

Suffer
FROM
DUBBLE.

is from so-called
female trouble
from backache,
irritability, and a
trouble." Why,
Female Disease?
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Aches and Pains.

Hirst's Pain Exterminator
quickly relieves lame backs,
strained shoulders, sprained
ankles, bad knees, bruises,
cuts and burns.

Hirst's Pain Exterminator

40 years the old reliable family
medicine. 25c. at all dealers'.

Try Hirst's Little Liver Pills—natural
tonic and effective. Ask your dealer
or send us 25c. direct. Handsome
Souvenir Water-Color sketch free.

F. F. DALLEY CO., Limited,
Hamilton, Ont.

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New Year Well

By Curing Your

Rheumatism

At this season of the year we are offering a
\$1.00 bottle of our valuable remedy.

Rheumaticfoe

for 50c. Avail yourself now of this special offer.
Rheumaticfoe is the only medicine that is purely
and simply a Rheumatism Cure. It cures Rheu-
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that cause Rheumatism.

Write to us also for particulars of our "Guaranteed Cure."

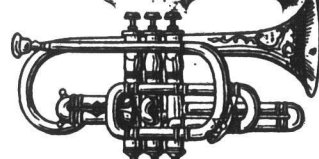
NO CURE NO PAY

If you are not cured it will cost you nothing.
We take all the risk because we are so confident
of the value of our medicine.

HOPE & HOPKINS,
177 1/2 Yonge Street, Toronto.

Dear Sirs,—Please send me one \$1.00
bottle of Rheumaticfoe for which I enclose
50c (15c. extra on all mail orders.)
Also particulars of your "Guaranteed
Cure."

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Address.....



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Take Cheerful Views of Life.

There is a form of mental disease which may be designated as introspection. The mind is turned in upon itself, or at the best, toward the body. Now, neither the mind nor body was ever intended to be an object of worship or constant study. The external world and all that is in it were intended for thought and contemplation. There are many whose minds have dwelt so much upon their bodies that they imagine diseases of one kind or another are always present. In some instances this morbidness leads directly to the acquisition of certain forms of illness. Let the mind be directed upon the world of people and interests outside of self, and there will be a healthier and more normal activity of all the functions than if we constantly study our shortcomings, either real or fancied. And it is only by taking a cheerful and contented view of the world around that we can acquire and maintain that beauty of face and expression which is the indelible mark of self-control and education.

Looking on the Bright Side.

The habit of looking on the bright side of life is contagious, and it cannot long be resisted by an individual thrown into daily contact with it. And cheerfulness, hopefulness and happiness are habits that can be formed and grafted upon our lives so that it is impossible to break them. The old saying that we are creatures of habit would have the most beneficial effect in life if we would but take it in its broadest sense and appreciate the fact that it is just as easy to cultivate cheerful habits as it is to drift into complaining, worrying and disagreeable ones. Some do not drift into the latter, either, so much as they actually cultivate them. They seem to take delight in nursing their griefs, sorrows, disappointments and failures, and day by day they think of them until they become pet hobbies. It is no wonder that they have a narrow and hopeless outlook on life, and that the very atmosphere in which they live is charged with pessimism and despondency.

Probably woman needs the proper mental and physical balance more than man because of her influence in the home and society. Her mission in life of bringing comfort, cheer and happiness into the homes and lives of all requires that she should have a clear and unbiased view of things. To do this, her mind and body must be well balanced. Good health is essential to her peace of mind and a cheerful spirit, and a hopeful, encouraging and happy

personality makes for good health. The two are interwoven, and they cannot be separated.

How to Conquer Gloom.

It is by recognizing the cause of a disease or trouble that our minds are set at ease. Until we are assured that a fever is simply an ordinary intermittent one, without any dangerous consequences, we worry and conjure up in the mind nightmares that may never exist for us. So with our moments of gloom and depression. If we can ascertain the cause we may laugh at our forebodings, and return to our duties with new zeal and hopefulness. Let it be taken as a safe rule that when depression overtakes us, there is some physical or mental cause for it that can not only be ascertained, but cured. In this way we can bring peace to our minds, and avoid those unpleasant moods which may not only grow upon us, but affect others in the home.

Winter Bells.

When Winter wraps the world in white,
And silent lie the snowy dells,
'Tis sweet to hear amid the night
The cadence of the fairy bells;
They seem to set the winds astir
With eerie music soft and low,
And gently shake the modest fir
Clad in its garb of spotless snow.

They tinkle 'neath the watchful stars,
Whose beams upon the whiteness fall,
And as they near the meadow bars
What recollections they recall!
The rustling tree which Summer knows,
And clothes in hues of living green,
Stands out against the sky and throws
Its lordly shadow o'er the scene.

O Winter bells that tell of mirth!
Thy music fills the heart with joy
And makes a paradise of earth—
A lovers' year without alloy:
Across the fields there seems to come
The music which of pleasure tells,
And every hearth and every home
Rejoices at the winter bells.

I hear them echo where the snow
Lies softly on the frozen ground,
And where December's winds are low
I list to catch their merry sound;
A maiden at the lattice waits,
For swiftly through the moonlit dells,
Toward her heart's wide-open gates,
A lover rides behind the bells.
—By T. C. Harbaugh.

It is Good for Man and Beast.—
Not only is Dr. Thomas' Electric
Oil of incomparable value in the
household, but the farmer and stock-
man will find it very serviceable in
the farm yard and on the cattle
range, often saving the services of a
veterinary surgeon. In injuries to
stock and in cases of cough and pains
it can be used with good effect.

A Song of Welcome—1907

By Harriet Whitney Durbin

Good greeting to you, stranger-friend, who cometh in the night;
Behold, the hills are banked with pearl and paved with opal white;
Their glinting mist the north wind hurts to shut the moon from view,
And heaven's stars look cold and keen as drops of icy dew.

But back, behind the arctic scenes and frosty sights you bring,
We know you've snugly packed away the story of the spring,
With illustrations, fine and sweet, of maiden-fern and vine,
And delicate engraving of the coral columbine.

And, still a little farther on, a tale of splendid lore—
The volume of the summer will reveal its luscious store;
A vineyard's royal purple here, and there an orchard's red,
And, on the slope, a clover-field with tangled pink o'erspread

The poetry of autumn-time—how well we know its sway;
We trust you've not forgotten it, nor lost it by the way;
Its crimson and its amber and its dreamy neutral hues—
Its very clouds we could not spare; its rains we would not lose.

Good greeting to you, stranger-friend, we'll sorrow when, at last,
The final scene is ended and the wintry clasp made fast.
We'll fare with you the twelve-month long, and when the time is here
That we must say Good-bye to you, we'll say it with a tear.

Liquor and Tobacco Habits

A. McTAGGART, M.D., C.M.,
75 Yonge St., Toronto, Canada.

References as to Dr. McTaggart's professional standing and personal integrity permitted by:

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with the Orchestra, the

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