. The next card to be taken out is the deuce of hearts. That, of course, leaves the hat empty.

(Clip this out and paste it, with other of the series, in a scrapbook.)

Worth While.

Some little word of kindness, softly spoken,
To light the path when skies are dull and grey,
May serve to heal the heart that's well-nigh broken,
And bring new life and hope with every day.

Some little kindly act of self-denial,
To place a fallen brother on his feet;
The one bright spot that through long years of trial
Makes life worth while and mem'ry passing sweet.

A cheery smile to make some heart feel lighter,
And help to ease life's burdens, come what will,
Can make this dull old world seem all the brighter,
And bring the Heaven we dream of nearer still.

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere. There are two elements that go to the composition of friendship. One is Truth; the other is Tenderness.

Keep Minard's Liniment in the house. Modern fashions are said to have raised the standard of health among women.

Mother! Give Sick Baby "California Fig Syrup"

Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.

WARNER'S SAFE KIDNEY & LIVER REMEDY

is the quickest and best relief for pains in the back and the many other indications of kidney trouble. Sold for 50 years. Satisfaction in every bottle. At your druggist, or direct from WARNER'S SAFE REMEDIES CO. Toronto

SMOKE

in 1/2 lb tins



and 15¢ pkts.

OLD CHUM

The Tobacco of Quality

Manufactured by Imperial Tobacco Company of Canada Limited

Out of Step.

An Irish sergeant was drilling two very stupid recruits, who could not be prevailed upon to keep step. Losing all patience, he shouted:

"If I knew which of ye two spalpeens was out of step, I'd put him straight in the guard-room."

Ask for Minard's and take no other.

Oatmeal is responsible for more defective teeth than either white flour or rice.

COLD

IN THE HEAD?

Get quick relief. Rub nose inside and out with

Mentholatum

At all Drug Stores. Write for Free Sample. THE MENTHOLATUM CO. Bridgeburg, Ont. Box 38

Pimples Disappear

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggists call it "Mother Seigel's Curative Syrup"—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and \$1.00 Bottles. At drug stores.

ASPIRIN

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians over twenty-three years for Colds, Headache, Toothache, Lumbago, Earache, Rheumatism, Neuralgia, Pain, Pains. Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell trade mark (registered in Canada) of Bayer Manufacture of Aspirin is the Bayer Manufacture of Monosodiumacetate o' 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."

If all things for the same purpose are kept together, time and trouble will be saved the housekeeper.

MURINE FOR YOUR EYES

Refreshes Tired Eyes

Write Murine Co., Chicago, for Eye-Care Book

America's Pioneer Dog Remedies

DOG DISEASES and How to Feed Mailed Free to any Address by the Author M. CLAY BLOVER CO. Inc. 129 West 24th Street New York, U.S.A.

HOCKEY PLAYERS.

Minard's is the ideal liniment for the rub-down. Takes the soreness out of bruised muscles.

MINARD'S "KING OF PAIN" LINIMENT

The Children's Cough Remedy

MINTINE

Sole Agents: Harold F. Bickel & Co., Limited, Toronto



Mothers Prefer Cuticura Shampoos For Children

Regular shampoos with Cuticura Soap and hot water, preceded by touches of Cuticura Ointment to spots of dandruff and itching, keep the scalp clean and healthy. Proper care of the hair during childhood is the basis for healthy hair through life. Soap 25c. Ointment 25 and 50c. Tubes 25c. Sold throughout the Dominion. Canadian Depot: (Inventor) Limited, 244 St. Paul St., Montreal. Cuticura Soap shaves without soap.

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.

From the very dawn of history prophets and kings of humanity longed to know something of the causes that brought about sickness and death among the people. By many these afflictions were believed to be an act of God, as a punishment for sin. Down through the ages men have sought the elixir of life, or the philosopher's stone that would preserve them from the ills and maladies to which human flesh is heir. They believed in the alchemists and sought some magic potion that would preserve the body from disease and death. The treatment of disease in ages gone by was an art rather than a science. The philosophers of old did not know much, if anything, about the germ theory of disease. They were groping in the dark. We can hardly imagine how meagre was the information in regard to all micro-organisms before the time of Pasteur. Probably the first record of the observation of bacteria is that of Kircher (1602-1680) in his remarkable modern treatise published in Venice in 1659. Kircher was the first to use the microscope in the investigation of disease, and he reports not only the presence of minute worm-like creatures in decaying meat, cheese, milk,

vinegar, etc., but even attributed to the production of disease, and formulates a theory of the animal nature of contagion. The spontaneous generation of life was one of the earliest theories and was mentioned as far back as 610 B.C., by Aristotle and others. It stimulated the early writers to discussions as to how life originated and what forces or agencies were at work in taking away life.

The supposed relation of bacteria to disease production also dates before the Christian era. All of these theories were pure speculation.

Even as early as 1850 Hayer and some of his associates had seen the little rods in the blood of animals dead of anthrax but without comprehending their importance. In 1860, Delafond demonstrated that the bacilli found in anthrax were living organisms, and not mere carriers or containers of the infection. But it was left to Pasteur to demonstrate fully that the bacteria were the sole cause of the disease, and thus to lay the real foundation of the germ theory. The true story of the birth of the germ theory disease begins when in 1876, we find Pasteur taking up the study of the anthrax organism.

