A DAY AT A TIMB

This is the Best Way to Live.

orry is one of the worst co of modern life. I say of modern life, not because people a thousand years ago did not worry, because as civition advances men become more highly strung, more censitive, and ss capable of detachment. Thus we often say, in a very expressive phrase, that a thing "gets on our nerves." Something distressing hapto us, and we cannot shake it Some one treats us rudely, hly, or unkindly, and the word off. or deed rankles in our minds. W think it over until it is magnified into a grievous and intentional in-We take it to bed with us. sult. and no sooner is the light put out then we begin to recall it, and turn over in our minds all the circum stances that occasioned it. We sleep feverishly, haunted all the tim with the sense of something disagreeable. We wake, and the ed thing is still rankling in our minds. This is one form of worry, which is very common among people of sensitive minds.

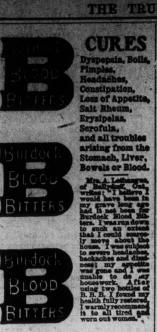
Another form of worry is the ten dency to brood over past errors. The ess man, or the public man, is suddenly overwhelmed with the conviction that he has made an awful mess of things. The worst of all calamities is the lack of energy to grapple with calamity, and in most cases it is worry that breaks down a man's energy.

A third, and perhaps a more common form of worry, is the gloomy anticipation of future calamities. There are some men who, however happy they may be to-day, are perpetually frightening themselves with the possibilities of a disastrous tomorrow. They live in terror. When actual sorrow comes upon us, most of us discover unexpected resources of fortitude in ourselves. But nothing sickens the heart so much as imagined sorrow. Of this form of worry we may well say, "It's wick-

SHATTERED NERVES

Made Strong and Steady by Dr. Williams' Pink Pills.

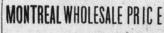
When your nerves are out of order your whole health is on the verge of a break-down. Sudden sounds startle you; your muscles twitch and your hands tremble; your self-control is shattered; your will-power gone. Your head aches; your feet are often cold and your face flushed. Your heart jumps and thumps at the least excitement; you are restless at night and tired when you wake. Your temper is irritable and you feel utterly down-hearted. And the whole trouble is because your blood is too thin and watery to keep the nerves strong. There is only one way to have strong, healthy nerves, -feed them with the rich, red blood that only Dr. Williams' Pink Pills can make-and do make. Mr. Fred Forth, 17 Sullivan street, Toronto, says: -- "I was a complete wreck with nervous prostration, but Dr. Williams' Pink Pills have made a new man of me. I had been nervous for years; the least noise would startle \$16 to \$17; shorts, \$19 to \$20. me, and the least exertion would leave me utterly prostrated. I lost in weight, and physically I was almost a wreck. I had not taken the pills long when I found they were helping me; my appetite improved, my nerves began to grow steady, and day I gained until I was day by again a well man. My weight in-creased twenty-five pounds while I \$8 to \$8.50. creased twenty-five pounds while was using the pills. To any who suffer as I did, I can say that if Dr. \$1 to \$1.02 1-2 per bushel. Dr. Williams' Pink Pills restored Mr. Forth, simply because they made the rich, pure blood which properly nourishes the nerves and keeps them strong. Thae will cure all the diseases due to bad blood and shatter-ed nerves, such as anaemia, indiges-tion, headaches and backaches, rheu-matism, lumbago, St. Vitus dance, paralysis, general weakness and the paralysis, general weakness and the secret ailments of growing girls and women. But you must always in-sist on getting the genuife pills with the full name fir. Williams' Pink Pills for Pale People on the vrapper around each box. Sold by medicine dealers or sent direct by shall 'an 50 cents a box or six boxes (construction) and the second direct by the second direct by the second direct to the second direct by the second dis dealers or sent direct by soail at 50 cents a box, or six boxes for \$2.50 by writing The Dr. Williams Medicine Co., Brockville, Ont.



first it was thought that she was injured by the fire, such was the fearful condition of her head and face, but an examination disclosed that to such a depth of degradation had drink brought her that she was actually eaten alive with vermin. The Sisters of Mercy took her, washed her and scrubbed her and anointed her with kerosene oil, and five minutes after the operation had been performed her very flesh engendered the plague and she was as bad as before. A tent was procured after great trouble and she was comfort ably housed and segregated from the other unfortunates, who, though in a bad plight before, could not forced to keep her company.

Here it was that the heroism the Sisters and of the Catholic ladies showed itself. To receive nice, respectable, interesting persons, who had tales to tell of adventure by flame and sea, was, after all, a not unwelcome diversion in the placid life of Oakland, but to take up La-

zarus and his sores and to care for her, here was where true charity had appeared. This unfortunate woman had been thrown out of six place already, and though the operation of restoring her to some semblance of humanity may have been a most unpleasant one, yet it is such actions as this that give the lustre of Christian', charity and show that our professions are not mere words, but are carried out in deeds



August 1. Flour-Manitoba spring wheat pa-tents \$4.20 to \$4.40, and straight rollers \$3.90 to \$4.10 in wood; in bags, \$1.85 to \$1.95; extra, in bags, \$1.25 to \$1.50. Rolled Oats-\$2.20 to \$2.25 in bags of 90 lbs.

Cornmeal-\$1.40 to \$1.45 per bag; granulated, \$1.65. Mill Feed-Ontario bran in bulk,

\$15.00 to \$15.50; shorts, in bags, \$19 to \$20; Manitoba bran in bags,

Oats-No. 2, 40 1-2c to 41c per bushel; No. 8, 39 1-2c to 40c; No.

4, 38 1-2c to 39c. Beans-Prime pea beans, in can load lots, \$1.53 to \$1.55 per bushels, hand-picked, \$1.60 per bushel. Hay-No. 1, \$10 to \$10.50 per ton on track; No. 2, \$9 to \$9.50; clover, \$7 to \$7.50; clover, mixed,

Peas-Boiling, in car load lots, (nomin Honey-White clover in comb, 13c to 14c; buckwheat, 10c to 11c per pound section; extract, 7c to 7 1-2c buckwheat, 51-2c to 6c per pound Provisions-Barrels, short cut mes hams, 14 3-4c to 16c, according to size: breakfast bacon 16 1-2c to 17c ; Windsor bacon, 16c to 16 1-2c; fresh killed abattoir dressed hogs, \$11 to \$11.25; alive, \$7.75 to \$8.15 per 100 lbs.



Ideal Water 1 & U Trips Health, Rest & Recreation. MONTREAL - TORONTO Line - via 1000 Islands and Rochester, N.Y. Daily, except Sundays, at 2.15 p. m MONTREAL - TORONTO - HAMIL TON Line-via 1000 Islands and Bay of Quinte. Mondays, Wednesdays and Fridays, at 2.30 p. MONTREAL - QUEBEC Line-Daily

Tickets on sale at Brennan Bre T. Davis, cor. St. Catherine and Bi Xavier St.

at 7 p. m. SAGUENAY Line-From Tues., Wed., Fri. and Sat., at 8.30 a. m.

City Tickets Office, 125 St. James St Opp. Post Office.

大日本の公司法

SYNOPSIS OF CANADIAN NORTH-WEST

HOMESTEAD REGULATIONS.

NY even numbered section of Do minion Lands in Manitobs on the Northwest Provinces, excepting 8 and 26, not reserved, may be homesteaded by any person who is the sole head of a family, or any male over 18 years of age, to the extent of une-quarter section of 16 acres, more or less.

Entry may be made personally the local land office for the district in which the land is situate, or if the homesteader desires, he may, plication to the Minister of the Interior, Ottawa, the Commiss Immigration, Winnipeg, or the tocal agent receive authority for some one to make entry for him

The homesteader is required to per form the conditions connected there with under one of the following plans: (1) At least six months' residence and cultivation of the land m upon each year for three years.

(2) If the father (or mother, if th father is deceased) of the home es upon a farm in the vicinity of the land entered for the require ments as to residence may be satis fied by such person residing with the father or mother.

(8) If the settler has his permanen residence upon farming land owned by him in the vicinity of his home stead, the requirements as to residence may be satisfied by residence upon the said land. Six months' notice in writing

should be given to the Commission of Dominion Lands at Ottawa of in tention to apply for patent.

50

Lake St. Joseph Hotel An ew.

the shore of the Lake of the same name. Only 50 minutes from Quebec. Golf Links. Boating. excellent beach for Bathing, Fishing Apply to F.H. DANFORTH, Manager, Lake St. Joseph, P.Q.

Apply to Ticket Agonts of all principal cities. besutifully illustrated Guide Book free on

dication. A. EX. HARDY, J. G. SCOTT, Gon, Pass. Arent. Quebec, Canada.

N.B.-Unauthorized publication o this advertisement will not be paid

W. W. CORY. Deputy Minister of the Interior





All-wool Etamine, in fancy motiled effects. Regular 45c. Sale 121c Black and white Shepherd Checks. Regular 58c. July sale price... 25c Fancy Mohair, in neat stripes and small designs. Regular 65c. 25c New Fancy Check Suiting, in light and dark colors. Regular 25c Plain Canvas Cloth, full 44 inches wide. Regular 65c. July 39c All-wool Llama Suitings, with small phantom checks. Regular 390 A Crowded Wash Goods Store. 55 pieces of nice MANCHESTER MUSLIN, beautiful in texture, exceptional in quality and original in design, 33 inches wide. Regular 15c. Special July sale price 8c 40 pieces MATALLASSE, white ground with many pretty designs, all one yard wide and always sold for 19c. Our special . 10c 30 pieces of MOUSSELINE DE SOIE, Swiss Muslin, Marie Antoin-370 Japanese Silk 29c. 2000 yards Ivory White Japanese Silks, heavy quality, an ideal silk for Blouses and Dresses.Extra full width, a Regular 29c 65c Fancy Summer Silks 36c 2000 yards of Fine Summer Silks, including Plain Taffeta, Fancy Taffeta, Peau de Soie and Fancy Louisine; all sold in the usual BASEMENT BARGAINS 500 large size Enamel Dinner or Pie Plates, seconds. Worth 12c. 300 nickel-plated Towel Rings, regular 12c. Special 5c 200 All Steel Mincing Knives, worth 10c. July sale price ... 4c200 Wire Potato Smashers, the kind that usually cost 5c $2\frac{1}{2}$ 100 Hardwood Step Ladders, in many prices from 60c S. CARSLEY CO. LIMITED 1765 to 1783 Notre Dame St., 184 to 194 St. James St., Montreal DOMINION PARK ***** Street Railway Week August 6, 7, 8, 9, 10, 11 and 12. A Sensational Act THE DIVING HORSES BABCOCK In His Death Trap Loop Act MINTING THE MARVEL



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any event the question

ficiently answered in the

AY, AUGUST 2, 1906.

That Michael Davitt's sion in life was an Irish posed of a free, prosper and happy people, with there is no need to asse to how few of those of prone to weaving theory others what they shoul the questioning and cri men of force and of an given to do so much fo tion of our hopes and our country, as has cro efforts of Michael Da many of us, or rather h point out as a result of much less of our philos step taken by our cour freedom and nationho perity, one shackle three people, one comfort add lives, one inspiration le sonal independence and dom of their country. hooves us to approach Michael Davitt and to and his life and his won with respect, veneration tude, but with humili Davitt did not turn hi and passion for Ireland cial fields of the restore Irish language and civi did Father O'Growney a las Hyde, but he himsel the noblest exemplars of zation which have enrich our country. Were Fat ney and Dr. Hyde born cumstances which surrow birth and early years of they been heirs as he w hardships which iniqui ment, wanton injustice a exaction wrought upon were they as he was th these destroying tyran would undoubtedly as h secrate their lives to the of such intollerable cond whose existence the peop emerge from abject si less be prosperous, interpendent builders of an land. Some time ago v

an Irish provincial paper view between a landlord ants, the chief spokesma ter being the Catholic c

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fore we were reading or miliating but vivid deec William Carleton of "ge the landlord's house. I

rain the tenants waited side the door, hatless a

and the door, i each awaiting i mixed with an i the privilege of rent would be the "sentence"

passed up home. N fighting r

In a



In the relief work carried on by the Catholic Central Bureau in San Francisco cases were met the like of which it was believed did not exist the face of the earth. In one the sub-sections a woman about years of age, evidently in former mes a person of refinement and ucation, but given over to the fee of drink, was received. At

tof 18c (18c) (18c)

