

HOW TO OVERCOME NERVOUS TROUBLES

A Returned Soldier Tells How He Regained Health and Strength

Nervous troubles of all kinds, particularly nervous debility, work a remarkable transformation in the patient. The change is both physical and mental.

The cause of this debility is generally starved nerves. The blood, which gives the nervous system its food and power to work efficiently, has become thin and weak, and until the blood regains its tone and strength there can be no improvement in the condition of the nerves.

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them before they were ready to attend school or college to prepare for missionary or other work? David was called and appointed to his work years before he could enter active service.

Friendship A study of contrasts is the jealousy and hatred of King Saul for David, and the noble friendship of Saul's son, Jonathan, for David, for their hearts were knit together.

An Exile Saul hunted David so he became an exile. But David saved Saul's life during this period, and the king repented for a time, only to break out in fury again.

Jerusalem Later he was made king of all Israel, and Jerusalem became the centre of worship. He showed his kindness toward the sons of Saul, and the son of Jonathan became one of his chief guests.

Sins and Sorrows One of the Sunday School lessons shows us the sins and sorrows of David, for he sinned and his sin found him out.

Round Table A departure has been made in this year's program, in Round Table Conferences on Epworth League work.

Paraphrastic Two groups of girls had a baseball match, in preparation for the contest later.

Biographic Capt. Rev. Wilmot G. Clarke, B.A., who has charge of the morning hour of Bible Study, was born at Smithfield, Northumberland County, in 1866.

8TH LINE OF SIDNEY Mrs. Ezra Anderson, of Green Point is visiting friends here.

Father-Mea Must Make an Apology to Archbishop Judgment Follows His Opposition to His Grace in Famous Case

1890, the Silver Medalist in Mathematics and Philosophy.

After spending one year at Wilberforce Mission, he became financial agent for Albert College, which position he occupied for two years.

He then proceeded to France with the 12th C.R.T. and later was chaplain of the 2nd Canadian Machine Gun Battalion, proceeding with them into Germany.

Mr. and Mrs. Manley Rosebush and daughter, of Oshawa, spent a few days last week with his uncle, Mr. Hiram Rosebush.

Mr. and Mrs. Robt. Bush took dinner with Mr. and Mrs. Percy Utman on Sunday.

Miss Lucy Boulton took dinner with Miss Helen Wilson Sunday.

Mr. and Mrs. Clarence Chard spent Sunday in Stirling.

Mr. Fred Heasman, of Toronto, is spending the week-end with his parents, Mr. and Mrs. Wm. Heasman.

Miss Pearl Herman, of Toronto is home on her vacation.

Mr. and Mrs. Will Bush, Frankford, took dinner with Mr. and Mrs. Wm. Bush.

This neighborhood and Sunday school was well represented at the township S.S. picnic which was held in Redner's grove, Rednersville, on Thursday, July 1.

Miss Lucy Blakely is spending some time with Mrs. Emily Weese.

The farmers are very busy cutting hay and attending to the hoe crop.

Mr. and Mrs. C. N. Adams spent Sunday with their daughter, Mrs. Smith Brown, western Ameliasburg.

A few from the neighborhood attended the U.F.O. picnic at Twelve O'Clock Point on July 1.

and Toronto last week.

Rev. and Mrs. Sharpe, of Rednersville, visited at Mr. Marsh Houlton's on Thursday last.

A number of people spent Monday at the Oak Lake camp grounds for the purpose of getting things in good condition for the coming campaign.

Miss Eva Sine visited Miss Myrtle Fox over Sunday.

Mr. Morley Scott and family visited at Mr. Frank Shorey's, of Wallbridge on Sunday.

Mr. and Mrs. Wallace Hubble spent last week at Rochester.

Mr. and Mrs. John Rogers took dinner at Mr. Wm. Willy's on Sunday.

Mrs. A. Rogers took dinner with Mrs. Chas. Wright on Sunday.

Mr. Morgan Callaghan, Mr. Frank Collins and Mr. and Mrs. Chas. Leach took a trip to Point Anne on Sunday afternoon.

Mr. and Mrs. Harry Crow took dinner on Monday of this week with Mr. and Mrs. C. A. Leach.

Miss Helen Rodgers called on Corda Crow on Sunday afternoon.

Mrs. W. Simpson of Ottawa visited her sister on Monday, Mrs. Neibert Haggerty.

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ation has been made in the case of Archbishop M. J. G. Spratt, of Kingston, and Rev. Charles J. Mea, of the same diocese, submitted to the supreme ecclesiastical authorities in Rome.

By the decision Rev. Father Mea must apologise to Archbishop Spratt "for the great offense given to his person and authority, pending which apology he remains suspended from the celebration of Mass and subject to the further judgment of the Holy See.

The case arose from the civil action of Sister Basil vs. Archbishop Spratt. Father Mea, it will be remembered, stopped the attempted abduction of this Sister and appeared in court in her favor.

Immediately after the case was decided in favor of Sister Basil, Archbishop Spratt prohibited Father Mea from saying Mass. Father Mea then carried his case to Rome. The court awarded Sister Basil \$24,000 damages.

Father Mea fully submits himself to the decision against him.

Two Men Attacked by Deer A few weeks ago, as two Minden, citizens of Anson Township were engaged in fishing at a creek in the woods, they suddenly came upon a deer, which was as small they had no difficulty in catching it.

Waltzing Contest in Cobourg Keen competition was displayed at the waltzing contest held at the Cobourg pavilion on Friday night last and it took several waiztes before the prize was awarded to Mr. C. Johnston and partner, of Peterboro.

Another Masking Landed Last Saturday Master Willie White and Master Edward McKenzie, Gananoque, while fishing off the shore near Gray's creek, noticed a large fish playing and jumping in the water where it was quite shallow.

Report of Foxboro Public School Passed Entrance Exams. at Public School— Ruth Eggleton, Harold Longwell, Marguerite Smith, Jean Longwell, Bursleigh Johnston.

DIED IN TORONTO. Jane Perry, widow of the late N. A. Caton, a former resident of Napanee, died at the home of her daughter, Toronto.

LAD ACCIDENTALLY SHOOTS HIMSELF. Ralph Forsythe aged 15, son of Mr. and Mrs. Joseph Forsythe, Main street, Portsmouth, accidentally shot himself in the stomach with a 22 calibre rifle at 10 o'clock Monday morning while out after groundhogs at Carruther's Farm, and now lies in a serious condition in the General Hospital as a result of his accident.

NO MORE ROAD DESIGNATIONS. There will be no new road designations in the county of Lanark at present. This was decided at the meeting of the county council.

ARRESTED IN SYRACUSE. George Warren, Brockville aged 20, is under arrest in Syracuse, N.Y., charged with the theft of \$108 a year ago from the Westminster Park Hotel.

IN PRAISE OF DESERONTO. Regarding the locating in Deseronto, of the Thompson Powder Company, Limited, the Dominion Independent Odd Fellow says: "The pretty little town of Deseronto, situated on the Bay of Quinte, with its thrifty people, and heaven-sent gift of splendid shipping facilities, again assumes progressiveness.

It Rubs Pain Away—There is no liniment so efficacious in overcoming pain as Dr. Thomas' Electric Oil. The hand that rubs it in rubs the pain away and on this account there is no preparation that stands so high in Public esteem.

voical male quartette and two tenor soloists.

MACHINERY COMPANY CLOSE DOWN. The Ranfrew Machinery Company has closed down for a period of two weeks, partly in order to provide their employees with the opportunity of taking a summer vacation and partly to take stock.

WATER STILL BAD. Mr. R. L. Dobbin, Peterboro, the waterworks superintendent, stated Monday morning that there was no improvement in the condition of the city's water supply.

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AEROPLANE STOPS AT DESERONTO. J. H. Mondor of Montreal made a stop in his plane at Camp Mohawk Deseronto, on Saturday.

C.P.R. ABSORBS FORMER EMPLOYEES. Every C.P.R. employee enlisting for war service was told that "his job would be waiting for him when he came back."

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for "Thompsonite," the new explosives to be made in Deseronto.

NON-RESIDENTS WILL BE MADE LIFE-MEMBERS. A meeting of the Directors of the Prince Edward Agricultural Society was held in the office of the Ontario Department of Agriculture on Tuesday evening of this week for the purpose of taking up work in connection with the Prince Edward Old Boys' Memorial Fair.

Talk of the Town and of the Country LINDSAY RAZED TO GROUND JULY 4, 1861. Fifty-nine years ago Sunday, July 4th, 1861, was an epoch-marking day in Lindsay. On that day the then struggling little village of Lindsay was almost entirely wiped off the map, and out of existence by a disastrous fire. Immediately following a new and greater Lindsay began to bud forth and rapidly blossomed into bloom and into the fine town of to-day.

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