BANISH PIMPLES AND ERUPTIONS

IN THE SPRING MOST PEOPLE NEED A TONIC MEDICINE.

One of the surest signs that the blood is out of order is the pimples, unsightly eruptions and eczema that come trequently with the change trom where to spring. These prove that the long indoor life of winter has had its effect upon the blood, and that a tonic medicine is needed to put it right. Indeed, there are few people who do not need a tonic at this peason. Bad blood does not needly show itself in disfiguring eruptions. To this same condition is due citacks of rheumatism and lumbago; the sharp, stabbing pains of solatica and neuralgia; poor appetite and a desire to avoid exertion. You cannot sure these troubles by the use of purga tive medicines—you need a tonic, and a solic only, and among all needeques there is none can equal Dr. Williams Pink Pills for their tonic, life giving, nerve-restoring powers, Every dose of this medicine makes new rich, blood, which drives out imparities, stimulates every organ and prings a feeling of new health and weak, tired, ailing men energy .0 women and children. If you are out of sorts give this medicine a trial and quickly it will restore the vive drooping spirits. veing with new, health-giving 11000

get these Pills from any medie dealer or by mail at 50 box or six boxes for \$2.50 Dr. Williams Medicine Co., Pinn from Breck . le, Ont.

A WARY LIAMA.

Museum Man Tells of Hunting at 18,000 Feet Above Sea.

Hunding the flama in the rarified atmosphere which prevails at an al. titude of some 18.000 feet is told about by Alfred M: Collins, of Phila. delphia, in a pamphlet issued by Wil-fred H. Osgood, asistant curator of of manonalogy and ornithology at the Fielf Museum of Natural History, Chilago, The expedition of which Mr. Collins was a member with Lee Garnett Day, of New York, and represent atives from the American Museum of Natural History, this city, and the Field museum, went direct to Mol-lendo, on the coast of Peru, and start-ed inland on a steady climb of mountain ranges until they reached Are-quipa, 7,500 feet above sea level, in the early part of January, 1915, Mr. Collins says

"The next day we proceeded on our way, and at a point 12,500 feet above sea level, called Pampa da Arrieros. we loft the train, hearing that at this point the animals we were desir-ous of getting were to be found. Having finally reached our hunting ground, and with a considerable amount of stored up energy after three weeks' idleness on the steamer. It not being yet noon, we at once made arrangements tor mules in or-der to make a hunt that day.

"After climbing several thousand feet higher, we suddenly came in sight of our game. Dismounting and starting to run after it, we suddenly realized the height at which we had arrived, our hearts beating so rapidly that it became impossible for us to continue. The rest of the day we continue. The rest of the day we traveled at a snall's pace after the game, which always kept in a very tantalizing way within sight, but out of range. Finding that it would be impossible for us to come up with it, we decided to return to our mules and go back to camp.

A sudden downpour drenched us to skin, and a little later darkness the overtaking us, and the chill of night coming on, we suffered intensely from coming on, we suffered intensely the cold. The great heat of the the drenching by the rain, and the sudden chilling of the air brought on all of us attacks of soroche, it was with great difficulty that we were en-

water to satisfy our own thirst, let alone that of our mules. All night long I was kept awake by the shaking of my companion, who had one chill after akother, suffering myself all the time from a most terrific headache and gasping all night for breath. The next morning as soon as it was light next morning, as soon as it was light enough for is to see, we hurried down the mountain for several thousand feet, and then, as the sun came up, we fell asleep, exhausted by the ex-periences of the night. Not only did the allitude affect us but the air was so dry and the wind on these mountains blew so violently that our faces and hands became badly surburned. In addition to the entire skin coming

off my face four times in ten days, my nose swelled to at least double its size, my lips were badly cracked. and almost constantly bleeding, and my hands were blistered on the palms as well as the backs. "It is hard to imagine any animals being able to live where there is such a lack of vegetation but these sure-footed animals grow fat there. They are seldom hunted by the white men but the Indians are continually after them making them exceedingly shy and difficult to obtain. While the shy

the and difficult to obtain. While the guanaco and vicugna (llamas) were found on the same mountains, they were never found together. Those that we obtained were shot at long range. A small deer, the guemal, was found on these same mountains, out muhc lower down, its range not ex-ceeding an altitude of from 12,000 to 13,000 feet, while the vicugna and guanaco were found from 14,000 to 18,000 feet.

Pampa de Arrieros is a small setthement of a couple of dozen mud houses occupied mostly by the work-ers on the railroad, a church, and a railroad station where we succeeded in obtaining rooms. As it was a meal, station we were able to get very good food indeed. We huated mostly from mule back, but had considerable difficulty in getting fresh mules, as the climbing was exceedingly hard on them, and it seems to be against the principles of the owners to feed them any more than what they were able to pick up for themselves, the con-

been ridden for a couple of days is became so exhausted it was worthless 10 1.8.

The gait of the guanaco is a canter The gait of the guanaco is a canter or easy lope, and by bounds they at-tain great speed. Reddish brown on back and lighter under parts; cool grey tone of head and ears; head head erect. It has the neigh of a horse, neck of a camel, feet of deer, and swittness of the devil. The call is a weird, remulties sound and half idiotic neigh."—New York - "Evening Post"



SHE IS RECOMMENDING DODD'S KIDNEY PILLS.

Miss E. Demers States They Cured Her of Sick Headache and Rheuma-tism from Which She Suffered for Six Months.

Hull, Que., May 10.-(Special)-Cured of chronic indigestion, sick head-ache and rheumatism, from which she had suffered for six months, Miss E. Demers, of 190 Maisonneuve street, here, gives all the credit for her cure to Dodd's Kidney Pills. She is recom-mending them to all her friends who suffer from kidney troubles of any rind.

am always ready to tell what Dodd's Kidney Pills did for me," says Miss Demers. "I am never without Miss Demers. "I am never without them in the house. My case was one of the worst

'I had tried several medicines' from the doctor and was getting no better when 1 decided to try Dodd's Kidney Pills. I took seven boxes and all m rheumatism, sick headache and idi gestion was gone.

When my father saw how much good Dodd's Kidney Pills had done me he began to take them for kidney trouble. He is better now." Dodd's Kidney Pills make healthy kidneys. Healthy kidneys strain all



11111

ing the civilized kingdom as his outpost against barbaric Asia, swept the land twice with his legions, and rendered it for nearly two centuries to dered it for nearly two centuries to come a Roman province, it was dur-ing these years that Koman soldiers, settled on the soll in vast numbers by a government which knew how to gain and keep the loyalty of its vet-erang and their sons, gave to Rou-manian life and language the Roman which which has chargeterized them culture which has characterized them to this day. Scarcely a full century, however,

went by without Roumania's becom ing once ing once more the battleground. Quadi and Marcomanni from the Austrian forest rushed the frontier in 212, In 247 at last, finding the Rou-nian land more of a hindrance than a help in the solution of the increas-ingly difficult problem of imperial de-fence, the legions abandoned it. leavingly ing such colonists and natives as cared to remain behind to the mercy of Roumanda's first German overlords. For a thousand years the tide of

war between eastern savagery and western harbarism rushed back and forth across the little land by the Black sea. Nomad tribes of Huns, defeated on the Roman borders in 378 devastated the fields of the discour-aged peasants for a century Then the greatest of the Huns, Attila, swept H again with fire and sword, impressed its husbandmen into his cruel service, on his way to the great battle at Cha-lons, where the Hun power was fla-ally to be broken. Only for Roumaniafor from the protection of Frankish-Roman armics, the exodust of these wild men was quite as horrible as

white men was quite as horrible as their original invasion. Avars, Bulgarians, Hungarians in their jurn through the dark centuries, laid waste its fertile plains, setted for awhile, and passed on their way. Against almost insuperable obstacles, something of the old Rouman language and culture, something of the old Roand culture, something of the old Ro man fighting spirit, persisted. No foe of honor ever called the Parano foe man fighting spirit, presisted, No loe of honor ever called the Roumanians cowards. Out of the weiter of inva-sions, revolutions, foreign overlord-ships, palace murders, ignorance, there alpeared at last in the latter part of the thirteenth century the two fairly evaluations of Walfairly stable principalities of Wal-lachia and Moldavia-Wallachia com-prising the foot of the boot-shaped figure which Roumania makes in the curves of the Danube on the maps of the day, and Moldavia the leg running up to the Russian border.—Exchange

Minard's Liniment Cures Distemper.

FAMOUS PASSAGE.

Straits of Messina Identified as Scylla and Charybdis.

The Straits of Messina, through which the German warships Goeben and Breslau are supposed to have slipped, eluding the eagerly pursuing British Mediterranean fleet at the outbreak of the European war, have again found a place in European des-patches as the scene of a naval mishap in which warships belonging to England and Italy mistook each other for enemies after a collision in a log and proceeded to shell one another. ('on cerning this narrow lane of sea be tween the rocky passes of Sicilly and the "toe" of the Italian peninsula, the

National Geographic Society's recent war geography bulletin says: "The Sicilian and Italian banks which border the Straits of Messina for nearly twenty-five miles to the

MVY 9 917

ing Etna, the highest volcano in Europe. "The most important city situated on the straits is the once magnificent

on the straits is the once magnificant seaport of Messina, which boasted a population of. 150,000 inhabitants before the world's most cruel earth-quake of Dec. 28, 1908, tossed nearly 100,000 lives away

"The harbor of Messina is the larg est and safest in the kingdom of Italy with a depth of more than 30 fathoms Before the great calamity it was yisited annually by more than 5,000 essels which brought cargoes wheat, cotton, wool and hardware, and took away in exchange lemons, or-anges, almonds, wines, olive 511 and stilks. Much of its commerce was and still is carried on with the mainland

of the kingdom by means of a ferry line to Villa San Giovanni, only four and a half miles away, while Reggio the chief seaport on the Italian side of the straits, and also the chief earth-quake sufferer next to Messina, is ten miles to the southeast. Ferry boats ply between these points, too. Scilla, Fare, Catona, Pellaro, Scallita and Gallati are minor towns on the shores of the straits.

"The historical records of Messina and the neighboring settlements con tain many accounts of bombardments raids and piratical descents during the Punic and Roman wars, and ravaging expeditions by Coths. Normans and Saracens, while earthqua es prior to the latest tragedy left their indelible scare from time to time, particularly In 1783. Nor has the plague spared this region. In 1740 Messina alone lost 40,000 of her population by dis-case, while 114 years later cholera more well 16 200. removed 16.000.

"Homer did not accord a definite habitation for his terrible sea crea tures Scylla and Charybdis, but mar iners familiar with the perils of the rocks on the Italian side of the straits and with the strong eddies near the harbor of Messina saw in the mythical monsters an explanation 0 such dangers. Scylla was supposed to be a horrible creature with six heads and a dozen feet, who barked like a dog. She dwelt in a loity cave from which she rushed whenever a ship tried to pass beneath, and she would snatch the unlucky seamen from the rigging or as they stood at the helm endeavoring to guide their vessels through the perilous passages. Charybdis dwelt under a rock only a howshot away from the opposite shore The second creature sucked in and blew out seawater three times a day, and woe to the ship caught in the

maelstrom of its mouth! Poets who came after the grant Greek bard embroidered the legend to suit their fancy. Ovid, for example described Scylla as a beautiful daugh ter of a sea god who incurred the jealousy of one of the immortals and was changed into a sea monster, A A second transformation made her a rock perilous to navigators. Some poets described Charybdis as an old woman who seized and devoured cattle of Hercules, and in punishment for this act the demigod's father, all powerful Zeus, cast her into the sea. where her appetite persisted, but her taste changed from cattle to ships and

Spanking Doesn't Cure!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child can-free mother my aucressful home reatment, with full natructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with uring difficulties by day or night Address. adults day or Mrs. M. Summers.

WINDSOR, Ontario. BOX 8 From Emeric to America.

The name America, as you may

know, comes from Amerigo, Vespueci's Christian name, And Amerigo comes from Emeric. One would scarcely expect the name of Emeric, the name of a pious Hungarian prince of the eleventh century, who was made a sain, to take the form of Am-erigo in Italian, and of Amory and

HOUSE OF HAPSBURG.

For Centuries Dominant Factor in European History.

Of the greatness of the House o Hapsburg, from a historical point ov iew, there is no end of. Hapsburgs have been dukes and archdukes of Austria since 1282, kings of Hungary and Bohemia since 1526, and emperors of Austria since 1804. They have also been Roman emperors, kings of Spain, and German kings, and in the reign of the Emperor Charles V., when the house reached the summit of its greatness, the Hapsburg dominions spread

burg is contemplated to the last de gree; any just consideration of it would involve the writing of a very large part of European history. Nevertheless, complicated as it is, perhaps no other royal house presents such marked characteristics, or has pre-served, through the centuries a general policy so unchanged and unchan ging. In the early days of their history the Hausburgs were famous for the way in which they increased their possessions by judicious marriages, and they have been famous for this ever since. It was thus that they first obtained possession of Bohemia, and it was thus also that they first ob tained possession of Hungary. It was through his marriage with Mary, the daughter and heiress of Charles the Bold of Burgundy, in the fifteenth century, that Maximilian I. obtained posession of the Netherlands and other rich lands beionging to the famous duke: and in many other directions, by the same means and by other nerans, they added steadily to their

The name Hapsburg, which is a varfant of the older name Habichtsburg, or Hawk's Castle, was taken from the astle of Hapsburg, built on the banks of the Aar, not far from its junction with the Rhine. by the bishop of

Minard's Liniment Co., Limited Gents,-1 cured a valuable hunting log of mange with MINARD'S LANI MENT after several veterinaries had treated him without doing him any permanent good. Yours, etc.,

WILFRID GAGNE, Prop. of Grand Central Hotel, Drummondville, Aug. 3, '04.

Strasburg in 1020. The Hapsburgs, however, do not begin to come cer-tainly into history until the closing years of the twelfth century. About that (ime we find one Albert styling himself Count of Hapsburg, and in-creasing the area of the Hapsburg lands with all the characteristic Hapsburg astuteness. Some seventy years later, a Hapsburg in the person of Rudolph, was seated on the German throne, and thence onwards they were

foremost figures in European history. Amongst the notable reverses in-cidental to their history in the Middle Ages must be mentioned the revolt of the Swiss. The Swiss people had chafed for many long years under the rule of the Hapsburgs, and the open struggle continued for nearly two cen-turies. Duke Leopold I. was defeated at Morfarten in 1315, and elopold III, at Sempach in 1386, and so it went on. Peace." in 1874, ended the rule of the Hapsburgs in Switzerland.

It was, however, within a compara-tively short time of this reverse that the House of Hapsburg had reached the height of its power, Charles V. was Emperor. He had succeeded to all the hereditary lands to the Hapsburgs, and to the power and prestige which flowed to him as head of the Holy Roman Empire was added the wealth and commerce of the Netherlands, of Spain, and of the Spanish colonies in America. In Italy, he ruled over Sardinia, Naples, Sicily and the duchy of Milan, whilst to large inherited pos-sessions in the Netherlands he added Groningen, Gelterland and the bishop-The Russian bea sessions in the Activitian data be added in history in the trust of the Russian bear, often whipped, now fought teroclously. The Russian borry of Charles XII. Austrian archduchles and Tyrol. Bohanis, with her dependent provinces, was wounded before the battle conrics of Utrecht. At the same time his brother Ferdinand was ruler over the Austrian archduchies and Tyrol. Bo-hemia, with her dependent provinces, and a considerable part of Hungary. Thus the House of Hapsburg had really only one rival in Europe, and that was the House of Valois France, and it was the Valois that the Hans. and it was the Valois that the Hapsand it was the values that the Haps-burgs measured swords so grimly, some two handred years later, during the war of the Spanish Succession. The Austrian Hapsburgs fought long and bitterly with Louis XIV. of France-for the Spanish porsessions of the house, but the Grand Monarque was no strong for them and by the issue long | soil

ISSUE NO. 19, 1917

HELP WANTED.

WANTED - PROBATIONERS TO train for nurses. Apply, Wellandra Hospital, St. Catharines.

L ADIES WANTED TO DO PLAIN light sewing at home; whole or apar-time; good pay; work sent any distance; charge prepaid. Send stamp for par-ticulars. National Manufacturing Co., Montreal, Que.

WINTED-CARD ROOM HELP FOR Woolen Mill Cleaners and Tenders for day and night work. For particu-iars, apply to the Slingshy Mfg. Com-pany, Limited, Brantford, Ont.

MONEY ORDERS.

THE SAFE WAY TO SEND MONET is by Dominion Express Mouey Ordam.

Dawn.

Somewhere the snipe now taps his tiny drum; The moth goes fluttering upward from the heath; And where no lightest foot unmarked may come. The rabbit, tiptoe, piles his shiny teeth On luscious herbage; and with strident hum.

hum. The yellow bees flutterng from flower to flower Scatter from dew-filled cups a spark-ling shower.

The meadowsweet shakes out its feath-ery mass; And rumors winds that stir the silent eaves, Bearing abroad faint perfumes as they pass, Thrill with some wondrous tale the flut turing leaves, And whisper secretly along the grass Where gossamers, for day's triumphsi march, Hang out from blade to blade their diam-ond arch.

Minard's Liniment Cures Colds, Etc.

Natural Refrigerators.

At Thompson Falls in Western Montana there is a well from which a small current of air constantly flows. In summer the air is at 35 Fahrenheit. which is about that of a scientifically constructed refrigerator.

The owner of the land on which the of tightly fitted lumber over the well, well is found has built a small room which is right beside the house. In this room he keeps all the perishable food that his family uses. His store is not far away, and he built a room in the basement of that building that is connected with the well by an un derground pipe. In the pipe there is a damper that can be closed or opened by means of a chin that runs up through the floor to the office above. There he keeps all the perishable merchandise that he has for sale.

The current of air is very nearly constant in temperature, says Youth's Companion. In the winter it is warmer than the outside air, and the store-room can be used to keep articles from

freezing. No satisfactory explanation of the reason for this current of air has been found. No open passage was encoun-tered when the well was dug, but the current seemed to come from every direction through the gravel at the bottom. At the opening in the case ment of the store the force is sufficient to blow a handkerchief, held in both hands straight out, and a hat placed in the entrance of the pipe is at once blown out .-- Exchange.

Minard's Liniment Cures Garget In Cows.

MODERN RUSSIA.

The first great military victory of modern Russia was gained on the bloody field of Poltava, when the army of Charles XII, of Sweden was the completely defeated by the forces led by Peter the Great. The ambitious and powerful Swed-

ish monarch began his Russian in-vasion of 1707 at the head of 43,000 well trained veterans, following al-most the same route as was chosen by Napoleon more than a century later.

In the first clashes was was successful, but he pursued the Russians with such haste and recklessness that his army was soon hopelessly involved in swamps and marshes. Peter reorganized his force and made his stand at Poltava, and the battle fought there on July 8, 1709, ranks among the menced and directed the movements of his ragged and half starved troops from a litter, in which he was car-ried about the field. The Russian artiliery worked havoe in the army of the Swedish king, out Charles, with a few man, managed to escape and made his way to Turkisa soil, where he found refuge from the wrath of the Czar.

themselves over some of the greatest and wealthiest states of Europe. The history of the House of Haps-

inheritances.

abled to get back to our rooms in the rathroad station, and all night long the whole party suffered intense-ly from chills and fever.

The next day, and for several days following, we hunted these wary ani-mals, and each day becoming more and more accustomed to the altitude. we were able to travel not only great. or distances, but at a higher altitude Upon hearing from the Indians that there was a water hole high up on one of the mountains just below the snow of the mountains just below the show line where game was-very plentiful, we plained a hunt with the idea of spending a night at this water hole, believing that just before dark or early in the meraing might prove to be the best time to get our game. Hour after hour we traveled, and higher and higher we dimbed, inding the worth house which facther away the water hole much farther away than we had supposed and at an alti farther away tude which taxed our hearts and lungs to the utmost.

"I will never forget the night spent at this point, 18,000 feet above sea 363 level in a little shelter of stones which had been erected by the Indians What where they watched for game. What was known as a water hole consisted where, even by digging, we could not get enough



the impurities, all the poisons, out of the blood. They are the greatest of all tonics.

OFT-INVADED ROUMANIA.

Ravaged by Macedonian, Roman, Goth, Hun, Bulgar and Magyar.

"Bravest and most honorable of all the Thracian tribes," old Herodous called the Gerae who inhabited the rich laud between the mouth of the rich land between the mouth of the Danube and the eastern terminus of the Carpathians, capable men with book and arrows, daredevil riders, but destined within a few short genera, tions after the historian's death to suffer, once the nations began to dream imperial dreams, the penaltics of their position. For in the fourth century before Christ, Phillip of Mace-don beginning the carcer of connest

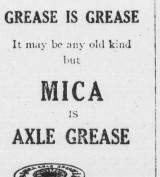
don, beginning the career of conquest which was to lead his son. Alexander the Great, to the gates of the day on the borders of the gates of the day of the borders of the Axus and the In-dus, found the fertile – Dobrudja a prize worth taking, and the alliance of the Gette kings a prime necessity in his campaign against the Scythians

In his campaign against the Scythians of southern Siberia. He liaid sleps to their capital, but the early Roumanians, apparently, gave up without a pitched battle, pre-forring to die in Philly's battle with the castern hoets. But when Alexan-der marched eastward the Getae-made real's first east, in the unhanny tenr first casa; in the unhappy pot their first seas in the namps, because, ics of neutrality in lappy, because, while they were not forred to yield their indspendence, Alexander's troops burned their wooden towns, and marched at will through their flourishing countryside.

Like the modern Roumanians, of-fered at one time the bribe of Bessarabia by the entente, these forefathere of the nation found the sweet as well as the bitter in their cup. In the first century of the Christian era their power under their king, Deceblue, had grown so great that the Em-peror Domitian himself, worn with other wars, was willing to pay an an-nual tribute for their friendship and continued neutrality. Not ten years, however, elapsed before Trajan, need-

among t luxuriant to be found in a cruise of the Mediterranean. Magnificent golden groves of lemon and orange and orchards of pomegrantes with their brilliant red fruit contrast wonderfully with the flowers of the almond trees which perfume the whole region. "The straits are entered from the

Tyrrhenian Sea on the north at the narrowest point, the distance between Punta del Faro on the Sicilian shore and the mainland lighthouse on Punta Pezzo being not more than two miles The whole of the Calabrian coast is thickly sown with villages, some cling-ing to the beach, while others clamber up the sides of well-wooded hills which culminate in the towering Montalta, rising to an elevation of more than a mile above the sea. Beyond the straits to the southwest looms ever-threaten





THE IMPERIAL OIL COMPANY Limited BRANCHES THROUGHOUT CANADA

Emery in English. The name in Ger-man; says the Indianapolis News, but little changed from the original, is Emmerich. This obscure Hungarian saint has been a person of conse-quence in this world, for from his name has come that of this great con-tinent. In the Fifteenth century, in the Italian form of Amerigo, it was bestowed upon an Italian navigator, surnamed Vespucci, and this contin-ent, by a still further mutilation of the name, came to be known as Am-Emery in English. The name in Ger the name, came to be known as Am was choosing a name for his son, he could scarcely have imagined that the name chosen was to be the parent of the word America, and that poor old Christopher Columbus was thereby to be despoiled of a recognition that is far from being compensated for by the term Columbia.

Minard's Liniment Cures Diphtheria.

Canton's City of the Dead.

before the coffin each morning. There are cardboard servants standing about to wait on him with pipes or cardboard

No Celestial Explorer.

"Did you ever take any interest in astrology?

astrology?" "No," replied the matter-of-fact man. "I can account for all but the hard luck and temperamental peculiarities I care to by conditions right here on this earth"—Washington Star.

too strong for them, and, by the near of Rastaar, Spain, passed from the Hapsburgs to the Bourbons. The next great landmark in the his-

tory of the Hapsburgs is, perhaps, af-forded by the reason of Maria Therese in the eighteenth century. The story of how her father, Charles VI, tried to In Canton, about eighty miles from Hongkong, there is a place known as the City of the Dead. There are 194 small houses, in each of which a corpse is lodged, at the rate of \$25 for the first three months, and then at a reduced rate until the geomancers em-ployed by the relatives of the dead person decide when and where the corpse shall be buried. Silk or paper lanterns and imitation fruit are hung from the roof. There are screens in each room between the door and the coffin. Tea, fruit and any other kind of food which the dead person liked when on earth are placed on an aiter "before the coffin each morning. There

wars, treatles which were highly fav-orable to the Hapsburgs, we come to the year 1848 and the accession of cups of tea. There are also two handsome paper females placed there to guide his spirit on the way to heaven.

Will It Work Both Ways?

Mrs. Brown-The trousers which I have washed for lke have shrunk so much that the poor child can hardly put them

Her Friend-Try washing Ike, and he night shrink too. ----

The man who works in a match factory isn't necessarily an optimist inst because he makes light of things.

A Cause of Drowning.

In swimming under a blacking sum the body is submerged at a low tem-perature, while, the full force of the sum beats on the unprotected head. To add to the obvious dangers of such a state of things the blood is forced into the head by the pumping action of the limbs in exhaming, the center-ling the arteries in other parts of the body to be overfilled. The consequences is often a violent headache, walch may by followed by incensibility. The swimmer sinks and inters halo is at hand adds another to the long list of he mysteriously drowned.



States and a state of the state

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