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You can foretell
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You say "The man who could foretell illness would make a fortune!" Of course no man can in the sense you mean. But you can tell pretty accurately what to expect your own body to do.

How?

Get this simple physiology:

Your body machine has to be repaired. It also must have fuel to supply heat and energy. Your food supplies both repair material and fuel. But a furnace always produces ashes and clinkers. If these accumulate, the furnace becomes clogged and cannot work properly.

If your bowels become clogged—you suffer from constipation. Perhaps you hurry to work or play and neglect to obey Nature's call. Waste matter stagnates in the bowels. You go right on eating, drinking, working. What happens? The constipation becomes established. Waste matter undergoes decay, fermentation and germ action. Poisons are formed, absorbed, carried all over the body. They attack the weakest part of you first.

Then you know you're sick. *L* really you've been getting sick since you missed that first movement.

If you want to keep well—wholly well, all the time, so that you're on your toes every day, remove the waste.

Many people take pills, castor oil, purgative mineral waters to force the bowels to act.

These act, but they irritate, tire out the intestinal muscles, make the trouble worse.

Others take "salts" which attract water to the intestines and flush the bowels—about as gently as a fire hose. A re-action follows that makes the intestines dryer than ever and aggravates the constipation.

You needn't do this and weaken your system just because all of your ancestors did.

The Nujol Treatment moves the waste regularly, and easily. It is a purely mechanical process, absolutely harmless, based on a simple principle—that you can move a softened mass out of a tube more easily than a hard, dry one. It doesn't gripe—you won't know you have taken anything until after a few days your bowels move at the regular hour. It makes you "regular as clockwork."

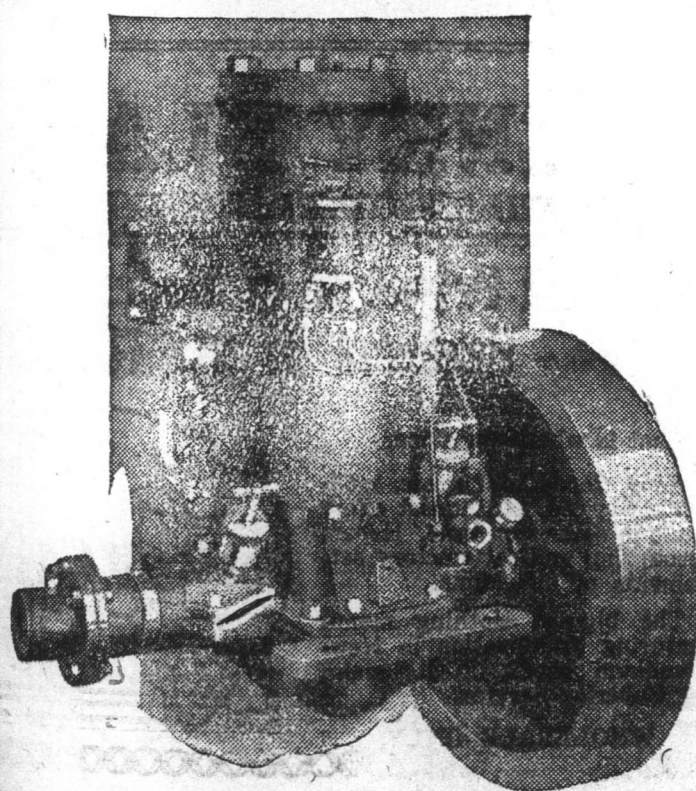
Don't try to "foretell" illness. Foretell it. Don't wait until you are sick. Keep well now. Your druggist has Nujol.

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For Constipation

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Sees the Boy Scout
a Force for Peace.

Lieut. Gen. Sir Robert S. S. Baden-Powell, who has come to this country to stimulate interest in the organization of the Girl Scouts of America, said recently that he believed one of the best guarantees of the idea of the League of Nations would be universal interest in the boy and girl scout movement in all countries. General Baden-Powell originated the scout movement in England in 1908, after he had retired from active service in the English army.

"If peoples throughout the world were in real accord, and a real personal sympathy, based upon knowledge of peoples and problems, existed among them, the possibilities of wars would be greatly reduced," said Sir Robert.

"There has been no way of bringing peoples and nations together, and much of the lack of sympathy and understanding has been due to lack of knowledge. The success of the League of Nations, of the co-operation of countries of civilization and the preservation of peace, in the future, will depend largely upon the ideas inculcated in the younger generation to-day.

"The boy and girl scout organizations stimulate interest in the ideals and ideas of other peoples, and we have boys in England and in this country writing letters to boys in China, Japan and other countries, and, in that way, becoming acquainted with them, their customs and ideas. That is one of the fundamentals of the success of the League of Nations."

Although General Baden-Powell, one of the originators of the boy scout movement, does not contemplate the organization of an international society now, he considers that such a movement probably will follow in the allied countries within a few years. Speaking of the ideals of the movement, he said it was the intention of the leaders to stimulate the personal initiative of each member so that he would be anxious to learn and to train himself, in opposition to the German method of thrusting ideas and systems upon the children despite their natural inclination.

During the war the English Boy Scouts and the girls' organization, called the Girl Guides, contributed greatly to the defence of the country and to the comfort of the soldiers and sailors. General Baden-Powell said. Within two days after the beginning of the war they had taken the places of 30,000 members of the Coast Guard and throughout the war kept a continuous watch for air raiders and submarines off the coast. Their activities resulted in the capture and destruction of at least four submarines. General Baden-Powell said, and timely warnings to the cities in several air raids. Members of the crews of watchers received rewards for sighting submarines and hostile craft.

Members of the organizations also were detailed to duty on all the ships of the Grand Fleet and the auxiliary fleet as signallers, cooks and orderlies. As soon as the boys passed 18 they enlisted in the Royal Navy or the Army. They served also as messengers in the Admiralty and War Offices, collected magazines for the soldiers, made bandages and did many other tasks so that men of military age might be released for service. They maintained several huts at the front and frequently aided the ambulance service.

General Baden-Powell will confer with scout officials here this week and a rally will be held for him in the Sheep Meadow, in Central Park, on Saturday afternoon at 4 o'clock. He is accompanied by Lady Baden-Powell, leader of the British Girl Guides.—N. Y. Times.

Doctors' Liquor
Prescriptions.

(From the Toronto Globe.)
Dr. Robert Ferguson, President of the Ontario Medical Council, has discharged a duty and performed a service to his profession by reprimanding physicians who have been issuing liquor prescriptions with suspicious frequency. His protest was prompted by a letter from the Ontario License Board asserting that there had not been an honest compliance with the Ontario Temperance Act by a number of doctors in London and district. Dr. Ferguson, in writing to his fellow-physicians, admits that the strictures of the License Board are "unquestionably warranted," adding:

"Surely fifty prescriptions a month should meet the requirements of the most ardent advocate of alcoholic medication. Yet one-third of the medical men of this city and vicinity have exceeded that number. The total number of prescriptions issued by the sixty-three doctors of London and vicinity during the month of March was 4,000. Of this total, 2,300, or over 55 per cent, were issued by 13 doctors; 1,780, or over 40 per cent of the total, were issued by six doctors, and one man issued 481, or almost 12 per cent of the total issued by the 63 doctors. Can there be any possible justification of such a record as this?"

Dr. Ferguson tells offenders that the Medical Council is in duty bound

to suspend or cancel their licenses if they are convicted in the courts. Perhaps his warning will have the desired moral effect, but physicians who continue to exceed the prescription limit set by the head of their own governing body should not escape the penalties merely because they are not legally convicted. The Ontario Medical Council should find a method of compelling respect for its own standard or of disciplining doctors who

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and Zam-Buk will soon take the pain out of a scald or burn. Mrs. Albert Smart of 273 Harbison Ave., Winnipeg, writes: "I upset a pan of boiling water over my arm and foot. As I was wearing slippers my foot was badly scalded. The pain was intense and almost immediately a huge blister formed, covering the top of my foot."

"My husband got some Zam-Buk and applied it at once. The relief was really wonderful. Very soon the burning pain was ended and the inflammation drawn out, and continued applications completely banished the scald."

Zam-Buk is also best for eczema, ulcers, bad legs, blood-poisoning and piles. All dealers, 50c. box.

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will not conform to it. The wide powers of self-government given on the profession should be exercised to maintain its honor as well as its privileges.

Animal Martyrs.

Innocent Creatures' Hard Lot.

Thousands of monkeys to-day are being inoculated with influenza germs, in order that doctors may study the progress of the disease and discover remedies to stay its dreaded course. Most people will agree that it is justifiable to subject these animals to suffering in order to safeguard human life. But during the war, thousands of animals were condemned to cruel deaths so that scientists could discover the most efficacious means of destroying human life.

Poison Gas Victims.

Both in Germany and in this country the scientists who brought the horrible art of poison gas to perfection experimented upon dogs, donkeys, cats, and other animals, and judged by its results on these dumb creatures whether it was calculated to destroy human life with sufficient certainty to justify its use.

Quite apart from the countless horses and mules that have been slaughtered in the war, great numbers of guinea pigs, white mice, singing birds, and owls have been offered up as sacrifices to safeguard soldiers. Unfortunately for guinea pigs and owls it was discovered that they are extremely sensitive to the approach

of gas, which they can discern long before its presence becomes perceptible to human beings. In consequence they were kept in cages on the tops of trenches to give warning of the launching of a gas attack.

Trained by Starvation.

Worse, however, than the fate of these dumb martyrs for humanity is the lot of the majority of performing animals. Many stage animals continuously live in absolute suffering and cruelty. Even when actual cruelty is not employed by their exhibitors in training them, their existence under unnatural conditions is best described as "martyrdom."

Performing monkeys seldom live more than a few months. Many of them die of fright while being trained, and it is consequently necessary for trainers to keep a large number of animal understudies.

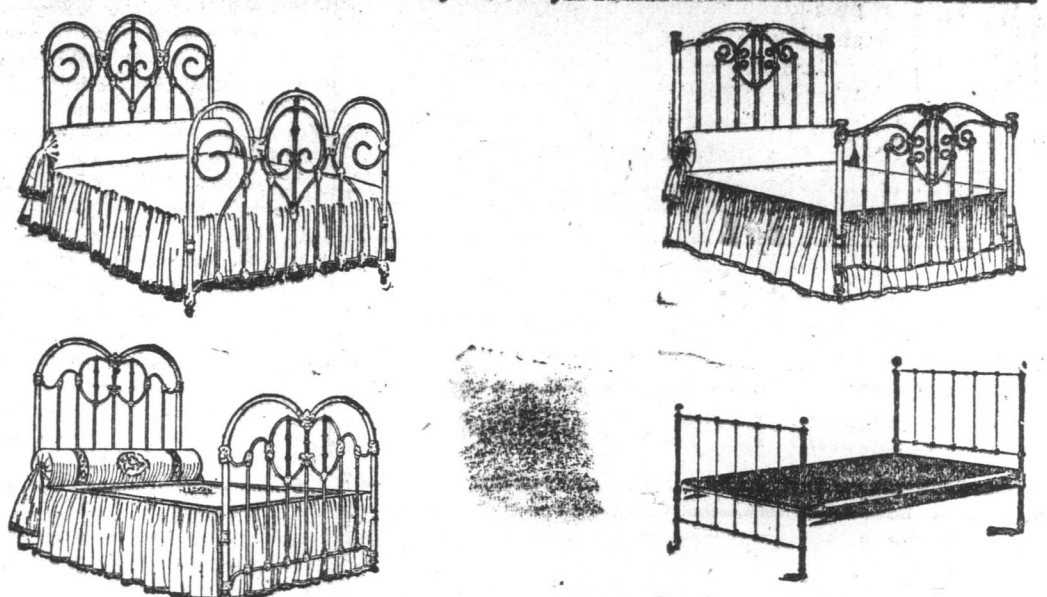
Performing birds are often taught by starvation. How many are aware that the pretty doves that fly when released to the bespangled artists, and form themselves into geometrical patterns on her head and outstretched arms, are often the sole survivors of hundreds which have been starved and then only fed when they perched upon an exact spot on their owner's arms.

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