

Are Your Nerves in Health?

STUDY HERE THE INDICATIONS OF
A FAILING NERVOUS SYSTEM.

Dr. Chase's Nerve Food

It is surprising what hosts of people are suffering as the result of an exhausted nervous system and do not know the nature of their ailment.

They cannot sleep at nights—are restless and fidgety in the daytime—these tempers are easily irritated—little things worry them—they cannot concentrate their minds, and find their memories failing—the digestion is impaired—pains and aches of a neuralgic nature afflict them—feelings of discouragement and despondency come over them at times, and they get in the way of looking at the dark side of things.

If this describes your experience you will be interested in Dr. Chase's Nerve Food, for this great food cure gets at the very foundation of nervous troubles and cures in the only natural way, by enriching the blood, revitalizing the wasted nerve cells, and building up the system generally.

Diseases of the nerves take different forms in different people, but they slowly and surely lead to nervous prostration, locomotor ataxia or paralysis—to weakness and helplessness of mind and body.

Dr. Chase's Nerve Food acts strictly in accordance with the laws of nature in creating nerve force in the body, and you can use it with positive assurance that every dose is at least of some benefit to you. Prove this by noting your increase in weight. 50c. a box, at all dealers, or Edmanson, Bates & Co., Toronto.

Ground Feed 40c. per Cwt.

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Oats and Barley wanted.

Metcalf & Milling Co., Ltd.
Portage La Prairie, Man.

TREE PLANTING ON THE PRAIRIES OF CANADA.

Read at the meeting of Canadian Forestry Convention, at Ottawa, Jan. 10, 11, and 12 by N. Ross, B.S.A., Asst. Supt. of Forestry, Indian Head.

The prairie districts in Canada are included in the province of Manitoba and the new provinces of Saskatchewan and Alberta—a territory measuring roughly 900 miles east and west by 250 miles north and south. It must not be supposed however that the whole of this immense territory is entirely destitute of timber or wood lands. On the contrary, in northern Manitoba, Saskatchewan and Alberta there are considerable areas well stocked with timber containing merchantable spruce, tamarac and jack pine; and though this timber might possibly not be considered large from the standpoint of the eastern lumberman, still considerable quantities of lumber, fence posts and ties for local use are procured. In the report of the Dominion Statistician on the forest wealth of Canada, published in 1895, Manitoba is stated to have 40 per cent. of its territory in woodlands, and the territory now divided into the provinces of Saskatchewan and Alberta, about 43 per cent. Even in the southern part of Manitoba the open country is frequently interrupted by bluffs of native poplar and balsam poplar. In places too we even find whole townships well wooded with these poplars in mixture with green ash, Manitoba maple, scrub oak, American elm, white birch and willow. It is not until we get west from Winnipeg about 350 miles on the main line of the C. P. R. that the true, open prairies are reached. From Regina west to the foothills of the Rockies, a distance of about 500 miles one can travel along the main line of the railway without seeing a single tree or bush of natural growth, with the exception of an odd cottonwood, maple or willow in some river or creek bottom.

It would be interesting to know the actual causes for the present lack of

forest growth over this vast territory. There is sufficient evidence to lead to the supposition that at least very large portions, if not the entire area, were at one time timbered. Fires have undoubtedly played a large part in keeping down the growth of trees and when the stand is destroyed in this way the natural conditions are not particularly favorable to a second growth. The very richness of the soil is against natural reproduction, encouraging as it does the rapid formation of a thick sod wherever the ground is exposed to the sunlight; and once the grasses get a foothold there is little chance for a struggling tree seedling when the next prairie fire runs over the ground. The rainfall, varying according to the season and district from 20 inches to as low as 10 inches; the elevation, running from about 800 feet at Winnipeg to nearly 3,500 at Calgary; the extraordinarily strong wind storms and extremes of temperature, are other conditions affecting tree growth in anything but a favorable way.

The advantages, both to the individual and the country as a whole, to be derived from the cultivation of trees in the prairie districts are so evident that it seems hardly necessary to enumerate them.

The average soil throughout the prairie provinces is undoubtedly the richest for agricultural purposes in the world and holds out great inducements to the home seeker. The scarcity of timber, however, making as it does building material, fencing and fuel exceptionally expensive, and the lack of shelter in a country where the climate is at times so rigorous, undoubtedly deters many from starting new homes under such conditions. The most immediate need the settler has at present is shelter, as a protection for his buildings and stock, and to enable him to successfully cultivate certain fruits, vegetables and tender crops and to beautify his home with shrubs and flowers. The utter bareness and cheerlessness of the average prairie homestead during the winter

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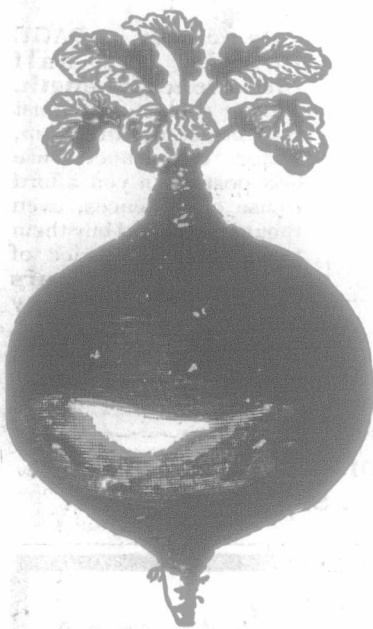
They Made This Couple Happy

**Dodd's Kidney Pills Doing Good
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**Mr. Dick Souvey and Wife Both Had
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Them.**

PORT ARTHUR, Ont., March 12—(Special).—That Dodd's Kidney Pills cure the kidney ills of men and women alike has been proved time and again in this neighborhood, but it is only occasionally they get a chance to do double work in the same house. This has happened in the case of Mr. and Mrs. Dick Souvey, a farmer and his wife living about seven miles from here. In an interview Mr. Souvey said:

"My wife and myself have used Dodd's Kidney Pills, and have found them a big benefit to our health. We had la grippe two winters and were exposed to much frost and cold. Our sleep was broken on account of urinary troubles and pain in the kidneys. We each took six boxes of Dodd's Kidney Pills and now enjoy good health."



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