

DRINK HOT WATER TO KEEP FIT

Health experts are constantly drawing attention to the fact that much illness is due to the insufficient consumption of liquids, especially water. To keep fit everybody should drink, each morning before breakfast, a glass of hot water, but if sufferers from rheumatism, indigestion, sluggish liver and constipation will add a teaspoonful of 'Limestone' Phosphate they will not only flush the whole of the alimentary canal, but will keep down uric acid and clear away from the stomach, liver, kidneys and bowels the indigestible waste matter, sour bile, acidity and poisonous toxins that cause ill-health and disease. All who wake with dull, aching head, have furred tongue or unpleasant taste, as well as those suffering from rheumatism, indigestion or constipation should get some 'Limestone' Phosphate without delay. A supply can be obtained from any chemist for only two shillings, and if a teaspoonful is taken in a morning glass of hot water vigorous health will be quickly regained and maintained.

WHO IS YOUR SKINNY FRIEND, MARY?

Tell him to take Cod Liver Oil for a couple of months, and get enough good, healthy flesh on his bones to look like a real man.

Or tell him he needn't swallow Cod Liver Oil with its fishy taste, because he can now get the wonderful vitamins of Halibut Liver Oil, which is even better than any other Liver Oil, put up in sugar-coated tablet form.

Tell him to ask for the new Clotabs. Every chemist sells them at 1/3 and 2/3 the bottle. Any man or woman can put on 3 lb. of healthy flesh with 30 days' treatment as prescribed or money paid for the tablets will be refunded by the makers.

Even with the old tablets one woman who was run down and lost 1 st. 11 lb. regained all her weight. A little girl of 8, weak and with no appetite, gained 6 lb., and gets healthier every day.

Insist on Clotabs. In case of difficulty send direct to Maclean, Ltd., Gt. West Ed., Brentford, Mdx.

WHEN CHEST IS TIGHT AND WHEEZY

By a Chemist

When breathing is 'shallow' and laboured and you find it difficult to get a good filling of air into the lungs, it is obvious that germ laden phlegm which clogs the bronchial tubes must be dispersed, and for this purpose I find nothing compares with honey syrup. Half a teaspoonful of 'Pineate' brand Honey Syrup will instantly give amazing relief to adult or child. Containing antiseptic Pine to kill germs, Squills and Ipecac to loosen phlegm, Menthol to clear Bronchial passages and Balsam of Tolu and Honey to soothe and heal soreness and inflammation, 'Pineate' Honey Syrup goes straight to the root of this distressing trouble, quickly clearing the chest and lungs and ending the irritating cough which is generally present. A bottle of 'Pineate' Honey Syrup can be obtained from any chemist for eighteen-pence; it will stop any cough, and I strongly recommend it for immediate relief.—D. F. D.

PILES RELIEVED INSTANTLY

"I was advised to try NemoLin and I can truthfully say that I got instant relief and have never again had the least bit of the awful irritation I suffered before." J.O., Weyley in Warwickshire.

Packed in handy and hygienic tube, 'NemoLin' Pile Ointment is always sold under a guarantee of satisfaction or money back. Price 3/- of all chemists.

He goes to prison first after that. But what the law has done is to get him out of the mix of criminal-minded men rather than push him further in?

THEY should Never go to PRISON..

IS prison the proper place for many of the men and women who find themselves in the dock on a criminal charge?

The answer is definitely "No." It is no rare occurrence nowadays for a person who is much more a mental than a criminal case to be sent, sometimes again and again, to prison, when he or she ought to be placed in some institution where suitable facilities exist for special treatment to be given which is not available in jail.

A most pathetic instance of this is that of a much-imprisoned man, Guy Cochrane Veale Greetham, who is known to the police by a number of aliases, which include those of Guy Greetham, Colonel Hamer, and Captain Harper.

His case can be accepted without doubt as a case which is typical of many.

Greetham recently came under the notice of the Somerset and Devonshire police, in various names, for a series of frauds he had perpetrated in all parts of the West Country. For months he had, with an inane weakness for wearing military decorations, been going about posing as an Army officer of high position, and, amongst other things, claiming to be a titled man.

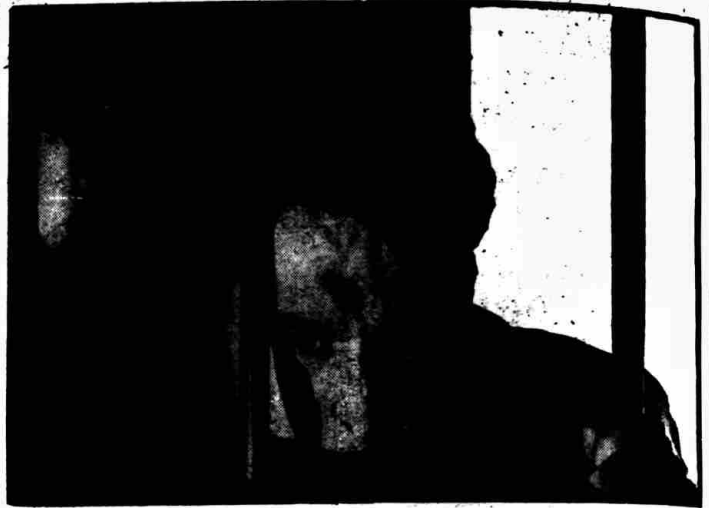
In his possession were the cards of several exclusive clubs, at which, it has now been discovered, he had cashed dishonoured cheques and committed many thefts. The title he assumed—that of "Sir Guy Cochrane Veale Greetham"—was bogus.

This man has been in prison on fourteen different occasions. He has done some remarkable things. At one time he hoaxed a whole officers' mess. He telephoned to say that he was Colonel Edwardes, of the Southern Command, and that he had come to the district on certain very confidential enquiries he had been requested by the War Office to make.

HE asked for facilities to use the mess, and for accommodation, with a batman, to be arranged for him during his stay. He arrived in full uniform, wearing several ribands, including that of the M.C. and D.S.O., and was taken as all he claimed to be.

Throughout most of the ensuing days he vanished to some secret haunt, and returned in the evenings to tell the officers at the mess the most amazing stories of his experiences. Actually he was not on any official business at all, and had been to adjacent towns and villages for the purpose of either cashing worthless cheques or obtaining goods by false pretences.

One day, when he said his confidential "mission" for the War Office was concluding, he arranged to give a mess dinner to his comrades. He ordered a lavish meal, complete with choice wines, and then disappeared, leaving a host of debt on all sides. Several of his officer friends, who had been induced to oblige



him with loans are to this day without their money.

His frauds are always carried out in soldierly "make-up," and there is not the slightest doubt that

he has a perfect mania for masquerading as a military man.

Among the stories he tells is one to the effect that he won the Military Cross for carrying several men, one by one, to safety under heavy gun-fire, and that he had been mentioned in several despatches, and had been five times wounded in France.

THIS is absolutely true.

His war record is one of the most excellent. But apparently a great change came over him in 1919, after he was discharged from hospital following treatment for a war wound in the head.

People who know him say that sometimes he is a brilliant conversationalist, and at other times is limp and dazed in appearance.

His mental capacity was undoubtedly affected by his war wounds, and time and again he has had to undergo treatment in sanatoria and mental hospitals.

Fourteen sojourns in jail have tended to make him more persistent in following a dishonest life than ever, and there never was a case more fitted than his for institutional instead of prison treatment.

It is sad, to say the least, that a man who, beginning his career at Lancing College and Sandhurst, had a distinguished war service, and was obviously affected by his wounds, should be flung

into prison again and again because there is nowhere else to send him for more suitable treatment.

When he was recently arrested at Torpoint, Cornwall, for fraudulently inducing a butcher to cash a worthless £5 cheque, he seemed to be in a kind of trance.

At first he did not seem to know who he was at all; but later volunteered the information that he had been posing as "Sir Guy Greetham" and living with a woman known as "Lady Greetham."

Enquiries made by the Torpoint police revealed that he was "wanted" in several other towns on different charges of false pretences, and he admitted that there were at least fifteen outstanding charges against him.

He is in jail again now, where he will get steadily worse. Yet experts, even police officers, believe that, if prolonged treatment in a suitable home could be provided, he might yet be saved from getting further and further into the criminal mire.

AND this is only one of countless cases which, with similar features, are to be encountered in different parts of the country.

Magistrates often are puzzled, as they were in this case, as to what they should do. And when a man has been to jail on fourteen occasions it must, we agree, be difficult for them to know what decision to make.

But is it impossible for the State to provide some modern and adequate home, suitably staffed, to which people like Guy Greetham could be sent, for proper and complete treatment, in the hope that they can have the chance to return to liberty once more to lead honest lives?

The Human Machine

A Big Wide Door

IN this queer world it is difficult to point to many things and say without fear of contradiction, "This is true."

There is one thing about which we can say this. We can say boldly that everything can always be done better than it is being done at the moment.

It opens up possibilities. Get that idea right into your head, and you will begin to see life in a new light.

You'll start by losing a lot of your awe of tradition. This will be a good thing, because tradition, worshipped blindly and without reason, can be a terrible handicap.

Just because something has always been done in a certain way is no reason for always doing it in that way. It is not even proof that that particular way is best. It is proof of nothing but mental laziness.

Next, you'll begin to see that this truth of everything being able to be done better is a big wide door labelled "Opportunity." And you'll see that you can get your chance just as soon as you can think up a better way of doing something.

The people who can do this are the people the world always wants. Behind all the restlessness of the world is the feeling that nothing is really being done well enough, and it is always looking for the better way.

The trouble mostly is that better ways and improved methods usually mean increased responsibilities for someone—and so many people are terrified of responsibility! So many people just want to stay put!

That all people are anxious to get on is nothing but a pretty theory. That's why those who understand this and want to get on—get on.

There are far more openings in life than there are candidates willing to fill them. That's another truth. The rest's up to you—believe it or not.

