

18 MAY 22

HIS NERVES NOW STRONG AS EVER

How An Ontario Teacher Regained Good Health.

"I am a school teacher by profession," says Mr. James R. Thomson, R.R. No. 1, Centralia, Ont., "yet when I started school teaching I was in very poor health. I suffered a nervous breakdown, brought on by overwork and no relaxation. I was unable to think, to act, or even to eat properly. Queer little prickly sensations were continually running up and down my back, my arms and my legs, like so many needles, seeming at times to fairly paralyze me, and often my heart was thumping like a trip-hammer. I determined to consult our family doctor, and he immediately put me under orders. I had to give up my school and return home in order to recuperate my lost health. Milk was his chief remedy, and I drank quarts of it; yet, though it helped me, it did not build me up to my normal condition—something was missing; something my system was calling for, better blood. One day, when I picked up a newspaper, I came across an advertisement of Dr. Williams' Pink Pills suggesting just what was needed in my case—new, rich, red blood. I immediately sent for a box, and when the doctor visited me, I told him I had decided to try Dr. Williams' Pink Pills and he seemed satisfied. By the time my box was nearly done, and I determined to get another, by the time I had finished this I was gradually coming back to normal. My strength was returning. I could sit and walk without strain. For the next few weeks I continued to take the pills, and they were working wonders with me. My head was becoming clearer, my memory better, and my nerves were becoming steadier. I began to go out frequently, enjoying myself. My appetite improved and was even better than before I had my breakdown. I was myself again. I got back my school, and to this day I have had no return of the trouble, and now when anyone comes to me with nervous trouble, I instantly suggest Dr. Williams' Pink Pills as a remedy, as I believe that what they did in my case they will do for others."

Dr. Williams' Pink Pills can be obtained from 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.

What About the House Fly?

It must be remembered that the fact that the house fly is a source of danger in the transmission of disease has never been exaggerated. It does not require any scientific knowledge to appreciate this fact, inasmuch as this pest transmits disease for the most part mechanically. That is, by coming in contact with excretions of different kinds, thrown off by those suffering from the various communicable diseases, and then passing directly from these to the various articles of food, many of which afford a favorable culture medium for these germs, for instance, the milk on our table and in our kitchens and pantries. While the mosquito is only responsible for the transmission of two different diseases, that is malaria and yellow fever; and the body louse only responsible for the transmission of typhus fever; and the flea that infests the rat for the transmission of bubonic plague, yet the fly transmitting germs mechanically on its legs, body, etc., may be responsible for the transmission of various diseases. Furthermore, the fact of its being such a disgustingly filthy pest should more than warrant its extermination, even if it were not responsible for the transmission of disease.

The only way to efficiently abolish the house fly is to destroy the breeding places. However, it is well to remember that every fly killed now may save the killing of millions within two months' time.

Ex-Kaiser's Cruel Conduct at Father's Deathbed.

"Why didn't father fall at Woerth?" meaning the battle of Woerth—Sauer in the Franco-German war in 1870, when the then Crown Prince Friedrich Wilhelm defeated the French. "It would have been lucky," said the ex-Kaiser Wilhelm to his mother, the daughter of Queen Victoria, according to Robert Dohme, who was a member of the court of Wilhelm's father, Friedrich III. In his memories, now being published, Dohme in referring to the well known differences between father and son, describes the selfish behavior of Wilhelm's entourage on the occasion of his father's death. The day before he died officers attached to Wilhelm's suite forcibly entered the castle and occupied its rooms, making themselves at home and behaving like masters toward the attendants.

The castle was surrounded by troops under the command of Wilhelm's friends, who cut the castle off from communication with the outside world. While Kaiser Friedrich was dying nobody, not even physicians, could enter or leave without a permit from Wilhelm's friends.

Dohme concludes: "How the court had changed! A mild regime gave place to the sword. One could imagine oneself in the midst of Russia!"

Men who make good use of their time have none to spare.

The cimbabues of London travel about 85,000,000 miles in a year.

BITS OF HUMOR FROM HERE & THERE

It is.
Club—"What do you think of Czechoslovakia?"
Dub—"Well, it's hard to say."

She Should Worry.

"I hear you are going to Canada with your husband, Sarah," said the mistress to her cook, who was leaving to get married. "Are you not nervous about the voyage?"
"Well, ma'am," said Sarah, "that's his look-out. I shall belong to him, and if anything happens to me, it'll be his loss, not mine!"

A Woman's Reply.

There is no use trying to joke with a woman.
The other day Jones heard a pretty good conundrum and decided to try it on his wife.
"Do you know why I am like a mule?" he asked her when he went home.
The wife did not even stop to think. "No," she replied promptly. "I know you are, but I don't know why you are."

Amended.

A school inspector in the North of England asked a child in a primary school to tell him as nearly as possible what he understood a pilgrim to be.

"A pilgrim is a man who goes about a good deal," was the reply.
This seemed hardly satisfactory to the inspector, and he said:
"I go about a good deal, but I am not a pilgrim."
"Please, sir, I mean a good man," was the eager addition.

Worked Both Ways.

"Here's a wonderful thing!" said the fascinating widow. "I've just been reading about a man who reached the age of forty without learning to read or write. He met a woman, and for her sake he studied hard and made a scholar of himself in two years!"
The disillusioned suitor smiled sourly.
"That's nothing," he said. "I know a man who was a profound scholar at forty. Then he met a woman, and for her sake made a fool of himself in two days."

One on the Doctor.

A Dublin physician, attended by a number of medical students, was making the round of his ward, and stopped beside a bed whereon lay a man with a very prominent chest.
The physician, having elicited from the sick man the fact that he was in the habit of playing a wind instrument, went on:
"Yes, yes; all that puffing and straining is most prejudicial to the lungs, most prejudicial."
"What wind instrument used you to play?" he asked, addressing the patient. To the huge delight of the students, the patient replied:
"The concertina, sir."

Why the Salmon is Pink.

Men of science were long puzzled to know why the various salmon and trout have red or pink flesh. Now they believe that the color comes from the food that they eat. All of the salmon family are particularly fond of shellfish; and trout eagerly feed on fresh-water shrimp. It is well known that when lobsters, prawns, and shrimp are cooked the flesh turns pink; similarly the process of digestion turns shellfish pink. When a shrimp is found in the stomach of a salmon or a trout the gastric juices of the fish have turned it almost as red or pink as if it had been boiled. Therefore, even if we had no definite proof, we might believe that the color of the flesh of salmon and trout results from the considerable quantities of various small shellfish that the fishes eat.

But there is definite proof. Several years ago Professor Leger of the Piscicultural Laboratory at Grenoble, France, made experiments with trout to determine what gave their flesh its color. He separated the eggs from one trout into two lots and hatched them in different troughs. He fed one lot of young fish exclusively on fresh-water shrimps; to the other lot he gave no shrimps whatever. At the end of the second year the trout that had fed on shrimps had salmon-colored flesh, but the flesh of the other trout was perfectly white.

But some one may ask, Why is the flesh of shellfish red or pink? That is a harder question to answer. Perhaps the color comes from the food the shellfish eat.

Not long ago chemists of the Department of Agriculture at Washington examined some pink oysters that had been found in Long Island Sound and declared that they were delicious. The chemists suggested that possibly the bright hue of the flesh was caused by food that contained wild-carot bacilli and other similar micro-organisms.

Minard's Liniment for sale everywhere

Of French invention is a portable crane that can lift 30 times its own weight.

ISSUE No. 19-22.

MME. BROCHU LIVED ON VICHY AND MILK DIET

But Now Montreal Woman Eats Anything and Feels Fine All the Time—Gives Tanlac Full Credit.

"For nearly five months before taking Tanlac I had to live on milk and vichy water alone," said Mme. Louise Brochu, 1366 Amity St., Montreal, Que. "I suffered so much the past two years I was almost a wreck. My indigestion was so bad I was almost afraid to eat for everything disagreed with me. My liver got to troubling me too, and pains in my side nearly run me wild. Nearly every night my sleep was broken by terrible headaches."

"I took the first bottle of Tanlac to please my husband, who worried over my case, but my second bottle I took of my own accord for I was beginning to feel so fine. I have a good appetite now, eat anything, and have no more trouble from pains or sleeplessness. I think Tanlac is wonderful."

Tanlac is sold by all good druggists.

Searchlight of 500-Foot Range.

From the pocket flashlight operated by two or three dry cells of minute size the battery searchlight has been steadily improved until remarkable results are obtained.

Some time ago there was devised a searchlight of 500 foot range operating on six or eight volts. More recently a battery searchlight has been introduced with a range of 2,000 feet up to half a mile, operating on six volts. Equipped with a seven and one-half inch adjustable focus, single shell reflector, on a recent photograph test one of these searchlights gave 453 candle-power.

The combination of a nitrogen filled tungsten lamp and a correctly designed reflector has worked wonders for the battery operated searchlight.

MONEY ORDERS.

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

Content.

Life's simplest things are love, and kindly friends,
Nature's sweet charm of earth and sea and sky;
Gladness of soul that with right living blends—
Home's dear content, so cheap that all may buy.
—Ripley D. Saunders.

"I have done only one sensible thing in my life; to cultivate the ground."—Voltaire.

O. McPherson,
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ferer for three years, not able to do
my housework. My husband was
discouraged, for I was no better and
had had the doctor all this time and
nothing helped me. I was always
sleepy, had no appetite and suffered
with my left side. My mother in
England recommended Lydia E.
Pinkham's Vegetable Compound be-
cause it had helped my sister, so I
have been taking it. I am now able
to do my housework and I can not
praise your medicine too highly as
I have great hopes for the future. I
will tell anyone who writes to me
what good it has done me."—Mrs. E.
Masson, St. Henry P.O., Montreal.

For nearly fifty years Lydia E.
Pinkham's Vegetable Compound has
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helped Mrs. Masson; oftentimes
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