

## NATURE'S WARNINGS

**Danger Signals That Everyone Should Take Seriously.**

Pain is one of Nature's warnings that something is wrong with the body. Indigestion, for instance, is characterized by pains in the stomach, and often about the heart; rheumatism by sharp pains in the limbs and joints; headaches are a sign that the nerves or stomach are out of order. In some ailments, such as anaemia, pain is not so prominent. In this case Nature's warning takes the form of pallor, breathlessness after slight exertion, palpitation of the heart, and loss of appetite. Whatever form these warnings take, wise people will not ignore the fact that many diseases have their origin in poor blood, and that when the blood is enriched the troubles disappear. Dr. Williams' Pink Pills are most helpful in such cases because they purify and build up the blood to its normal strength. In this way it tones up the nerves, restores the appetite and gives perfect health. Miss Hazel Berndt, of Arnprior, Ont., has proved the great value of this medicine and says: "I am a young girl and have been working in a factory for the past four years. For two years I had been in such poor health that at times I could not work. I was thin and pale and troubled with headaches and fainting spells. I doctored nearly all this time, but it did not help me. My mother advised me to take Dr. Williams' Pink Pills, and after using them for a while I could notice an improvement in my condition. I used nine boxes and can truthfully say that my health is restored. When I began taking the pills I weighed 97 pounds and now I weigh 114. I feel that I owe my good health to Dr. Williams' Pink Pills and hope other ailing people will give them a fair trial."

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

### Wise Provisions of Nature.

There is a curious resemblance between the stomach of a hen and a corn mill; the crop answering to the hopper and the gizzard to the stones which crush the corn. But the most remarkable resemblance in this—to prevent too much corn from going into the stones at once, a receiver is placed between them and the hopper so that the corn may be dribbled out just as fast as it is required. The same process takes place in the hen as the crop may be filled and its food only enters the gizzard gradually and as fast as it is able to digest it.

A grub called the glow-worm gives out a phosphoric light in the darkness. Why? In order that her mate may find her, for while she is a worm he is a fly, and while she is on earth, he is in the air most of the time.

The web of the spider is a compensating contrivance. The food of the spider is flies, yet how is he to catch them without his having wings? His web is a net, and he not only knows how to weave it, but he furnishes the thread to weave it from his own body. In many species of insects the eye is fixed and cannot be turned in its socket. To supply this great defect, the eye of such insects is a multiplying glass with a lens looking in every direction and showing every object that may be near. Thus at first what seems a privation, is in reality an advantage, as an eye so constructed seems better adapted to the wants of these creatures than any other type.

The neck of the chameleon is stiff and cannot be turned. However, Nature is never at a loss. The chameleon's eye-ball stands out so far that more than half of it projects from the head and the muscles function so very curiously that the pupil can be turned in any direction. He can look backwards without turning his body.

The parrot would have an inconvenience in the very hooked shape of its upper mandible, if the mandible were stationary like that of other birds. But it is not, and the hook can be used in suspending itself and it can be used in a variety of ways since it is capable of being moved at pleasure. Many quadrupeds have long ears that they can move backward and forward with great ease, and in this way detect the species of sounds. The ears of the dog, cat and horse are so constructed.

The elephant's short neck is compensated by the admirable device of a phobos. The queen beetle carries brilliant lamps which she lights with phosphorus furnished her by nature. Moles' eyes are tiny and fur-bedded, so that the dirt may not get in.

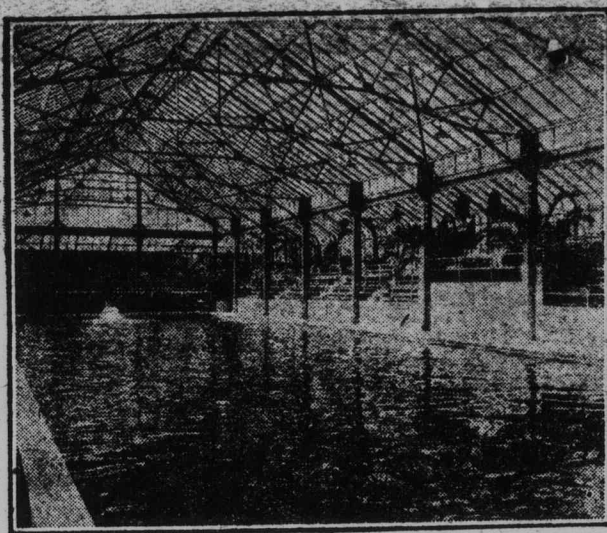
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The swimming pool at Crystal Gardens, Victoria, B.C., the largest salt water natatorium in the world. It is 140 feet long.

### Weighing a Sunbeam.

What pressure can a beam of light exert? A beam of light, like a jet of water, pushes against any obstacle placed in its path, but the push, although very minute, can be measured. The English physicist, James Clerk Maxwell, was the first to suggest that light can exert pressure, and he worked out mathematically what the force should be. It was not till nearly thirty years later than an attempt was made to measure it experimentally. The man who made the experiment was Professor Lebedeff, a Russian scientist.

From a delicate fibre of quartz he hung a small vertical rod, across the lower end of which were secured two shorter rods, carrying at their outer ends discs of very thin metal. Two of the discs were blackened and two were polished. The whole arrangement was in reality an extremely sensitive balance, and the twisting was measured by means of a tiny mirror attached to the apparatus and turning with it. It was enclosed in a globe of glass from which air had been excluded.

A beam of light was concentrated on to the pair of blackened discs. The pressure of light caused the quartz fibre to twist slightly, and the angle of deflection was measured by reflecting a spot of light from the attached mirror on to a fixed scale. The beam was then played on the polished discs and the angle measured again, in this case being about twice the previous amount. In this way a very accurate determination of the force of light-pressure was obtained.

The effects of light-pressure are familiar to the astronomer. Perhaps the best-known case is that of comet's tails. The materials composing the tail of a comet are so light that the pressure of sunlight has more effect on them than the sun's gravitational attraction. Consequently a comet's tail always points away from the sun.

### Eupeptic and Dyspeptic.

Stories about Eugene Field or that Eugene Field used to tell are always amusing, and M. C. H. Dennis's book, Eugene Field's Creative Years, is full of them. Speaking of the dyspeptic which was so often a burden that made Field's cheerfulness a triumph as well as a gift, Mr. Dennis says: "Sol Smith Russell, the comedian, was not only a close friend but a fellow dyspeptic, and Field used to tell with huge glee a story to the effect that one midnight, after giving a performance in an Eastern city, Russell went into a restaurant to get something to eat. While he partook sparingly of bread and milk he saw an old friend of the name of Parsons attacking with gusto a plateful of corned beef and cabbage.

"Merciful heavens, Parsons!" cried Russell. "How dare you fill yourself with such vitals at this time of night?" "Oh, I can stand it," replied Parsons happily. "But, my dear fellow," expostulated Russell, "do you know how long it takes corned beef and cabbage to digest?" "No, I haven't the remotest idea," said Parsons.

"Well, I happen to know," said Russell. "It takes five hours—five solid hours."

"Oh, that's all right," said Parsons. "I've got just about that much time to devote to it."

A somewhat similar story of J. L. Toole was told to Field in London. Dropping in at the Garrick Club one evening, Toole found Irving eating a Welsh rabbit. After gazing fixedly at the concoction, Toole shook hands with Irving and said solemnly: "Give my love to dear old Charles Mathews."

Then he turned and walked away. Mathews had been dead three years!

Coal Mine in Street. Coal discovered while laying a sewer in a busy street in Coatbridge, Scotland, is being dug up at the rate of nine or ten tons a day. The "pit" is thirty-eight feet deep.

Willing to Assist. Charles—"I'm in love with a charming girl, and I'd like to ask your advice." Malsie—"I'm willing to help you all I can."

"Well, now, would you advise me to propose to you?" For Every Ill—Minard's Liniment.

### Should Encourage Boys in Instrumental School Music.

Every child spends a large part of his first eighteen years in school. His music and school work must progress simultaneously or one or the other be neglected, if not entirely abandoned. If he possesses musical ability of a marked degree, the school studies are usually sacrificed, with a permanent educational deficit to the child. If music be to his dislike, he is most certain to face later a regret that musical instruction was discontinued at a time when mind and muscle were retentive and pliant.

Very few persons acquire facility in any drill subject after twenty years of age. The concert artists now before the public were masters of technique on their chosen instruments while still in their teens. It is imperative, then, that music be part of the instruction received during the school years, and for that reason it should be part of the curriculum of the school. All progressive school systems have music in some form, but it is more frequently confined to singing. In the last decade, however, instrumental music has attracted considerable attention, and many cities have incorporated it in the programme. This particular phase of music usually appeals to boys.

Taste in art, literature and music can be acquired. The average boy of average intelligence, with good teaching, can learn to play almost any instrument and produce therefrom sounds that are quite above the average. The unusual instruments of the orchestra, such as the oboe, bassoon, French horn, string bass, flute and clarinet, fall easy prey to the nimble fingers and alert minds of bright-eyed, vigorous boys, and they derive no small pleasure from being able to play. If the boy can do it, and he can, he should be given a chance to do it.

### On Sunday Morning.

I love to go to church On Sunday morning! The folk I meet Are all dressed up so nice. Even their faces look ironed out (To me it seems they must have prayed—)

"Lord, take our cares away Just for to-day."

And O! I like to watch The children! They are like flowers gay. Though 'tis Sunday They find it hard to walk decorously.

Even the lawns and streets And houses Wear a festive air. (This most befitting so!)

The apices of the churches Gleam and glow, O how the bells call out— "Little folk, poor folk, Sad folk, glad folk Won't you come to church?"

I can't resist that invitation, So I go to church. And to my soul there comes A benediction.

And now you know Just why I love to go to church On Sunday morning. —Ella H. Eckel.



Not Always Dangerous. "I consider these motor cars dangerous things." "Well, that depends." "Depends on what?" "Whether they have drivers in 'em or not."

Ancient Eclipses. Eclipses as far back as 1207 B.C. are recorded at Oxford University Observatory. In the same huge book are predictions concerning future eclipses as far ahead as the year A.D. 2163.

There's Always An If. "It's a little rocky inlet in the Gulf of Lyons, France, two miles southwest of Marseilles.

### The Oxen.

Oh, white are the oxen, white as the brook; That spangles to foam on the rock; And they plod the length of the woodland road Under the sun's red clock! They go down the shadows of even-time; They thread their way so slow, Oh, there in the fading purple light— There, there in the afterglow!

The farm-boy sings from his laden rack; He whistles with long day done; While the great wheels rumble along the track Toward the rim of the setting sun! The oxen clash a spreading horn And quicken their pace a bit, For yonder are cribs of yellow corn And lamps of the farm-house lit!

Oh, yonder is peace in the drowsy stall Beyond the lanes of the forest tall And the ring of the axe away! It is good to be back in the twilight hour.

To the crib and the clover-mow With a fragrance there of the withered flower— A dream of the slow trails now! —Leslie Clare Manchester.

## RED HOT JULY DAYS HARD ON THE BABY

July—The month of oppressive heat; red hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles, or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### They Won't Wash.

It is reported that last year a special sanitary commission of the Soviet government in Russia discovered in Siberia an isolated tribe 600 miles from any other human community. They know about as much of the world in which they live as we know of Mars and its possible inhabitants. Though there was naturally no lack of water, it was found that they never used it except as a drink.

Force had to be used to wash these strange people. Not only did they never wash their bodies; they never washed their clothes or their cooking utensils. They were, in short, what Gilbert calls in "The Mikado" "very imperfect ablutations."

Dr. Johnson is reported to have declared that he "hated immersion," but the first man the commissioners attempted to bath actually died, either of fright or of some form of auto-suggestion.



"Does Fred like parties?" "He says I'm the only party he's interested in."

### A Wireless Warning.

A doctor states that many people using wireless headphones develop the "radio ear," a type of eczema. Young people are particularly susceptible. The malady, if not recognized and treated in its early stages, is apt to develop into an obstinate and painful condition, which, in later stages, is difficult to cure.

The cause lies in the fact that the headphones, fitting tightly against the ear, exert considerable pressure on the ear cartilage and render the skin sensitive. Earpiece covers made of sponge rubber remove the pressure on the ears and do not interfere much with ventilation, since they are more or less porous.

### Old Ways Best.

They still like the old ways best on the west bank of the Tiber. When it was determined to illuminate the dome of St. Peter's in connection with the ceremony of canonizing a new saint the idea of using electric lamps that could be turned on and off by a switch was at once dismissed. Torches and candles were used, and three hundred men were kept busy lighting and tending them.

Keep Minard's Liniment in the House

If you'd like a little better tea than you are using, please try "Red Rose"

# RED ROSE TEA "is good tea"

The same good tea for 30 years. Try it!

### The King and the Cow.

Faisal, warrior chieftain and ally of the British in Mesopotamia, now King of Iraq, is a man not easily flustered. After the Peace Conference his friend and comrade-in-arms, Col. Thomas E. Lawrence, took him for a tour of the British Isles, and while in Scotland they were entertained at a formal dinner in Glasgow.

The Emir had been all day so busily seeing the sights along the Clyde, relates Mr. Lowell Thomas in Asia, that when the time came to respond to the Koran, in his honor he was unprepared. As luck would have it, the only other person present who could understand Arabic was Lawrence, who acted as interpreter. So when Faisal was called upon to speak he leaned over and whispered in Lawrence's ear:

"I haven't a thing to say. I will repeat the passage from the Koran on the cow, and you may tell them anything you like!"

It so happens that the passage extolling the cow is one of the most sonorous and euphonious parts of the Koran, and the business men of Glasgow were accordingly much impressed. Had that melodious outpouring been literally translated, this and more of it is what the Scotch gentlemen would have heard:

"Moses answered, He saith she is neither an old cow nor a young heifer, but of a middle age between both; do ye therefore that which ye are commanded. She is a red cow, intensely red; her color rejoiceth in the beholders. She is a cow not broken to plough the earth or water the field; a sound one, there is no blemish in her. Then they sacrificed her; yet they wanted but little of leaving it undone."

But Colonel Lawrence, keeping a straight face, provided such a suitable and ready misinterpretation that they never suspected they had been hearing the proper qualifications of a sacrificial cow and not an eloquently-turned Oriental compliment to their hospitality.

### Singers Please Note.

Why is it that singers, good, bad and indifferent, invariably ignore on their programmes the writers of the songs verse? Surely the poet is entitled to some slight recognition, for the poem is the source of inspiration to the composer, the foundation of the interpretation and the current of understanding between singer and audience.

Who would want to hear a singer, no matter how beautiful the voice and melody, stand up and give sixty measures of Tra-la-la, and call it a song? We look for a poetic sentiment besides a well-sung melody, and we can only find it in the verse that existed before the song, and without which the song could not exist. Moreover, do not some powerful songs, such as "The Blind Bowmaker," "The Grey Wolf," "Flanders Fields," etc., although coupled with very beautiful music, make their dramatic appeal and lasting impression through the words?

There is no more reason to ignore the writer of the words than the writer of the melody, yet such is generally the case; and still worse, the programmes of many choruses, which even go so far as to print the poems in full, omit the names of the poets.

### A Close Observer.

"Oh, mamma," little Margaret exclaimed in an awed tone on returning from a visit to a spinster aunt noted for the prim neatness with which she kept her house. "I saw a fly in Aunt Maria's house." "But," she added thoughtfully, as if half justifying its presence, "it was washing itself."



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Safe which contains proven directions 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 Monocristallinester of Salicylicacid.

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### Australia's Child Brides.

Australian marriages during 1922 included 483 brides under seventeen years of age, the youngest being only thirteen, and seventy-three women of sixty-five years and over. The oldest bridegroom was eighty-six. Among the young mothers was a child of twelve, while six girls of only thirteen years gave birth to children. Referring to infant mortality, Dr. J. W. Springthorpe, president of the Health Association for Women and Children in Victoria, stated that Australia had lost 122,473 children under the age of five years between 1918 and 1922.

Cotton waste has been prohibited as packing for imports in Africa.



OH! MY BACK! Massage with Minard's and feel the pain disappear.



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## MISERABLE AND ALWAYS IN PAIN

Lydia E. Pinkham's Vegetable Compound a Dependable Help for Mothers

Port Greville, Nova Scotia.—"I took your medicine for a terrible pain in my side and for weakness and headaches. I seemed to float all over, too, and my feet and hands were the worst. I am the mother of four children and I am nursing my baby—the first one of four I could nurse. I took Lydia E. Pinkham's Vegetable Compound before the baby's birth, so you can see how much it helped me. I cannot praise it too highly for what it has done for me. I could nurse. I took Lydia E. Pinkham's Vegetable Compound is the only one that has helped me for any length of time. I recommend it to any one with troubles like mine and you may use my letter for a testimonial."—Mrs. ROBERT McCULLY, Port Greville, Nova Scotia.

Before and after child-birth the mother will find Lydia E. Pinkham's Vegetable Compound a blessing.

Many, many letters are received giving the same sort of experience as is given in this letter. Not only is the mother benefited, but these good results pass on to the child.

No harmful drugs are used in the preparation of this medicine—just roots and herbs—and it can be taken in safety by the nursing mother.

98 out of every 100 women reported benefit from its use in a recent canvass among women users of this medicine. C. ISSUE No. 29—25.