

A DAY AT A TIME

This is the Best Way to Live.

Worry is one of the worst curses of modern life. I say of modern life, not because people a thousand years ago did not worry, because as civilization advances men become more highly strung, more sensitive, and less capable of detachment. Thus we often say, in a very expressive phrase, that a thing "gets on our nerves." Something distressing happens to us, and we cannot shake it off. Some one treats us rudely, harshly, or unkindly, and the word or deed rankles in our minds. We think it over until it is magnified into a grievous and intentional insult. We take it to bed with us, and no sooner is the light put out than we begin to recall it, and turn over in our minds all the circumstances that occasioned it. We sleep feverishly, haunted all the time with the sense of something disagreeable. We wake, and the accursed thing is still ranking in our minds. This is one form of worry, which is very common among people of sensitive minds.

Another form of worry is the tendency to brood over past errors. The business 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 wicked!"

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 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 by day I gained until I was again a well man. My weight increased twenty-five pounds while I was using the pills. To any who suffer as I did, I can say that if Dr. Williams' Pink Pills are given a fair trial, a cure will be sure to follow."

Dr. Williams' Pink Pills restored Mr. Forth, simply because they made the rich, pure blood which properly nourishes the nerves and keeps them strong. These will cure all the diseases due to bad blood and shattered nerves, such as anaemia, indigestion, headaches and backaches, rheumatism, lumbago, St. Vitus dance, paralysis, general weakness and the secret ailments of growing girls and women. But you must always insist on getting the genuine pills with the full name Dr. Williams' Pink Pills for Pale People on the wrapper around each box. Sold by medicine dealers or sent direct by mail at 50 cents a box, or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

TRUE CHARITY

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 on the face of the earth. In one of the sub-sections a woman about 35 years of age, evidently in former times a person of refinement and education, but given over to the course of drink, was received. At

BURDOCK'S BLOOD BITTERS CURES Dyspepsia, Bolls, Pimples, Headaches, Constipation, Loss of Appetite, Salt Rheum, Krysipelas, Scrofula, and all troubles arising from the Stomach, Liver, Bowels or Blood.

BURDOCK'S BLOOD BITTERS

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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 comfortably housed and segregated from the other unfortunates, who, though in a bad plight before, could not be forced to keep her company.

Here it was that the heroism of 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 Lazarus and his sores and to care for her, here was where true charity had appeared. This unfortunate woman had been thrown out of six places 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.

MONTREAL WHOLESALE PRICES

August 1. Flour-Manitoba spring wheat patents \$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, \$16 to \$17; shorts, \$19 to \$20. Oats-No. 2, 40 1-2c to 41c per bushel; No. 3, 39 1-2c to 40c; No. 4, 38 1-2c to 39c. Beans-Prime pea beans, in car 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, \$8 to \$8.50. Peas-Bolling, in car load lots, \$1 to \$1.02 1-2 per bushel. Potatoes-40c to 50c per bag of 90 lbs. (nominal.) Honey-White clover in comb, 13c to 14c; buckwheat, 10c to 11c per pound section; extract, 7c to 7 1-2c buckwheat, 5 1-2c to 6c per pound. Provisions-Barrels, short cut mess \$24.00; half barrels, do., \$12.50; clear fat back, \$23.50; long cut heavy mess, \$21.50; 1-2 barrels do., \$11.25; dry salt long clear bacon, 12 1-4c to 12 3-4c; barrels, plate beef, at \$13.50; half barrels do., \$7.25; barrels heavy mess beef, \$11.50; half barrels, do., \$6.25; compound lard, 9c to 9 1-2c; pure lard, 12c to 12 1-2c; kettle rendered, 13c to 14c; 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. Eggs-Straight receipts, 17c to 17 1-2c; No. 1 candled, 17 1-2c to 18c. Butter-Choice Creamery, salted and unsalted, 22 1-2c to 23 3-4c. Cheese-Ontario, 11 7-8c to 12c. Quebec, 11 3-8c to 11 1-2c. Ashes-First pots, \$5.40 to \$5.60; seconds, \$4.70 to \$4.90; thirds, \$4.70; pearls, \$6.75 per 100 pounds.

CHAMPIONSHIP LACROSSE DOUBLE HEADER Montreal vs. Shamrock (Champions) Intermediate Montreal vs. Intermediate Shamrock. S.A.A.A. Grounds, Saturday, August 4th. TICKETS ON SALE AT BRENNAN BROS., St. Catherine St.; JOHN T. LYONS, Bleury St.; T. DAVIS, Cor. St. Catherine and Bleury Sts.; and GEORGE THOMSON, 123 St. Francois Xavier St. M. J. BRENNAN, Hon. Sec. S.L.C.

IDEAL WATER TRIPS Health, Rest & Recreation. MONTREAL - TORONTO Line - via 1000 Islands and Rochester, N.Y. Daily, except Sundays, at 2.15 p. m. MONTREAL - TORONTO - HAMILTON Line - via 1000 Islands and Bay of Quinte. Mondays, Wednesdays and Fridays, at 2.30 p. m. MONTREAL - QUEBEC Line - Daily, at 7 p. m. SAGUENAY Line - From Quebec, Tues., Wed., Fri. and Sat., at 8.30 a. m. City Ticket Office, 128 St. James St. Opp. Post Office.

SYNOPSIS OF CANADIAN NORTH-WEST HOMESTEAD REGULATIONS. ANY even numbered section of Dominion Lands in Manitoba or 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 one-quarter section of 160 acres, more or less.

RELIGIOUS INSTITUTIONS HAVING DESIGNS ENGRAVINGS DONE SHOULD APPLY TO LA PRESSE PUB. CO. PHOTO ENG. DEPT. EXPERT ILLUSTRATORS. Engravers of the TRUE WITNESS. Are these children in your family? Are they reading "The Sunday Companion," a weekly, illustrated periodical? Try it for one year. Send for sample copies. THE SUNDAY COMPANION PUBLISHING CO. 1 Borealy Street, New York City. Special rates to clubs of 12 or more.

LA PRESSE PUB. CO. PHOTO ENG. DEPT. EXPERT ILLUSTRATORS. Engravers of the TRUE WITNESS.

DODD'S KIDNEY PILLS

CANADIAN PACIFIC Farm Laborers' Excursion. 2nd CLASS To Canadian Northwest \$12.00. Good Going from Montreal on August 30th, 1906. Full Particulars on application.

Seaside Excursions From Montreal. St. John, N. B., - \$9.00. St. Andrew's, N. B., - 9.00. Portland, Me., - 7.50. Old Orchard Beach - 7.80. Good going Aug. 13th, 14th, 15th and 16th. Return limit August 31st, 1906. TICKET OFFICE: 128 St. James Street Next Post Office.

GRAND TRUNK RAILWAY SYSTEM Seaside Excursions From Montreal to Portland and return - \$7.50. Old Orchard - - - - \$7.80. Going Dates - August 13, 14, 15, 16. Return Limit - August 31, 1906.

MONTREAL - OTTAWA. Leave Montreal. 8 a.m., 9.40 a.m., 11.40 p.m., 7.30 p.m. Arrive Ottawa. 11 a.m., 12.40 p.m., 7.10 p.m., 10.30 p.m. Leave Ottawa. 8.35 a.m., 3.30 p.m., 4.5 p.m., 7.15 p.m. Arrive Montreal. 11.35 a.m., 7.30 p.m., 10.15 p.m. Pullman Buffet car on 8 a.m. from Montreal, and 5 p.m. trains from Ottawa. Parlor Cars on all trains between Montreal and Ottawa. \*Daily. †Week days.

CITY TICKET OFFICES 127 St. James Street, Telephone Main 460 & 461, or Bonaventure Station. The New Route to the Far-famed SAGUENAY QUEBEC AND LAKE ST. JOHN RY.

Hotel Roberval Most northerly summer resort in a starry America. Cuisine unsurpassed. Island House The home of the Quana-niche. Delightful climate. Beautiful scenery. Grand Discharge. For booklets and full information apply to F. H. DASTRUP, General Manager, Roberval, Lake St. John.

Lake St. Joseph Hotel A new, first-class house, on 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. DASTRUP, Manager, Lake St. Joseph, P.Q. Apply to Ticket Agents of all principal cities. A beautifully illustrated Guide Book free on application. A. F. X. HARDY, J. G. SCOTT, Gen. Pass. Agent, General Manager, Quebec, Canada.

Intercolonial RAILWAY BONAVENTURE UNION DEPT. SUMMER TRAIN SERVICE. 4 Trains Daily. DAY EXPRESS for St. Hyacinthe, Drummondville, Levis, Quebec, Murray Bay, Riviere du Loup, Cacouna, Bic, Rimouski and Little Metis. Leaves 7.25 a.m. daily except Sunday, Parlor Car Montreal to Little Metis. 12 "MARITIME EXPRESS" for St. Hyacinthe, Drummondville, Levis, Quebec, Riviere du Loup, Moncton, St. John, Halifax and the Sydney. Leaves at 12.00 noon daily, except Saturday. Through sleeping car to Halifax. 7.30 "OCEAN LIMITED" for Levis, Quebec, Murray Bay, Cap a l'Aigle, Riviere du Loup, Cacouna, Little Metis, Matapedia, Moncton, St. John and Halifax. Leaves 7.30 p.m. daily, except Saturday. Through sleeping cars to Riviere du Loup, Murray Bay, Little Metis, St. John and Halifax. 11.40 NIGHT EXPRESS for Quebec and intermediate stations. Daily, except Sunday, at 11.45 p.m. A sleeping car is attached to this train, which passengers can occupy after 1.00 p.m. GAMPE AND BAY CHALEUR Passengers leaving by the Maritime Express at 12 noon, Tuesday, and 8 a.m., Friday, can limit their tickets to connect at Campbellton with the "Lady Elton". All trains of the Intercolonial Railway arrive and depart from the Bonaventure Union Depot. CITY TICKET OFFICE. St. Lawrence Hall - 141 St. James street, at Bonaventure Depot. Tel. Main 55. J. J. MOOREHEAD, City Pass & Ticket Agent. P.S. - Write for free copy, Tour to Bonaventure, via Ocean Limited. 21 rue de la...

THE S. CARSLY Co. LIMITED THURSDAY, AUGUST 3, 1906. Store closes at 5.30 daily. Sale of Summer Dress Goods AT GREATLY REDUCED PRICES. Monday will be a busy day in the Dress Goods Department. The following is but a small portion of the bargains being offered. The prices speak for themselves: All-wool Etamine, in fancy motined effects. Regular 45c. Sale... 12 1/2c. Black and white Shepherd Checks. Regular 53c. July sale price... 25c. Fancy Mohair, in neat stripes and small designs. Regular 65c. July sale price... 25c. New Fancy Check Suiting, in light and dark colors. Regular 45c. July sale price... 25c. Plain Canvas Cloth, full 44 inches wide. Regular 65c. July sale price... 39c. All-wool Llama Suitings, with small phantom checks. Regular 65c. July sale price... 39c. A Crowded Wash Goods Store. 55 pieces of nice MANCHESTER MUSLIN, beautiful in texture, exceptional in quality and original in design, 38 inches wide. Regular 15c. Special July sale price... 8c. 40 pieces MATA LASSE, white ground with many pretty designs, all one yard wide and always sold for 19c. Our special July cheap sale price... 10c. 80 pieces of MOUSSELINE DE SOIE, Swiss Muslin, Marie Antoinette and Pompadour Muslin, all the latest designs. These Muslins sold regularly from 60c to 75c. Special price... 39c. 37c Japanese Silk 29c. 2000 yards Ivory White Japanese Silks, heavy quality, an ideal silk for Blouses and Dresses. Extra full width, a Regular 37c quality. Special... 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 way from 55c to 65c. Reduced specially... 36c. BASEMENT BARGAINS. 500 large size Enamel Dinner or Pie Plates, seconds. Worth 12c. Special sale price... 7c. 300 nickel-plated Towel Rings, regular 12c. Special... 5c. 200 All Steel Mincing Knives, worth 10c. July sale price... 4c. 200 Wire Potato Smashers, the kind that usually cost 5c... 2 1/2c. 100 Hardwood Step Ladders, in many prices from... 60c. THE S. CARSLY 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 ASCENDING SPIRAL COLUMN ON WHEEL Special Vaudeville Performance under Canvas. All Street Cars Going East Lead to the Park. ADMISSION: ADULTS, 10 CENTS CHILDREN, 5 CENTS. Tickets on Sale at all Street Railway Ticket Offices. IF YOU WANT Roofing, Asphalting, or Sheet Metal Work, Metal Skylights or Fireproof Windows, Cornices, Piping, Corrugated Iron, Etc., and want the best, call on GEO. W. REED & CO., MONTREAL.

His Memory (By the G) While men of all nations creeds throughout the speaking reverent word uncovered heads over made grave in Straide may not be unfitting a word of the dead. We are moved to the question raised in the the patriot's life and t since his untimely death ther he was an Irish Ir that we are going to botanize" over the grav patriot, for that would give as it is unnecessary any event the question ficiently answered in the 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 theori others what they should the questioning and cri men of force and of ac given to do so much fo tion of our hopes and t our country, as has cro efforts of Michael Da many of us, or rather h point out as a result c much less of our philo step taken by our coun freedom and nationho perity, one shackle thr people, one comfort add lives, one inspiration le sonal independence and dom of their country. hooves us to approach Michael Davitt and to s and his life and his wor with respect, veneration tude, but with humilit Davitt did not turn his and passion for Ireland cial fields of the restora Irish language and civil 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 circumstances which surrou birth and early years of they been heirs as he w hardships which inquit ment, wanton injustice a exaction wrought upon were they as he was the these destroying tyrann would undoubtedly as h secrete their lives to the of such intolerable condi whose existence the peop emerge from abject sl less be prosperous, intel pendent 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 consultation with the t priest politely but firmly landlord's terms for the property. The landlo for the maintenance of f lations at least if the come to terms, and the plied that there was not the slightest feeling of r emunity, but that the the past were intolerabl his people owed it to th their children and to th to secure possession of land upon livable terms. lord was the applican and for friendship. A sh fore we were reading on milliating but vivid desc William Carleton of "ga the landlord's house. I rain the tenants wait side the door, hatless an each awaiting in lear mixed with an abject ren the privilege of hearing rent would be accepted the "sentence of death" passed upon him and hi home. Nothing suggest fighting rats in that s ture. What a change a in a life time, in a g most. That it seems t