

WHY BACKS ACHE

The Kidneys Seldom to Blame—
The Trouble Due to Blood
Impurities.

There is more nonsense talked about backache than any other trouble. Some people have been frightened into the belief that every backache means deadly kidney trouble. As a matter of fact no one backache in twenty has anything to do with the kidneys. Most backaches come from sheer weakness and kidney drugs can't help that. You need something to improve your blood and build you up, and that is exactly what Dr. Williams' Pink Pills will do. Some backaches are really muscular rheumatism; some are the symptoms of such ailments as influenza, indigestion, constipation and liver troubles. In women most backaches come from any weakness or irregularity of the blood supply. To get rid of the trouble take a tonic like Dr. Williams' Pink Pills to enrich the blood and bring strength to aching backs and weak nerves. Mr. W. Prince, Lovering, Ont., tells what these pills did for him. He says:—"Periodically I suffered for about five years with backache. If I caught cold it seemed to settle in my back, which pained me so badly that I could hardly turn over in bed. These attacks would last for a week or ten days. I tried many remedies but they did not drive away the trouble. About two years ago, while suffering from one of these attacks, a friend advised me to try Dr. Williams' Pink Pills. I followed his advice with the best of results, as I have had no attack of the trouble since, and I feel sure that I am permanently relieved."

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

Do and be.

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.

Fresh air is the breath of life. There is little use in trying to keep well if we do not get abundance of pure fresh air to breathe. In breathing we take oxygen into our lungs, and expel the carbon dioxide or waste matter in the form of expired air. Oxygen is absolutely essential to life, and its great use in the body is to set free or bring into action the energy stored in the body in the form of digested and assimilated food. The body gets its warmth and power to work from the burning or oxidation of these food substances in the cell. We know that the burning of wood or coal in a stove cannot take place without oxygen. If you shut off all the draughts and make the stove airtight the fire will burn low and eventually go out altogether. Oxygen is just as necessary for the burning of food, the fuel of the body, and fresh air contains oxygen.

People whose resistance is weakened by disease and who must fight not only to keep alive but to conquer the germs of any disease like tuberculosis must have abundance of fresh air. For them it is not enough to spend the daylight hours in the open; the entire twenty-four hours should be fresh air hours. The windows should be open, or the porch available at all times. The tuberculosis patient who tries to stay in the open air as much as possible and who faithfully follows the other directions of his physician, has the best chance of recovery.

For those who are well, good health

The Average Man.

When it comes to a question of trusting yourself to the risks of the road, when the thing is the sharing of burdens, the lifting of the heft of a load, in the hour of peril or trial, in the hour you meet as you can, you may safely depend on the wisdom and skill of the average man.

'Tis the average man and no other who does his plain duty each day, the small thing his wage is for doing, on the commonplace bit of the way, 'Tis the average man, may God bless him!

Who pilots us, still in the van, over land, over sea, as we travel, just the plain, hardy, average man. So on through the days of existence all mingling in shadow and shine, we may count on the everyday hero, whom haply the gods may divine, but who wears the swart grime of his calling, and labors and earns as he can, and stands at the last with the noblest—

The commonplace, average man.
—Margaret E. Sangster.

Useless Clearing.

Large stretches of land are being cleared to no purpose at all. Such land may never become useful for cultivation. These methods are also influencing bodies of water, permitting a decrease in source of supply and a consequent lessening of available energy.

Until such time as these matters are taken up and definitely acted upon, it would seem that Canada will be faced each year with a steadily declining forest reserve upon which her industry may call at a future time. It is being urged more and more by people who have made intensive study of the question, that more definite steps be taken immediately towards forest conservation and re-planting.

Minard's Liniment for Rheumatism.



Customer—"Have you the kind of pie that mother used to make?"
Waitress—"I should say so."
Customer—"Hm'm—bring me a piece of cake."

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. They are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Wonderful Future for Polar Regions.

Vilhjalmur Stefansson, Arctic explorer, recently announced abandonment of his career as an explorer to devote his efforts to prove to a sceptical world that within a decade or two the North Pole ocean will be crossed by a network of commercial aviation routes and the Arctic regions, hitherto known as mysterious uninhabitable lands, will be the source of developed resources unlimited in magnitude.

The popular attitude toward the Arctic regions, Mr. Stefansson said, was much like the medieval attitude toward the unexplored regions beyond the horizon—the terrors in both cases being largely imaginary.

"Fear alone stands in the way of the developing of a land area twice the size of the United States," he declared. "If you want the truth assume the opposite of a dozen or so things you have heard about the north."

"Oil, coal and other resources are there. Climatic conditions are conquerable. People are living and flourishing in places where there are colder winters than those at the North Pole. For example, the lowest temperature at the Pole is about 60 degrees below zero, while 70 below has been registered in North Dakota, where the winters are just as severe as in the Arctic. At Verkhoyansk in Siberia, the mercury has dropped to 93 degrees below zero.

"The course of empire, of civilization, must inevitably move towards the North and citizens of the nations of progress must realize this fact."

Serbia lost 127,535 men in the world war.

Poverty, ill-health and even misery are frequently the result of disabilities, ailments or disease that might have been prevented by early intelligent action.

PALMER HAS NOW DISCARDED CANE

Can Get Around Like a Young Man Since Taking Tanlac, Says Hansel Citizen.

"You don't often see a man as spry as I am at seventy-two," declared Thomas Palmer, Sr., well-known retired farmer of Hansel, Ont., while on a visit in London, Ont.

"At the time I got Tanlac I could hardly walk at all, and hadn't been down town without my walking stick since last September. But last Thursday I went down town twice without it and got about as good as many a younger man. I suffered terribly with constipation the last ten years, had no appetite and was bothered a great deal with my kidneys. Sometimes every joint in my body ached. I was badly run down and seldom got a night's sleep.

"If I had Tanlac last spring it would have saved me money, for I took medicine two years without any relief to speak of. But Tanlac and the Tanlac Pills have put me in fine shape, and I stand ready to praise it to the limit." Tanlac is for sale by all good druggists. Over 35 million bottles sold.

Earache?

Hot Minard's Liniment on cotton wool brings quick relief for Minard's is King of Pain.

Minard's Liniment

The Family Medicine Chest.

For the Kidneys

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate their acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 50c. and \$1.00 bottles.

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
G. J. CLIFF - TORONTO

Death of a Family Cat Closes Shop

Venice officially possesses 60,000 cats, harbored by 35,000 families. Venetians adore their cats and frequently give them an airing in gondolas on the canals. Recent statistics collected by the city authorities revealed these numbers.

"Closed on account of death" was the poster hung up outside a tradesman's shop the other day. Condoling friends learned that the departed member of the family was the pussycat.

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Tilled One Farm for Nine Hundred Years?

Since the institution of a Cross of Agricultural Merit for the head of any family which has cultivated the same farm for more than a century was announced by the French Minister of Agriculture, the Paris newspapers have been enthusiastically reporting peasant families more and more ancient.

Now the family of Poublan is officially certified to have labored over the same acres in Bearn since 1023. The papers are lyric about it.

On the front page they hail the farmer in general as the traditional savior of France, speaking raptly of the sublimely resisting soil watered for centuries by the sweat of indomitable generations of families such as Poublan so that France might be nourished.

The head of the Poublan clan is described reverently as a tall, austere man with the slow gestures and steady eye of the man who lives in the open and is full of wisdom. Another emotional front page account coincides with the suggestion that Poublan be granted not only the Cross of Agricultural Merit, but also the official right to add the name of his farm at Lucgarrier to his own as a title of honor, this becoming Poublan de Lucgarrier and the pioneer of a new peasant nobility.

Other newspapers point out rapturously it is a great relief to the nation to be able to unite in admiration before the tradition of the soil and temporarily put aside the uncertainties of modern city life, expanding industry and international complications.

The Greeks were the first to use bath tubs.

It is work more than play that keeps men young.—Dr. Frank Crane. Snakes will not pass over hair ropes.

ISSUE No. 3—23.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine!

When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping—noest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

It is one of the most profound truths in human life that sooner or later you get back what you give.

Minard's Liniment for Neuralgia.

Thrift is the friend of man, a civilization builder.

American Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author, E. Clay Glover Co., Inc., 125 West 24th Street, New York, U.S.A.

PETRIE'S MACHINERY TORONTO



Let Cuticura Keep Your Skin Fresh and Young

Let Cuticura Soap keep the skin of the Span keeps the skin of the Ointment now and then prevent little skin troubles becoming serious. Cuticura Talcum is ideal for powdering.

Soap 25c. Ointment 25c. and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 246 St. Paul St., W., Montreal.

Let Cuticura Soap shave without muss.

Bruised?—ease the pain!

Apply Sloan's to sore spot. It increases circulation scatters congestion. This reduces swelling and inflammation—the pain disappears!

Sloan's Liniment —kills pain!

Made in Canada

For rheumatism, bruises, strains, chest colds

Classified Advertisements

AUTO SCHOOLS
EDUCATIONAL

MASTER THE TYPEWRITER BY mail. The touch typing system taught in six lessons—only \$15.00. Why pay more? Typewriting School, 715 Baltimore Bldg., Chicago.

HELP WANTED—FEMALE. HELP WANTED. WE REQUIRE parties to knit men's wool socks for us at home, either with machines or by hand. Send stamp and addressed envelope for information. The Canadian Wholesale Distributing Co., Dept. 4, Orillia, Ont.

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.

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" Corrects Sour, Upset Stomachs at Once

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

MRS. BUDGE SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.



A wholesome drink for cold weather

A PIPING hot cup of Instant Postum meets the cold weather need for a comforting hot drink with no disagreeable after-effects.

Both tea and coffee contain Caffeine, a drug, which often causes headache, nervousness and loss of sleep.

Instant Postum is a pure and wholesome beverage made from roasted wheat. It contains no

Caffeine, nor any other harmful ingredient whatsoever.

Young and old alike can safely enjoy the delicious, full-bodied flavor and the healthful comfort of Instant Postum, at any time during the day or night.

Just try it for awhile this winter, instead of tea or coffee, and notice the improvement in your health.

Instant Postum FOR HEALTH

"There's a Reason"

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

Sold by Grocer's Everywhere in Sealed, Air-tight tins.



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