

Savings Deposits

THE Bank of Toronto

receives Savings Deposits of \$1.00 and upwards, and adds interest to all balances twice a year.

**SAFE
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PROFITABLE**

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**Incorporated
1855**

ently a little girl came in. When her mother told her what the boy wanted, she said: "I am so glad he has come to be my companion." She showed him the cows, horses, geese,

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Toronto, Ont.

pigs, etc., but at the end of it all the boy asked to see the golden windows. "Oh, there is the house with the golden windows," said the lady, pointing to his own house, where the golden rays of the setting sun shone upon the windows. The boy then started off homeward, down the hill, down the hill, across the valley, and up the hill, up the hill, till he reached home. "Well, my son, what have you learned?" asked the father. "Father, I have learned the greatest

lesson of my life," replied the boy, "that the house with the golden windows is home."—Selected.

SHALL I TELL MOTHER.

I heard mother say to her boy once: "You used to tell me everything—all the things you have done, all you wished to do. If you received a letter from a friend, you were glad to let me read it; it lay where we all might see what was in it; so many times my heart has been made glad because you trusted me so. But now it is so different; you do not want me to know." There was something quite like a wail of trouble in the words. I am sure the heart out of which they came was full of sorrow and fear—sorrow for the lack of the old-time trust, fear for the future of the boy who no longer trusted his mother. Another, and this time it was a father that was speaking, said this: "From the first I have done all in my power to keep the confidence of my boys. I have told them they might do or have anything I do or have if only they would come and tell about it; but that the moment they ever deceived me, our close relationship would come to an end." And the confidence between this father and his boys was good to behold. Tell father and mother about it, boys. You never will be sorry if you do; and surely there will come a day some time when your heart will smite you sorely if you keep back things that you should have laid bare before them. Why tell your parents? Because they love you and long to be loved and trusted in return; because they have in the years they have lived learned many things which are as yet unknown to you; because if you tell them all about the things which are in your hearts they may know how to advise you, so that you may avoid trouble, which might otherwise sweep you off your feet forever; because you can not be true to father and mother and not tell them everything. Do not let anything get into your life to break the harmony between you and father and mother. Such a little thing may do it—one wrong word whispered into your ear; one wicked thought and base desire. Go quickly and tell those who are dearest to you of all on earth about it, and let them help you to get back once more into the right way. "Shall I tell mother?" Yes, it is the only right way. Trust her, and she never will prove untrue to you.

**A Friend in Need
to the Poor, Sick Stomach, Tired
Nerves and Torpid Liver, is**

**Abbey's
Effer-
vescent Salt**

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35

Melancholy and Mental Depression

Also Known as Low Spirits and "The Blues," Are Almost Invariably Caused By Indigestion and Stomach Derangement.

Chronic melancholy is a symptom frequently encountered in the victims of dyspepsia and indigestion. Defective blood nutrition or anaemia appears to be the physical state with which the great majority of cases of melancholy and mental depression are connected, and to which all modes of treatment are directed. Powerful and permanent and depressing moral and mental emotions act as effectively in arresting healthy digestion and alimentation as the eating of injudicious food, or the use of nourishment under circumstances such as the respiration of impure air, or indulgence in intemperate tendencies, which render proper assimilation of food impossible.

But while depressing mental emotions may cause disturbed digestion, on the other hand, dyspepsia may, in turn, cause mental depression, so that cause and effect may be transposed. Melancholy, or "the blues" should not be regarded as a distinct and independent affection, as it is almost invariably traceable to, and dependent upon, some disorder of the digestive system.

The victims of this distressing condition present not only the usual symptoms of indigestion or nervous dyspepsia, but also a long train of symptoms of a peculiarly melancholic and morbid character, such as extreme increase of nerve-sensibility, palpitations, strange internal sensations, which simulate many other diseases, together with an exaggerated uneasiness and anxiety chiefly concerning the health. They imagine they have all the diseases known to Pathology, and are great pessimists, prone to look on the dark side of life. They are easily annoyed by small things, which if their health and digestion were good, would never bother them; and they feel constantly irritable, have dark forebodings, and fear the approach of some imaginary evil, impending disaster or calamity.

If they experience indigestion-pains in the heart region, they think it is heart disease; uneasiness in the chest means consumption, while the various other fugitive aches and pains distributed over the system they imagine to be symptoms of some fatal, organic disease.

Every one of these morbid symptoms depends upon a disturbed state of the digestion, and for the removal and cure of this condition, there is no better remedy in existence than Stuart's Dyspepsia Tablets. They get right at the seat of the trouble, cure the dyspepsia, and remove the cause. Every particle of food in the stomach is thoroughly and properly digested,

owing to a long-continued indigestion, with the result that the blood, which mal-absorption, mal-nutrition and mal-assimilation of food, is in a thin, anaemic condition, is rapidly built up, and improved in quality—this improvement progressing along with the increased power of the stomach to properly digest its food through the aiding and toning-up properties of these powerful little digestive tablets; so that the melancholic and depressive symptoms disappear along with the dyspepsia.

Don't allow yourself to be overcome with "the blues," but secure a box of Stuart's Dyspepsia Tablets at once from your druggist for 50 cents, and begin taking them; also send us your name and address, for free sample package. Address F. A. Stuart Co., 150 Stuart Building, Marshall, Mich.

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