NERTOUS EXHIUSTION

The Only Sure Relief is to En

rich and Build Up the Blood. Nervous exhaustion is the cause of headaches and dizziness, and it is due. almost always, to conditions of im poverished blood. Tablets and pow ders for headaches should never be taken; they cannot possibly reach the root of the trouble, and are often most harmful. All that is needed to bring relief is a tonic that will enrich and purify the blood, and the very best tonic for this purpose is Dr. Williams Pink Pills. These pills have a direct action on the blocd, and in this way the headaches, dizziness and other had symptoms rapidly disappear. Mr Mark F. Taylor, Granby, Que., tells what this medicine did for him. He -"I had severe headaches which says: would be accompanied by vomiting These would last for two or spells. three days at a time. I would take one of these spells every three or four weeks, and it is almost impossible to describe the misory they caused me. I tried a number of medicines without getting relief, until one day my mother brought me six boxes of Dr. Williams' Pink Pills. When they were used I was feeling much better, and I got a further supply, and under the continued treatment every symptom of the treuble disappeared. I cannot speak too highly of this medicine for it certainly has done wonders for me."

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

High Speed.

Motion pictures have been made up to a speed of 15.000th of a second with a camera and lens invented by French scientist.

It has been estimated that there are always 1,000 thunderstorms in pro-gress all over the world.

Minard's Liniment for Neuralgia.

The Hardy Eskimo.

Why do the Eskimos never suffer ads? The fact is that the Es from colds? The fact is that the Es-kimo believes in having plenty of fresh air about his body, and makes a point of wearing the locsest garments maginable and no tight-fitting under clothing.

Authorities declare that it is use Eskimos allow frech air to circulate continually all over the body that they are the hardiest race in the world. As bables they go unclothed, being carried abcut in the hoods o their mothers' furs.

The . Eskimos' feet receive great care, and the women are credited with making the only absolutely waterproof boot in existence. It is made of sealskin, without the fur. "tanned" and kept pliable by chewing. The parts are sewn together with deer sinews, in a "lockstitch" which no other race seems to understand.

Within this boot of "chewed" seal skin a deerskin sock is worn, the hair being next to the skin. Sock and boot is one of the Canadian farmers who is come off together, and every night they are dried on a framework rigged bringing honor to Canada in international grain exhibitions. He was reabove an igloo oil-lamp, and the lamp cently the winner of the swoopstakes in rye at the International Grain and is kept burning day and night for this purpose and for the melting of snow Hay Show in Chicago. for drinking water. In the morning the first duty of the women is to "chew **GUARD THE BABY**

the boots" of the men. Owing to the pure cold air they breathe, and to the constant exercise

which gums and jaw get in chewing blubber, sealskin, and so on, Eskimos have very strong teeth. Such a thing as a cavity or any form of toothache is

nothing can equal Baby's Own Tab-lets. The Tablets are a mild laxative unknown The Eskimo is healthy also because that will keep the little one's stomach he drinks a large amount of snowwater. Indeed, his avidity for melted and bowels working regularly. It is a snow as a beverage keeps the wife busy melting snow or filling pails from

holes in the ice. Interlocking Blocks. A Wisconsin man is the designer of

building blocks with herring bone cine dealers or by mail at 25 cents a grocves on their upper and lower surfaces to make them interlock. Co., Brockville, Ont.

In one section of Madras, out of every 1,000 babies born in 1921, 522.6, or more than half, died.

HEALTH EDUCATION BY DR. J. J. MIDDLETON Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Where did the Jersey cow of to-day come from? From human intelligence plus the initial cow.

In this graphic way Mr. R. Seg-worth, field secretary of the Ontario Trustees and Ratepayers' Association, tried to impress on his hearers the value of education.

value of education. At the second annual meeting of the Lanark County Educational Associa-tion held recently in Perth, Mr. Seg-worth was one of the principal speak-ers and he handled his subject in a masterly manner. What education can do, what avenues of possibility it opens up, and what responsibility rests with the neople in keeping the Public

When is a person educated

developed for the service of the race. The future prosperity of Canada was dependent not upon her natural resources but upon the development of

What will Canada be in the future? What will Canada be in the future? What part will she take in the mold-ing and formation of the world's work, is being settled to-day in the Public Schools. The boys and girls at school to-day will be the statesmen, the busi-pass men and the nation builders of ness men and the nation builders of

tion held recently in Perth, Mr. Seg-worth was one of the principal speak-ers and he handled his subject in a masterly manner. What education can do, what avenues of possibility it opens up, and what responsibility rests with the people in keeping the Public Schools of this province up to a high standard, were some of the points emphasized. The first broad principle we should think about was the value of educa-tion, he said. Sometimes we met peo-tion, and while we knew their argu-nents were unsound and their position to a nswer them. We should ask tion to answer them anture's schet, the toristion can be looked for ignorance. When is a person educated? When or another and not a normal, healthy an an attire's were and the an and the an onther and not a normal, healthy an an exinct invert and an and nature's

CAN SWING PICK LIKE HE USED TO

Miner Thanks Tanlac For Putting Him Back On Job After Illness Forced Him to Quit. "When Tanlac helped my little grand-daughter so wonderfully I thought maybe the medicine would help me too. and since I've taken it I am feeling fine," said John Jones, 19 Sterling St., London Ontario. "I came here a year or so ago from

Calgary, where I was a miner, but had to quit on account of asthma," he continued. "I was hadly run down, and then I got a touch of preumonia that knocked me out completely. I couldn't and children. 10c a box. Taste like get my strength back, had no appoiite, was unable to work and didn't know what it was to get a good night's sleep.

"By the time I took three bottles of Tanlac I was eating just anything, sleeping like a log and I have been or the job ever since. My asthma doesn't

bother me so much now, and it's a race botween me and my little grand-daugh ter at meal time, for we both have splendid appetites.'

gists. Over 35 million bottles sold.



colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medibox from The Dr. Williams' Medicine

The Poor Man's Riches.

Grows Championship Grain.

John W. Lucan, of Cayley, Alberta,

AGAINST COLDS

To guard the bab against colds

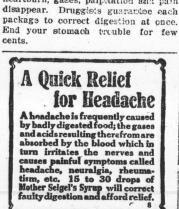
How many people realize that sleep is the most important thing in the world?

It is said that Napoleon, Wellington Frederick the Great and many other famous men slept on an average no more than four or five hours every

Whether this statement be true on not" its propagation has done an incalculable amount of harm. It has set us a false standard.

The fallacious inference has been drawn that to make the most of life we ought to sleep as little as possible. It is considered "clever" to be able to sit up late and rise early. We pretend to scoff at sleep as a waste of valuable time. "Sleepy-head" is one of the bit terest forms of reproach.

till three in the afternoon. We forget that the great Darwin, for all the mar velous work he did in his lifetime,



COARSE SALT LAND SALT **Bulk Carlots**

TORONTO SALT WORKS C. J. CLIFF . TORONTO

America's Fioneer Dog Remedies **DOG DISEASES** and How to Feed Mailed Free to any A6 drers by the Author. H. Clay Glover Go., Inc. 129 West 24th Street New York, U.S.A.

India's Jute. One hundred million sacks are made out of India's yearly jute crop. California takes twenty millions of these and China fifteen millions. The crop weighs 190,000 tons

MACHINER TORONTO

"Cascarets" 10c

Best Bowel Laxative

When Bilious,

Constipated

To clean out your bowels without

cramping or overacting, take Cascar-ets. Sick headache, biliousness, gases,

indigection, sour, upset stomach, and

all such distress gone by morning.

Nicest physics on earth for grown-ups

The most trying man to deal with

is the one who doesn't know what he

wants and is impatient because he

PETRIE'S

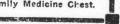
candy.

doesn't get it.

Pain?

For immediate relief rub the affected part with Minard's Liniment. It penetrates faster and further than any other, soothing and stopping pain. Two generations have crowned it King of Pain.

Minard's Liniment The Family Medicine Crest.

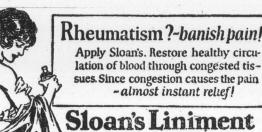




"My trouble began with a rash which later turned to pimples. The pimples were quite large and of a reddish color, and were scattered all over my face, neck and forehead. The itching and burning were so severe that I could not help scratching. My face was disfigured for ta year. 2= 例

face was disfigured for about a year. "The trouble lasted about a year before I began using Cuticura Scap and Ointment. They afforded relief within two weeks, and at the end of six weeks I was healed." (Signed) Clarence J. Burnell, 474 Tyler St., Pittsfield, Mass., Jan. 4, 1921.

Use Cuticura for all toilet purpos Sample Each Freeby Mail. Address: "Lymans, Jim. Hed, 344 St. Paul St., W., Montreal." Sold every-where, Sonp 25c. Ointment 25 and 50e. Talcum 25c.



Classified Advertisements. AGENTS WANTED.

WANTED-RELIABLE AGENTS On commission, for nursery firm with 26 years' experience; free equip-ment; weekly pay. Welland Nursery Co., Welland, Ont.

THE SCARE BURGLARS ALARM New invention. A sure scare. No office, store, cellar, or any place of value should be without them. Can be attached to any window or door, \$2.00. Agents wanted. Ben Johnson, Box 1873, Wel-land, Ont.

HELP WANTED-FEMALE.

HELP WANTED. WE REQUIRE parties to knit men's wool socks for us at home, either with machine of by hand. Send stamp and addressed envelope for information. The Ganadian Wholesale Distributing Co.. Dept. 6, Orillia. Ont. rillia, Ont.

WANTED-EXPERIENCED KNIT-TERS wanted to operate Cotton patent machines making shirts, drawer and combinations. Apply, stating experi-ence, to C. Turnbull Co., Ltd., Galt, Ont NURSES.

N IAGARA FALLS MEMORIAL Hospital Training School for Nurses (Registered) offers a three (3) year course to students; affiliating with the Children's Hospital, Buffaio, N.Y. eight-hour duty; requirements; one year of High School or its equivalent Fur-ther information upon request to Mem-orial Hospital, Nagera Falls, New York, Superintendent of Nurses.

BELTING FOR SALE

B ELTING OF ALL KINDS. NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at low-est prices in Canada. York Belting Co., 115 York St., Toronto.

Cork, iron, and even glass have been experimented with for making roads to stand heavy motor traffic. Minard's Liniment for Rheumatism.

The victim of the bent pin know when it is time to get up.

MRS. MISENER'S **ACHES AND PAINS**

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont. - "When I wrote to you for help my action was mostly

ay action was mostly prompted by curies, ity. I wondered if I, too, would benefit by your medicine. It was the most profit-able action I have ever taken, I heart-ily assure you, for ily assure you, for through its results I am relieved of most of my sufferings. I have takensix boxes

have takensix boxes of Lydia E. Pink-ham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting writer my work called for. I strained myself, causing and, in the heavy litting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting per-manent relief, when I started to take your medicines."—Mrs. GOLDWIN MIS-ENER, Branchton, Ont.

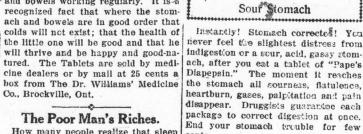
Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a freecopy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women." C



-kills pain!

We forget Boswell's accounts of the incomparable Dr. Johnson lying about

MONEY ORDERS. It is always safe to send a Dominion xpress Money Order. Fiv an extinc



When or another and not a normal, healthy land in T his inherent faculties are unfolded and human being. volcano 8,500 feet high.



Is Your Family United at Mealtime?

OU say "No" to the children when tea or coffee is being passed; but while explaining that little folks should not risk health, do you drink tea or coffee yourself?

Your health is valuable, too-and their need for a hot drink with breakfast may be as great as yours.

POSTUM

sent, postpaid, fo in stamps, Write

There's complete satisfaction in Postum, and safety alike for young and old. Postum is made from clean, hard wheat and is free from any element of harm. It has a pleasing aroma, delightful flavor-and thousands who have wisely stopped tea and coffee are finding satisfaction, comfort and better health, in wholesome Instant Postum.

At your Grocer's in Sealed, Air-tight Tins

Instant Postum FOR HEALTH "There's a Reason"

Canadian Postum Cereal Co., Limited 45 Front St., E., Toronto Factory: Windsor, Ontario



A Critical Moment Mrs. John—"Ouija, if I shculd die would John marry again?" John (in a very low whisper)-"For goodness sake, Ouija, have a heart!

The Best Preacher. Martin Luther in his autobiography said: "I have one preacher that I love better than any other upon earth; it is my little tame robin, which preaches to me daily. I put his crumbs on my window-sill, especially at night. He hops to the sill when he wants its supply, and takes as much as he desires to satisfy his need. From thence he always hops on to a little tree close by, and lifts up his voice to God, and sings his carol of praise and gratitude, tucks his little head under his wing, and goes fast asleep, and leaves to-morrow to look after itself. He is the best preacher I have on earth "

China has magazines for women, but they are all edited by men.

188UE No. 4-'22.

For rheumatism, bruises, strains, chest colds ASPIRIN

Made in Canada

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism -	
Toothache	Neuralgia	Neuritis	
 Earache	Lumbago	Pain, Pain	

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 Mono-cectioneldester of Salierbloadd. While it is well known that Aspiri means tayer manufacture, to assist the public axiast initiations the Tablets of Bayer Company will be stamped with their general trade north, the "Bayer Cross."