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If It Is Lazy, Slow or Torpid

Stir It Up By the Use of

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A lazy, slow or torpid liver is a terrible affliction, as it holds back the bile, which is required to move the bowels, and lets it into the blood instead, thus causing Constipation, Catarrh of the Stomach, Sick Headache, Langour, Pain under the Right Shoulder, etc.

Mrs. Wesley Estabrooks, Midgic Station, N.B., writes:—"For several years I had been troubled with pains in the liver. I have had medicine from several doctors, but was only relieved for a time by them. I then tried Milburn's Laxa-Liver Pills, and I have had no trouble with my liver since. I can honestly recommend them to every person who has liver trouble."

Milburn's Laxa-Liver Pills are 25c a vial, or 5 vials for \$1.00, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

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J.H. CARSON
357 Notre Dame Avenue
WINNIPEG MAN.

P.S. Would about fifty-two thousand, four hundred and thirty-seven boys and girls, particularly girls, please write to me. Letters will be promptly answered. My address is with the Editor. N.

If the person who wrote to Buffalo Bill, No. 1000 and signed "A W.H.M. reader from Nova Scotia," will write again, giving an address, he will be pleased to answer. B.B. No. 1000

A Man's Ideal Man

Alberta, Oct. 13, 1913.

Dear Editor—I am a subscriber to your paper and I fully agree that we should do all the good we can to all the people we can. Glad to join your circle. I have lived in the West ten years, and am a bachelor on a half section. There is sure something fascinating about the grand old prairie, and by the way the Rocky Mountains look fine. The mountains are the most beautiful thing on earth, night descends like a curtain there. My picture of an "ideal man" is as follows: He will be an active Christian worker, doing all he can to down the greatest foe the church has, and that is the saloon. And, also, I quote from the W.H.M. for October "he will understand the meaning of citizenship after the British model." He will realize that the church will reach people, not by stooping from a height, but by walking step by step and side by side with the citizens. He will be highly respected, a great lover of children, he will love the beauties of nature, he will adhere firmly to principle, and will invariably take the part of the weak against the strong. My address is with the Editor, and I would like to hear from "Rosebush" and "A Bachelor Girl" if they will write me, Richard.

The W.H.M. in the Office

Sask., Oct. 19, 1913.

Dear Editor—Here is another lonely girl who would like to join your merry circle. I have been a reader of your paper for a short time, and like it very much. I always look forward to it long before it is due, and I always take it along to the office where I am employed. I enjoy reading it there because I am so lonesome. I don't like staying in the office all the week. I like a farming life much better, but I get very few chances to go to the farm. I feel very sorry for some of those bachelors who live so far away from neighbors. It is not so bad when you have some company. If any one cares to write to a lonely girl, I will answer all letters and cards at once, my address is with the Editor. Wishing the W.H.M. continued success, Lonely Elmore.

Agrees With "Lancastrian"

Sask., Oct. 11, 1913.

Dear Editor—Although I have only been a subscriber for a few months I have found the W.H.M. the most interesting paper that I have ever subscribed for. I see quite a few letters discussing dancing and card playing. Everyone has an opinion of their own, but my opinion is that it is all right as long as it is not carried too far. We all like a little enjoyment of some kind—one will prefer this and one that. I surely agree with "Lancastrian" about marrying for riches. I have seen many unhappy homes through it, there are a few like it right in the district where I live. Try and make one another happy and I am sure you will not miss the money. I came to Canada eight years ago, and find it a country of many opportunities for the man who is willing to work. I would be very glad to get some letters and assure prompt answer. Wishing the paper every success, I will sign myself, Tyro.

Still Reads The W.H.M.

Winnipeg, Man., Oct. 6, 1913.

Dear Editor—This is the first time I have written to the W.H.M. and I hope my letter will meet with success. I am not from the country, like most of the members. I live in the City, but I have spent six years in Western Canada, and I would like to go back West again. I think city life is not much as compared with life on the prairie. We used to take the W.H.M. up West, and now I buy it every month, and certainly

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Over a million of these books have been thus sent to applicants all over the world since my free offer first appeared. Publishers are charging as much as \$2 for books on sex subjects, while my book is free. Therefore, reader, if you would like a great fund of inside information relating directly to the subject of manly vigor, all put in perfectly plain, easy-to-read language, with many hints that you can surely apply to your own self, no matter how strong you may be, or how nervous or rundown you may be—if you want to know the facts about this particular subject, given to you without a single scare, then fill in the coupon below, send to me and receive my book, sealed, by return mail. In one part of this little publication I describe a mechanical invention of my own, which I call the SANDEN Vitalizer, something you wear at night as an aid to the restoration of lost or waning strength; but you are not expected to get one of these appliances unless you decide for yourself that you want one. The book is complete, and there is absolutely nothing you are required to buy or pay, either now or in the future. Therefore, please send your name and address today.

SANDEN, Author.

MANHOOD! The quality which rules the world today. My friend, there never was a time in the history of the human race when real sturdy manhood, manly vigor and manly courage counted for as much as they do now, this very minute. No matter what your years, whether you are 20 or 60, you must be either entirely in the race or entirely out of it. It is invariably the fellow who proves up strongest in this human strength that forges to the front, while weaklings stand aside; it is he also who is in most demand and most sought after by women and men of his community, simply because he radiates that marvellous magnetic influence which only an abundant vigor and rugged manly health can radiate. I believe any man can hope to completely develop or



STRENGTH WINS IN ALL WALKS OF LIFE.

restore this same vigor or manly strength, no matter what his past follies may have been, provided he is willing to REALLY MAKE THE EFFORT, and provided, of course, he is not weighed down by extreme old age or is not incurably diseased. To my mind, the road of the one who wants more vigor is perfectly plain, but it is a road that any man MUST travel if he attains the highest ideals in respect to his own manhood. See information in my free book.

As to the SANDEN Vitalizer, previously mentioned, will say it is a little mechanical appliance, weighing but a few ounces, which you wear at night. The Vitalizer generates and sends forth a certain soft, penetrating force which I call Vitality. It drives this Vitality into your nerves, blood, muscles and organs as you sleep. It is quieting to the nervous system—or, at least, so users say. Men write that it takes pain out of the back often at once and restores vitality in 90 days. Remember, the general information of the free book is independent of this Vitalizer, and you are not expected to get one of these little appliances unless you want to. You can write me later as to that if you so desire. With special attachments, my Vitalizer is used by women as well as men for rheumatism, kidney, liver, stomach, bladder disorders, etc. If you live in or near this city I should be most pleased to have you call in person at my office, where you may see and test the Vitalizer free of charge. Hours—9 to 6; Sundays, 12 to 1. Or if inconvenient to call, do not fail to write for the free booklet.

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