

Crimean Veteran
Praises "Fruit-a-tives"

MAJOR GEO. WALKER
Major George Walker, now a familiar figure in Chatham, Ontario, is one of the men who went through the terrible Indian Mutiny. As he says: "I am a veteran of the Crimean War and the Indian Mutiny, serving under Lord Roberts. Pierce hand-to-hand fighting and continual exposure left me a great sufferer from Rheumatism, so much so that my legs swelled up, making it impossible for me to walk. My bowels were so constipated that I was in terrible shape until I began to use 'Fruit-a-tives.' They relieved me both of the Rheumatism and the Constipation. Today, I enjoy perfect health—no more Rheumatism or Constipation." And in another letter, written December 1st, 1923 (eleven years after), Major Walker says: "'Fruit-a-tives' are keeping me in the best of health and I shall never be without them." "Fruit-a-tives" are the famous Fruit Treatment—intensified fruit juices combined with tonics—that make you well and keep you well. 25c and 50c—at all dealers or from Fruit-a-tives, Limited, Ottawa, Ont.—Advt.

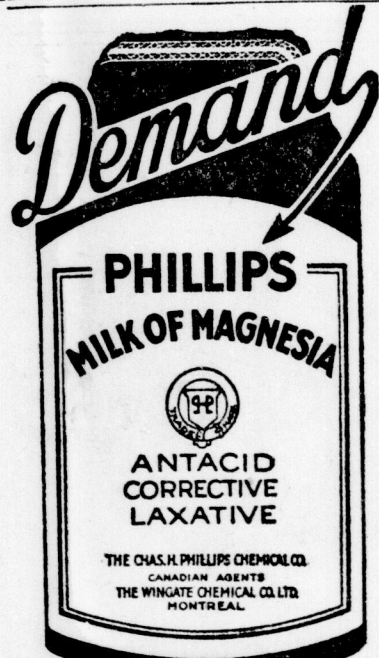
Beauty

A Gleamy Mass of Hair

35c "Danderine" does Wonders
for Any Girl's Hair

Girls! Try this! When combing and dressing your hair, just moisten your hair brush with a little "Danderine" and brush it through your hair. The effect is startling! You can do your hair up immediately and it will appear twice as thick and heavy—a mass of gleamy hair, sparkling with life and possessing that incomparable softness, freshness and luxuriance.

While beautifying the hair, "Danderine" is also toning and stimulating each single hair to grow thick, long and strong. Hair stops falling out and dandruff disappears. Get a bottle of this delightful, refreshing "Danderine" at any drug or toilet counter and just see how healthy and youthful your hair becomes.—Advt.



Unless you ask for "Phillips" you may not get the original Milk of Magnesia prescribed by physicians for 50 years. Protect your doctor and yourself by avoiding imitations of the genuine "Phillips."

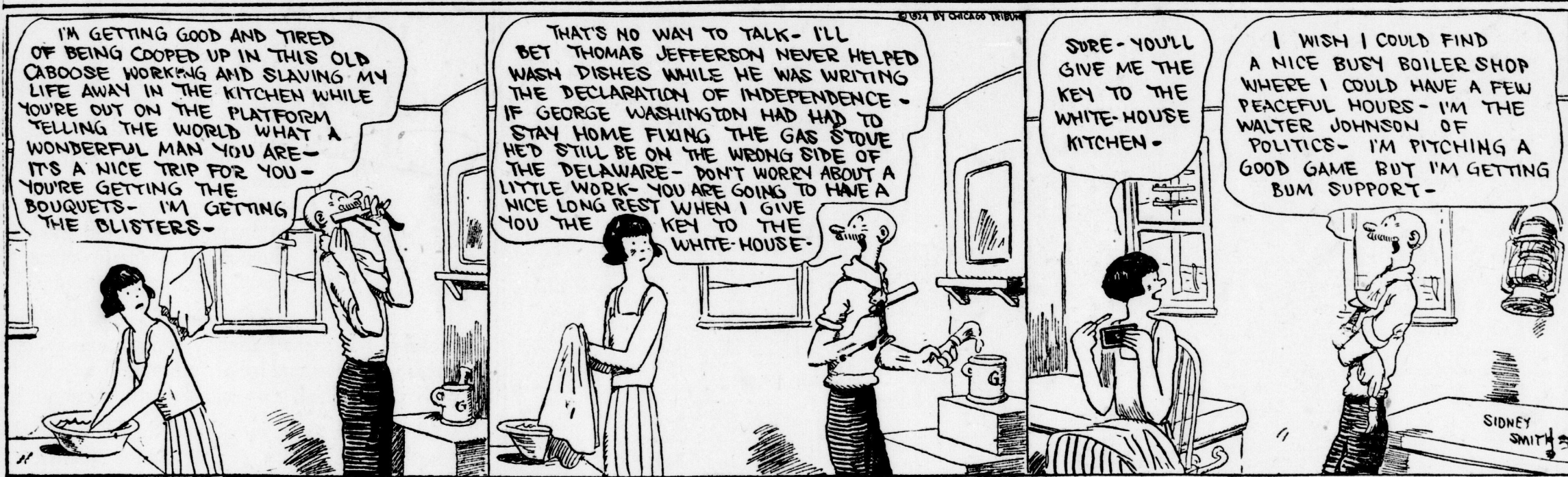
Large 50-cent bottles contain directions—any drug store.—Advt.

THE NEW FRENCH REMEDY.
THERAPION No. 1
THERAPION No. 2
THERAPION No. 3
No. 1 for Bladder Catarrh. No. 2 for Blood & Skin Diseases. No. 3 for Chronic Weaknesses.
Sold by druggists or mail \$1.00 from 11 Front St. East, Toronto, Ont.

SANTAL MIDY
Easy to Take—Quick to Relieve
CATARRH of the BLADDER
Each Capsule (M.P.) Bears Name of the Doctor
Beware of Imitations

GUMP, GOOGLE & CO., Experts In Laughter

THE GUMPS—NO MAN IS A HERO, ETC.



BARNEY GOOGLE AND SPARK PLUG

Barney Wants To Go Very Much "Incog."

By BILLY DE BECK



TOOTS AND CASPER

Buttercup Means Business.

By JIMMY MURPHY



MUTT AND JEFF

"We're Passing This Way Only Once"—Says the Dutchman.

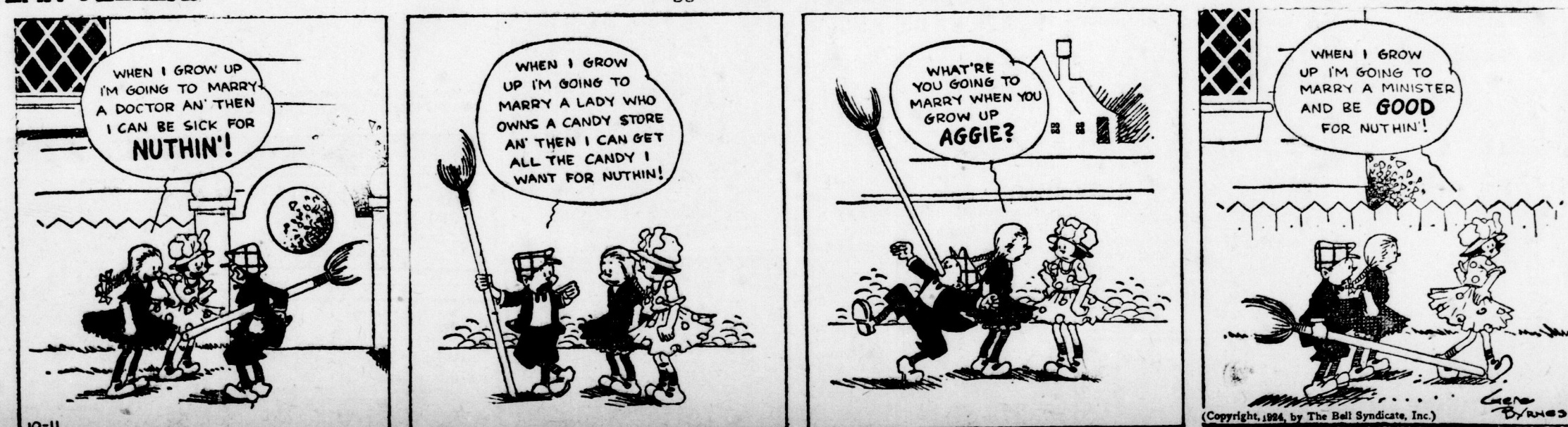
By BUD FISHER



REG'LAR FELLERS

Aggie Knows What She Wants To Be.

By GENE BYRN'S

Industrial Demands
IN
Physical Efficiency
Aided By
Spinal Science

One of the great elements in industrial efficiency is health. The future employee must be well, physically and mentally in order to hold his position. Employers have openings for men and women who are competent, they realize that competency can be nearest perfection, only when the employee possesses health.

EMPLOYER AND EMPLOYEE.
Large manufacturing organizations employing thousands of men and women are introducing rigid physical examination for their employees. This new system is the result of the workmen's compensation act that has now passed the legislatures of many states. In brief, this act provides that the employer of labor is held responsible for accidents to workmen in and about his plant.

Data and statistics have proven that very few employees who are physically fit receive injuries during their working hours. It is the ailing men and women who generally suffer from these accidents.

THE SYSTEM.
The system of physical examination of new employees as well as those already associated with the different plants, was first introduced prior to 1914. At that time demand for labor was far less than the supply, and employers were careful to pick only people who possessed ability and with it, the maximum degree of health. During the war, however, this system was abandoned, very largely because of the increased demand for labor. In fact, the demand exceeded the supply; hence all rigid restrictions were laid aside.

PHYSICAL EXAMINATIONS.
Since that time there has been a general readjustment of the price of labor to a pre-war basis, and this because the supply again exceeded the demand. Competition has entered into the question of labor, as it has into all other products which the market demands. Physical examination is again in vogue, and it becomes a serious problem with many who are compelled to face such examinations conducted by the representatives of industrial plants. These toilers in many cases will be denied the right of employment, perhaps by the self-same individual who has for months been doctoring them.

KEEP YOURSELF FIT.
The far-reaching result of this feature of industrial efficiency has become a grave problem, and it behooves each and every individual who has service to sell to look to his physical health and determine whether or not he can meet the standards.

Physical and mental efficiency is best exemplified in that person who is healthy, because it is impossible for men and women to do the best work if they have been drifting away from health standards. It is well to remember that big business has made an intelligent study of the human element and value the healthy individual for the service he can deliver. Short of that, as individuals, make a health study of ourselves. Too long have we been neglectful of the body, the progress, the preservation, or the gaining of health, should be held as a first law of nature.

CHIROPRACTIC.
Look up and consult the chiropractor in your neighborhood. Learn more about your human self. You will ask, "What is Chiropractic?" It is primarily a health science, concerning itself more with studying the elements which constitute health than with a useless waste of time on various phases of disease. Naturally, the chiropractor knows that if health is absent, sickness must be present, and he has determined the conditions which produce sickness in order that he may eliminate them.

FORCE.
In the brain is life force, which is delivered from the brain to all parts of the body. Everyone knows that if the nerve leading to the arm are cut, that arm is paralyzed. It cannot move. It becomes small. It is in truth dead, so far as its use to the body is concerned. Why? Because the nerves are the tiny telegraph wires which carry this life force from the brain to the arm.

Just as this is true of the arm, it is also true of every part of the body. The stomach must receive its life force from the brain. This is also true of the liver, the kidneys, the heart, the lungs, and in fact every tiny unit of the body. All of this life force is carried from the brain to the body by the nerve fibres. If cutting the nerves supplying the arm paralyzes it, so the cutting of nerves supplying the stomach, the liver, the kidneys, the heart, and the lungs would paralyze these organs.

LOSS OF NATURAL FORCE.
However, a nerve does not need to be cut to lose part of its ability to carry life force. If it is squeezed at any point along its course, the life force will be cut off in just that proportion. This is exactly what happens to produce disease and sickness. Nerves emit through tiny openings in the spine. If these little bones of which the spine is composed are not in their proper positions, the size of these openings is decreased. Naturally, if they are made smaller, they produce pressure upon the nerves which pass through them. What part of the body is involved because of this pressure depends on which nerves are squeezed, and it is found that by restoring these small bones to their proper position, health will result.

WHAT TO DO.
The chiropractic science is based on this idea. When the chiropractor finds you are sick, he first locates your trouble. If he finds it is in the stomach, he knows immediately where the nerves are pressed upon to produce that condition. In the spine, and he finds how that pressure is produced. He then replaces the small bones in their natural positions, and as soon as this is accomplished, sickness no longer exists. As this is true of the stomach, it is also true of every other part of the body. Disease in any part of the body is caused by pressure upon nerves in some part of the spine and the removal of that pressure produces health.

The Chiropractors identified with this educational campaign bear the stamp of reliability, educational qualifications and indorsement of the Chiropractic profession.

Chiropractic articles will be published in this newspaper each Saturday. As a protective measure for the public, a booklet has been prepared and printed, giving only the names of the reliable and indorsed members of the Chiropractic profession. We have informative Chiropractic literature that will be mailed to you on application, without cost or obligation. Before employing the services of a Chiropractor, inquiry should be made for your convenience to The Chiropractic Educational Bureau, Address Box No. 1, London Advertiser, London, Ont. Associated Chiropractors, London, St. Thomas, Stathroy, Watford, Stratford, Galt, Simcoe, Hagersville, Jarvis, Watford, Petrolia.—Advt.