

## QUALITIES NEEDED IN AVIATORS

ONLY "SUPERMEN" IN SENSES NEED APPLY.

No Department of Military Service Makes Such Exacting Demands As Does Aviation.

Which way is up?  
Which way is down?  
Can you find the earth if you are lost in a rain cloud?

A French flier recently, while at 22,000 feet altitude, became lost in a storm. He wandered around in the clouds seeking a familiar landmark which would guide him to the sector headquarters. While in the midst of a dense cloud, dodging up hill and down, he dropped his chronometer. He was surprised to see it fall "upward." He could not tell which was "up" and which was "down."

This French aviator, say the army medical officers, was "near-sighted" in his balance sense and "dead" in his equilibrium sense—in other words, was below normal in his acuity of sensing balance. Such an aviator might be responsible for one of the unaccountable failures of reconnaissance material to reach headquarters.

On the other hand, an aviator with full normal balance sense may reach the ground safely even when deprived of vision entirely. This was brought to the attention of United States army officers in the case of Miller, a French aviator, who was stricken blind while 7,000 feet above the ground.

When describing his sensation, he said: "Something seemed to be guiding me," and he made a successful landing and is receiving treatment for his lost vision to-day in the United States.

### Qualifications Required.

No arm of the service makes such exacting demands as does aviation. First of all the successful applicant must be physically acceptable for military service. He must be sound in body and limb, normal in vision, hearing and color perception. In addition, he must be naturally athletic and have a reputation for reliability, punctuality and honesty, a cool head in emergency, steady hand and sound body, with plenty of reserve, quick-witted, highly intelligent and tractable.

An applicant may have all these qualifications and be familiar with the theory and practice of military affairs, the practice of photography and wireless telegraphy, a knowledge of map making and map reading, normal perception of color, stereoscopic vision, and yet, if he lacks a full normal balance sense he would be disqualified for the service absolutely.

A man may be perfectly acceptable for any other arm of the service, yet be subnormal in this sense, and be unfit to depend upon for the exigencies of aviation.

When an individual is on terra firma his sole touch, his vision and his hearing are continuously contributing to his orientation, enabling him (in conjunction with his balance sense) to maintain himself in proper relation to his environment. His balance sense may be away below normal, and yet with the added help coming from these other sources the individual may live out his life without the realization of much of a handicap.

### Balance Sense Most Important.

When he attempts, however, to lead the bird life his "muscle-joint and visceral sense" contributes nothing of valuable information for orientation. Vision is a big factor in accomplishing this air orientation, as he can see where the fields are and know definitely that that direction is down. When clouds, mists or darkness cut off his vision then he falls back solely upon his balance sense. This delicately attuned mechanism whose normal function informs him unerringly in water or in air, what his relative position is in regard to the earth, guides him without the co-operation of any of the other senses.

The successful flier does not necessarily become a desirable man for military aviation service. This is, among other things, an important part of the signal service. The absence of full normal color perception would render absolutely unreliable the most skillful flier. The absence of full hearing or vision for distance would also exclude a man. A leaky heart valve, a high-strung, overworked nervous system, abnormal pulse pressure—all constitute insurmountable obstacles to his entrance into this branch of the service.

### What Is Success?

"He has achieved success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche, has accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem or a rescued soul; who has never lacked appreciation of earth's beauty or failed to express it; who has always looked for the best in others and given the best he had; whose life was an inspiration, whose memory a benediction."

Cut mint now and tie the stems up in bunches to dry slowly in a well ventilated room shaded from the hot sun. The plant will supply fresh young leaves by autumn.

## "One Meatless Meal a Day"

is a good food slogan for war time, or any time—better make it two meatless meals a day—it would mean health and strength for the nation. But be sure and get the right substitute for meat in a digestible form. **Shredded Wheat Biscuit** is the ideal substitute for meat. It is 100 per cent. whole wheat prepared in a digestible form. Two or three of these little loaves of baked whole wheat make a nourishing, satisfying meal at a cost of only a few cents. Delicious with milk or cream or fruits of any kind.

Made in Canada.

### AIR-RAID VICTIMS.

Innocent Martyrs of the German Campaign to Inspire Terror.

The totals of the casualties among women and children in the air raids in England to the middle of August are as follows:

Women killed .....	102
Women wounded .....	360
Children killed .....	94
Children wounded .....	235

Is it any wonder that public indignation is at the boiling point over the assaults of Germany's air fleet upon unprotected places, preferably shore-resorts where many babes and invalids are to be found and retaliation is least likely? War is awful enough when man meets brother man in mortal encounter, but it is infinitely worse when those who have passed as men come under cover of darkness and release destruction upon school children at their desks and mothers and nurses seated on park benches or trundling a perambulator. It is not easy to conceive of more devilish work than this. But we must not think of it only as a deplorable tragedy taking place afar off. We must take the lesson to heart and acutely realize that if we do not by all means oppose those who perpetrate these ruthless deeds they will extend their dastardly operations to us as they find opportunity. These innocent martyrs whose blood has reddened English soil might have been our own.

To achieve this total of women and children killed and wounded the Germans built up a vast aerial armament at a prodigious outlay. They darkened the sky with the wings of the air fleet as part of a deliberate campaign to inspire terror.

England still is calm and unafraid. England still declines reciprocity in murder by sending her airships to unfortified towns.

And what has Germany gained by her procedure? Only the intensified detestation of mankind; only the increased determination to exterminate a dynasty, a military system, a political philosophy that can conceive and sanction maneuvers so abhorrent to the least enlightened conscience. Each air raid that occurs inspires afresh the fighting spirit of the Allies and justifies anew their solemn decision to seek redress.

### Most Wonderful Invention.

A Player-Piano that transposes in thirteen tones, manufactured exclusively by the National Piano Co., Limited, will be on exhibit at the Toronto Industrial Exposition at their booth. A cordial invitation is extended to each and everyone interested to examine and hear this wonderful Player. National Piano Co., Limited, City Warehouses, 266-268 Yonge St.

### FIRE PREVENTION AT FAIRS.

The Autumn Fairs Should Include Exhibits of Fire-Fighting Equipment.

The fire chiefs of Canada are alive to the necessity for education of the general public in the enormous number of fires in Canada and the consequent heavy monetary losses therefrom. The fall fairs offer a very favorable opportunity for furthering their educational plan and should be utilized. Exhibits of fire-fighting equipment, short talks on the danger of careless housekeeping, neglected chimneys, carelessness with lights in barns and sheds, etc., will be helpful. Printed mottoes bearing the information of Canada's annual total of fire losses, as compared with other countries, and the number of lives lost through carelessness in the use of coal oil, gasoline, etc., would be effective.

To-day the fire chief's reputation depends upon his ability to prevent fires, not on his expertness in extinguishing them after they break out. This result can only be achieved by ceaseless education of the public, continual and rigid inspection of premises for fire risks and by the enforcement of by-laws providing for the abatement of hazardous conditions.

**"TITOLWAD"**  
Stimulates Quickly Without Heat  
Repair your liver, kidneys, stomach, hot water bottles, etc. No more aches and pains. Order a 10-cent tin to-day. Guaranteed to give you relief. Write to: J. B. Schindler, 111 Victoria St., Toronto.

## THE KAISER'S REAL POWERS

PRESIDENT OF THE UNION OF STATES CALLED AN EMPIRE.

Does Not Possess a Single Power That Has Not Been Conferred Upon Him.

As we are constantly talking of the democratization of Germany, it is well that the editor of The World's Work, in a recent issue, should supply us, under the title of "Germany's Long Road to Democracy," with a description of the various forms of government in Germany. One has only to pick up the average newspaper to understand the prevailing ignorance concerning the nature of the German Empire. For the last three years we have been sneering at the "God-anointed Kaiser," that presumptuous gentleman who claims to rule his empire by divine right. Now the Kaiser claims the right to rule by divine appointment; he is a constitutional monarch.

There is an entirely different person, the King of Prussia, who has blatantly advertised himself as a Son of Heaven; it happens, indeed, that one and the same man is both Prussian King and German Emperor; yet no one can understand the German system who does not keep the two offices distinct.

Again, the newspapers contain constant references to the "Emperor of Germany" and the "Empire of Germany." There is no such thing as an "Empire of Germany," any more than there is any such person as an "Emperor of Germany." There is a German Empire and a German Emperor—a Deutsches Reich and a Deutscher Kaiser.

At first it seems that only the metaphysical German mind can grasp the distinction; yet the distinction is important and in itself largely explains the German system. For the Kaiser, qua Kaiser, is really not a monarch at all. Sovereignty, that is, does not reside in person.

The German conception of a monarch is that of a man who in himself alone possesses sovereign power—who does not derive it from the people, from parliaments, from "the consent of the governed," but possesses it himself, as an appointment from Heaven, or at least from some mystical source apart from those over whom he rules.

### Real Sovereigns of Germany.

But the German Emperor possesses no such supernatural dignity. The German constitution describes him thus: "The presidency of the Union belongs to the King of Prussia, who bears the title of German Emperor." Here is a discovery, most astonishing to us of the West, for the Kaiser, according to the particular word used in the constitution, is apparently some new and strange kind of a President! He does not possess a single power that has not originated outside of himself—that has not been conferred upon him. These powers are as precisely set down in a written constitution as are Mr. Wilson's, and he must just as rigidly confine himself to them.

But Germany, as most people know, does contain a liberal assortment of monarchs—gentlemen whose power goes far back into history.

These personages are known under several names—kings, grand dukes, dukes, princes. They all derive their power from the fact that, in the dynastic and territorial struggles that took place centuries ago, their ancestors proved to be somewhat more successful ruffians than their rivals; now, however, a halo of divine right envelops their ridiculous pretensions. All these personages are monarchs.

To use the mystical "von" in reference to the Emperor, to call him Kaiser von Deutschland instead of Deutscher Kaiser, would imply that he belonged to this same exalted order. It would signify that the sovereignty of all Germany was centered in his person—that he was the God-given monarch of Germany.

But the Kaiser, as Kaiser, is nothing of the sort. As Emperor his office dates back no further than 1871; and he possesses only those powers which the real sovereigns of Germany—her kings, grand dukes, princes—have graciously bestowed upon him.

### TO BELGIUM.

Thou that a brave, brief space didst keep the gate  
Against the German, saving all the west  
By the subjection of thy shielding breast  
To the brute blows and utmost shames of Fate;  
Thou that in bonds of iron dost expiate  
Thy nobleness as crime! Even thus oppressed,  
Is not thy spirit mystically blest,  
O little Belgium, marvelously great?  
Thou that has prized the soul above the flesh,  
Dost thou not, starving, eat of angels' bread?  
With every sunrise crucified afresh,  
Has not this gerdon for all time sufficed—  
That thou shouldst wear upon thy haggard head  
The awful honor of the Crown of Christ?  
—Helen Gray Cone.

## AN AGE OF WEAK NERVES

"No heart for anything" is the cry of thousands of men and women who might be made well by the new, red blood Dr. Williams' Pink Pills actually make.

Misery day and night is the lot of hosts of men and women who are today the victims of weak nerves. Their pale, drawn faces and dejected attitude tell a sad tale, for nervous weakness means being tortured by morbid thoughts and unaccountable fits of depression. These sufferers are painfully sensitive and easily agitated by some chance remark. Sleeplessness robs them of energy and strength; their eyes are sunken, their limbs tremble, appetite is poor and memory often fails. This nervous exhaustion is one of the most serious evils affecting men and women of today. The only way to bring back sound, vigorous health is to feed the starved nerves which are clamoring for new, rich, red blood. This new, good blood can be had through the use of Dr. Williams' Pink Pills, which fact accounts for the thousands of cures of nervous diseases brought about by this powerful blood builder and nerve restorer. Through the fair use of this medicine thousands of despondent people have been made bright, active and strong.

Dr. Williams' Pink Pills are sold by all dealers in medicine, or may be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### Fencing a Continent.

Since 1891 the State of South Australia has erected 29,148 miles of vermin fences, enough to encircle the world and with the remnant build a double line of fence along the southern border of Canada. New South Wales has spent more than twenty-seven million dollars for rabbit extermination and has within its borders ninety-eight thousand miles of fence. Of late years, says the National Geographic Magazine, the rabbit has been paying his board. He goes to swell the total of food exports from the commonwealth. Along the country roads rabbits may be seen hung on fences awaiting the rabbit carts that convey them to the packing houses, to be prepared for shipment as frozen meat and hides. During 1913 Australia exported frozen rabbit and hare to the value of one million four hundred thousand dollars and skins to the value of three million dollars.

### MILITARY CROSS HERO

Capt. William Stewart MacTier, who was reported recently to have been awarded the Military Cross for gallantry in the firing line, is a son of Mr. A. D. MacTier, general manager of the Canadian Pacific Railway. Capt. MacTier went to the front with the first Canadian Contingent and has been twice wounded, the first time at Ypres, and lately at Vimy Ridge. At the outbreak of the war, Capt. MacTier was on the ocean returning from Europe, and immediately on landing joined the Thirteenth Battalion, under Lieut.-Col. (now Brigadier-General) Loomis, D.S.O. He went to the front with that unit and fought with it when it covered itself with glory at Ypres and Festubert. He was then wounded by shrapnel and returned to Montreal to convalesce. On returning to the front he was attached to Brigadier-General Loomis' staff, he having taken over the command of a brigade in the meantime. After serving in this capacity for a short time one of his feet gave out and an operation was necessary. On his return to the front on this occasion he was transferred to a Montreal Highland Battalion and promoted to his captaincy.

Potatoes should be dug in dry weather, so that they will be dry when they are taken into the cellar. If they are diseased the disease will not spread so rapidly among dry potatoes. If the potatoes are known to be diseased in the field, it is best to leave them in the ground as long as possible, so that diseased potatoes may more readily be seen and separated from sound ones before they are stored. Potatoes should be stored for best results in a dry, cool, well-ventilated cellar and kept at a temperature between 33 deg. F. and 35 deg. F., if possible.

**MURINE Granulated Eyelids.**  
Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes.  
**YOUR EYES** No Smarting, Just Eye Comfort  
Murine Eye Remedy At Your Druggists or by Mail, See our bottle. Murine Eye Salve, in Tubes 2c. For Book of the Eye—Free. Ask Murine Eye Remedy Co., Chicago.

**Japan Enriched by War.**  
During these three years of war Japan's commerce has leaped by bounds. If the United States has prospered in equal proportion. In 1915, the first full year after the beginning of the war, her exports increased \$58,000,000, most of it going to former German markets in India, South America and other places long supplied by German and Austrian sources. Her merchant marine likewise has boomed in an unprecedented manner. Twenty shipbuilding yards in Japan built 252 ships in 1916, and at a very recent date 650,000 tons of shipping were on the ways in Japanese yards, while 300,000 tons of merchandise worth \$30,000,000 were awaiting shipment.

Murine's Liniment for sale everywhere.

## FOR ALL THESE I THANK THEE.

For the bright outcome of the sun,  
For all the glories of the day,  
For the dear benison that lay  
On my calm fields when day is done,  
For beauty round about me poured—  
In my old age I thank Thee, Lord.

For all the winds that bless and blow,  
For happy day and harvest hours,  
For trees and grass and birds and flowers,  
And the white wonder of the snow,  
For fair things in my memory stored—  
In my old age I thank Thee, Lord.

For all the young rapt dreams I dreamed,  
For all my happy careless spring,  
For every dear and lovely thing;  
Nor less for sorrow that redeemed  
Or pain that brought me rich reward—  
In my old age I thank Thee, Lord.

For ears to hear the whispering leaves,  
The cricket's song, the linnet's thrill,  
For eyes to see the sunsets spill  
Their splendor on the harvest sheaves,  
For soul to feel Thy wealth out-poured—  
In my old age I thank Thee, Lord.

For my last days serene and dear,  
Spent here where my young life began,  
For love's enfolding benison,  
For faith that rocks to rest each fear,  
For Thy great mercy, vast and broad—  
In my old age I thank Thee, Lord.  
S. M. SMYTHE.

## POSITIVE PROOF. AMAZING RESULTS

**\$5,000 Guarantee If We Fail.**  
There has been a standing offer of \$5,000 Reward for any case Ham-Lax and Ham-Ray fail to relieve if directions are followed for three years, and more than 50,000 people have tried it successfully without a single failure. That is why the offer still holds good. Mr. Manuel Varquez, of 142 Hastings Street, Toronto, was going to have an operation for Kidney Stones two weeks ago. He tried Ham-Lax and Ham-Ray the day before the operation was to be performed and received such benefit that he purchased Ham-Ray Machine and one bottle Ham-Lax, with the results that to-day he is cured. Mr. Thomas Jones, of 113 Sheridan Ave., Toronto, suffered with Rheumatism in his heart and other parts of his body for 9 years. After trying everything he failed to get results until he took one treatment of the Ham-Ray Machine and used one bottle of Ham-Lax. Unsolicited he has given his testimonial.

We unconditionally guarantee Ham-Lax and Ham-Ray to give relief for Rheumatism, Paralysis, Stomach, Kidney and Liver Disorders. Write us at once. Explain what you think about yourself, and whether you have Electric Current available or not and leave the rest to us. Address the Ham-Lax Co., 18 King West.

### Will You Visit the Exposition?

Remember you are cordially invited to call and have your case treated free of charge, and a full explanation of what Ham-Lax and Ham-Ray will and will not do. It is well worth the visit to find out the true facts of your case.

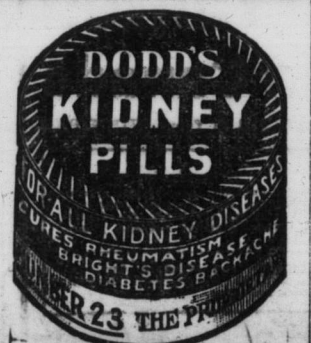
### The Roads of France.

"The roads," writes one observer, "are all of them alive with interminable lines of convoys carrying supplies, wood, trench material, material for telegraphy and signals, artillery convoys, horses, mules, wagons conveying hay, water, sand, stones for the repair of the roads, material for the aerodromes, for the encampments, for the cooking stoves, for the thousand and one indispensable things in modern warfare; finally the convoys with reinforcements or wounded." Such are the roads of Northern France to-day.

St. Isidore, P. Q., Aug. 18, 1894  
Minard's Liniment Co., Limited.  
Gentlemen,—I have frequently used MINARD'S LINIMENT and also prescribe it for my patients, always with the most gratifying results, and I consider it the best all-round Liniment extant.

Yours truly,  
DR. JOS. AUG. SIROIS.

Many years ago, in times of scarcity, our forefathers made a preparation of rice and oatmeal, the recipe for which follows: Soak over night one pound of rice. Put it down to boil in one quart of water, then put on four more quarts of water from time to time as the grain swells. Add to this one pound of oatmeal and stir till done, when the mixture will be quite thick. It will require a good deal of salt.



ISSUE No. 35-17.

## Tractor Will Bring Change.

To secure the most economical working of the tractor large fields with long furrows are necessary. The fewer the fields, too, the less loss there is of land and the easier it is to control weed growths.

It will not be surprising if, in the near future, the plan adopted by a Brant county farmer is generally followed—that of having, aside from orchard, lawn, etc., the whole farm enclosed by permanent fences, with movable fences for temporary changes following upon crop rotation.

## BABY'S GREAT DANGER DURING HOT WEATHER

More little ones die during the summer than at any other time of the year. Diarrhoea, dysentery, cholera infantum and stomach disorders come without warning and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in the home where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles, or if the trouble comes suddenly the prompt use of the Tablets will cure the baby. Mrs. Chas. Anderson, Minda, Alta., says: "Baby's Own Tablets are the best medicine for little ones who are suffering from a weak stomach. They cured my baby when suffering from stomach complaint and have made her a fine healthy child." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Raised the Dust.

It was a dull day in the trenches, and a bunch of Tommies had gathered and were discussing events. After a while the talk turned on a big Boche who had been captured the night before.

"He was scared stiff," said one Tommy.  
"Did he run?" asked another.  
"Run?" replied the first. "Run? Why, if that Boche had had just one feather in his han' he'd 'a' flew!"

### Minard's Liniment Cures Dandruff.

In the meantime, everything depends upon the steady flame of British fortitude, says the London Star. Upon us rests the duty of standing firm until America has time to train and equip her armies. Not for the first time in our history the liberty of Europe depends upon our determination. We must show the stuff we are made of.

### Minard's Liniment Relieves Neuralgia.

Beat the German Blockade.  
Russia is on rations. A wheat embargo exists in Argentina. Australia, New Zealand and India are out of reach of Great Britain because of the shortage of ships. It has fallen to the United States and Canada to beat the German blockade and feed Great Britain, the allies and the armies in the field.

A clock has been invented that records at a central point the time each machine in a factory is running.

## YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it. If your druggist hasn't any freezone tell him to order a small bottle from his wholesale drug house for you.



Blue is a scarce color in our gardens, but ageratum, cornflower, baby blue-eyes, Swan River daisy and Salpiglossis sinuata, Anemone blanda, forget-me-not, some larkspurs, some columbines and one or two iris are very good blues.

**MONEY ORDERS.**  
It is safe to send a Dominion Express Money Order. Five dollars costs three cents.

The future of mankind is our trust to maintain and to defend—The British Premier.

### Minard's Liniment Cures Burns, Etc.

**PROFIT-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns.** The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 13 Adelaide Street, Toronto.

### MISCELLANEOUS

**CANCER, TUMORS, LUMPS, ETC.** Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Heilmann Medical Co., Limited, Collingwood, Ont.

**The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION**

## How I Suffered With Pimples

No One Knows, Says Miss Stodalka. Many Nights Could Not Sleep. Cuticura Healed.

"My face broke out all over with red pimples which would fester and then a large scale would form. Many nights I could not sleep because of the burning and itching. How I suffered no one knows. My mother requested me to try Cuticura Soap and Ointment and I did so. In less than a month I was completely healed." (Signed) Miss Rosebel Stodalka, Richmond, Sask.

Why not make these fragrant emollients your every-day toilet preparations? For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

## MOTHERHOOD WOMAN'S JOY

### Suggestions to Childless Women.

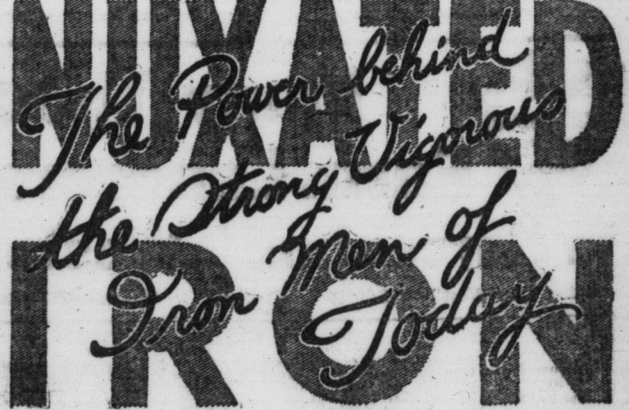
Among the virtues of Lydia E. Pinkham's Vegetable Compound is the ability to correct sterility in the cases of many women. This fact is well established as evidenced by the following letter and hundreds of others we have published in these columns.

Poplar Bluff, Mo.—"I want other women to know what a blessing Lydia E. Pinkham's Vegetable Compound has been to me. We had always wanted a baby in our home but I was in poor health and not able to do my work. My mother and husband both urged me to try Lydia E. Pinkham's Vegetable Compound. I did so, my health improved and I am now the mother of a fine baby girl and do all my own housework."—Mrs. ALLIE B. THOMSON, 216 Almond St., Poplar Bluff, Mo.

In many other homes, once childless, there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong. Write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice—it will be confidential and helpful.

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Write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice—it will be confidential and helpful.



Dr. Ferdinand King, a New York City Physician and Medical Author says: "There can be no strong, vigorous, iron men nor beautiful, healthy, checked women without iron—Nuxated Iron taken three times per day after meals will increase the strength and endurance of weak, nervous, run-down folks 100 per cent. In two weeks' time in many instances. Avoid the old forms of metallic iron which may injure the teeth, corrode the stomach, and thereby do more harm than good—take only organic iron—Nuxated Iron." It is dispensed by all good druggists.