

## BRONCHITIS

Bronchitis is generally the result of a cold caused by exposure to wet and inclement weather, and is a very dangerous inflammatory affection of the bronchial tubes.

The Symptoms are tightness across the chest, sharp pains and a difficulty in breathing, and a secretion of thick phlegm, at first white, but later of a greenish or yellowish color. Neglected Bronchitis is one of the most general causes of Consumption.

Cure it at once by the use of



Mrs. D. D. Miller, Allandale, Ont., writes: "My husband got a bottle of Dr. Wood's Norway Pine Syrup for my little girl who had Bronchitis. She wheezed so badly you could hear her from one room to the other, but it was not long until we could see the effect your medicine had on her. That was last winter when we lived in Toronto.

"She had a bad cold this winter, but instead of getting another bottle of Dr. Wood's Norway Pine Syrup, I tried a home made receipt which I got from a neighbor but found that her cold lasted about twice as long. My husband highly praises 'Dr. Wood's,' and says he will see that a bottle of it is always kept in the house."

The price of Dr. Wood's Norway Pine Syrup is 25 cents per bottle. It is put up in a yellow wrapper, three pine trees the trade mark, so, be sure and accept none of the many substitutes of the original "Norway Pine Syrup."



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**Fleming's Spavin and Ringbone Paste** to remove the lameness and make the horse go sound. Money refunded if it ever fails. Easy to use and one to three 45-minute applications cure. Works just as well on Sidesbone and Bone Spavin. Before ordering or buying any kind of a remedy for any kind of a blemish, write for a free copy of

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58 Church Street, Toronto, Ontario

## TEMPERANCE TALK.

### Temperance Shaft Issued.

'A Consumer' Asks and Answers a Few Questions.

Here is the latest literary shaft sent out by temperance advocates in the West. "What is there in it for me?" is the question asked by 'A Consumer':

The saloon-keepers all may be very nice men;

But what is there in it for me? I blow in my money and wake in the PEN.

So what is there in it for me? Of course I'm as welcome as flowers in May

When I come to the JOINT to squander my pay,

But I wake in the COOLER the very next day;

And that's all there's in it for me.

All over this country we're swimming in booze,

But what is there in it for me? The saloon-keeper's kids are wearing new shoes,

But what is there in it for me? The distiller's share is an automobile.

A carriage, the retailer's share of the deal,

But I'm wearing shoes that are down at the heel;

The booze-maker's wife may be dressed like a queen,

But what is there in it for me? My wife hasn't duds that are fit to be seen,

So what is there in it for me? The beer-brewer's son may be dressed like a dude

While I'm wearing garments exceedingly rude,

But if we vote 'wet' I'm afraid I'll go nude;

And that's all there's in it for me.

My thirst costs me more than my clothes and my food,

And that's all there is in it for me. The booze took my money, and did me no good,

And that's all there is in it for me. The brewer is rich, he has gold by the peck,

The bar-man gets paid, he's always on deck,

But whatever I get, I get in the neck; And that's all there's in it for me.

Why should I vote that the curse may endure?

For what is there in it for me? I'm bound to vote 'dry' on election day sure.

For what is there in it for me? A new self-respect, and a chance for my life,

New clothes for the kids, and a home for my wife,

The beginning of peace, the end of all strife; And that's all there's in it for me.

### CAUSES OF DRINK EVIL.

Physician Names Bad Hygienic Conditions, Overcrowding and Poor Food.

At a recent meeting of the Medico-Psychological Association of Great Britain and Ireland, Dr. W. C. Sullivan pointed out that chronic alcoholism and not simple drunkenness was the cause of most of the social suffering due to intemperance. The pertinent portion of his address is summarized by the New York Medical Record:

Drunkenness in its simple form was the result mainly of convivial drinking, of the drinking that went with conditions of relative luxury; it was generally intermittent and did not tend much toward chronic alcoholism. It was quite different with the sort of drinking which might be termed industrial drinking, the drinking that went with bad hygienic conditions, overcrowding, insufficient or unattractive food, overwork, and so on. It was characteristic of this form of drinking that it went on during the working hours and that it was more or less in substitution of food. It might not cause drunkenness, except indirectly, but it inevitably led to chronic alcoholism. In the prosperous mining districts there was much drunkenness, but little alcoholism, and the same might be said to a lesser extent of the agricultural districts.

On the other hand, in the manufacturing towns, in which the industrial conditions were less favorable, there was much alcoholism, and in the seaports, in which these conditions were at their worst, alcoholism, alcoholic suicide and crime reached their highest development. In these towns the alcoholism was accompanied by much drunkenness, though the drunkenness was not the cause of the alcoholism, but both were the effects of a common cause in the industrial conditions. Statistics of drunkenness, therefore, were of no value as a measure of alcoholism.

From a social point of view convivial

drunkenness was at once much less important and much easier to check than industrial alcoholism. The remedy for the latter form of drinking was to raise the standard of living, and something might also be done by restricting the facilities for obtaining alcohol during working hours by providing hygienic substitutes and by sane and temperate teaching as to the proper use and limitations of alcohol.

### Woman's Influence.

It is claimed that good women—loyal wives and devoted mothers, sometimes unwittingly and unwillingly cause relapses among Keeley-cured men.

The accusation would seem unjust as well as heartless, for they are the ones who suffer the greatest agony. The same liquor that brings a man to the lowest depths of degradation also sturges him to such an extent that he does not fully realize either the suffering or the disgrace which he causes.

He may endure tortures, both physical and mental after each debauch, as some glimmer of his real condition appears to his partially benumbed senses, but his suffering is mild compared with the anguish of the wife or mother, who has had every perceptive faculty quickened by bitter experience.

Surely the true-hearted, loving woman has the greater cause to dread the recurrence of the awful trouble, and she will make the greater effort to keep him from temptation.

But there are other dangers to be dreaded, other pitfalls to be avoided beside the criminal carelessness of offering intoxicants to a rescued man. There are other ways of undoing the good work than by openly erging a return to the old habits.

Constantly bewailing the sad fate that has left you a financial wreck, and building imaginary castles with the money that has been squandered for drink, it is a sharp lash in the hands of a complaining woman.

Deploping the neglected and backward condition of the poor little children, who undoubtedly have been defrauded of their sweet birthright of support and protection, is another easy method of accomplishing dire results.

The man who really has been guilty of all this wrongdoing, and then has reached the place where he honestly desires to forsake his old way of life, has a sufficient burden of regrets after the Keeley cure has cleared his beclouded intellect.

He doesn't need anyone to tell him of his lost opportunities or squandered resources. He knows all about them. He would give years of his life to undo the past and make restitution to his loved ones, and he needs the earnest co-operation and sympathy of everyone connected with him in his brave and determined effort to regain the victory over adverse circumstances.

There is still another cause of downfall among cured men, and while equally injurious, it perhaps lacks the element of selfishness so pronounced in other cases.

It is fear, or the lack of confidence, which says to the cured man as plainly as if the words were spoken: "I have no faith in you! I know you will drink again;—perhaps not at the first opportunity, but sooner or later you are bound to go back to the old evil ways."

It is many centuries since Job said: "The thing I feared has come upon me," but the principle is equally true today. What you fear you attract. It will fear to adopt as your motto, "I will fear no evil, for thou art with me."

Thousands of cases attest the fact that inebriety can be cured—the craving destroyed; you have no reason to suppose that your loved one is to be an exception to the general rule. Trust him, and let him feel that you do.

Give him the powerful help of your own untapped strength. Believe in him! Help him to justify that faith in him which will make you a happy woman.

### Recipe for Toothpaste.

Four ounces of precipitated chalk, two ounces of powdered white castile soap, twenty drops of oil of sassafras, forty drops of oil of Bay, sufficient honey to form a paste. Glycerine can be substituted for the honey if preferred. Always use a firm toothbrush, brushing away from the gums.

Attacks of cholera and dysentery come quickly, there seldom being any warning of the visit. Remedial action must be taken just as quickly if the patient is to be spared great suffering and permanent injury to the lining membranes of the bowels. The readiest preparation for the purpose is Dr. J. D. Kellogg's Dysentery Cordial. It can be got at small cost at any drug store or general dealer's, and it will afford relief before a doctor can be called.

Afflicted for years with a Diseased Liver.

Mr. L. R. Devitt, Berlin, Ont., better known, perhaps, as "Smallpox Ben," has used

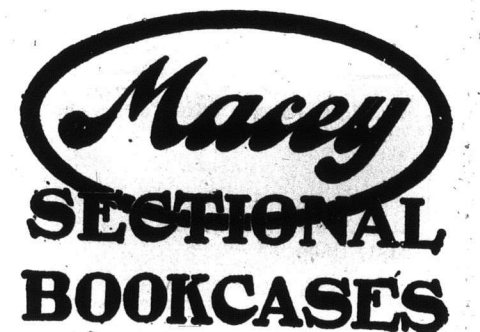
## MILBURN'S LAXA-LIVER PILLS

He has also used them for his patients when nursing them, and it is a well-known fact that small-pox sufferers must keep the bowels well regulated.

Read what he says:—"I have been afflicted for years with a diseased liver, and have tried all kinds of medicine, but of no avail until about four years ago I tried your Laxa-Liver Pills, and got instant relief. Since then I have nursed different patients afflicted with small-pox, and in each case I have used your valuable pills."

"My wishes are that all persons suffering with stomach or liver troubles will try Milburn's Laxa-Liver Pills. I will advertise them whenever and wherever I have an opportunity and I hope that if at any time I cannot get the pills, I will be fortunate enough to get the formula."

Milburn's Laxa-Liver Pills are 25 cents per vial or 5 vials for \$1.00, at all dealers or will be mailed direct by The T. Milburn Co., Limited, Toronto, Ont.



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