

HE COULD NOT SLEEP AT NIGHTS

Till he found relief in Dodd's
Kidney Pills

Fred. Swanson, of Saskatchewan, sends a message of cheer to those who feel the weariness and discouragement that comes from broken rest.

Macklin, Sask., (Special)—Those who suffer from sleepless nights and get up in the morning feeling tired and discouraged will find renewed hope in the statement made by Fred Swanson of this place. He could not sleep at nights. He discovered the cause. It was Kidney trouble. He discovered the cure. It is Dodd's Kidney Pills.

"Yes," Mr. Swanson says in an interview regarding his case, "I was troubled with my Kidneys for over a year, so bad that I could not sleep at nights. After using one box of Dodd's Kidney Pills I found great relief. Four boxes removed all my pain and now I sleep well and I am as strong in my Kidneys as any man."

If the Kidneys are wrong the blood becomes clogged with impurities and natural rest is an impossibility. Strong, healthy Kidneys mean pure blood, new life all over the body and that delightful rest that is the sweetest thing in life. Dodd's Kidney Pills always make strong, healthy Kidneys

DEAFNESS AND CATARRH

Successfully Treated by "Actina"

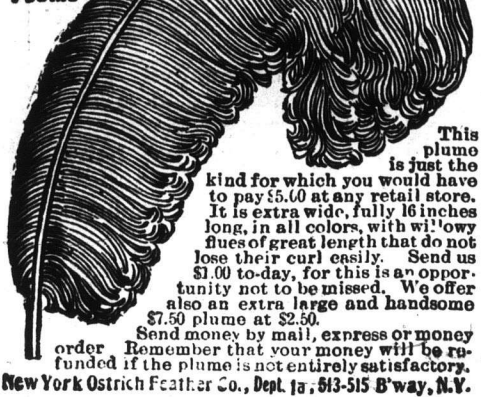
Ninety-five per cent. of the cases of deafness brought to our attention are the result of chronic catarrh of the throat and middle ear. The air passages become clogged by catarrhal deposits, stopping the action of the vibratory bones. Until these deposits are removed, relief is impossible.



The inner ear cannot be reached by probing or spraying hence the inability of specialists to always give relief. That there is a scientific treatment for most forms of deafness and catarrh is demonstrated every day by the "Actina" treatment. The vapor generated in the "Actina" passes through the Eustachian tubes into the middle ear, removing the catarrhal obstructions and loosens up the bones (hammer, anvil and stirrup) in the inner ear making them respond to the vibration of sound. Actina is also very successful in relieving head noises. We have known people afflicted with this distressing trouble for years to be completely relieved in a few weeks by this wonderful invention. Actina has also been very successful in the treatment of la grippe, a thma, bronchitis, sore throat, weak lungs, colds and headaches and other troubles that are directly or indirectly due to catarrh. Actina will be sent on trial post-paid. Write us about your case. Our advice will be free as well as a trouble book. Prof. Wilson's Treatise on Disease. Address ACTINA APPLIANCE CO., Dept. 84C, 811 Walnut Street, Kansas City, Mo.

\$1.00

for this
16-in.
PLUME



This plume is just the kind for which you would have to pay \$5.00 at any retail store. It is extra wide, fully 16 inches long, in all colors, with wavy flues of great length that do not lose their curl easily. Send us \$1.00 to-day, for this is an opportunity not to be missed. We offer also an extra large and handsome \$7.50 plume at \$2.50. Send money by mail, express or money order. Remember that your money will be refunded if the plume is not entirely satisfactory. New York Ostrich Feather Co., Dept. 18, 513-515 8th Ave., N.Y.

The Grand Cure.

In an address to his townsmen on the results and lessons of last year's temperance work in Ohio, Mr. C. M. Nichols struck at the very heart of the matter, when he said: "After all the most potent influence in society—the most powerful weapon on behalf of the right—is the grace of God. After all, this is the grandest power! If we attempt to lop off the branches of evil we shall fall short of a successful result. We must strike at the root of thought and action. We must reach the heart of the victim of intemperance. To reform a man's manners is not to reform him. To reform his habits is not to reform him. We must reach and save men's hearts, and then we have reached and saved them. They will have a new spirit within them. That we may do this we must ourselves stand on high ground. To lift men we must stand higher than they, so that we can give them a helping hand and raise them to us. Especially is this the work of the Christian men and women to-day. What could not be done if the five thousand professed Christians of this city were actively, zealously, heartily and lovingly engaged in some way in this work? We should see a real revolution—not a revolution of force or of blood—but a crusade against wrong and in behalf of the wrong-doer, inspired only by love of God and man, and a determination to change the hearts and lives of men! There have been such revolutions as this. There have been many instances in which whole communities have been moved by the Divine Spirit to forsake their sins and to commence the new life! That is what we need."

Hereditary Vice.

The punishment of vice and intemperance does not end with the vicious and intemperate, but the great human family is so constituted that one member of it cannot sin without pulling down others. Thus, in an appalling degree, are parents answerable for the weaknesses, wickedness, and vices of their children. A man drinks moderately but steadily all his life, with no apparent harm to himself, but his daughters become nervous wrecks, his sons epileptics, libertines, or incurable drunkards; the hereditary tendency to crime having its pathology and unvaried laws precisely as scrofula, consumption, or any other purely physical disease. These are stale truths with medical men; but the majority of parents, even those of average intelligence and culture, are apparently either ignorant or wickedly regardless of them.

The More Excellent Way.

Can nothing be done about it? Must the bottle slay for ever? One thing surely is clear. Law or no law, crusades or no crusades, if men will drink, they somehow contrive to compass the means of doing so. But a company of teetotallers would be safe in the London Docks in the presence of old wine enough to float a man-of-war. The thing to be sought, then—first, midst, last, and all the time, and everywhere—is to educate our young men not to have the taste and thirst for stimulants. Lacking that will soon amount to loathing. And add physical distaste to moral distrust, and you have built up a manhood which all the temptations of all the gin-shops in the world cannot move. And then such a man will be safe everywhere.

Out with the Liquor.

Work must be done; now the Master calls for reapers; now He bids us go to work. Shall we not heed the injunction, "Occupy till I come?" Shall we be ready to stand before the Judge and hear the welcome sentence, "Well done?" or shall it be said of us, we have been weighed in the balance and found wanting? Although so much has been said upon the subject and the best means of grappling with it, we cannot forbear urging upon teachers, parents,

and all engaged in training and educating the young, the great importance of impressing upon their minds the danger and sin resulting from the use of intoxicants in any form or quantity. And also upon all women, housekeepers, wives, mothers and daughters, the great responsibility resting upon them to exert all their influence in suppressing the dangerous custom of social wine-drinking; especially upon young Christian women would we impress this thought.

Alcohol in the Human System.

Dr. N. S. Davis, in a very able and elaborate paper, announces that the following propositions may be considered as established scientific facts:

1. The alcohol, when taken diluted in the form of fermented or distilled spirits, is rapidly absorbed without change, carried into the blood, and with that fluid brought in contact with every structure and part of the human body.
2. That, while circulating in the blood, its presence retards those molecular or atomic changes by which nutrition, disintegration, and secretion are maintained, and the phenomena of life continued.
3. That its presence retards the elimination of waste matter, imparts nerve sensibility, lessens muscular excitability, and lowers the temperature of the body.

The Cause of Her Death.

Here lies a poor woman who always was busy. She lived under pressure that rendered her dizzy. She belonged to ten clubs and read ~~B~~urning at sight. Showed at luncheons and teas, and would vote if she might. She served on the school board with courage and zeal; She golfed and she kodaked and rode on a wheel; She read Tolstoi and Ibsen, knew microbes by name. Approved of Delsarte, was a "daughter" and "dame!" Her children went in for the top education; Her husband went seaward for nervous prostration. One day on her tablets she found an hour free—The shock was too great, and she died instantly!

Philadelphia Record.

A Mother and Her Son.

I was calling on a family where a certain mother passed a part of each summer, and the conversation turned on the practice, common in fashionable circles, of offering wine to callers. She remarked: "It is passed to me, but I always refuse it, and tell them the mother of four boys mustn't touch it—mustn't even touch it."

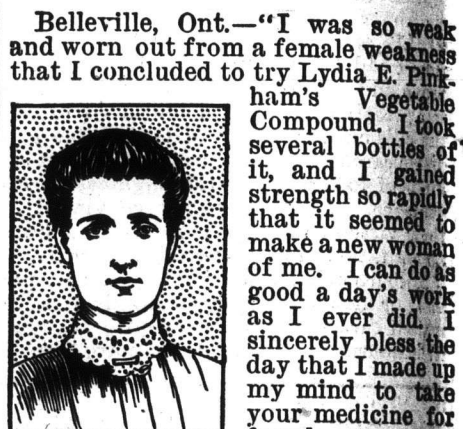
She was a winning, beautiful woman, but I had thought her a woman of the world, and myself much her superior in the sterner qualities of womanhood; but I now stood before her with downcast eyes and burning cheeks, for I remembered when wine had been offered me and I had not refused it. From the depths of my heart I honored her, and thanked God that He had given her four boys.

A fresh tide of intemperance seems sweeping over the land, and no mother can say she is guiltless, when her sons fall a prey to the tempter, if she has ever looked upon the wine sparkling in its cup—ever touched it—even touched it.

I recall a pleasant, little story of one of these "four boys." He is in the employ of one of our merchant princes, and is perhaps best known for his passionate love of flowers. He is never during the season, without a bouquet of choice flowers in his button-hole. His employer noticed this, and chided him one day for his extravagance. Jamie looked him in the face, and said, pointing to his bunch of flowers: "This, sir,

THE BEST REMEDY

For Women—Lydia E. Pinkham's Vegetable Compound



Belleville, Ont.—"I was so weak and worn out from a female weakness that I concluded to try Lydia E. Pinkham's Vegetable Compound. I took several bottles of it, and I gained strength so rapidly that it seemed to make a new woman of me. I can do as good a day's work as I ever did. I sincerely bless the day that I made up my mind to take your medicine for female weakness, and I am exceedingly grateful to you for your kind letters, as I certainly profited by them. I give you permission to publish this any time you wish."—Mrs. ALBERT WICKETT, Belleville, Ontario, Canada.

Women everywhere should remember that there is no other remedy known to medicine that will cure female weakness and so successfully carry women through the Change of Life as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs.

For 30 years it has been curing women from the worst forms of female ills—inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, and nervous prostration.

If you want special advice write for it to Mrs. Pinkham, Lynn, Mass. It is free and always helpful.

THE SECRET PERFECT OF A BUST and Form



Sent Free
Madam Thora's French Corset System of Bust Development is a simple home treatment and is guaranteed to increase the bust six inches; also fills hollow places in neck and chest. It has been used by leading actresses and society ladies for years. Book giving full particulars sent free, beautifully illustrated from life, showing figures before and after using the Corset System. Letters sacredly confidential. Enclose two stamps and address:
Madam Thora Toilet Co., Toronto, Ont.

WE ABSORBINE JR. FOR IT

Corns, Bunions, Callous Bunions, Tired, Aching, Swollen Feet. It allays pain and takes out soreness and inflammation promptly. Healing and soothing—causes a better circulation of the blood through the part affected, thus building up healthy tissue and eliminating the old. Alex. A. H. Tobin, Portland, Ind., writes Nov. 14, 1911: "No doubt you remember my getting two bottles of your ABSORBINE for a bunion on my foot. My foot is well." Also valuable for any swelling or painful affliction. Gout, Enlarged Glands, Varicose Veins, Milk Leg, Strains, Sprains, Heals Cuts, Bruises, Lacerations. Price 15c and 25c at all druggists or delivered. Book 4c. W. F. YOUNG, P.O. 138 Lyman's Bldg., Montreal, Can. Also furnished by Martin Bole & Wynne Co., Winnipeg; The National Drug and Chemical Co., Winnipeg; and Henderson Bros. Co. Ltd., Vancouver.



RADIOL treatment reduces swellings, cures strained and puffy joints, prevents inflammation, relieves pain from lameness, etc. No blister. Enforced Rest or Removal of the Hair Necessary.
Booklet on request—\$2.00 flask delivered on receipt.
THOMAS REID, Agent
304 Eastern Townships Bank Building, MONTREAL, Que.