

WEAK DIGESTION DUE TO POOR BLOOD

Perfect Digestion Will Come if
the Blood is Made Rich
and Red.

There is no tonic for the stomach that is not a tonic for every other part of the body. But the stomach depends, as does every other organ, on the blood for its energy.

There can be no perfect digestion unless you have rich, red blood. This is scientifically true. The way, then, to tone up the stomach is to enrich the blood.

Most stomach remedies try to digest your food for you. How much better it is to tone up the stomach so that it will do its own work, as nature intended. There is no pleasure in eating predigested food. Tone up your stomach, then your appetite and digestion will soon be normal.

If your digestion is weak and your blood thin, you need Dr. Williams' Pink Pills to restore the strength to your blood; in addition use care in the selection of your diet and your stomach trouble will soon pass away. Mrs. Charles L. Rose, Fruitland, Ont., suffered severely, and tells what Dr. Williams' Pink Pills did for her. She says:—"I was a terrible sufferer from stomach trouble. The doctor called it nervous indigestion. Everything I ate distressed me, and I became so weak and run down I could hardly walk. I had a pain around my heart most of the time, and I slept very poorly. I was afraid I would not get well, as the doctor's medicine was not helping me. In this serious condition Dr. Williams' Pink Pills were recommended and I decided to try them, and I can truthfully say that they made me feel like a new person. I will always give this medicine a word of praise when I get a chance for I think there is nothing to be compared with it for dyspeptics, or any one weak, nervous or run down."

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.

Dawn!

The skies of dawn are grey before the sun

Rises in glory—chasing mist away:
And so life's shadows vanish one by one

When pluck shines out in all its brave array.

The waking birds sing songs of courage, cheer

In the sweet freshness of a world new-born:

And hearts lift psalms of triumph over fear

When trouble's night gives place to hope's glad morn!

It matters not how black the clouds of sorrow,

For all of us the sun will shine to-morrow!

—Hillary Brown.

Machinery Stethoscope.

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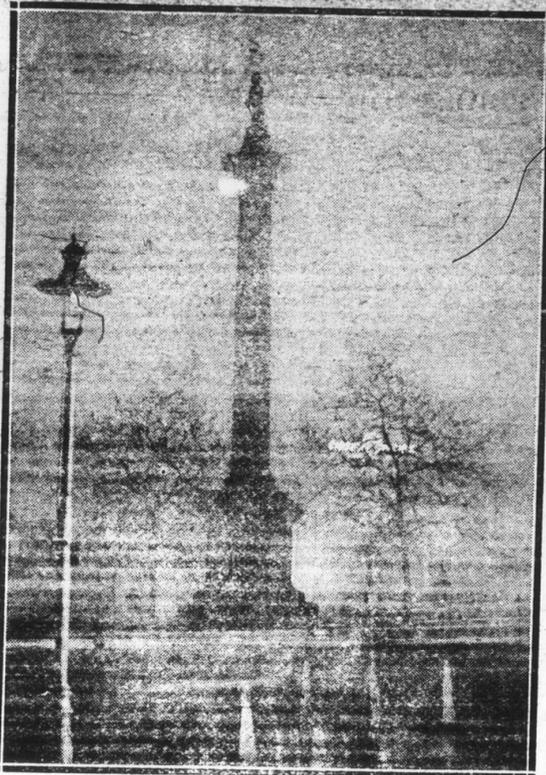
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THE GREAT FOG
Trafalgar Square as it appeared during the great fog which hung like a pall of gloom over London for several days recently.

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.

A recent visitor to this country remarked on the number of stout people he saw here. This food for thought, as it raises the question of whether we as a people are guilty of over-eating. I say "guilty" intentionally, for over-eating in the sense that it endangers health and leads to inefficiency, is really a crime. As far as actual disease is concerned, there are certain diseases that have long been known to be associated with stoutness or overweight. The actual danger comes from the deposition of fat around and in the vital organs of the body, which may cause interference with the action of the heart, kidneys and blood vessels. Diseases of these organs are a common association of overweight, and it may be that overweight does prove an important factor in their cause, or instance, diabetes is a disease which is constantly associated with overweight.

What is the cause of overweight? It appears to be mainly due to the taking of more food than the body needs, and the consequent storing up of the surplus in the form of fat. Overweight may occur at any age, but it is most likely to appear after the age of thirty. As people grow older they tend to take less and less exercise, while at the same time the amount of food eaten does not decrease and sometimes actually increases. This is especially true with regard to workers in the cities whose habits of life are as a rule more sedentary than those of the country. Less and less of the food they take is consumed by actual work and more is stored in the form of fat. Overweight may occur in two or three ways, first, there may be a hereditary tendency to this condition as is often seen where father and son are both stout; second, it may occur as the result of some disease, oftentimes unrecognized, such as affections of certain glands; third, through leading a sedentary life in which over-eating and under-exercising are two of its characteristics. The fact that a person has hereditary tendencies to stoutness is no reason why the condition should be allowed to continue. It can be overcome by a system of dieting and exercise. The fact is

that many stout people could reduce if they only practiced self-control, but they do not put forth any effort to do so. In fact they eat too much food altogether, and in addition, take foods rich in fat, that only aggravate the condition. If overweight is due to disease, the trouble could easily be detected through physical examination by a physician. In this case the patient would most likely be put on a strict diet, eliminating as far as possible the foodstuffs rich in fat-forming material.

A fortunate feature of this important problem of reducing overweight is that the condition can be controlled. Even when "stoutness" is present for some considerable time, as for a period of years, it can be reduced with safety. The solution of the problem is simple and consists merely in reversing the order of life that has brought about the unnecessary increase in weight. Some stout people who neglect to reduce their weight do so from a mistaken idea. They think that controlling their diet means reducing the amount taken to almost the point of starvation, or at least keeping them perpetually hungry. They argue that life is short and that it is not worth while denying oneself the simple daily pleasures, one of which is included under the heading of "a good appetite." The general plan for weight reduction is to arrange the menu in an attractive way which will at once provide sufficient food to satisfy hunger and at the same time contain a reduced number of calories or heat units. Diets can be arranged for each individual by his physician, but in the main, the plan is to restrict starches and sugars and fatty meats, and make the chief source of diet fruits and leafy vegetables, large in bulk, which satisfy hunger but at the same time contain a diminished supply of fat-forming material. Any physician will arrange a diet, giving the food calories required and the kind of foodstuffs that should be taken and should be left out of the daily menu. Daily exercise should also be indulged in, but the nature of the exercise should be arranged after a physical examination is made, to see if the heart and other organs are in good condition.

To sum up, therefore, reduce the amount taken of the fat-forming foods, such as butter, cream, fatty portions of cream, salad oil and nuts; also the amount of starchy foods such as bread and pastry, as well as candy and sugars. Only eat three times a day and never between meals. If candy must be taken, eat it at the end of a meal as a dessert. The foods that are not rich in fat consist in general of the bulky vegetables, fruits, lean meat and fish without fat.

Do not depend on drugs for weight reduction. Most of the drugs used are harmful and poisonous.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Butterfly a Delicacy.
The Bugong moth or butterfly is a delicacy which epicures among certain aboriginal peoples of Australia will travel long distances to obtain. The butterflies gather every year on the slopes of the Bugong mountains, in New South Wales, where they are caught by being suffocated by the smoke of wood fires lighted under the trees.

For First Aid—Minard's Liniment.

The Guide.

The wild geese need no compass and no chart

To find the distant North.
Bravely the flock wings forth
Through infinite sky and over trackless sea

To the cool haven where they all would be,
Led by infallible magic in the heart.

The violet has no calendar to tell
The ritual of the year.

But when her Day is here
I know she will fulfill the ancient trust,

Donning the sacred veil of amethyst,
By the gray boulder in the ferny dell.

They never fail, the patterns far and wide.

The veery's measureless tune,
The accurate tide and moon,
The bee's geometry, the beaver's art.
Who would maintain his little life apart

And fear to lean upon the invisible Guide?

—Abbie Farwell Brown in Youth's Companion.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Clean Pulp From Paper Currency.

The investigative work of the Forest Products Laboratories of the Forestry Branch of the Department of the Interior is becoming more extensive each year. Recent results arrived at show that absolutely clean pulp can be recovered from the condemned paper currency withdrawn from circulation by the Department of Finance. Experiments at the laboratories have also demonstrated that fire-killed and superficially charred spruce and balsam fir can be used successfully for pulp manufacture. Important work is also being accomplished in the treatment of woods to render them fire-retardant.

The family budget should include an appropriation for training in character building.

In the Bolshevik Navy there are two dreadnoughts complete and capable of steaming and six effective submarines.

- AGENTS -

Men and Women—the Jiffy Knife Sharpener, new, efficient, 10 year guarantee. Good commissions, every house a prospect. Write PROVEN PRODUCTS 65 Victoria St. Toronto

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RED ROSE TEA "is good tea"

The same good tea for 30 years. Try it!

Radio Reception Conditions.

While it is not yet possible to accurately forecast radio reception conditions, considerable progress has been made toward establishing the relationship between weather conditions and radio reception, according to engineers of The Marconi Wireless Telegraph Company of Canada, Limited.

Generally speaking it has been found that when the weather is unseasonable or when there is a sudden or decided change in the weather reception conditions will be bad, according to these authorities.

Cold weather in summer, warm days in winter or a change from cold and crisp to moist and snowy weather will invariably bring about poor reception conditions. Fading, both of the slow and rapid variety, has been found to be almost as bad for radio reception as static. Fading is almost inevitable when the weather changes, it is stated.

Every effort is being made by radio engineers in all parts of the world to determine the relationship between radio reception and the weather so definitely that forecasts as to radio reception will be as accurate as those now issued by the meteorological bureau about the weather. When this has been accomplished it will mark a big forward stride in radio receiving.

For Every Ill—Minard's Liniment.

It is an uncontrolled truth that no man ever made an ill figure who understood his own talents, nor a good one who mistook them.

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have bought their fares in Western Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large area of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

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The Nobel Prizes, awarded for the most notable achievements in physics, chemistry, medicine, literature, and peace each year, are worth about \$40,000 each.

Passengers by air who left Croydon, England, in one week of 1924 numbered 1,000; for the same week in 1919 the number of passengers was 20.

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MONTREAL. QUEBEC

FROST BITES

Dangerous if untreated. Rub well with Minard's and take no chances. It restores circulation, heals the injured tissues. Always keep it on the shelf.



FACE AFFECTED WITH ECZEMA

Also Behind Ears and On Limbs. Cuticura Heals.

"I was affected with eczema which broke out in a rash. I had it on my face, behind my ears and on my limbs. My skin was sore and red and my clothing aggravated it. It itched and burned causing me to scratch, and sometimes I could not sleep at night. My face was disfigured."
"I finally read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I got relief so purchased more, and after using one box of Cuticura Ointment, with the Cuticura Soap, I was healed." (Signed) Miss Arvilla C. Croyler, 2639 Taylor St. N. E., Minneapolis, Minn.
Use Cuticura for all toilet purposes.
Sample Each Free by Mail. Address Canadian Agent, Cuticura, P. O. Box 2414, Montreal. Price, Soap, 25c. Ointment 25c. and 50c. Talcum 25c. Try our new Shaving Stick.

ABLE TO DO HOUSEWORK NOW

Sick a Year. Got Great Benefit from Lydia E. Pinkham's Vegetable Compound

Bloomington, N. S.—"I took Lydia E. Pinkham's Vegetable Compound for pains and backache, also for nervousness, sick headaches and sleeplessness. I was troubled in this way for over a year, and a friend told me about the Vegetable Compound and induced me to take it. I must say I have received great benefit from it and am able to do my housework now. I recommend the Vegetable Compound myself and am willing for you to use this letter as a testimonial."—Mrs. WILLIAM MORSE, Bloomington, Annapolis County, N. S.

Do you know that in a recent canvass among women users of the Vegetable Compound over 220,000 replies were received. To the question, "Have you received benefit by taking this medicine?" 98 per cent. replied "Yes." This means that 98 out of every 100 women are in better health because they have given this medicine a fair trial.

Mrs. Morse is simply another case of a woman receiving "great benefit." Women suffering from the troubles so common to their sex should listen to what other women say who have experienced the same sufferings and found relief. Give this dependable medicine a chance—and at once. It is sold at all drug stores.

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Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetide-acidifier of Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). 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."