

Another Nurse Praised Tanlac

"As a nurse I have seen many marvelous results from Tanlac. For anemia, nervousness, stomach trouble and building up the system after operations I consider Tanlac great." Mrs. K. M. Lowe, Walnut Park, Cal.

NURSE Lowe's statement merely backs up what over one hundred thousand grateful Tanlac users have said about this great natural tonic and builder. Our files are packed with such testimony.

If your system is run down, if you can't seem to eat or sleep, have lost weight or suffer from trying pain, why not let Tanlac start to bring you back to vigorous strength and health.

No long, waiting wait to get results! Tanlac starts right to build you up. It cleans the blood, revitalizes digestive organs, fixes up the liver and makes you feel like a new person.

For Constipation
Take Tanlac Vegetable Pills

TANLAC
FOR YOUR HEALTH

For Frost Bites



DON'T FORGET

ZMO
OIL FOR PAIN

A Pain-Relieving Healing Oil

At Drug Stores or by Parcel Post, 35¢

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630 Eighth St. Sheboygan, Wis.

CRUPO?

Relief in 15 Minutes
A well known physician's prescription that gives relief—used in millions of homes for thirty-five years for Croup, Coughs, and Whooping Cough.

DR. DRAKE'S GLESSCO

50 cents the bottle

**OLD SORES, PILES
AND ECZEMA VANISH**

Good, Old, Reliable Peterson's Ointment a Favorite Remedy.

"Had 51 ulcers on my legs. Doctors were unable to cut out leg. Peterson's Ointment cured 'em." Wm. Nichols, 40 Wilder Street, Rochester, N. Y.

Get a large box for 35 cents at any druggist or Peterson's, and it's the best you ever used. Always keep Peterson's Ointment in the house. Fine balm, salve, bruised salve, and the surest remedy for itching, eczema, and piles the world has ever known.

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530 Scientific Bldg., Philadelphia, Pa.

230 Hobart Bldg., San Francisco, Cal.

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PARKER'S HAIR BALM

Removes Dandruff, Itching, Falling

Restores Color and

Beauty to Gray and Faded Hair

Hiscox Chem. Works, Paterson, N. J.

HINDERCORN'S Removes Corns, Calluses, etc., stops all pain, eases comfort to the feet, makes walking easy. Use by mail or at Drug-gists. Hiscox Chemical Works, Paterson, N. J.

The Vain Things!

Complexion creams are being increasingly used by men, mostly middle-aged or elderly. Skillfully applied, they make a man both look and feel younger.—Answers.

Great Power Possibility

Colorado has a river on which 19 power dams, yielding 28,000 horsepower, 90 per cent of each year, could be constructed.

Genuine

BAYER

ASPIRIN

SAY "BAYER ASPIRIN" and INSIST!

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians 24 years for

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Accept only "Bayer" package

which contains proven directions.

Handy "Bayer" boxes of 12 tablets

Also bottles of 24 and 100—Druggists.

Safe

Bayer is the trade mark of Bayer Manufacture of Monosaccharide of Salicylic Acid

Notable Faculty for Holy Land University

The new University of Jerusalem will have a notable faculty, says the Portland Oregonian. The group of scientists whose support is assured includes Albert Einstein, known wherever science is mentioned for his theory of relativity, who will become dean of the department of pure science; Chaim Weizmann, discoverer of TNT, who will head the department of chemistry, and Dr. Jordan Manges, a noted American scholar, who will direct the college of Semitic literature. One of the lecturers in English literature will be Rabindranath Tagore, who has won one of the Nobel prizes in literature and is an admitted world leader of thought.

The Zionist movement recognizes at the outset that broad culture is indispensable to durable results. It takes hostage of the future by insisting that the imponderables shall not be ignored. The political and economic problems of Zionism are necessarily complex, but the probability of their solution is enhanced by that foresight of the founders in this regard. Conceived solely as a vocational venture, the enterprise would be far less likely to succeed.

Cuticura Soothes Itching Scalp.
On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

Finally Balked at Passage in Bible

At a small chapel in a remote corner of one of the English Yorkshire villages, the appointed minister had failed to make his appearance at the time for beginning the usual service.

One of the waiting congregation, a local farmer rich in grace but meager of education—was eventually persuaded to officiate as substitute for the absent cleric. The lesson was the chapter from the Book of Daniel which contains the oft-recurring passage: "At what time shall ye hear the sound of the cornet, flute, harp, sackbut, psaltery and dulcimer, and all kinds of music."

Three times the farmer, with evident trepidation, waded through the comprehensive catalogue of ancient Babylonian instruments.

When, however, he again came to "At what time ye shall hear," he paused for a moment, wiped the perspiration from his brow, and then continued: "It's 't same band again, friends. Ah needn't read 'em out."

New Kitchen Utensils

In England a patent has been granted for a process by which cardboard pressed into the shape of kitchen utensils, such as kettles and saucepans, can be made waterproof and acid resisting. The cardboard utensils are dipped in a solution of one part asphalt, two parts resin, three parts shellac in five parts of spirit, and allowed to dry slowly in the air.

Hall's Catarrh Medicine will do what we claim for it—rid your system of Catarrh or Deafness caused by Catarrh.

Sold by druggists for over 40 years
F. J. CHENEY & CO., Toledo, Ohio

RESINOL

Soothing and Healing
For Baby's Tender Skin

LEONARD EAR OIL

for DEAFNESS and HEAD NOISES
Price \$1.00
At All Druggists
FOLDER ABOUT DEAFNESS ON REQUEST
A.O. LEONARD, INC.
700 Broadway, New York

Mammoth Electric Sign

To announce the recent Presidential election returns to Cincinnati, four large electric sign monograms, each made up of the letters "C" and "D," were mounted on the tower of the Union Central Life Insurance Company building, 33 floors above the ground. Each of these letters was 12 feet high by 10 feet wide and contained 60 25-watt electric lamps.

It is recognized early and given

suitable training by an understanding teacher, it may develop into a self-supporting adult.

We are just beginning to learn that the feeble-minded child needs special care and treatment just as do persons who are suffering from tuberculosis, typhoid fever or pneumonia. Letting them alone or shutting them up in institutions will not help them, or anyone else.

Many of our states are now endeavoring, by early examinations, especially on entering the public schools, to sort out defective children from normal ones and to give them such special training as they need.

It is estimated that the feeble-minded persons in the United States form 1 per cent of the population. This means that there are probably 200,000 children who need special training. To allow these children to grow up in state institutions and to live at the expense of the taxpayers, is impossible. So prevention is not only the best and the most humane method, but by far the cheapest.

Instructions

At a political convention one recalcitrant delegate kept saying: "I have my instructions."

"But," it was pointed out repeatedly, "your crowd isn't operating under the unit rule."

"I have my instructions and intend to abide by them."

Finally a party chief took him in hand.

"See here, friend, who gave you those instructions?"

"My wife,"—Louisville Courier-Journal.

Doing Better

It is not a question of how much we are to do, but of how it is to be done.

It is not a question of doing more, but of doing better.—John Ruskin.

HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"
(© 1925, Western Newspaper Union.)

THE EFFECT OF HIGH TEMPERATURE

FAT men endure higher temperature and humidity better than thin men. This has been proved by the American Society of Heating and Ventilating Engineers in co-operation with the United States Bureau of Mines and Carnegie Institute of Technology, at Pittsburgh. In experiments to determine the relative effect of various temperatures and humidities on the human body, the scientists also found that sweat is the chief factor, causing sore eyes, when a person becomes heated.

Another common belief was blasted

during the experiments when it was

found that the drinking of ice water

failed to develop cramps in men after

they had been subjected to an hour's

exposure to high temperature.

The object of the research work was

to establish, by scientific study, the exact degree of temperature, and of humidity, or "comfort lines," a person

should be subjected to in a room.

The first experiments were to study the physiological effects of various temperatures and humidities on human subjects at rest in still air, and for these, a staff of physicians and employees of the society have subjected themselves to great hardships.

One of the important results of the experiments was the discovery of the great variations of external temperature which the human being can endure, and at the same time retain his physiological efficiency. Another fact discovered was that increasing pulse rate was more the cause of discomfort than is body temperature, when a person becomes heated.

In a report of the experiments are these assertions: While irrelevant to the present study, an attempt was made to determine the cause of the inflammation of the eyes, and also to find out whether or not the drinking of ice water produces cramps, as so frequently complained of by workers in the industries. On a day when the eyes were normal a small quantity of sweat which had been collected during an experiment was dropped in the eye. The conjunctiva almost immediately became inflamed and the eye felt sore. The sweat collected from the face seemed less irritable to the eye than that collected either from the chest or arms. Sweatbands were then applied to the forehead during the experiments, thus preventing the sweat from falling into the eyes and also preventing the inflammation. This proves that the sweat is the chief factor in producing the conjunctivitis which accompanies exposure to heat.

It has frequently been stated that workers exposed to high temperatures developed severe cramps after drinking ice water. A few of the subjects of these experiments volunteered to drink ice water after an hour's exposure to high temperature, and two of them, in one experiment, drank a quart of ice water in less than fifteen minutes without ill effects.

PREVENTING MENTAL ILLS

MANY people have much the same ideas about feeble-mindedness that they have about germs. They think that all feeble-minded persons are dangerous and that all germs are harmful. This is not true in either case. Only about one germ out of forty produces disease, and only a small number of feeble-minded persons are vicious.

Out of 3,500 school children found mentally below normal, less than 7 per cent showed any vicious tendencies. Many feeble-minded persons who have been given careful training and special education during childhood have become useful members of the community, capable of earning their own living.

The child which is below normal can be educated, not to the extent of a normal child, but enough to make it nearer normal than it would otherwise be. Without special care and training, however, the feeble-minded child is apt to grow worse. Too often, it is regarded as wilfully stupid or vicious. It is blamed and punished at home. It is teased and picked on by other children. It is either not sent to school at all or it is neglected and punished by the teacher who does not understand the reason for its stupidity.

V. Assuring Them of His Return to Them (v. 18-24).

Jesus' going away was not to end the work which He had begun. This no doubt meant that through the ministry of the Spirit-filled disciples, the work which Christ began would assume larger proportions. There would be a much greater number of conversions than from His ministry. After the Day of Pentecost the gospel did not take a much wider range. During His ministry the message was confined to the Jews, while under the ministry of the disciples, it was only limited by the world itself. The disciples' ministry was ushered in by the conversion of three thousand in one day.

IV. Promises Another Comforter (v. 12-17).

The word comforter means literally one called to the side of another to give help, protection and deliverance. This comforter was the Holy Spirit. Jesus was the Comforter while here in the body. The Holy Spirit was to be "another comforter."

V. Assuring Them That His Work Was to Continue (v. 12-14).

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VI. Assuring Them That the Holy Spirit Would Aid Them in Remembering and Understanding His Words (v. 22-26).

This the Holy Spirit does by illuminating the minds of the disciples.

VII. Giving the Legacy of His Peace (v. 22-31).

By His peace is meant the serenity of soul which one enjoys who is reconciled to God, who knows that his sins are forgiven.

Reality of Divine Joy

Joy is not a fancy, or breed of content; but is rational, and arises from the feeling of some good, viz., the sense of God's love and favor. Joy is so real a thing, that it makes a sudden change in a person; it turns mourning into melody. As in the springtime, when the sun comes to our horizon, it makes a sudden alteration in the face of the universe—the birds sing, the flowers appear, the fig trees put forth their green leaves; everything seems to rejoice and put off its mourning; as being revived with the sweet influence of the sun, so when the Sun of Righteousness arises on the soul, it makes an alteration, and the soul is infinitely rejoiced with the golden beams of God's love.—Watson.

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Heart is Deceitful