

THE HUMAN FACTORY

Its Motive Power is Rich, Red Blood.

The human body is the busiest factory in the world. There is no eight-hour day, no slack season, no holidays, no cessation of its labor at any time. Day and night work is carried on in the workshop of your body and it never ceases until the engine—your heart—stops forever.

The factory of your body has its motive power without which it would cease at once. That power is rich, red healthy blood, which keeps your whole system efficient and which drives away all disease that may attack it. Often, however, the blood begins to fail and becomes thin and poor. It becomes loaded with waste and charged with poisons. Then it is that your bodily workshop goes wrong; your physical machinery becomes disorganized and you fall ill. You become anaemic, perhaps the nerves break down, or you begin to suffer from indigestion, neuralgia, general debility, with pains in the back, head or side. In this condition of bloodlessness Dr. Williams' Pink Pills are just what you need. Their one mission is to make rich, red blood, which brings health and energy to every part of the body. Mr. Raymond Webber, Welland, Ont., tells what these pills did for him as follows:—"My blood was thin and watery, and I was in a badly run down condition. Pimples broke out on my body which caused me much discomfort. I would patch cold easily, which aggravated my condition. My brother advised me to try Dr. Williams' Pink Pills, and after taking about eight boxes I felt that I was again a well man. I have since recommended the pills with good results to others."

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

There are now fifteen Republics in Europe, occupying two-thirds of the territory of the Continent and having a population of nearly 284,000,000.

Minard's Liniment for Rheumatism.



Ouch
Ding—"What kind of doc is Jones?"
Ling—"I thought he was an eye doctor till I got his bill; then I found he was a skin specialist."

Animals' Eyes.

No two animals have eyes exactly alike. In every case they are adapted to the special needs of their owner. The eyes of flesh-eating creatures are closer together than those of vegetarians. This is said to be due to the habit which the former have of fixing their gaze on their victims before springing. Human eyes are closer together than those of any other creature that eats flesh.

Tigers, lions, cats, and others of the same family are unable to see at great distances, but for objects near at hand their sight is very keen. Lions and tigers have round pupils, which grow bigger when the animal is angry.

Cats have pupils which can be dilated enormously. In the dark, or when the cat is angry, the pupils look almost round. In the first case, what little light there is is reflected by the retina, which is the explanation of the fact that a cat's eyes look green at night.

Animals that live on grass have large eyes, placed as a rule at the sides. This gives a wide range of vision and enables the creatures to watch for danger while cropping grass.

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

"Howlers."

Among some delightful schoolboy mistakes recorded in the "University Correspondent" are:—

A grass widow is the wife of a dead vegetarian.

Tertium quid is a legal term meaning 6s 8d.

Psyche was a black boxer who fought Carpenter.

A circle is a round straight line with a hole in the middle.

Bacchus first taught the Greeks to get drunk, and Raleigh named tobacco after him in honor of the Virgin Queen.

The capital of Norway is Christianity.

Guy's Hospital was built to commemorate the Gunpowder Plot.

Teaching is a sedentary profession.

Wells's history is a veritable mill stone on the road to learning.

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

Seeing It Through.

The farmer had engaged a Scottish laborer, and, placing a cheese on the breakfast table, told him to help himself.

When the farmer returned, some time later, he found the man still eating.

"Sandy," he exclaimed, "you take a long time to breakfast, don't you?"

"Aweel," replied the man, "a cheese o' this size is nae sae soon eaten as ye may think!"

Minard's Liniment for Neuralgia.

Always Acceptable.
Author—"The very first thing I sent to a magazine was accepted."
Young Friend—"Was it poetry or prose?"
Author—"Prose. It was a cheque for a year's subscription."

diseases. How to treat wounds. Diseases of domestic animal. The duties of chiefs.

The booklet makes reference to the words of Mahomet! "Cleanliness is the sword of the believer. If any evil overtakes you when you have not performed ablutions, blame no one but yourself."

The passage of the Koran: "Allah creates beings that you know not of," has been introduced in the chapter on contagious diseases; the beings that man knows not of are the micro-organisms.

All of which is very interesting, indicating that even in the bypaths of the world, whether people live singly or congregate together it is necessary to know something of sanitary measures and disease prevention if health is to be preserved.

Mrs. C. R. asks if the house should be kept warm in cold weather, without any ventilation, as she is afraid of colds, coming from the draughts. Yes, the house should be kept warm, but there should be some means of ventilation. If nothing else will do, let everybody leave the room for a few minutes and throw open the window, top and bottom so as to let in a supply of fresh air. In hot stuffy rooms one is always liable to catch cold, and besides if the air has been breathed over and over again it becomes very injurious to the health, and predisposes to colds and bronchitis and other chest conditions.

FARMER GETS IT ALL BACK AGAIN

Declares Tanlac Restored Full Strength After Ending Long Suffering From Stomach Trouble.

"For years before quitting time came I felt 'all in,' but since taking Tanlac I can do a hard day's work on the farm and still feel good when night rolls around," is the characteristic statement made recently by Nat Hillman, a well-known farmer of Newbury, Ont., while on a visit to London, Ont.

"My liver and kidneys had bothered me for over eight years. The pains in my back kept me awake at night and I got up mornings all tired out. Every once in a while I had a bilious spell and then my stomach would go wrong for days. I suffered enough to give up work, but kept at it although it was agony."

"I felt better even before I had finished my first bottle of Tanlac. Soon my stomach, liver and kidneys got to working right and I was able to sleep well. My back never hurts me any more now and I have a dandy appetite. I have gained several pounds in the last month and am feeling fine in every way. Tanlac beats them all." Tanlac is sold by all good druggists. Over 35 million bottles sold.

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative

Hurry mother! Even a cross, sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.



PETRIE'S MACHINERY TORONTO

America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author, H. Clay Glover Co., Inc., 129 West 24th Street, New York, U.S.A.

Young Grief.

Run from me, wind, to the far earth's end,
You must not make little grass blades bend,
You must not coax me by tilting a leaf,
I am alone with a deep, new grief.

Hide from me, sun, hide your glad, wild face,
You must not tease me to laughter again—
I have a rendezvous promised with pain.

Turn from me, joy, turn out of my way,
You must not call me nor bid me to stay,
You must not follow where lonely I go—
I have a heart that is burdened with woe.

Years from the present I may come to you,
Now I forbid you, my grief is too new,
Life, do not woo me with sunshine or smile—
I must be sad for a long, long while!
—Helen Frazee-Bower.

When I Was Young.

When I was young I gathered all
The shining words that Love would fling
So lavishly about my feet
And strung them on a silver string—
I hid them in a secret place
Against the day when I grew old,
Thinking to weep young tears again
Over the precious things Love told.

I did not know, when I was young
How smoothly love slips off the tongue
—Mollie Cullen

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" Corrects Sour, Upset Stomachs at Once

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

Rings were used by the Egyptians as an equivalent for money.

Cause of Early Old Age

The celebrated Dr. Michenhoff, an authority on early old age, says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound. 10

Rheumatism?

Minard's Liniment is the old reliable relief for Rheumatism. Rub it in to the aching part and you'll see why two generations have crowned it King of Pain.

Minard's Liniment
The Family Medicine Chest.

Children Delight In Cuticura Soap Baths

Because they are soothing and refreshing for tender skins, especially if assisted by Cuticura Ointment on first signs of redness or roughness. The Cuticura Talcum also, delicately medicated and exquisitely perfumed, is excellent for little ones.

Soap 25c. Ointment 25c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without razor.

Backaches?—welcome relief!

Scatter the painful congestion. Sloan's warms and stimulates the blood, breaks up congestion—banishes the pain!

Sloan's Liniment

Made in Canada —kills pain!
For rheumatism, bruises, strains, chest colds

Classified Advertisements.

FEMALE HELP WANTED.
EARN \$20 WEEKLY, SPARE TIME at home, addressing, mailing, Music, circulars. Send 10c for Music, Information, etc. American Music Co., 1654 Broadway, N. Y.

MUSICAL CLOVER.
HUBAM CLOVER, THE GREAT Annual. Write for interesting information. D. Fraser, R.R. 2, Ilderton, Ontario.

SEED FOR SALE.
WRITE FOR OUR 1923 ILLUSTRATED sweet pea seed catalogue. Contains all latest novelties and best Spencer varieties. Also full instructions on cultivation. Crosland Bros., Duncan, Vancouver Island.

AGENTS WANTED.
LAST WEEK OUR WINDSOR AGENT made \$61 clear profits, selling tube meters house to house. Write quick. Craig Brothers, Niagara Falls, Canada.

You always get your money's worth when you pay attention.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

MOTHER OF LARGE FAMILY

Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hemford, N. S.—"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Pinkham's Vegetable Compound, for I think it is the best medicine ever sold. You may advertise my letter."—Mrs. GEORGE I. CROUSS, Hemford, N. S.

My First Child

Glen Allen, Alabama.—"I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet. A neighbor recommended the Vegetable Compound to me after I had taken doctor's medicines without much benefit. It has relieved my pains and gives me strength. I recommend it and give you permission to use my testimonial letter."—Mrs. IDA RYE, Glen Allen, Alabama.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobscook, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women." 0

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.

All over the world at the present time, there is unusual activity being manifested in Public Health Work. In the countries of Central Europe, shaken to their foundations by the upheaval of the late war, the people are making valiant efforts to carry on some program of Public Health, knowing that the life and vitality of the nation can only be maintained by conserving the health of the individual and of the community. Reports of what is being done in many European countries are very encouraging, showing the introduction of new laws to meet the new and changing conditions that have arisen out of the world war. In Prague, important steps are being taken to co-ordinate the work of government and voluntary social agencies so that a minimum amount of good may be done with the least possible overlapping of effort. Belgium is now launching a vigorous campaign to bring about the complete suppression of white lead in industry. As far away as East Africa, an energetic campaign is being carried on against the ravages of cattle plague, but whatever the place it has its own problems to be dealt with.

Everywhere the importance of education is being realized. The people want to know that sanitary and preventive measures are being taken to safeguard the public health. They want to know how to keep well, and how to prolong their lives.

And now education is being extended to the tribesmen of the desert. An interesting publication has just been distributed among the Mussulmans of Northern Africa. It is entitled "Kitab-Ec-Cihha" which signifies, in Arabic, "Book of Good Health." The advice and the prescriptions that it contains are edited in the style that the followers of Islam appreciate; that is, stories of the orient. Each chapter is headed by an epigraph, a citation from the prophet. The introduction reads somewhat as follows: "In the name of Allah, who is merciful and compassionate, may health rest upon you, O reader! We have written this book to teach you to observe the most precious of gifts—the gift which may bring you all other gifts in the world, and aid you to merit the blessings from above. We have written this book to teach you to safeguard the health of your body." The title of the seven chapters that follow are: Be clean. Fulfill your duties as a father. Learn how to protect yourself against contagious diseases. The preventable

disorders. How to treat wounds. Diseases of domestic animal. The duties of chiefs.

The booklet makes reference to the words of Mahomet! "Cleanliness is the sword of the believer. If any evil overtakes you when you have not performed ablutions, blame no one but yourself."

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What is good health worth to you?

HEALTH is priceless. You wouldn't knowingly part with it for anything in the world.

Why then do you risk it needlessly for the sake of a few cups of tea or coffee?

Tea and coffee contain Caffeine, a drug which often interferes with nerves and digestion.

There's an easy, pleasant way to avoid this menace to health, without any sacrifice to comfort or satisfaction. Drink Instant Postum instead of tea or coffee.

Instant Postum is a pure, wholesome and delicious beverage made from choice wheat. It is most convenient and economical, too. Just a level teaspoonful to each cup, add boiling water and stir thoroughly. Then add cream and sugar to taste.

At Your Grocer's in Sealed, Air-tight Tins

Instant Postum FOR HEALTH

"There's a Reason"

A generous sample tin of Instant Postum sent, post-paid, for 4c in stamps. Write: Canadian Postum Cereal Co., Limited, 45 Front St., E., Toronto. Factory: Windsor, Ontario

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I have a rendezvous promised with pain.

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You must not call me nor bid me to stay,
You must not follow where lonely I go—
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So lavishly about my feet
And strung them on a silver string—
I hid them in a secret place
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Thinking to weep young tears again
Over the precious things Love told.

I did not know, when I was young
How smoothly love slips off the tongue
—Mollie Cullen

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ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Genuine

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 Monocarbonylchloride of acetylsalicylic acid. While it is well known that Aspirin means Bayer manufacture to most of the public, and institutions, the Tablets of Bayer Company will be stamped with their genuine trade mark, the "Bayer Cross."