

## 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.

### Anticipation

Much of the pleasure in life comes from a forecasting imagination. The satisfactions of vacation travel, to choose but one example, lie as much in prospect as in retrospect. It is fun to read the literature of places we may never see, to discuss and compare alternative routes, to consult the experience of others and "compare notes" with those who went and returned.

Says the cheerless pessimist: "I have learned to expect nothing. Life has taught me that if you expect nothing you will not be disappointed." But the man who has such a gloomy philosophy behind his modus operandi is likely to find the "No Admittance" sign hanging out for him at many a door instead of the proverbial "Welcome" on the mat. People dislike a confirmed grouch, a chronic knocker as an associate in work or play. We do not ask that teammates shall dwell in a fool's paradise of Pollyanna sunshine all the time, but we want those who take the cheerful forward look and have the disposition to make the best of things and, as the Scot says, "Whistle o'er the lave o' it."

Why was hope implanted in the human breast, to spring eternal there, if we were not meant to believe that the best is yet to be, and then to labor with all our might to make that belief come true in fact? As eyes were made for seeing, the heart was meant to hope. The chief incentive to persevere and to make progress is not that which is—a fortune made, an ambition realized, a success attained—but that which may be. A man in business keeps going because he sees far horizons, and his ambition carries even farther than his vista.

So it is in all affairs of life. If only we dare and endure sufficiently, we shall not be disappointed. Deprive a man of expectancy and you shatter the mainspring of the whole machinery of his being. But you cannot deprive him of that central, primal force unless he wills it so.

### Painting the Lily.

The color of cut flowers may be altered to almost any desired hue in a remarkably short time by placing them in colored water.

For instance, if a drop or two of red ink is dropped into the water in a vase where white lilies are standing, they will turn red. But, although a white lily, colored pink, blue, or purple, may be an interesting novelty, to the artistic mind it is probably not a particularly attractive one.

Even when grown in soil, some flowers can have their colors changed or modified by the addition of something or other to the plant's diet. A good example of this is the popular hydrangea, the color of which can be changed from pink to blue by adding alum to the soil.

### 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.

## 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.

The span of life is increasing—we live longer than we used to do, according to figures given by the New York Medical Journal covering the past twenty years.

In 1900 the average expectancy of human life was 49.2 years; in 1910 it was 51.5; and in 1920 it was 54.3, a gain of over five years in twenty. Calculation will show, continues the statistician, that if this rate is maintained unaltered, an average expectancy of seventy years will be attained in 1982, or within two generations as at present estimated.

Commenting editorially on these figures, the Canada Lancet says it is a common remark that our length of days is increasing perceptibly. Middleton recalls that in its youth a man had his walking stick and a woman her cap, and both had their footstool at fifty. Seventy years was treated with veneration, as one who had reached the Beulah Land and lived, listening only for a call from across

the river. To-day seventy is in his office doing a full day's work, while she—well, she never even reaches seventy. Eighty years stands to-day where seventy stood a quarter century ago. Now someone wonders whether "the days of our years are three score and ten" was meant to be taken literally or only in a "Pickwickian" sense.

Serious thought, however, paints us a picture—a rosy picture of the future. When child hygiene and the care of mothers is practiced everywhere throughout the country, when physical defects in the young are early righted, when all foci of infection are removed before they damage the system permanently, when communicable diseases are obliterated or controlled, when cancer, tuberculosis and venereal diseases are conquered and arteriosclerosis or when people live in the way they should live as regards diet, exercise and the avoidance of excesses of all kinds, who shall say what the span of life shall really be?

### Destinations.

They follow roads who know how dear they are,

Never adventurous trails or cross-ways marks

A turning to the day or to the dark But they must go impatient for a star. They follow wind who know a ship at sea,

A tug is music to them and a smack A thing of glory when a dawn creeps back

Over a curve of harbor to a quay.

So earth and water hold a man in awe, And some must go the wideness of the sky,

And others hasten to where vessels lie.

Each answering to a purpose or a law. You to the mountains I will never know.

I to the sea where salty barges go.

—Harold Vinal.

## 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 and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



### BANG WENT THE DOOR!

Hubby (angrily): No man can do two things at once!

Wife: Wrong again—he can do his duty and work!

Keep Minard's Liniment in the house.

### Why Bread Grows Stale.

Why does bread grow stale? When the dough is put into the oven, the starch in it is turned into jelly by the heat. This jelly holds the moisture in the loaf and distributes it evenly throughout the bread.

As the loaf cools, the starch gives up its moisture, which is drawn from the centre of the bread into the outside crust. Thus the inside, or crumb, becomes hard and dry, while the crust changes from a hard and crisp substance into a soft and "doughy" one.

Cold weather makes bread stale rapidly, and for the same reason stale loaves can be freshened by being placed in an oven for a few minutes.

Scientists have been investigating the staleness of bread, and are now trying to find out why some loaves keep much better than others. At the same time, it is pointed out that stale bread is wholesome and that there is really no need for the waste that goes on at the present time.

We mourn about the decay of penmanship, but a bum old typewriter that will write is better than rusty pens and empty ink-wells.

## EASY TRICKS

No. 52

### The Hidden Number

Number thought of 6

6 x 6 = 36

Subtract 1 from number

thought of: 6 - 1 = 5

5 x 5 = 25

36 - 25 = 11

6 + 5 = 11

6 is the number thought of

Ask a friend to think of a number and warn him, if he is not a skilled mathematician, not to make it too large. Ask him to square the number—that is—multiply it by itself.

Ask him to subtract one from the number he thought of and to square the remainder.

Next he is to subtract the smaller square from the greater and to tell you the remainder.

Immediately you will tell him the number thought of.

It is an excellent number trick because the number he gives you seems to have no easily discoverable relation to the number thought of. The relations is there, however—when you know where to look for it.

To discover the number thought of, divide the remainder into two parts, as nearly equal as possible. The larger part will be the number thought of.

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

### MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

### World's Record.

The great steamship Levlath can carry passengers enough to fill a good-sized country town, nearly 5,000 in all. But this number is nothing to her actual carrying capacity, for during the war as a transport she once carried 13,548, crew and soldiers—easily the world's record in ocean travel.

Some prehistoric animal bones, dredged up in the North Sea, are believed to date back millions of years, when the North Sea was dry land.

Men are known by the company they keep; women by the clothes they keep on wearing.



## Lovely Healthy Skin Kept So By Cuticura

Daily use of the Soap keeps the skin fresh and clear, while touches of the Ointment now and then prevent little skin troubles becoming serious. Do not fail to include the exquisitely scented Cuticura Talcum in your toilet preparations.

Soap 25c, Ointment 25c and 50c, Talcum 25c. Sold throughout the Dominion, Canadian Depot: Leunis, Limited, 344 St. Paul St., W. Montreal. Cuticura Soap shaven without rug.

## SMOKE

in 1/2 lb tins



and 15¢ pkts.

## OLD CHUM

The Tobacco of Quality

Manufactured by Imperial Tobacco Company of Canada Limited

### Now You Can Shave in Pitch Darkness

Designed especially for use by traveling men, a self-illuminating safety razor makes it possible to shave in the dark.

In the handle of the razor is a tiny electric bulb, encased in a rubber holder which prevents dampness from rusting it. The lamp is adjusted so that it always throws its light on the spot where the razor is cutting. A clean shave in pitch darkness is said to be possible with this device.

Ask for Minard's and take no other.

### Stingy Father.

First Boy: "Your father must be an awful mean man. Him a shoemaker, and makin' you wear them old boots!"

Second Boy: "He's nothin' to what your father is. Him a dentist, and your baby only got one tooth!"

The mind of man is not in his skull, but in his eyes, ears, hands, and feet. —Prof. D. F. Howard.

## Constipation Banished

A druggist says: "For nearly thirty years I have recommended the Extract of Roots, known as Mother Seigel's Curative Syrup, for arresting and permanently relieving constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine. 50c. and \$1.00 bottles.

## ASPIRIN

Say "Bayer" and Insist!



Genuine

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, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester 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."

### Seals Show Grief.

The cries of no animals approach more closely that of the human voice than those of seals when lamenting the loss or capture of their young. They emit a wailing and affecting cry, similar to that of a woman in deep grief.

## MURINE You Cannot Buy New Eyes

But you can Promote a Clean, Healthy Eye. Use Murine Eye Remedy "Night and Morning." Keep your Eyes Clean, Clear and Healthy. Write for Free Eye Care Book. Murine Eye Remedy Co., 9 East Ohio Street, Chicago.

## America's Pioneer Dog Remedies

DOG DISEASES and How to Feed and How to Feed. Mailed Free to any Address by the Author. M. HAY GLOVER CO., Inc. 123 West 24th Street New York, U.S.A.

## LAME

Sprained ankles, bruised muscles, and other hurts yield to the healing influence of Minard's.



## YOUNG DAUGHTER

MADE WER

Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B.C.—"My daughter, a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who heard of a woman who was suffering for the same trouble, we went for Lydia E. Pinkham's Vegetable Compound. My daughter has been suffering for several months and is quite well now. It has done all it was repr. side to do and we have told a number of my friends about it. I am never without a bottle of it in the house, for I can take it for that weak, tired, nervous feeling which sometimes comes over me. I find it is building up my strength and I am glad to use the same. J. McDONALD, think it will help you. Vancouver, B.C. EDGAR STURTEVANT

From the age of twelve, the care of a thoughtful mother in every pain and misery—the victim of the Lydia E. Pinkham's Vegetable Compound should have guided her during this time. If she complains of headaches, pain in the back and lower limbs, or a notice a slowness of thought, nervousness or irritability on the part of her daughter, make it a point to get Lydia E. Pinkham's Vegetable Compound is of which condition herbs, have value in such bear willing al virtue of ble Compound