

## NERVOUS EXHAUSTION

**The Only Sure Relief is to Enrich and Build Up the Blood.**

Nervous exhaustion is the cause of headaches and dizziness, and it is due, almost always, to conditions of impoverished blood. Tablets and powders 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 blood, and in this way the headaches, dizziness and other bad symptoms rapidly disappear. Mr. Mark F. Taylor, Granby, Que., tells what this medicine did for him. He says:—"I had severe headaches which would be accompanied by vomiting spells. These would last for two or three days at a time. I would take one of these pills every three or four weeks, and it is almost impossible to describe the misery 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 trouble 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 a French scientist.

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

Minard's Liniment for Neuralgia.

## The Hardy Eskimo.

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

Authorities declare that it is because Eskimos allow fresh air to circulate continually all over the body that they are the hardiest race in the world. As babies they go unclothed, being carried about in the hoods of 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 seal-skin, 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 coat of "chewed" seal-skin a deerskin sock is worn, the hair being next to the skin. Sock and boot come off together, and every night they are dried on a framework rigged above an igloo oil-lamp, and the lamp is kept burning day and night for this purpose and for the melting of snow for drinking water. In the morning the first duty of the women is to "chew 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 unknown.

The Eskimo is healthy also because he drinks a large amount of snow-water. Indeed, his avidity for melted 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 grooves on their upper and lower surfaces to make them interlock.

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



Grows Championship Grain.

John W. Lucan, of Cayley, Alberta, is one of the Canadian farmers who is bringing honor to Canada in international grain exhibitions. He was recently the winner of the sweepstakes in rye at the International Grain and Hay Show in Chicago.

## GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that 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 medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### The Poor Man's Riches.

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 day.

Whether this statement be true or 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 bitterest forms of reproach.

We forget Boswell's accounts of the incomparable Dr. Johnson lying about till three in the afternoon. We forget that the great Darwin, for all the marvelous work he did in his lifetime, could not work more than two or three hours a day.

Sleep is more than the mere "suspension of bodily activity" that the older scientists used to call it. A continual process of reconstruction goes on all through the body while we sleep. It is only then that food eaten in the daytime goes through the later stages of transformation into bodily tissue, repairing the ravages of yesterday and preparing for the labors of to-morrow.

The nearest we can come to a general rule is: Sleep until you feel refreshed.

### Iron in Malay States.

A new and valuable deposit of iron ore has recently been discovered in the Malay States.

The largest and only inhabited island in Tristan da Cunha is an extinct volcano 8,500 feet high.

## 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 badly run down, and then I got a touch of pneumonia that knocked me out completely. I couldn't get my strength back, had no appetite, 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 on the job ever since. My asthma doesn't bother me so much now, and it's a race between me and my little grand-daughter at meal time, for we both have splendid appetites."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

## PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

## A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

## COARSE SALT LAND SALT

Bulk Carlots TORONTO SALT WORKS C. J. CLIFF TORONTO

## America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., 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.

## MONEY ORDERS.

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

## "Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach, and all such distress gone by morning. Nicest physics on earth for grown-ups and children. 10c a box. Taste like candy.

The most trying man to deal with is the one who doesn't know what he wants and is impatient because he doesn't get it.

## PETRIE'S MACHINERY TORONTO

## 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 Chest.

## SEVERE ITCHING BURNING PIMPLES

Over Face and Neck. Face Disfigured. Cuticura Heals.

"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 about a year.

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

Use Cuticura for all toilet purposes. Sample Each Free by Mail. Address: "Lyman, Little, Inc., 244 St. Paul St., Montreal." Sold everywhere. Soap 25c. Ointment 25c. and 50c. Cuticura Soap shaves without mug.

**Rheumatism?—banish pain!**  
Apply Sloan's. Restore healthy circulation of blood through congested tissues. Since congestion causes the pain—almost instant relief!

**Sloan's Liniment**  
Made in Canada —kills pain!  
For rheumatism, bruises, strains, chest colds

# ASPIRIN

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-acetic ester of Salicylic acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

## Classified Advertisements.

**AGENTS WANTED.**  
WANTED—RELIABLE AGENTS—On commission, for nursery firm with 25 years' experience; free equipment; 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. \$3.00. Agents wanted. Ben Johnson, Box 1878, Welland, Ont.

**HELP WANTED—FEMALE.**  
HELP WANTED. WE REQUIRE parties to knit men's wool socks for us at home, either with machine or by hand. Send stamp and address for prospectus. The Canadian Wholesale Distributing Co., Dept. 6, Oshawa, Ont.

**WANTED—EXPERIENCED KNIT.**  
TERS wanted to operate Cotton's patent machines making shirts, drawers and combinations. Apply, stating experience, to C. Turnbull Co., Ltd., Galt, Ont.

**NIAGARA FALLS MEMORIAL**  
Hospital Training School for Nurses (Registered) offers a three (3) year course to students; affiliating with the Children's Hospital, Buffalo, N.Y., eight-hour duty; requirements: one year of High School or its equivalent. Further information upon request to Memorial Hospital, Niagara Falls, New York, Superintendent of Nurses.

## BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest 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 knows 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 prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken. I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham'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 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 permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.

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

## 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 today come from? From human intelligence plus the initial cow.

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

At the second annual meeting of the Lanark County Educational Association held recently in Perth, Mr. Segworth was one of the principal speakers 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 he should think about was the value of education, he said. Sometimes we meet people who speak disparagingly of education, and while we knew their arguments were unsound and their position untenable we might not be in a position to answer them. We should ask these persons to name one single possession they had that was not directly due to education. We had nothing except the sun and air and nature's undeveloped resources. He spoke lightly of education proclaimed his own ignorance.

When is a person educated? When his inherent faculties are unfolded and

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

What will Canada be in the future? What part will she take in the molding and formation of the world's work, as being settled to-day in the Public Schools. The boys and girls at school to-day will be the statesmen, the business men and the nation builders of to-morrow.

What is being taught in the school is of tremendous importance in shaping their own and their nation's destiny. Emphasis was laid on the point of health. If the child is not in good health physically, its mentality will suffer. It has been truly said that one can neither teach a child who is suffering from cold feet, nor educate a child with a headache. To make an impression for good on the mind, one must see that the child's physical condition and wants have been given consideration. A hungry child is hard to teach; the hot midday meals has proved to be a Godsend in many rural schools. His teeth, tonsils, adenoids, sight, hearing, his general condition, all must be given attention before any great hopes for the complete success of his education can be looked for. Otherwise the child is growing up below par, physically unfit in one way or another and not a normal, healthy human being.

## Is Your Family United at Mealtime?



YOU 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.

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"



A generous sample tin of Instant Postum will be sent postpaid, for 4c in stamps. Write:

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



### A Critical Moment

Mrs. John—"Outja, if I should die would John marry again?"  
John (in a very low whisper)—"Per goodness sake, Outja, 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 his 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.

ISSUE No. 4—22.