## The Most Trying Time For Teachers and Pupils

After the Winter's Confinement They Are Pale, Weak and Exhausted and Quite Unfit for the Excessive Mental Exertion of Examination Time.

Early and late teachers and pupils have been bending over their books, contracting their lungs and exhausting nervous energy at an enormous rate, and spring finds them
weak, languid and run down. The air of the crowded school room is bad enough at any weak, languid and run down. The air of the crowded school room is bad enough at any
time, but where the dry air system of heating is used the atmosphere is still further vitited and seems to
If your by or girl is weak, puny or nervous, do not suppose for one moment that
the trouble will wear away of itself. 1 twill not. External assistance is necessary if you
would reevent So viwa would prevent St. Vitus' dance, epilepsy, paralysis, brain congestion or some dreadful
form of brain or nerve disease. What is the use of edraction if the healt of the to be ruined in getting it? If the haeath is of the children is neglected they can never develop

effective blood and nerve restorative to be found in nature. Not only is it the most satisfactory spring medicine obtainable, but it is especially suited to the use of children because
of its gentle and natural action on the system. Note your increase in eight while using it. 50 cents a box, 6 boxes for sa.5f; at all dealers or Edmanson, Bates \& Co.. Toronto.
To protect you gains mimitations ihe portrait and signature of Dr. A. W, Chase, the famous receip: book

Children's Corner \& 8

|  |
| :---: |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |


W. Lucamuin

## THE EXCELSIOR LIFI

IHSURANIEE CO. EAD OFFCE, TORONT


McCABE © CO: - undertakens


## F. ROSAR

 Undertaker.$\qquad$

