

BY DR. J. J. MIDDLETON Be. Middleton will be glad to answer questions on Public Health moto Board of Health, Ontarie through this column. Address him at Spadina House, Spadi ent, Toronto.

 Early last fall, fifteen employes, time they were employed in a lumber are they ware employed in a lumber are they had drunk at the came of the water they had drunk at the came of the water they had drunk at the came of the period during which they had been ill they got no compensation, however, there are in our discusses, and claimed half pay for the taw in Quebec does not provide they had been ill they got no compensation, however, there seems a real need for our that they are there is a large industrial for this sort of thing. On the face, here there is a large industrial there there is a large industrial for the accidents area made for compensation to train this regard.
 It had not been proved that the distate here on and Gendron against the corporation that employed the Court that the distate province to take action to remote the take action to remote the taw in Quebec does not provide the company, as stated to the company, as stated to the company unfortunate accident area.

 They bee, however, you have no infortunate accident area of the saw-mill has a quality the foor the accident is a large construction project in Northern Ontario, has been a remarkable success. Every lumber camp of the physician as its sanitary supervision for the accident is and little saw-mill has a quality of the physician as its sanitary supervision for the compensation for the got physician as its end the same and it its as the campens diverse or the more indically. These doctors render was the campens diverse so very prevalent ten years and they have almost vanishes for the service in anotic target service in the sumber of the same of the same and it is a supervision for the same of the common infections in the number of the same of the same and it is a supervision for the same of the common infections in the number of the same service.
</tr

Wealth From Whales.

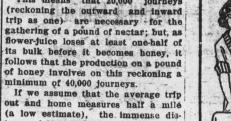
Ambergris, derived from the intes tines of the whale, is found in lumps up to 300 pounds in weight, either floating in the tropic seas or cast up on the shores of Madagascar, China and Japan.

The whole of the constituents of ambergris, being of a highly complicated character, have not yet been identified and isolated.

Ambergris was known in very early times, and was reputed to possess highly curative properties for certain liseases.

Its present high cost is due entirely to the uncertainty of the supplies, to its use in perfumery as a fixative, and to its highly pleasant and delicate musk-like odor.

Oysters are nervous creatures, and There are always 20,000 strangers a sudden shock such as a loud thun derclap will kill hundreds of them.



out and home measures half a mile (a low estimate), the immense dis-tance of 20,000 miles must be covered in gathering the raw material for a pound of honey. This is equal to 1,250 miles per ounce.

Miracle of the Honey-Bee.

A honey-bee weighs 1/300th of an

Conce; its ::load" of nectar is, there-fore, extremely small. A scientist as-certained that the average foad weighs about 1/1250th of an onnce-a quarter of the bee's yielght. This means that 20,000 journeys (reckoning the outward and inward)

RICH, PURE BLOOD RESISTS DISEASE

Dr. Williams' Pink Pills Make **Rich Blood and Restore** Health.

Thin, pale people lack the power of esistance to disease that rich, red blood gives. Nervous breakdown is the direct result of thin blood. So is anaemia, indigestion, rheumatism and many other troubles. People suffering from thin, impure blood need just the help Dr. Williams' Pink Pills can give. For thirty-five years Dr. Will liams' Pink Pills have been world famous as a blood builder and nerve restorer. Not only do they purify and enrich the blood, but they make new, rich, red blood which imparts fresh vigor and life to all the organs of the Their first effect is usually to body stimulate the appetite; then the spirits revive, and restlessness at night gives way to health restoring sleep. sufferers from anaemia, nervousness, general weakness, digestive troubles, the after effects of acute diseases. mental or physical exhaustion, Dr. Williams' Pink Pills are a restorative of the utmost value. If you are weak or ailing give these pills a fair trial and the result is sure to be beneficial. Dr. Williams' Pink Pills are sold by all medicine dealers or by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.



And They Hammer Away. "The Ladies Sewing Circle sings ts work.

"What's the favorite song?" "The Anvil Chorus, I'm told."

The Legend of Mauna Loa. No other volcano has ever equaled Mauna Loa, in Honolulu, in the volume

of lava it has discharged in its principl eruptions, nor is any other so dreaded, for in its stream flow death an destruction. The mountain has, however, the true instinct of chivalry, and invariably gives warning to the hundreds of sugar and coffee planters about its base when its intentions are hostile. This warning is conveyed the bluish steam that arises from its crater, which is always followed by a flood of red hot lava. Mauna Loa is

giving this warning now. At the time of its great eruption in

EASY TRICKS No Chance At All



Most amateur tricksters know one or two methods of discover-ing the identity of a card selected ing the identity of the same ex-by a spectator. Here is an ex-cellent method of disclosing the fact of the discovery. In this case another spectator, who does case another spectator, who does not know which card was selected, names it. An examination of the following will indicate how the spectator can be "forced" (to use the magician's term for this proceeding) to name any card the trickster desires him to name. In this case it is the eight of clubs. Observe that the trickster accepts or discards the spectator's choice. Quickly done it is usually decep-

"There are two kinds of cards, picture cards and spot cards. Name either." "Picture cards." "Fine. That leaves the spot cards "Fine. That leaves the spot cards and the card must be a spot card. There are two colors in the pack. Name either." "Black" "Fine, that eliminates the red and the card must be black. There are two kinds of black cards, spades and chus Name either" "Spades" two kinds of black cards, spade and clubs. Name either." "Spades. "Fine, that leaves the clubs and the card must be a club." "There are two kinds of spot clubs—odd and even, name either." "Odd." "Then the card must be an even club, the odd clubs becker were club, the odd clubs having been eliminated. There are even clubs higher than five and lower than five. Name either." "Lower," "Fine, that leaves us the even clubs higher than five. The even clubs are six, eight and ten. We may are six, eight and ten. We muy divide these into a lower group composed of six and eight and an of ten. Name upper, composed of ten. Name the upper or lower." "Upper." "Fine, that leaves the lower. Name either six or eight."

either six or eight." If eight is named, the trick is completed. If six is named, the trickster calmly eliminates six. leaving eight—and the stunt is completed (Ollp this out and paste it, with

other of the series, in a scrapbook.) **THANKFUL MOTHERS**

Once a mother has used Baby's Own Tablets for her little ones she would use nothing else. The Tablets give such results that the mother has no thing but words of praise and thankfulness for them. Among the thou sands of mothers throughout Canada who praise the Tablets is Mrs. David A. Anderson, New Glasgow, N.S., who writes:---"I have used Baby's Own

Tablets for my children and from my experience I would not be without them. I would urge every other mother to keep a box of the Tablets in the The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach: drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are sold by medicine dealers, or by mail at 25c. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Barometer-ing. "Have you touched the barometer,

Mary Jane?" The mistress in anger cried.

London can boast of twenty women SIXty

LASTING, HE ASSERTS Ontario Man Says It Put Him in Such Fine Condition 2 Years Ago He Hasn't Need-ed Any Medicine Since.

BENEFIT FROM TANLAC

"Well, sir, it lookel like I was going to have to give up my job, but Tanlac kept me on the payroll and, of course, I'm strong for it," is the striking statement of Wm. Cranker, 84 Louis St., Brockville, Ont., who for 30 years past has been employed by the Canadian National railroad.

"My stomach went wrong 10 years ago and then I gradually got out of fix in lots of ways. I couldn't eat or sleep pation. Made and recommento do any good for nervousness and the manufacturers of Tanlac.

The Cruise of the Belgenland Around the World.

Around the world in 138 days! To visit countries famed in song and story, countries whose history reaches back to the very beginning of time, lands of strange peoples and unaccustomed sights, such is the pleasure in store for passengers on the Red Star Liner Belgenland sailing from New York on December 4 next.

The first stop on this voyage of enchantment is at beautiful Havana then on through the Panama Canal, along the colorful Californian coast to Hawaii, gem of the Pacific. Ten days of the balmy sunshine and smooth seas which characterize the Pacific in the winter season, brings the Belgen land to the mystic Orient. The Land of the Rising Sun offers many curious scenes for the Canadian, while Hong Kong is of special interest as an outpost of the British Empire. Shanghai and Singapore, the West Indies, Calcutta, Bombay and Ceylon, what visions of tropical grandeur these names suggest! A trip up the Nile, a view of Luxor, Cairo and Alexandria is followed by a visit to the Holy Land. Mediterranean cities next claim the attention of the traveller, who may con-tinue his tour to include Switzerland, France and the British Isles.

Happiest of choices for this long tour ney is the Belgenland, of 27,200 tons register, 697 feet long and 78 feet broad. She has turbine engines, triple screws, and oil-burning boilers-the atter an important feature on a long voyage, as the use of oil fuel eliminates the soot, dust and cinders in-separable from the use of coal. She is the largest liner ever sent around the world. Equipped with all conveniences, powerful and steady, with genbrous breadth of decks and luxuriously fitted rooms, with two gymnasiums and a swimming pool, the Belgenland provides her passengers with every comfort at sea. The tourist is vell cared for on the overland trips and is free to enjoy the rich panorama day by day. Full information may be had from

H. G. Thorley, Ontario Passenger Of fice, 41 King St. East, Toronto.

Ostrich Legend "Bunk."

The ostrich does not hide its head in the sand when fear afflicts it. This at any rate, is the bold proclamation by Vilhjalmur Stefanson, the made Arctic explorer. Nowhere has a responsible observer ever seen an ostrich thrust its head into the sand to scape a foe.

The legend has persisted for nearly 2000 years. Perhaps 2000 years hence, despite all the naturalists and all the iconoclasts, people will still believe that ostriches are as silly as Pliny thought they were

indigestion and had got to where I simply had to drag myself to the rail-road yards in the mornings. "I could feel the good effects of my very

first few doses of Taplac clean to my finger-tips. This was two years ago and three bottles put me in such good shape that I have not had to spend a cent for medicine since. I eat and sleep fine, never miss a day's work any more and feel fine. You just can's beat Tanlac."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Tanlac Vegetable Pills for constipation. Made and recommended by

Classified Advertisements FOR SALE

A PPLE BARRELS, ALSO BARREL Staves, Mill Slab Wood, and Cord Wood. Reid Bros., Bothwell, Ontario.

Lights to Test the Dye.

Of foreign origin, a new machine called a fadeometer is used for testing the fastness of dyes. Violet carbon arc lights are used, 40 samples being tested at one time if necessary. Half the sample is exposed to the light and the other half protected by a metal shade, so that after test an exact comparison can be made. Special carbon rods, impregnated with a secret chemical formula, give the light of this are fading qualities exactly similar to daylight, although greatly intensified.

Minard's Liniment for Rheumatiem

Earthquake Cooled Water. Water in the bay of Tokio is colder this year than last, according to observers of the Marine Products Institute, the earthquake of last September being blamed for a marked drop in temperature. The lower temperature of water along the coasts near Tokio is expected to handicap such in-dustries as fishing for shellfish and gathering seaweeds in which the workers are obliged to spend hours standing in water.



errible. I tried numerous remedies but all failed. I began using Caticura Soap and Ointment and after using one box of Ointment and one cake of Cuticura Scap I was completely healed." (Signed) Miss Felicia E. Smith, 2271 E. 46th St., Cleveland,

Cuticura Soap, Ointment and Tal-



-"Yes. 'Second Class.' "

sightseeing in London.

QUALITY



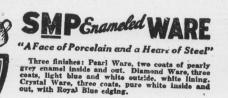
Mix Muslard

Mix Keen's Mustard with water

ess Pot-wask SMP Enameled Ware has the smooth surface and polish of

fine crockery-without the breakage. And it is so very easy to clean -just like china, and therefore makes light work of pot washing.

Try this test. Take an SMP Enameled Ware sauce pan and an all-metal sauce pan of equal size. Into each pour a quart of cold water. Put on the fire at the same time. The **SMP** sauce pan will be boiling merrily when the water in the other is just beginning to simmer.



SHEET METAL PRODUCTS CO. OF CANADA MONTREAL TORONTO WINNIPEG EDMONTON VANCOUVER CALGARY

the lava burst from the sides of the mountain as well as from its crater and flowed like a great river for nine months, varying in width from three miles to a few hundred yards, It ran a distance of fifty miles.' Finally it reached the outskirts of the town of Hilo, whose inhabitants were calmly awaiting their doom.

It was then that the young princess of the reigning house of Honolulu determined to test the efficacy of the well-known legend of the mountain. The legend was that if a young and threw his arms about her neck, half beautiful princess should array herself as a bride and surround herself with attendants that would form a procession and climb the mountain with demanded:

her, she could then, by approaching the crater and throwing in a sacred white pig, appease the wrath of the mountin and cause it to be quiescent. This was, in fact, no simple task, for beside the physical endurance, it was

necessary to dodge the boiling lava on the mountain side. The white pig also grew heavy and restless in the arms of the princess. He chafed under the garlands of owers with which he was decorated. Three times on this strange expedition the pig escaped, but was caught again by the attendnts of the princess. After much labor she reched the crater, and with a supreme effort of strength and courage, cast the squealing pig into the awful depth below. The descent was made slowly, all chanting praise to the mountain.

Mauna Loa appreciated the sacrifice of the princess and was generous. Many European visitors, as well as the natives, still tell how that evening the flow of lava became sluggish and ceased to move. Hilo was saved. In 1888-92 the mountain was slightly active, but with those exceptions it has been true to the superstition of the people.

Minard's Liniment Relieves Pain.

plied. It is always safe to send Dominion Express Money Orders. Blest Be the Tie That Binds. In his eye was a look of determina tion; his breath was coming in gasps; she had eluded him, but now his hour had come and his purpose was not to be thwarted again. He rushed and

dragging, half carrying her to the parson's. He kicked vigorously upon the door and when the parson came he "Do you tie knots?" Why, yes," said the parson.

hy. Ves.

night,

"Then tie a good hard one on this heifer calf of yours; she's about ruined my garden."

> BUSSES Two 1918 Dodge Ten Passenger Busses

suitable for use in Towns or Villages. No reasonable offer refused.



73 W. Adelaide St.



ARD'

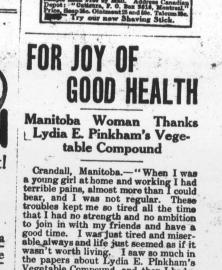


table Compound Grandall, Manitoba.—" When I was avoing girl at home and working I had terrible pains, almost more than I could bear, and I was not regular. These trubles kept me so tired all the time that I had no strength and no ambition to join in with my friends and have a south the set of the set of the set of the south of the set of the set of the set of the south of the set of the set of the set of the south is so I got some. Every month after taking it I got stronger and I soon after taking it I got stronger and I soon after taking it I got stronger and I soon after taking it I got stronger and I soon after taking it I got stronger and I soon after taking it I got stronger and I soon after taking it I got stronger and I soon after taking it I got stronger and I soon after taking it I got stronger and I soon after taking it I got stronger and I soon after taking it long and must say it after taking it along and must say it in the babies now. I have told ever so any work, and it helped me through on stronger about your medicine. Just is any work a big house to look after, and work of a letter from my ob any work a big house to look after, and work work i a big house to look after, and work work and it helped me through of the babies now. I have told ever so any work a big house to look after, and work work a di the state it do the work work a di the state it do the work work i a big house to look after, and work work a big house to look after, and work work a big house to look after, and work work a big house to look after, and work work a big house to look after, and work work a big house to look after, and work work a big house to look after, and work work a big house to look after, and work work a big house to look after, and work work a big house to look after, and work and the babies now. I have told ever so any work and the state and house sout work a big house to look after, and work and the state and house sout work a big house to look after, and work about your medicine. Just

ISSUE No. 39- '24.