

## A WOMAN'S RIGHT TO GOOD HEALTH

Most Troubles Afflicting Women Are Due to Poor Blood.

To every woman belongs the right to enjoy a healthy, active life; yet nine out of ten suffer from some form of bloodlessness. That is why one sees on every side pale, thin cheeks, dull eyes and drooping figures—sure signs of headaches, weak backs, aching limbs and uncertain health. All weak women should win the right to be well by refreshing their weary bodies with the new, rich, red blood that promptly transforms them into healthy attractive women. This new, red blood is supplied by Dr. Williams' Pink Pills, which reaches every organ and every nerve in the body. Through the use of these pills thousands of women have found benefit when suffering from anaemia, indigestion, general weakness and those ailments from which women alone suffer. Among the many women who tell of the good Dr. Williams' Pink Pills have done them is Mrs. L. Hicks, Round Hill, N.S., who says: "I became very much run down in health; my blood seemed weak and watery, my strength failed, and I was so easily tired that my work was a burden. I had often read about Dr. Williams' Pink Pills and decided to try them, and I can truly say that after using three boxes I found myself gaining, and my old-time energy and vitality was restored. Out of my own experience I can strongly recommend this medicine."

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.

Milk is so constituted as to correct the deficiencies of other foods when used in combination with them. Minard's Liniment Relieves Neuralgia

## THE NEW EYES OF MEDICAL SCIENCE

INVENTION OF A BRITISH SCIENTIST.

### Wonderful Weapon Which Will Play a Big Part in the Fight Against Disease.

A weapon of immense value in the great fight against disease has just been forged. It is a new kind of microscope which is as much stronger than the old kind as the big telescope in the Greenwich Observatory is stronger than a pair of opera glasses, writes a noted London physician.

The story of the new microscope is a romance, strange and fascinating. The things which it may accomplish for all of us can as yet only be guessed at. But we know that they will be great things, amazing things.

The doctor's most powerful weapon against disease is his eye. Once he can see where the danger lurks, what it is, what it looks like, he is half-way towards preventing it. Microscopes are the new eyes of medicine, with which our healers are able to keep a constant and a splendid watch on our deadliest enemies.

**Fighting Deadly Germs.** Imagine an army to-day without aeroplanes, or an army of the past without scouts! They would be on the same footing as would medicine without microscopes.

All our knowledge of the germs of disease, of diphtheria germs, of typhoid fever germs, of suppuration germs, we owe to the microscope.

Once upon a time diphtheria killed about ninety out of every hundred children it attacked. Then, by the aid of this great, all-seeing eye, a doctor found the germ of diphtheria. He studied its shape, its way of living. It

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became, as it were, a "marked man," so that its appearance was known to all doctors. In the Scotland Yard of medicine—the laboratory—they had its description complete. After that it was not very difficult to prepare an antidote to this poisonous fellow, so that whenever he appeared steps could be taken to destroy him.

That antidote is known to everyone as "Anti-diphtheria Serum." And since we found it, few—very few—children have died of the dreadful white growth that comes at the back of the throat and is called diphtheria. Once the serum has been given, the growth peels off and comes away.

**Too Small to See.** That is what the microscope has done for one disease. Unhappily, there are other diseases which remain to be conquered. One of them is measles. No man has ever yet seen the germ of measles, and yet that germ certainly does exist. Measles kills far more children than diphtheria. Measles is, therefore, a more deadly disease than diphtheria.

Why has the germ of measles never been seen? The answer is that it is too small to be seen. The microscope is not able to magnify it, to enlarge it sufficiently to allow the human eye to detect it.

In the words of science the germ of measles lies beyond the microscope. It is "ultra-microscopic."

And here we come to the new microscope. The old microscope was thought to be absolutely perfect. Manufacturers of the exquisite glass lenses with which it is fitted said that the very limit of its possible powers had been reached. Lenses could not be made to give a greater enlargement.

That idea has lasted for ten years. Doctors thought that no further improvement was possible in their wonderful "eye," and so had given up all hope of seeing the very minute germs which probably cause measles and other familiar diseases, such as whooping cough, scarlet fever, chicken-pox, and so on; for no one has yet found the germ of these commonplace ailments.

**New Light on the Subject.** But the new microscope brings new hopes with it. It is no less than twelve and a half times stronger than the old one. That is to say, that an object which looked no larger than a pea under the old microscope looks as large as a penny-piece under the new one.

The new microscope, like most great ideas, makes use of a new principle which is yet beautifully simple. Its discoverer, Mr. Barnard, whose name is known all over the world for his knowledge of this subject, thought that equally as important as the glass lens in a microscope was the light which enabled the eye of the person using the lens to see through it.

Suppose that, instead of trying to make better lenses, one tried to use a better kind of light?

He began to work on that simple idea, and employed colored lights instead of the ordinary daylight. The daylight, as most people know, is made up of seven different colors. Sometimes it gets split up into these seven colors again. This happens when it passes through rain—the rainbow—and when it passes through cut-glass of a special shape—for example, the blue and red lights seen at the bevelled edge of mirrors.

The colors, when daylight is split up, always come in exact order, violet being at one end of the row, and red at the other end. The order is: violet, indigo, blue, green, yellow, orange, red.

Mr. Barnard used quartz glass, so cut as to split up the daylight and send only one color at a time into his microscope. He found, by making trials, that violet light gave him the results he was looking for. So he arranged his quartz glass in such a fashion that only violet light should fall on the specimen he had under examination.

**Studying Living Specimens.** And by this means and other technical changes he forged his great new weapon. His new microscope, with its violet light, can enlarge any object it look at no less than the enormous amount of twelve and a half million times its natural size. That would make an ordinary house-fly bigger than the dome of St. Paul's.

It is easy to see what this must mean to doctors and to the science of medicine. A great new future opens out, full of all sorts of astonishing hopes. Moreover, the use of this violet light allows us to see germs alive. Up till now we could only see them after they had been stained with various bright dyes—that is to say, after they were dead.

This is very important, as the natural living germ must afford far more real information than the dried, stained, dead one.

Mr. Barnard believes his discovery is only the beginning of a new advance in knowledge, for there seems to be reason to think that other rays, including the mysterious X-rays, may be able to give even greater results than the violet light rays. That, however, is a matter still hidden in the future.

**Great Deeds.**  
Who can stay the winds of winter with a gesture?  
Who can hold the rains of spring in her two hands?  
She can hide the gusty tears of her love  
When her love commands.

Who can cast a veil across the face of the sun  
Lest he be too bold when he shines at noon?  
He can keep guard upon his lips day and night  
Lest they speak too soon.  
—Marguerite Wilkinson.

## SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of these troubles may prove deadly if not properly treated. During the summer the mothers' best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Boy Scouts at the Toronto Fair.

For many years now the Toronto Fair, or to use its more euphonious name, the "Canadian National Exhibition," has been the mecca of Boy Scouts from all parts of Ontario, one day always being set apart by the management as Boy Scouts' Day. This year Boy Scouts' Day will be Saturday, September 3rd, right in the middle of the Exhibition season when everything will be at its best. Local Committees at Toronto are now working hard getting everything in shape for this big day and also for other features prior to it and following it, all of which have to do with the Scouts.

One of the special features this year will be a Model Camp for about 600 Scouts. Troops from outside Toronto will be accommodated in this camp without charge except for food, and that they may arrange for to suit their own desires. Tents, blankets, ground sheets, cooking files, cooking utensils, stoves, etc., will be there at their disposal, and special arrangements are being made for the supply of the ingredients of their meals at the lowest possible price.

The boys attending the model camp will have a special programme of activities for them every day, including both recreational and educational features. Each afternoon there will be a series of Boy Scout and athletic competitions of various kinds on a parade ground which is being set aside for their own use. And each evening the campers will form up and parade through a portion of the Exhibition Grounds and adjacent sections of the city.

On the rally day itself, Toronto Scouts will turn out over two thousand and strong to greet their brother Scouts from out-lying sections of the province, and it is assured that they will all have one great, happy day of it. Luncheon on rally day will be provided for both visiting and Toronto troops by the Provincial Council.

Another special concession this year is that every registered Boy Scout presenting himself at the Exhibition gates in uniform and wearing the Boy Scout "Ontario Official Badge," will be permitted to pass through the turnstiles without payment of fee or other formality. Those Exhibition folk sure do think a great deal of the Scouts. And, if you could hear Managing Director John G. Kent, they have every reason to be. For haven't the Scouts in former years proven absolutely invaluable to the Fair officials by locating lost children, acting as guides for visitors, staffing the big grand stands with ushers, attending to emergency cases often long before calls could be put through to the regular ambulance companies? "When in Doubt Ask a Scout" has become one of the slogans of visitors to the big Fair, and it is very seldom that Mr. Scout has had to disappoint those who would have his help.

The Sunday following Rally Day will be marked by a monster "Scouts' Own" service of Toronto Scouts and of visiting Scouts who remain over the week-end. It will probably take place on the University Campus or in Convocation Hall, in Queen's Park.

**Tommy's Howler.** In a small village school a teacher asked the scholars in her class to write a sentence finishing with the two words, "bitter end."

One boy wrote, "The enemy fought to the bitter end."  
Another said, "The afternoon's holiday came too soon to a bitter end."  
But the sentence that capped them all was written by a bright boy of ten, whose name was Tommy. It ran thus: "Our bul-pup ran after Murphy's cat yesterday, and as she was running through the wooden fence he biter end."

Collars of the double variety can now be ironed by a machine which gives them a rounded bend, so that the tie is inserted more easily.

**BITS OF HUMOR FROM HERE & THERE**

**In His Mind.**  
"Thought you said you had ploughed that ten-acre field?" said the first farmer.  
"No; I only said I was thinking about ploughing it," said the second farmer.  
"Oh, I see; you've merely turned it over in your mind."

**He Explained.**  
An Irishman had a splendid-looking cow, but she kicked so much that it was impossible to milk her. He sent the cow to a fair to be sold, ordering the herdsmen not to dispose of the animal without letting the buyer know her "strong weakness."  
The herdsmen, however, brought back a large price. His master was surprised.  
"Are you sure you told the buyer all about her?" he asked.  
"Bedad, I did, sir," said the herdsmen. "He asked me whether she was a good milker. 'Begor, sir,' says I, 'it's you that would be tired milking her.'"

**The Brute.**  
The young married woman went home to her mother and sobbingly declared she just couldn't be happy with her husband again.  
"I wouldn't have minded it so much, mother," she sobbed, "if Charlie had answered me back when I scolded him, bu-bu-but he did something worse."  
Her mother was duly shocked at this.  
"Mercy, my dear child!" she exclaimed. "He struck you then?"  
"No; worse than that, mother!" and the young wife sobbed afresh.  
"Tell me at once!" indignantly demanded her mother.  
"He—he just yawned."

**Berlin's Best Jokes.**  
Is the ex-Kaiser as popular in Germany as he was before the war? It would appear that he is not the worshipful idol he was. At one time his very name inspired fearful admiration among the German people—their great ruler who could do no wrong. Nowadays he is the subject of music-hall jokes.  
The following patter was given by two cross-talk comedians (Germans both by nationality) in one of Berlin's leading vaudeville theatres recently:  
"Good-evening, Hans!" said the first comedian. "So you're back from the war?"  
"Good-evening, Fritz!" replied the second. "Yes, I'm back from the war, but it took me a long time to get back!"  
"I suppose, Hans," continued Fritz, "you must have been the last one to leave."  
"No, Fritz; there is one who isn't home yet."  
The "one" referred to was the ex-Kaiser, and the house roared with laughter.

**Those Having Sick Animals SHOULD USE**

**MINARD'S "KING OF PAIN" LINIMENT**  
Good for all throat and chest diseases, Distemper, Garget, Sprains, Bruises, Colic, Mange, Spavins, Running Sores, etc., etc. Should always be in the stable.—SOLD EVERYWHERE.

**COARSE SALT LAND SALT**  
Bulk Carlots  
TORONTO SALT WORKS  
G. J. CLIFF - TORONTO

America's Pioneer Dog Remedies  
Book on **DOG DISEASES**  
and How to Feed  
Mailed Free to any Address by the Author,  
E. Clay Glover Co., Inc.,  
113 West 41st Street  
New York, U.S.A.

**ASPIRIN**  
Only "Bayer" is Genuine

Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Drugists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacturing Co., Monoaceticacid-ester of Salicylicacid.

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## DAVIS SLEEPS ALL NIGHT LONG NOW

TANLAC STRAIGHTENED HIM RIGHT UP.

### Hamilton Man Says He Now Feels As Well As He Ever Did in His Life.

"Before I was half through my first bottle of Tanlac I began to straighten right up," declared Robert Davis, 23 McCauley St., Hamilton, Ont., a valued employee of the Wood-Alexander hardware store.

"For about six months before taking Tanlac I had been in a badly run-down condition. At times I had no appetite at all and then sometimes I could eat heartily, but suffered terribly afterwards from indigestion.

"I was nervous and restless, never slept well, and many a night I rolled and tossed nearly all night long and in the morning felt so stiff in my joints it was some time before I felt like moving at all. I suffered a great deal from constipation and was subject to splitting headaches.

"But Tanlac helped me right from the start and now I have simply a ravenous appetite and everything agrees with me perfectly. I never have a headache or a pain of any kind, sleep like a healthy boy and feel as well as I ever did in my life. Tanlac will always get a good word from me."

Tanlac is sold by leading druggists everywhere. Adv.

**Comforting.**  
"Officer," asked a nervous old lady on her first trip over, "do you think the ship's going down?"  
"Probly not, ma'am, probly not," responded the salty mate encouragingly, stroking his chin. "Y'see, the boilers ain't none too good. She's liable to go up."

**MONEY ORDERS.**  
When ordering goods by mail send a Dominion Express Money Order.  
Pianos made in Britain in 1913 numbered 120,000; last year the number made was only 50,000.  
Minard's Liniment for sale everywhere

The nails on our fingers do not grow with equal rapidity, that of the thumb being the slowest and of the middle finger the fastest.  
Natives of Algeria bury with the dead the medicines used by them in their last illnesses.

**Miss Flora Boyko Tells How Cuticura Healed Her Pimples**

"My face was very itchy at first, and after that it was covered with pimples that disfigured it badly. The pimples were hard and red and they were scattered all over my face and were so itchy I had to scratch and I could not sleep."  
"These bothered me nearly a year before I used Cuticura Soap and Ointment and when I had used five cakes of Cuticura Soap and five boxes of Cuticura Ointment I was healed."  
(Signed) Miss Flora M. Boyko, Gardenton, Man., Dec. 26, 1918.  
Having obtained a clear healthy skin by the use of Cuticura, keep it clear by using the Soap for all toilet purposes, assisted by touches of Ointment as needed. Do not fail to include the exquisitely scented Cuticura Talcum in your toilet preparations. Splendid after bathing.  
Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, St. Paul St., Montreal.  
Cuticura Soap shaves without stung.

## SUFFERING OF YOUNG WOMEN

This Letter Tells How It May be Overcome—All Mothers Interested.

Toronto, Ont.—"I have suffered since I was a school girl with pain in my left side and with cramps, growing worse each year until I was all run down. I was so bad at times that I was unfit for work. I tried several doctors and patent medicines, but was only relieved for a short time. Some of the doctors wanted to perform an operation, but my father objected. Finally I learned through my mother of Lydia E. Pinkham's Vegetable Compound, and how thankful I am that I tried it. I am relieved from pain and cramps, and feel as if it has saved my life. You may use my letter to help other women as I am glad to recommend the medicine."—Mrs. H. A. GOODMAN, 14 Rockvale Ave., Toronto.

Those who are troubled as Mrs. Goodman was should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound. Those who need special advice may write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. These letters will be opened, read and answered by a woman and held in strict confidence.

ISSUE No. 31—21.

If coffee, which is known to contain caffeine, disturbs your health and comfort—drink **INSTANT POSTUM**  
"There's a Reason"