

## THE CAUSE OF BACKACHE

Only in Rare Cases Does Backache Mean Kidney Trouble.

Every muscle in the body needs constantly a supply of rich, red blood in proportion to the work it does. The muscles of the back are under a heavy strain and have but little rest. When the blood is thin they lack nourishment, and the result is a sensation of pain in those muscles. Some people think pain in the back means kidney trouble, but the best medical authorities agree that backache seldom or never has anything to do with the kidneys. Organic kidney disease may have progressed to a critical point without developing a pain in the back. This being the case, pain in the back should always lead the sufferer to look to the condition of his blood. It will be found in most cases that the use of Dr. Williams' Pink Pills to build up the blood will stop the sensation of pain in the ill-nourished muscles of the back. How much better it is to try Dr. Williams' Pink Pills for the blood than to give way to unreasonable alarm about your kidneys. If you suspect your kidneys, any doctor can make tests in ten minutes that will set your fears at rest, or tell you the worst. But in any event to be perfectly healthy you must keep the blood in good condition, and for this purpose no other medicine can equal Dr. Williams' Pink Pills.

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

The Waterloo medal was the first given to all ranks alike.

## Origin of Steeplechase.

The etymology of steeplechase is too obvious to need set explanation. Founders of the sport merely fixed upon a distant steeple and rode straight to it, crossing gallantly hedge, ditch, piling, turf or timber, pasture, crops, moorland or ridge and furrow—whose riding straightest, came in first and was winner.

But there are few, indeed, to whom a wild goose chase bears any implication of sport, yet the phrase derives from a sport hazardous, indeed. It is said to have begun in Ireland, where a chosen leader took mounted men across country, but these always the roughest, wildest going to be found. If mischance befell the leader some other took up the office—occasionally there was a change of leaders if the first proved timorous. For danger real and thrilling was the spice of the wild goose chase.

The winner was not he who came home first, but he who had flunked nothing in the route, even possibly have gone further around to negotiate an extra hazard.

Knowing this I have wondered a little if the Wild Geese—the Irish legions who, fighting for alien kings, have shown themselves prodigies of valor—did not take their name from the sport nearest the heart of their homeland.

### Scientific Proof.

One day a teacher was having a first-grade class in physiology. She asked them if they knew that there was a burning fire in the body all of the time. One little girl spoke up and said:

"Yes'm; when it is a cold day, I can see the smoke."

Minard's Liniment for Garget in Cows.



## With The BOY SCOUTS

The Owen Sound Council of the Boy Scouts was reorganized recently and new plans and new life were injected into this work among the boys. The local Rotary Club is behind Owen Sound Scouting strong, and recently devoted one of its weekly meetings to a Boy Scout dinner at which Executive Secretary Frank C. Irwin of Toronto was the chief speaker. It was announced that there are now five Boy Scout Troops in the city and that three more will probably be formed before the end of the year. There will be general reorganization of the Scout movement in the city and all Scout bodies will be brought under one central governing council. In addition new troops will be organized and the work carried on in districts not now covered.

A meeting was held in Hamilton recently of the special committee in whose hands are the arrangements for the mammoth Scout display to be held some time in the early part of the coming year. It was decided that in addition to the actual display, booths will be erected which will illustrate the different subjects boys are taught to enable them to pass the Scout proficiency badge tests. The planning of the entertainment was left in the hands of a sub-committee and all the local Scoutmasters have been asked to inform this committee of all talent possessed as soon as possible.

William Aitchison was elected president of the Border Cities' Boy Scout Council at a meeting of the council held recently in Windsor. Mr. Aitchison was vice-president last year and has been actively identified with Scout work in the Border Cities for four years. He was president of the Fourth Troop when it was organized four years ago. It was arranged at the meeting that an officers' training course be opened in the Border Cities for the benefit of young men who have been Scouts or are interested in Scout work.

## "Cascarets" if Sick, Biliious, Headachy from the Bowels

Get a 10-cent box now. You men and women who can't get feeling right—who have headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are bilious, nervous and upset, bothered with a sick, gassy, disordered stomach, or have a bad cold. Are you keeping your bowels clean with Cascarets, or merely forcing a passage every few days with salts, cathartic pills or castor oil? Cascarets work while you sleep; cleanse the stomach of sour, fermenting food and foul gases; take the excess bile from liver and carry out of the system all the constipated poison in the bowels. A Cascaret physic to-night will straighten you out by morning.

Cock-Crowing Belgian Sport. Cock-crowing competitions are very popular among the working classes in Belgium. The roosters are ranged in cases, and official markers note the number of crows. The cock that has uttered its shrill cry the most times in an hour carries off the prize.

## Soldiers Learned Value of Forests.

The remarkable increase in the interest which Canadians are taking in their forests is attributed by some to the fact that members of the Canadian Expeditionary force in the war came home with a new conception of how vital forests are to any state, both in peace and war, and also how large a proportion of land in countries of dense population is devoted to forest culture. This is doubtless one reason, and the rise in the cost of forest products of all kinds has also been a contributing factor. Perhaps the chief reason has been the realization by both civilians and soldiers of the folly, amounting to criminality, of allowing a great natural resource to be destroyed by the careless handling of fire.

Honey Refrigerator in Hives. It is the habit of bees to place their honey in the coolest place in the hive, and the young insects in the warmest.

Great Drydock. The greatest drydock on the Mediterranean is planned by the Italian Government at Naples.

Some Fish Never Sleep. Salmon, pike and goldfish are said to be the only fish that never sleep.

The Persians have a different name for each day in the month.

The leech is the only animal that possesses three separate jaws.

Still hope! It is foolish to be sorry you came until you reach the end of the road.

In Italy wheeled traffic keeps to the left in the large towns, but to the right in the country.

The nettle, which has eighteen common varieties, is the most widely spread of any wild plant.

## WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. The Tablets are a perfect home remedy. They regulate the bowels and stomach; drive out constipation and indigestion; break up colds and simple fever and make baby healthy and happy. Concerning them, Mrs. Noble A. Pye, Ecum Specum, N.S., writes:—"I have found Baby's Own Tablets of great benefit for my children and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Predicts Armageddon Within the Decade.

An astrologer who signs himself "Septarial," writing in the British Journal of Astrology, says that the year 1926 is destined to shake the world to its foundations, both physically and politically.

After general trying misfortunes, he says, there will be a battle of Armageddon, with the entry six years later of "the Mighty One of Israel."

The great final conflict, he says, will be waged against Mohammedanism allied with the Bolsheviks, which will push in the direction of the Holy Land, where, north of Jerusalem, the fight will be carried to its predestined end. Four great Powers will be allied against the Anglo-Saxons, which will be gathered again from all parts of the earth. There will be a British-Israel victory in the end and universal peace.

MONEY ORDERS. Remit by Dominion Express Money Order. If lost or stolen you get your money back.

A Gas from Wood. Sulphite turpentine gas given off when wood is boiled in paper-making is used in making TNT.

His Hearing Restored. The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated, or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York City, will be given a prompt reply.

## LUMBERMAN'S FRIEND



COARSE SALT LAND SALT Bulk Carlots TORONTO SALT WORKS C. J. CLIFF - TORONTO

When your head is dull and heavy your tongue furred, your bowels constive; when you have no appetite for food, no strength for work and no interest in life; your stomach is at fault. You need Mother Seigel's Syrup, which contains medicinal extracts of more than ten different roots, barks and leaves, which are wonderfully beneficial upon the digestive organs. Sold in 50c. and \$1.00 bottles at drug stores. 7-921

## Angels' Hair Candy Made from Gourds.

In Spain and the Canary Islands has long been grown a kind of gourd, the size of a small watermelon, green blotched with white, which is very good to eat. It is called "pantama," and until recently botanists have supposed that it came from the Far East, another name for it being "Siam gourd."

It turns out, however, that this gourd is of American origin, and was eaten by the people of Mexico long before the days of Cortez and Montezuma, being known to them as "chilacayote." The Spaniards took it to Europe and introduced it in their own country.

A curious thing about it is that its white flesh, when the gourd is cooked, resolves itself into long filaments resembling vermicelli. Cut in quarters and boiled forty-five minutes, the vegetable is then transferred to cold water, whereupon, with a little stirring, the pulp detaches itself from the rind and takes the form of slender threads, which may be served with soup, with milk, "au gratin" with cheese, or in various other ways.

In the Canary Islands the vermicelli filaments are converted into a delicious candy by putting them into boiling syrup and cooking until the syrup cracks in cold water. The candy thus made is pretty, transparent, light yellow in color, and is called "angel's hair."

In a certain public park there are seats around the bandstand with this notice posted on them: "The seats in the vicinity of the bandstand are for the use of ladies. Gentlemen should make use of them only after the former are seated."

The actual weight of the human brain or the size of the head is no sign of special intelligence.

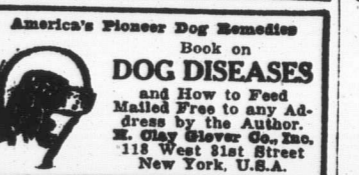
Minard's Liniment for Distemper.

A grasshopper's ears are just below its knees.

## Mother! Clean Child's Bowels With California Fig Syrup

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.



## USE SLOAN'S TO EASE LAME BACKS

YOU can't do your best when your back and every muscle aches with fatigue. Apply Sloan's Liniment freely, without rubbing, and enjoy a penetrating glow of warmth and comfort.

Good for rheumatism, neuralgia, sprains and strains, aches and pains, sciatica, sore muscles, stiff joints and the after effects of weather exposure.

For forty years pain's enemy. Ask your neighbor. Keep Sloan's handy. At all druggists—35c, 70c, \$1.40. Made in Canada. Sloan's Liniment (Pain's enemy)

## PAGE'S PAY CHECK NOW MUCH BIGGER

CAN WORK EVERY DAY SINCE TAKING TANLAC.

Troubles Gone, He Eats Anything and Feels Fine All the Time Now.

"I am putting in full time at work since Tanlac has got me in such fine shape," said William Page, 29 Hamilton St., Toronto, Ont.

"My troubles had been pulling me down for six years and during all that time I hardly knew what it was to ever feel good. My stomach was all out of order and as regular as I ate anything I had to pay for it in suffering. There was a burning like fire in my stomach, I would blot all up with gas that nearly cut off my breath and at times I had such smothering spells that I thought each breath would be my last. I had frequent attacks of rheumatism in both knees and ankles and sometimes these spells nearly laid me out altogether. My nerves were all unstrung, I was restless all night long and could sleep but little, and when morning came I never felt fit for work.

"But Tanlac straightened me out and to-day I am feeling fine and in absolutely sound health. I have a corking good appetite and can eat anything set before me and digest it as good as I ever could. My nerves are strong as steel and the rheumatism has just about completely gone. I sleep like a top and get up mornings ready for a big day's work."

Tanlac is sold by leading druggists everywhere. Adv.

Bar Magnet. An inventor has mounted a small bar magnet on a hinged support to pick up phonograph needles.

## Classified Advertisements.

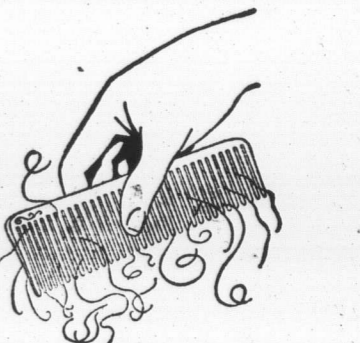
HELP WANTED. LADIES WANTED—TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

PLAYER PIANO FOR SALE. BELL PLAYER PIANO IN GOOD condition, with a large number of music rolls, for sale at a bargain. L. Costello, 73 West Adelaide Street, Toronto.

BELTING FOR SALE. ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 116 YORK STREET, TORONTO.

## DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.



35-cents buys a bottle of "Danderine" at any drug store. After one application you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more color and abundance.

## THE MISERY OF BACKACHE

Removed by Lydia E. Pinkham's Vegetable Compound.

Meaford, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache, and I also had a female weakness. I felt dizzy and nervous, and was without energy. I had to force myself to do my work, and was always tired. Saw a Pinkham advertisement which induced me to take the Vegetable Compound, and my back gradually stopped aching and I felt lighter in spirits. I am recommending the Vegetable Compound with pleasure to all I meet who complain as I did."—MILDRED EROOK, Meaford, Ont.

## Woman's Precious Gift

The one which she should most zealously guard is her health, but she often neglects to do so in season until some ailment peculiar to her sex has fastened itself upon her. When so affected women may rely upon Lydia E. Pinkham's Vegetable Compound, a remedy that has been wonderfully successful in restoring health to suffering women. If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

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## 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.

There appears to be a doubt in the mind of many of my correspondents as to what Public Health actually means. At the head of the column in which I write articles on Public Health, questions on Public Health subjects are invited, and I shall be glad to answer such questions. But in many cases letters are received from people asking me for suggestions regarding treatment for some ailment they have and which they would like to get rid of. Now I desire to make it plain that I cannot answer questions of this sort. It would be useless for me to do so if I wanted to, for I have not seen the patient and could not diagnose their trouble from statements in a letter. Besides, treatment of disease is the particular and special work of the family or local physician. He is the man on the spot and the right man to consult in cases where medical advice is desired.

For instance, one woman writes that she enjoys my articles on Public Health and wants to know if I could tell her what to do for a "floating kidney." In another case a mother writes to say that her baby had a heat rash and wishes to know what she should do for it, while just this morning I received a letter from an old gentleman to say that he had fits and wanted me to tell him what treatment he should adopt.

Now, there are many similar letters reaching me which I need not relate

here, but in every case I have to refer such cases to the physician.

The work of a Public Health official deals largely with hygiene and preventive medicine, and by these terms I mean ways and means of preserving health and keeping the body and mind in full strength and vigor, and giving warnings of danger to health that will undoubtedly follow neglect of hygienic principles either in personal or community life. As regards the care and treatment of the sick, that is a phase of medical work by itself, and the local physician is the man to deal with sickness in any community.

The Public Health official is really a teacher and sanitarian. His work is preventive, rather than curative—in fact about the only instance where Public Health officials undertake treatment is in the prevention or control of communicable or infectious diseases when such diseases are a menace to the health of other people.

My advice to all those who write to me telling of their personal ailments is to see their doctor, because these ailments are not in the line of Public Health work. My purpose is especially to keep people well, and to this end I shall be glad to answer any questions that may help anyone to remain in good health and preserve their full vigor and activity, and I shall try to give full publicity to those principles of hygiene that tend to maintain health and happiness and raise the general standard of living.

## Real Rest Depends Largely Upon the Depth of Your Sleep

A warning to "light" or "poor" sleepers

The deeper and sounder you sleep the better you feel. Five hours sound refreshing sleep does you more actual good than ten hours restless, disturbed sleep.

This is because the final conversion of food into vital tissue and nerve cells goes on more rapidly when the physical and mental forces are at rest.

You can't get sound, refreshing sleep if your nerves are agitated with tea or coffee. Both these drinks contain caffeine, which is sometimes very irritating to the brain and nervous system.

If you want to know the joy, vigor and stamina that comes to the person who gets sound, healthful sleep, why not stop taking tea or coffee for a while, and drink delicious, invigorating Postum instead.

Thousands of people everywhere have found that this was the only thing they needed in order to bring about these very happy results.

Order Postum from your grocer today. Drink this delightful cereal beverage of satisfying flavor, for a week. Perhaps, like thousands of others, you'll never be willing to go back to tea or coffee.

Postum comes in two forms: Instant Postum (in the made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health "There's a Reason"