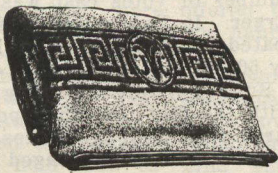


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he concluded, "and she won't be able to answer back!" "Now I shall want your signature to this as a witness—this first letter."

The colonel, without a word, signed his name, rank, and regiment. Then he went to the door and opened it: the two men stationed outside were still there. He called one of them in, and instructed him to sign the letter. "Two witnesses are wanted," he explained. "And wait."

The signing done, the young man folded the letter, enclosed it in its envelope, and handed it and the two other letters to the colonel. "You're quite sure they'll get through?"

"Perfectly. I'll put them in the mail myself, to make sure."

"I can see now you want to get rid of me. I must thank you for a pleasant evening."

"Mutual pleasure, my dear young sir. May I—er—hope you will sleep well to-night?"

"I shall, you bet—I'm dog tired. I suppose this is our last meeting—what? Well, no hard feeling on my part—no heroics—I'm not afraid to die, so long as it's quick. Good-night—I hope I haven't bored you," and he held out his hand.

"GOOD night," replied the colonel, shaking it heartily. The two soldiers turned, and conducted the prisoner out into the night.

The colonel, left to himself, took out another cigar, but, not lighting it, held it between clenched teeth, and stared at the three letters on the table. Some strong emotion passed rapidly over his face: and his mouth became hard. Finally, with a sigh, he rose, dropped two of the letters into the fire, and went to bed.

A very tired young man turned over at a hard push on his shoulder at seven thirty, and swore sleepily. Then he recognized his awakener, and knew that his time had come.

"Here's where I die!" he said—not quite so carelessly as the previous night. "I'm ready—but get it over quick, and make a clean job of it that doesn't have to be gone over again."

The sergeant saluted. "The colonel," he replied, "had another search of your outfit made, and has found your passport. He restores it to you here-with, together with a safe conduct back to our base and a suggestion that you be more careful in future."

The young man jumped to his feet at that. "What the—! And what—oh hell! Where is he?"

"He left about forty minutes ago for the firing line, sir."

"Did he leave any message for me?"

"Only this." The sergeant held out to the horrified young husband a letter which the latter instantly knew, from its thickness, to be the private explanatory letter to his wife.

Great beads of perspiration stood out from the young man's forehead, and his knees shook with a tremble that the fear of death had been unable to produce. "Only that?" he stammered. "I gave him three."

"Yes, sir. The colonel instructed me to tell you that he had personally seen that the other two were posted."

Evading the Law.—A motorist was stopped by a policeman for speeding, whereupon he became angry and called the policeman an ass. After he had paid his fine the judge reproved him for what he had said to the officer. "Then I mustn't call a policeman an ass?" he said. "Certainly not," said the judge. "You must not insult the police." "But you wouldn't mind if I called an ass a policeman, would you?" "Why, no, if it gives you any satisfaction," answered his honor with a smile. The motorist turned to the man who had arrested him. "Good-day, policeman," he said, and immediately left the courtroom.

Dangers in Temper.—He was an able-bodied Englishman, out of work, and made a genial request for a little assistance. It was perhaps natural for the donor of two-pence to inquire whether the recipient had contemplated enlisting in the army. "I'd go like a shot, sir," came the answer, "but I've such a 'ot temper, and when I read what them Germans 'ave done I can't 'old myself in. No, sir, if I was at the front I couldn't 'elp committing outrages on 'em. I'm best at 'ome."

What is an Internal Bath?

By W. R. BEAL

Much has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, but, strange as it may seem, the most important, as well as the most beneficial of all baths, the "Internal Bath," has been given little thought. The reason for this is probably due to the fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and maintaining of health.

If you were to ask a dozen people to define an internal bath, you would have as many different definitions, and the probability is that not one of them would be correct. To avoid any misconception as to what constitutes an internal bath, let it be said that a hot water enema is no more an internal bath than a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post-mortem, the sights they would see and the things they would learn would prove of such lasting benefit and impress them so profoundly that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an experience would doubtless prove to be. There is, then, only one other way to get this information into their hands, and that is by acquainting them with such knowledge as will enable them to appreciate the value of this long-sought-for health-producing necessity.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also, they have almost no conception of how little carelessness, indifference, or neglect can be the fundamental cause of the most virulent disease. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," "auto-infection" and a multitude of other terms, is not only curable, but preventable, through the consistent practice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it impossible to become sick? "Man of today is only fifty per cent. efficient." Reduced to simple English, this means that most men are trying to do a man's portion of work on half a man's power. This applies equally to women.

That it is impossible to continue to do this indefinitely must be apparent to all. Nature never intended the delicate human organism to be operated on a hundred per cent. overload. A machine could not stand this and not break down, and the body certainly cannot do more than a machine. There is entirely too much unnecessary and avoidable sickness in the world.

How many people can you name, including yourself, who are physically vigorous, healthy, and strong? The number is appallingly small.

It is not a complex matter to keep in condition, but it takes a little time, and in these strenuous days people have time to do everything else neces-

sary for the attainment of happiness but the most essential thing of all, that of giving their bodies their proper care.

Would you believe that five to ten minutes of time devoted to systematic internal bathing can make you healthy and maintain your physical efficiency indefinitely? Granting that such a simple procedure as this will do what is claimed for it, is it not worth while to learn more about that which will accomplish this end? Internal Bathing will do this, and it will do it for people of all ages and in all conditions of health and disease.

People don't seem to realize, strange to say, how important it is to keep the body free from accumulated body-waste (poisons). Their doing so would prevent the absorption into the blood of the poisonous excretions of the body, and health would be the inevitable result.

If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your mind keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your declining years, practise internal bathing, and begin to-day.

Now that your attention has been called to the importance of internal bathing, it may be that a number of questions will suggest themselves to your mind. You will probably want to know WHAT an Internal Bath is, WHY people should take them, and the WAY to take them. These and countless other questions are all answered in a booklet entitled "THE WHAT, THE WHY and the WAY, of INTERNAL BATHING," written by Doctor Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade," whose life-long study and research along this line make him the pre-eminent authority on this subject. Not only has internal bathing saved and prolonged Dr. Tyrrell's own life, but the lives of multitudes of hopeless individuals have been equally spared and prolonged. No book has ever been written containing such a vast amount of practical information to the business man, the worker, and the housewife. All that is necessary to secure this book is to write to Dr. Tyrrell at Room 335, 257 College street, Toronto, and mention having read this article in The Canadian Courier, and same will be immediately mailed to you free of all cost or obligation.

Perhaps you realize now, more than ever, the truth of these statements, and if the reading of this article will result in a proper appreciation on your part of the value of internal bathing, it will have served its purpose. What you will want to do now is to avail yourself of the opportunity for learning more about the subject, and your writing for this book will give you that information. Do not put off doing this, but send for the book now, while the matter is fresh in your mind.

"Procrastination is the thief of time." A thief is one who steals something. Don't allow procrastination to cheat you out of your opportunity to get this valuable information, which is free for the asking. If you would be natural, be healthy. It is unnatural to be sick. Why be unnatural when it is such a simple thing to be well?

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