

PALE FACES AND WORN OUT NERVES

Due Solely to Weak, Watery Blood—A Tonic is Needed.

Anaemia—literally impoverished blood—comes on so stealthily that it is often well advanced before its presence is recognized. Feelings of fatigue and discomfort are the earliest manifestations of the trouble and these are seldom taken seriously. Gradually small tasks become an effort and exertion causes the heart to palpitate violently. The complexion becomes sallow or pale and there is loss of weight. The nerves grow weak and the victim displays irritability under slight provocation and is extremely sensitive to noise. The appetite is feeble and indigestion often follows.

A condition of anaemia calls for a tonic, one that will enrich the blood and strengthen the nerves, and for this purpose there is nothing as equal as Dr. Williams' Pink Pills. These pills give the blood all those missing elements necessary to give strength to the nerves, color to the cheeks, and nourishment to starved organs and tissues. Miss Margaret J. Fraser, R.R. 2, Thessalon, Ont., has proved the value of this treatment. She says: "I was very pale and weak. My blood was poor and I was very nervous. I lost my appetite, my feet and ankles were swollen and I was in a very miserable condition. A friend advised me to try Dr. Williams' Pink Pills and I got two boxes, and found before they were finished that they were helping me. I continued the pills until I had taken a half dozen boxes, with the result that I am now enjoying the best of health, all symptoms having disappeared. I feel confident that what Dr. Williams' Pink Pills did for me they will do for others, if given a fair trial." You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Grass.

So the days pass,
So greens the grass;
Until at last
Some fruit is cast.

But fruit, that fades
Into the earth,
By a new birth
Gives greener blades.

That is our round:
Morning and even
Lapsing to ground,
Piercing to heaven.
—Edmond X. Kapp.

Unique Band Saw.

There is in use an ingenious sort of band saw for coarse work, such as felling trees and sawing stove wood. The saw, instead of being a continuous ribbon like blade, is made up of links like those of the driving chain of a bicycle. On their outer side they have teeth of extremely hard steel. The endless chain is supported on four ball bearing sprocket wheels mounted in a light metal frame. A five horsepower benzine motor drives it.

Bicycle manufacturing was started in France, in 1863.

Look cheerful and you will become cheerful.—Rev. R. J. Campbell.

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.

What is taught in Public Health Education is important. Too often there is a tendency to emphasize the value of physical fitness, and neglect the equally important question of mental and social fitness. Health is not alone a question of physical fitness by any means. Our mental attitude, our viewpoint towards our fellows and towards life in general, have much to do with our condition of health. Athletes, models of physical perfection do not live any longer, as a rule, than ordinary individuals. Why? Because they give attention to their physical fitness and often neglect the mental and social conditions that contribute their share to long life, health and happiness.

I well remember an instance of a young man calling to see me. His health was broken, he could not sleep and he suffered from indigestion. I inquired about his condition and especially about the cause of his worried, unhappy viewpoint. It was this. He had been for a couple of years, secretary of a church club in which he was keenly interested. His work as secretary was not paid for, but he did not want any pay. However, the members of his club felt that it was too much of an imposition to ask this young man to carry on his duties for a third year without relief, so thinking it would be regarded in the right spirit, they appointed a new man to fill his place as secretary. This was the cause of his collapse. I reasoned with him and told him his viewpoint was wrong, that he had been deceived as to the motive for replacing him, and that the club's action was in no way a slight, but rather an appreciation of what he had already done for them. At last he agreed that he might have taken the wrong viewpoint and promised to act accordingly. He did so and completely recovered his health and appetite. The following year he

was reappointed to the position that he had regretted losing. This is just an example, but it is one from real life. There are many such, and they prove beyond a doubt that to be healthy our minds must be serene, our viewpoint cheerful and our bodies fit. One without the other will not bring a state of health that could be regarded as ideal.

Can we convince the average man or woman—particularly the man holding public office, that public health activity is an asset rather than an expenditure? If we can do that, we have made tremendous progress, for in my experience and that of many others, the average man regards public health expenditure as something that could easily be postponed 'till next year or the year after. Mind you, all these people who throw cold water on the immediate inauguration of health reforms—such for instance as the appointment of a Public Health Nurse, readily admit that the proposition is a praiseworthy one, and just as necessary as sidewalks or sewers. But they persist in regarding everything expended as an outlay from which there can be no expectation of direct money returns.

To correct that impression is most important. But how can it be done? I have tried it by pointing out the enormous sums we spend annually for upkeep of asylums, hospitals and institutions of various kinds, when a comparatively small amount spent on preventive work would half empty these institutions. We could further emphasize this by pointing out the cost of the maintenance of law and order, on account of the mentally unbalanced and criminally disposed members of society whose upbringing has often been neglected and un supervised and who as a result drift into degeneracy.

Bishop Doane's Tribute to His Dog.

I am quite sure he thinks I am God, Since he is God on whom each one depends.

For life and all things that his bounty sends.

My dear, old dog, most constant of all friends,
Not quick to mind, but quicker far than I,

To Him whom God I know and own, his eye

Deep brown and liquid watches for my nod;
He is more patient underneath the rod
Than I, when God His wise corrections send.

He looks deep love at me, deep as words e'er spake,
And from me crumb or sup will take;
But he doth thank with his most vocal tail.

And when some crashing noise wakes all his fear,
He is content and quiet 'if I am near,
Secure that my protection will prevail.

So faithful, mindful, thankful, trustful he
Tells me what I unto my God should be.

Victory.

We learned to love the common good,
To live serene, strive upwards,
In high communion with dream-voices,
Yet were we self-restrained
And reverent of law.
Wide fame we scorned,
Since self-respect is better
Than the far repute
Of undiscerning and misjudging men.
Our higher Self had conquered self;
We loved, were loved,
And life was victory.

—Albert Durrant Watson.

Hotter Than the Sun.

Until a few years ago it was thought that the sun's heat was the greatest that could exist. You can realize how intense it is when you think that the rays that burn our faces brown in summer time have travelled across 92,000,000 miles of space.

Scientists have succeeded in producing a temperature that is thousands of degrees hotter than the sun's surface. It was desired to study the composition of certain metals, and the only way of doing so was to reduce them to gas by applying heat.

The temperature necessary was enormous, and months of experiments were needed before a means of producing it could be found. Eventually a huge electrical apparatus was installed which produced heat so terrific that metals were converted not slowly but instantly into gas; in fact, pieces of tungsten were made to explode as if they had been dynamite.

Seeking the Light.

A parish church was being beautified with a stained-glass window. The old sexton was watching the work. The rector, seeing him thus intent, remarked:

"Well, John, and what is your opinion of the window?"

"Well," was the reply, "in my opinion they might have been content w' the glass as Gad made it."

Machines in use obliterates stamps on postal packets at the rate of 1,000 a minute.



A PROPHETIC CARTOON

Fritz—"Another scrap of paper."
(A cartoon which appeared in the Passing Show, London, was an accurate prediction of Germany's attitude toward the war debt. It appeared one week after the treaty of Versailles was signed.)

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers and making teething easier. Concerning them, Mrs. Saluste Pelletier, St. Dumas, Que., writes:—"I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

EASY TRICKS

Turn Over
No. 22



The problem is to place a half dollar on the back of your left hand and, without touching it, make it turn a flip flop or somersault and land about where it started. A juggler or one having talent for that kind of entertainment may do this in the obvious way—but not without considerable practice. Here is a more amusing way.

Slap the left wrist, a few inches above the coin, vigorously with the right hand. The coin will obligingly execute the necessary flip flop. With a little practice the coin may be made to turn a series of flip flops, going into the air every time you slap your wrist.

Always hold the left arm stiffly and slap vigorously with the right. A gentle pat will do no good.

(Clip this out and paste it, with others of the series, in a scrap-book.)

Raisin Day in Fresno.

A gigantic parade eight miles long inaugurated the fifteenth annual Raisin Day Celebration at Fresno, April 26. Nearly every community, civic and military organization in the raisin district was represented in the parade. The unusual floats cost over \$60,000. Many handsome trophies were for the best floats and marching delegations.

One division of this monstrous parade was the 1923 raisin pageant "From the Garden of Eden to the Garden of the Sun." It was said that not even the great parades of the New Orleans Mardi Gras, or the Pasadena Tournament of Roses, surpassed the grandeur of Raisin Day pageantry.

The pageant parade in the morning was only the beginning of a big day. In the afternoon the annual Raisin Day automobile race thrilled the crowds at Fresno speedway. This annual speedway classic brings to Fresno the world's most famous racing drivers. Approximately \$20,000 was given in prizes.

Pulverize Ground.
Two sets of plows that revolve in opposite directions feature a motor-driven machine being tested in Porto Rico for pulverizing the ground for sugar cane planting to a depth of twenty inches.

Optimism parts the clouds and sorts out the tangles, and costs nothing.

Minard's Liniment for sale everywhere

Canada's Fur Production.

The value of fur production in the past year shows a substantial increase over that of the previous one, though a decline from the banner year of 1919-20. The total value of the pelts of fur-bearing animals taken in Canada last season was \$16,458,621, an increase over the previous season of \$6,307,027, or 62 per cent. The number of pelts of all kinds taken was 4,321,330, an increase of 47 per cent. over 1920-21. These figures comprise the pelts of animals taken by trappers and those of ranch-bred animals.

Leading Canada was the Province of Ontario with a value of \$4,949,737, followed by Quebec with a value of \$3,326,626. Following in order came Manitoba with \$1,679,646, Saskatchewan, \$1,673,679; British Columbia, \$1,560,807; Alberta, \$1,356,338; Northwest Territories, \$908,242; Prince Edward Island, \$448,786; Yukon Territory, \$208,402; Nova Scotia, \$188,887; and New Brunswick \$162,421.

According to value the principal pelts in the year under review were muskrat, which accounted for a total value of \$4,687,813; beaver, \$4,258,579; mink, \$1,839,785; marten, \$1,212,603; silver fox, \$732,674; white fox, \$700,124; red fox, \$472,847; fisher, \$424,063; otter, \$372,694; and skunk, \$311,040. Muskrat pelts in the season increased by over one million in number and by over two million dollars in value. Beaver pelts increased from 164,656, valued at \$2,686,472, to 231,645, worth \$4,258,579.

The average prices paid for pelts in the season 1921-22 were greater than those which prevailed in the previous season but less than in the season 1919-20. For instance, the average price received for muskrat was \$1.53 as against \$1.24; for beaver, \$9.07 as compared with \$6.40; mink, \$9.00 against \$8.23; marten, \$20.61 against \$22.87; silver fox, \$147.36 against \$151.99; white fox, \$38.26 against \$34.62; red fox, \$12.46 against \$11.61; fisher, \$74.65 against \$58.86; and skunk, \$2.34 against \$1.73.

A Prayer.

We give here a part of the prayer written by that fine soul, Walter Rauschenbusch. A friend sends it to us who heard it read at a morning service in a hotel:

"Enlarge within us the sense of fellowship with all the living things, our little brothers, to whom thou hast given this earth as their home in common with us. We remember with shame that in the past we have exercised the high dominion of man with ruthless cruelty, so that the voice of the Earth, which should have gone up to Thee in song, has been a groan of travail. May we realize that they live, not for us alone, but for themselves and for Thee, and that they love the sweetness of life even as we, and serve Thee in their place better than we in ours."

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.



A Drop Too Much.
"What weather! The thermometer acts like it's drunk."
"Yes; often takes a drop too much."

Minard's Liniment used by Physicians.

Slowest Crop.

The slowest crop in the world is the giant bamboo of India. It blossoms only when it reaches its thirtieth year, and then dies. In the meantime it bears an enormous quantity of seed, which is gathered and used as grain by the natives.

Experience may be a good tutor, but the terms are always excessively high.

ISSUE No. 17-23.

LOST HOPE, SAYS MRS. WATERMAN

Declares Tanlac Restored Her Fully When Almost a Nervous Wreck—Gains 14 Pounds.

"Tanlac restored my health so completely three years ago that I haven't had to take a single dose of medicine since," says Mrs. Cora Waterman, 145 Monroe St., Toronto, Ont.

"I don't believe there was a worse case than mine in Ontario. For about three years I was practically a nervous and physical wreck. I could eat scarcely a thing, sleep was almost impossible, and rheumatism in my hands, wrists and arms almost drove me distracted. I spent every cent I could lay my hands on for medicine, and had about lost hope of ever being well again.

"But Tanlac ended my suffering and saved me a great many dollars. I regained fourteen pounds, too, which I still retain, and I feel as strong and healthy now as when a school girl. I have been praising Tanlac three years now, and want to send out this message to help others."

Tanlac is sold by all good druggists. Over 35 million bottles sold.



Don't Lose Your Hair Try Cuticura

If your scalp is irritated, itching and burning and your hair dry and falling out in combing try the following treatment. Touch spots of dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Soap.

Soap 25c. Ointment 25c. and 50c. Telcom 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 34 & 36 St. W., Montreal.



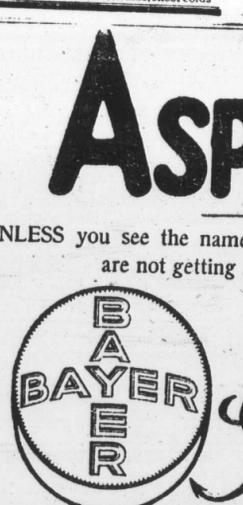
Sloan's Reduces swelling of bruises and strains

It may be a sprained wrist or elbow—a bruised muscle—a strained tendon—

You cannot foresee it. But you can keep Sloan's always handy to relieve the pain.

Sloan's brings immediate comfort. It breaks up the congested and inflamed condition and restores normal circulation. Use Sloan's to guard from pain as you would an antiseptic to prevent infection. Your druggist has it.

Made in Canada
Sloan's Liniment—kills pain!
For rheumatism, bruises, strains, chest colds



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-acetic acid ester of Salicylic acid. While it is well known that Aspirin means Bayer, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Classified Advertisements.

FREE.
CATALOG OF PROFESSIONAL AND AMATEUR PLAYS, SKETCHES, MONOLOGUES, MINORAL JOKES, RECITATIONS, GIGS, ETC. Fitzgerald Publishing Corp., Dept. W., 18 Vesey Street, New York.

SALESMEN WANTED.
SALESMEN AND AGENTS. NEW INVENTION low price, quick sale; big profits. Sterling Specialties Corp., 110 Church Street, Toronto.

FOR SALE.
LUXURIOUS STUDY-BAKER 7-PASSENGER limousine, suitable funeral work or taxi. First class condition, newly painted. Car this kind would cost 5 times price of \$1,000.00 asked. Filmore Industries, 28 Queen St. W., Toronto.

CLEARING SALE. MANY TIMES LARGER stock in Canada. Many less than half price. Send for bargain list. State rights. Montreal Photo-graphic Supply, Montreal.

KANTHURN KOOKERS ROAST AND BAKE perfectly on Single Burner; inclusive parts for Toasting, Frying, Steaming. Sample 22. Kantburn Kooker Co., 10 Dundas West, Toronto.

Character outshines every other lantern quality, just as the sun outshines the brightest electric light. Character beats every other sort of success.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author,
E. Clay Glover, Esq.,
129 West 34th Street
New York, U.S.A.

MURINE Night and Morning.
Have Clean, Healthy
Eyes. If they Tingle,
Itch, Smart or Burn,
Use Murine or Granulated,
Use Murine often. Soothe, Refresh. Safe for
Infant or Adult. At all Druggists. Write
for Free Eye Book. Murine Eye Remedy Co., Chicago

COLDS
In Head, Throat or Chest
yield quickly to the influence
of Minard's
The Old Reliable Remedy

MINARD'S
"KING OF PAIN"
LINIMENT

WANTS TO HELP OTHER WOMEN

Grateful for Health Restored
by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache and for weak and dreary feelings caused by my condition. Sometimes I felt so bad that I couldn't do my housework. My neighbor told me of your medicine and I read about it in the Toronto Telegram and thought I would take it. I got very good results. It built me up and I have told several friends what it has done for me. You may use this testimonial as it may be of help to some one who has suffered as I have."—Mrs. J. Lee, 26 Harvie Ave., Toronto, Ont.

Mrs. Lee is willing to write to any girl or woman suffering from such troubles, and answer any questions they may like to ask.

Women suffering from female troubles causing backache, irregularities, pains, bearing-down feelings and weakness should take Lydia E. Pinkham's Vegetable Compound. Not only is the worth of this splendid medicine shown by such cases as this, but for nearly fifty years letters like this have been received from thousands of women.

You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Coboourg, Ontario.