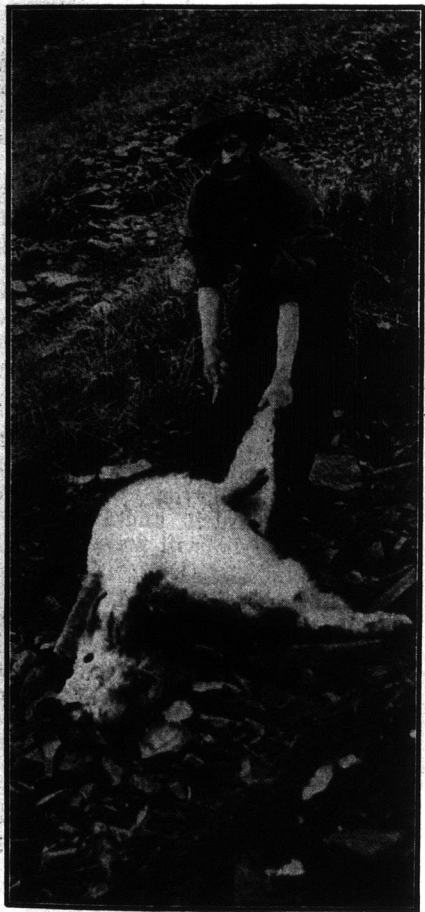


my mother by telling her evil untruths—which I very much dislike to do. If I wish to meet any gentlemen it must be at some hour when "good people" should be asleep in their beds. Now, don't you think it is hard on any moral young girl, who cannot enjoy enough freedom in her home, that she can bring a young man in to meet her parents honestly and openly, but have to meet him herself at an hour when her parents believe her asleep in her bed—this is deceiving too. A young girl who is kept down tight, as the saying goes, will be like a bird locked in a cage and when released will fly on and on, happy in its freedom, until it comes to the end of its happiness. Who is to blame? Now, I do not blame all parents for their children's downfall, but I blame them for the start in many cases. Give a girl a little freedom in her home, let her choose a companion and she will not need to deceive her parents by slinking away like a thief to enjoy herself like other girls. Surely amusements cannot have brought all the fallen ones to their fate. Surely going to a theatre, or occasionally a dance cannot be the cause of many girls and men leading immoral lives! Our parents were all young once, but seem to forget it. Now, I love my parents and try to obey them. I do not deserve to be kept tight. Who is to blame? I would like this question answered, and will sign myself.

A Young Sufferer.



The spoils of the chase. Rocky Mountain Sheep shot along G.T.P. Route

Wants Correspondents

Dear Editor:—We have been reading your valuable paper for some time past, and are especially delighted with the correspondence column. We are two girls from Ontario, and would like some of the Westerners to correspond with us. Now get busy, boys. Our address is with the Editor. Wishing your paper every success, we remain,

Bluebell and Daisy.

No Chances

Mr. Tracy had received many invitations from Mr. Sweet to run down to the country for a few days, and finally availed himself of the privilege.

After dinner the two men were sitting on the veranda, smoking and talking.

"Your wife is a brilliant, handsome woman, Sweet," said Mr. Tracy, enthusiastically. "I should think you'd be jealous of her."

"Well, you see, Tracy," said the host. "I am, but I never invite any one down here that any sane woman would take a fancy to."

A Beggar

Anhungered I stood by the wayside
And begged of the passerby,
But the pilgrim, too, was anhungered,
Yea, starving as well as I.

So he listened not to my pleading
But begged an alms for himself,
He begged for food and for shelter,
For raiment he begged and for pelf.

Then following down the highway,
Still louder I called for food,
But the others were bitterly pleading
And my pining did me no good.

And of all my sorrowful wailing
The multitude heard not a word,
While their suffering seemed so tremendous
That pity within me was stirred.

I ceased my turbulent clamor,
And listened to others moan,
To the piercing cry of rebellion
And the smothered, hopeless groan.

So, I who was erstwhile a beggar,
Found others poorer than I,
And ceased by useless complaining
As I heard a more piteous cry.

When I opened my sack in compassion,
What I thought so paltry before,
In the sight of a multitude starving,
Seemed good and abundant store.

As I called aloud on the highway--
"Oh, friends! will ye come and be fed?"
They eagerly crowded around me
And devoured my crusts of bread.

My voice as it offered them succor,
Reached far down the highway clear,
And the ears that heard not my begging,
Heard my offer of bread--and drew near.

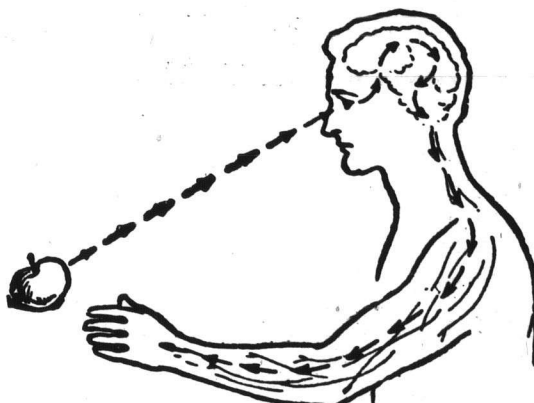
So joyously now I go singing--
Not wailing I go--as before,
No more on the highway go begging,
And I pity myself no more.

"In a parlour there were three--
Estelle, a parlour lamp, and he.
Two's company without a doubt,
And so the parlour lamp went out."

Nearly all children are subject to worms, and many are born with them. Spare them suffering by using Mother Graves' Worm Exterminator, the best remedy of the kind that can be had.

Some Mysteries of the Nervous System Explained

THERE are two sets of nerves in the human body—those which have to do with external objects, and control seeing, hearing, feeling, moving, etc., and the involuntary nerves, which control the action of the vital organs, as the heart, lungs, stomach and bowels.



NO. 1—VOLUNTARY NERVES.

Illustration No. 1 shows how at sight of an apple the message is carried by the optical nerve to the brain, which receives, thinks and decides on some form of action, and sends out its command through the nerves which lead to the hand.

Simple as it may seem to see and pick up an apple, this act cannot be carried out if there is anything wrong with any of the nerves involved.

Injury to or weakness of the optical nerve means defective sight; disease of the brain or nerves may mean paralysis of the nerves which control the movement of the arms or fingers.

The brain is the source of all nervous energy, for here it is that blood is converted into nerve force, and for this purpose fully one-fifth of all the blood in the human body is consumed. This explains the necessity of looking to the condition of the blood at the first sign of nervous trouble, and shows how it is that Dr. Chase's Nerve Food, the great blood-builder, is so remarkably successful in curing diseases of the nerves.

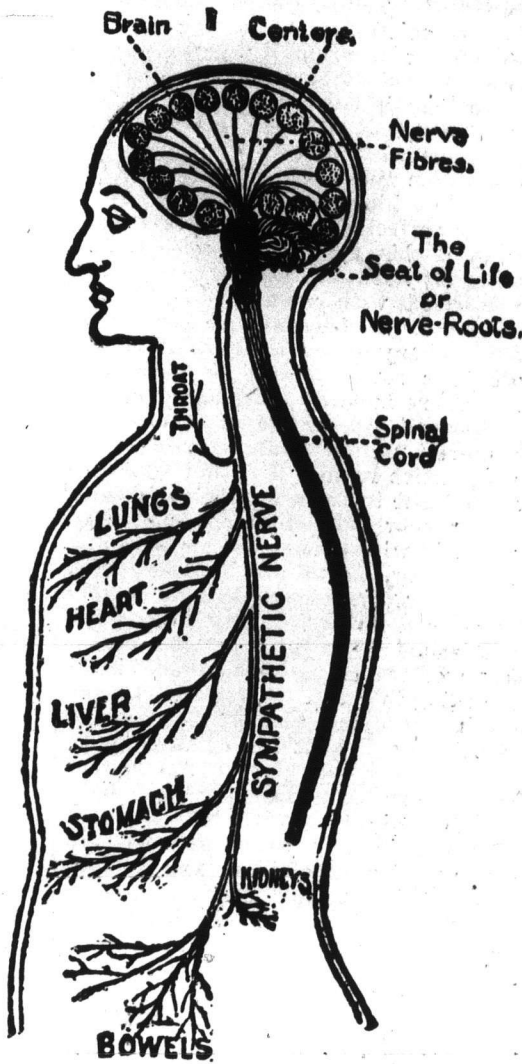
Now, when we turn to the great sympathetic nervous system, Illustration No. 2, by which are operated the vital organs of the body, we find conditions somewhat different. For who, by taking thought, can cause his heart to beat or his stomach to digest food?

To be more definite, consider the stomach, which is a regular network of nerves. Some of these report to the brain sensations of hunger, others keep up the peculiar churning motion, and again others control the flow of the all-essential gastric juices by which digestion is brought about.

From this you can readily understand that when nerve force is consumed by excessive mental strain, worry, intense emotion or disease, the supply to the stomach becomes limited, and nervous indigestion is the result, and similarly other organs are deranged and weakened when the nervous system becomes exhausted.

Dr. Chase's Nerve Food

cures nervous exhaustion and resulting derangements by supplying to the brain an abundance of pure, rich blood, the material from which alone nerve force can be manufactured. Because exhaustion of the nerves leads slowly and surely to locomotor ataxia, paralysis, and even insanity, it is most important that effective treatment, such as Dr. Chase's Nerve Food, be employed just as soon as warning symptoms appear. Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for \$2.50, at all dealers, or Edmanston, Bates & Co., Limited, Toronto. Every box of the genuine bears portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.



NO. 2—SYMPATHETIC NERVES.