

AN ANXIOUS TIME FOR ALL PARENTS

Children Often Seem to Pine Away and Ordinary Medicine Does Not Help Them.

The health of children between the ages of twelve and eighteen years, particularly in the case of girls, is a source of serious worry to nearly every mother. The growth and development takes so much of their strength that in many cases they actually seem to be going into a decline. The appetite is fickle, brightness gives way to depression, there are headaches, fits of dizziness, palpitation of the heart at the least exertion, and sometimes fainting. The blood has become thin and watery and the sufferer must have something that will bring back the blood to its normal condition. At this stage no other medicine can equal Dr. Williams' Pink Pills. Their whole mission is to make new, rich blood, which reaches every part of the body, bringing back health, strength and energy. Miss Helena Taylor, West Toronto, says: "Two years ago I was so badly run down with anemia that some of my friends did not believe I would get better. I could not get upstairs without stopping to rest, suffered from headaches, loss of appetite, and for two months of the time was confined to the house. I was under the care of a doctor, but the medicine I took did not help me in the least. A friend advised my mother to give me Dr. Williams' Pink Pills, and although I did not expect they would help me after the doctor's medicine had failed, I thought they might be worth trying. After taking two boxes there was such a marked change for the better that people asked me if I had changed doctors, and I readily told them the medicine that was helping me. I continued taking the pills until I had used eight boxes, when my health was fully restored, and I have since enjoyed the best of health. I hope my experience may be the means of convincing some sickly person that Dr. Williams' Pink Pills can restore them to health.

You can get these pills through any dealer in medicine, or by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

KEEP ON THE SUNNY SIDE.

Pick Out a Gleam of Light From the Dark Paths.

Since we all have more or less misfortune to meet, let us strive to meet it in the right way. Why sit down and bewail the ill luck that is ours? Why turn our sorrow over and over in our minds, seeing in it ever new phases of misfortune? No! Let us stand up beneath its weight, no matter how heavy the load may seem, and with our eyes fixed on the glimmer of light, let us walk swiftly out of the dark paths into the sunlight.

Once we have learned to walk on the sunny side of life, darkness will have no further terrors for us, for we will carry our sunshine around with us in the depths of our hearts. The sunshine of the mind is far warmer and brighter than the sunshine which we see and feel with our physical senses.

Once we have gained the true sense of real mental sunshine we will have the means to pull ourselves out of every slough of despond without any outside aid. For just as Bunyan's "Pilgrim's Progress" was mental, so it is with all of our journeys through life. What we really accomplish must first be worked out in mind.

Learning to pick out the gleam of light from the dark path, learning how to avoid the sloughs of despond and how to walk in the sunshine is not easy, but even the attempt at learning these lessons brings its reward of happiness and peace. Every little effort in the right direction brings such beautiful returns that the only wonder is that so few of us make the effort.

Star of a Feather.

"Some stars are so far away that the light from them hasn't reached us yet. But it will arrive eventually."

"Reminds me of my hired man coming from the post office," commented Farmer Heck.

The Manufacturers' Building at the Canadian National Exhibition has 72,500 square feet of exhibit space and the Annex 73,000 square feet.

The man who always does his best at least has the satisfaction of knowing that he doesn't owe his failure to carelessness.

Glasgow bread and pastry bakers have had their wages increased to \$11.56 a week.

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THE CULTURED ARE THE BRAVEST

YEARS OF REFINEMENT BRING COURAGE.

Abbe Moreaux Believes War Developed All Latent Fortitude of Race.

The discussion of courage as developed by the war and as manifested by individual soldiers under fire has drawn some interesting contributions from Dr. Charles Richet of the French Institute and the Abbe Moreaux, director of the Bourges Observatory.

Dr. Richet is of the opinion that fear and courage must be considered separately; that the former exists in certain temperaments alongside the latter; that a man may be unable to control the terrifying effect of a dangerous situation upon his physical faculties and yet stand his ground in the face of almost certain death through the exercise of his will. These men he considers the bravest of all.

Among the soldiers who hold their ground under murderous fire there are always some who are afraid and others who are not, says Dr. Richet, but all prove their bravery by still being there; the cowards have fled.

Considering the whole war, taking into account the atrocious features that have developed here and there with all allowance made for occasional weaknesses, Dr. Richet considers that the soldier has shown heroism that justifies a great deal of pride on the part of the present generation, in spite of the belief that seemed to prevail before the great conflict that intellectual development, with progress in science, letters and arts, while ennobling the mind, had diminished personal courage.

Most Refined Are Bravest.

The question was frequently discussed as to whether the delicate and subtle culture of later years was not going to produce a tame spirited and effeminate generation, preferring well being to arduous effort and incapable of comprehending the beauty of sacrifice. It is exactly the contrary that has been demonstrated, according to Dr. Richet; the most cultivated and refined of the young men of France and Great Britain having been those who have shown the greatest bravery. Students of the Sorbonne and other French universities, students of Eton, Oxford and Cambridge set the example.

These are the men, Dr. Richet says, who have shown most courage in its simplest form; that is to say, by supreme contempt for death, and that contempt, he concludes, is not the result of philosophical reflection, but is simply the spontaneous manifestation of inherent bravery.

Never, even among the heroes of antiquity, in the times of Leonidas, Spartacus, or Hannibal, according to Dr. Richet, was there shown so much of this kind of abnegation and so much tranquil self-sacrifice—supreme courage—as in the present conflict.

As to the men who are naturally brave and take supreme risks without requiring an effort of the will to overcome fear, Dr. Richet gives different reasons, the first of which is that some of them do not believe in danger; they imagine that they are invulnerable—that they have a lucky star; they are surrounded by a sort of optimistic fatality that gives them a feeling of security. In other cases these naturally brave men, even when they believe in danger, are not intimidated by it because they have in their own minds already made the sacrifice of their life; once that conclusion reached—to die or to be wounded is something that does not torment them.

Other Impelling Influences.

Others, and perhaps the great majority, are neither those that are indifferent to death nor those who believe in their lucky stars; they are men who see before them other more powerful images than that of death, such as the fatherland, sense of duty, of honor, renown of the regiment, ambition to earn praise or promotion, pride at being admired by one's comrades, and shame at being taken for a coward.

In nearly all these cases the idea of death and danger disappear and the soldier is brave without effort. He forgets every risk that he is taking in the presence of the image that he has in his mind.

The number of these naturally brave men is notably larger in daylight and in the presence of commanding officers and comrades than at night on sentry duty or on solitary mission that no witness will be able to recount. Men who acquire themselves on such missions without finching Dr. Richet considers the bravest of all.

Habit Overcomes Fear.

In the constant habit of it all notion of danger finally disappears, as in the case of aviators, most of whom the first time they are up in the air have a sensation of fear in spite of all reasoning. After a certain number of ascensions the physical manifestations of apprehension disappear; to be supported in the air by the speed of the motor seems to them to be the simplest thing possible, and certain pilots have declared that they felt themselves in greater safety seated in their aeroplanes in the air than when riding in an automobile.

BRIGGS' FLY MATS

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PRICE 5¢

The hardened warriors of African campaigns, habituated to all the risks of war, were naturally more stolid under fire than young recruits who had seen nothing of military life but the barracks and the manoeuvres, and yet according to the Abbe Moreaux even those seasoned men in presence of the new and formidable dangers of scientific warfare showed no more fortitude than the young recruits who had had only a few months of preparation before facing the enemy.

Abbe Moreaux is of the opinion that the war itself has developed all the latent fortitude of the race, and he expects that the generation that has suffered this war will find itself with new resources created by it. The sentiment of union of common interest and patriotism will have been reawakened, he thinks, and many a pusillanxious creature both in the army and out of it will have a new courage born of the virtue that makes heroes. The entire nation, he thinks, will participate in this reawakening of latent forces.

BRITAIN'S ENEMY ALIENS.

How the Government Handles the Many Cases.

Whipping the enemy in the field of battle and sinking his ships on the sea constitute, of course, the main problem of a war; but there is another part about going to war that is almost as intricate and vexatious and as hard in its own way to deal with. It concerns spies and aliens—the capture of the spy and the control of thousands for a considerable period thousands had full liberty, except reporting now and then at police stations. The British Government now interns, unless some very good reason for not doing so is shown, all enemy aliens of military age, and some others.

Every German in Great Britain was considered a spy until proved otherwise. And probably every German was a spy, in the sense that if he had the opportunity of obtaining and then transmitting information to his Government, he would do so. Those who were spies were arrested and tried; a dozen or so have been shot in the Tower of London. Those who have been suspected but not proved to have been spies have usually been sent into internment camps, out of harm's way, and where their spying propensities have no outlet. The task of combing out the "bad uns" has been enormous. There is no telling how many investigations the police have had to make—it runs into the hundreds of thousands.

Not a rumor goes unheeded by Scotland Yard. Every report against any person, whether it comes from a newspaper, maid servant or householder, is investigated. It is astonishing how many people have been accused of espionage in this view. Conversations in the privacy of homes have been repeated by patriotic servants. A Scotland Yard man furnishes the next chapter.

Foreigners have learned to be very careful in what they say and where they say it. Every Britisher enjoys the privilege of roasting his own government; but let a foreigner do it and if anyone overhears there is likely to follow a denunciation at Scotland Yard.

"The Yard" never overlooks a thing. Every report thus received, whether it seems important or not, is investigated.

Of the large number of people placed under arrest on suspicion probably one per cent, according to information an expert has given, are found guilty. Many of these have done nothing serious that can be proved against them, and are crammed into internment camps. A very small number compared to the total of arrests have been found guilty after trial.

Under the defense of the realm act

Stored Up Energy

Everybody needs it—stored for emergency in a well-developed, well-preserved, well-nourished body and brain.

Grape-Nuts food stands preeminent as a builder of this kind of energy. It is made of the entire nutriment of whole wheat and barley, two of the richest sources of food strength.

Grape-Nuts also includes the vital mineral elements of the grain, so much emphasized in these days of investigation of real food values.

Crisp, ready to eat, easy to digest, wonderfully nourishing and delicious.

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CALENDAR ON APPLICATION

E. A. G. GINGO, V.S., M.S., PRINCIPAL

the authorities can deport any alien, and are not obliged to give any reason for it. Take vessels en route from New York to Holland, for instance. They touch at Falmouth, and are boarded by British examining officers. They are in British territorial waters, and thus under British jurisdiction. The ship is gone over in most thorough fashion. Sometimes it takes several days. Every passenger is investigated. The ship is searched for spies and for contraband. Little of value goes by.

It was one of these investigations that led to the capture of Franz von Rittstein, one of the most famous of German agents.

Minard's Lintment Lumberman's Friend

Making Sure Of It.

Towne—My wife used to get nervous every time she heard a noise downstairs, but I assured her that it couldn't be burglars, because they're always careful not to make any noise. Brown—So that calmed her, eh? Towne—Not much. Now she gets nervous every time she doesn't hear any noise.

Sore Granulated Eyelids, Eyes

Quickly relieved by **Murine Eye Remedy**. No Smarting, Just Eye Comfort. At Your Druggist's 50¢ per Bottle. **Murine Eye Remedy**. No Smarting, Just Eye Comfort. At Your Druggist's 50¢ per Bottle. **Murine Eye Remedy**. No Smarting, Just Eye Comfort. At Your Druggist's 50¢ per Bottle.

Didn't Have To.

"Well, thank Heaven," he said, approaching a sad-looking man who sat back in a corner, "that's over with."

"What is it?"

"I've danced with the hostess. Have you gone through with it yet?"

"No; I don't need to. I'm the host."

Ask for Minard's and take no other

It All Depends.

"Say, paw, what's a 'captain of industry'?"

"It is a term that the head of a grinding monopoly applies to himself, my son."

"It's a term the dear public applies to the same man."

Lachute, Que., 26th Sept., 1908.
Minard's Lintment Co., Limited.

Gentlemen—Ever since coming home from the Boer war I have been bothered with running fever sores on my legs. I tried many salves and liniments; also doctored continuously for the blood, but got no permanent relief, till last winter when my mother got me to try MINARD'S LINTMENT. The effect of which was almost magical. Two bottles completely cured me and I have worked every working day since.

Yours gratefully,
JOHN WALSH.

Prepared For It.

Belle—Marie married a genius.
Millie—You don't mean it?
Belle—Yes, but she has talent and can support him.

The Canadian National Exhibition pays an annual surplus to the City of Toronto of \$25,000 to \$30,000. Last year the dividend was \$45,000.

WHITE OAK VALUABLE.

Used for Many Purposes, and Valuable as Mahogany.

The white oak has served for more useful purposes than perhaps any other tree, and its wood to-day is worth as much as mahogany. "Says 'Outing.' Furniture of 'solid oak' is now a rarity, for the wood has become so expensive that it is used in the form of a veneer over baser woods. So used it loses none of its beauty, and even the thin veneer resists wear for an incredibly long time.

This wood was a useful one to the early agriculturalists as well as to those of the present day. It was durable when exposed to the elements, and was also durable in contact with the soil. It was and is still used in fencing, and much of the second growth white oak timber in America is being cut for railroad cross ties. Ties of this timber bring the highest price, and some of the larger roads will accept nothing else.

KAMLOOPS AND IRRIGATION.

The Leading Inland City of British Columbia.

The Western Canada Irrigation Association held its Tenth Annual Convention at the City of Kamloops the last week in July. The picturesque little city takes its name from the Indian equivalent "Meeting of the Waters," where the sun shines every day and good fellowship, health and happiness radiate from all, and opens wide in hospitality its doors to you. Away back over a hundred years ago the North West Fur Trading Co., with keen appreciation of the advantages of the location, established a post on the present site of Kamloops—the junction of the now called North and South Thompson Rivers. Its excellent water communications; its central position in a wide open stretch of splendid grazing country and its healthy, growing climate, attracted Indians and traders from all parts, and soon the little trading-post grew in importance and population. Seventy-five years afterwards the Canadian Pacific Railway thrust its steel rails through the main street of the aspiring little community, and it was but an endorsement of the opinion of the old trading company, that Kamloops was indeed, "The Place in the Sun."

There are irrefutable reasons why Kamloops claims the distinction of being the leading inland city of the Province of British Columbia. Its geographical position marks it as serving a very large area; 250 miles from Vancouver, 390 miles from Calgary and 540 from Edmonton, it sees no possible rival. With a population of some 5,000, it points with pardonable pride to its splendid streets and pavements, to its modern electric lights, power, water and telephone systems, and to its uninterrupted steady progress. With abundance of water, continuous bright sunshine and undispensed soil-fertility, it contains all the attributes necessary to future commercial and agricultural developments.

YOUR BLOOD CAN'T RUN COLD.

Will Not Do So as Long as You Are Alive and Well.

"My blood runs cold at the very thought" is not a novel expression. You often either hear some one else say it or aver it yourself.

Your blood cannot "run cold" as long as you are alive and well. If the blood really becomes cooler than "blood heat" something serious happens to your health.

When you feel cold it is a sensation, not necessarily the temperature of the tissues. Often with the blood feverish or way above its normal warmth you feel chilly. So much of the super-heated blood is then at the surface of the skin that an extra normal amount of heat leaves too quickly.

On the other hand, men and women who drink beer, gin, whisky, and similar alcoholic beverages "feel the glow of warmth" and believe they are hot when as a matter of course their blood is a trifle below blood heat temperature—at times manifestly a dangerous thing.

True enough the blood has a lot to do with how you feel. This, however, is not because "it blows hot or blows cold," but because that part of it in the skin where the sensations of heat and cold are located reflects the outward surroundings according to the previous experience and habits of each individual's skin.

If a stoker and an employee of a refrigerator plant are put in a cold draught or before an open grate fire each will feel chilly or hot according to his previous experience and habits. The stoker will "catch cold" in the draught which will have no effect whatsoever upon the man used to cold storage temperatures.

Keep Minard's Lintment in the house NEW MODEL SALOON.

British Government Opens One at Carlisle, Eng.

Carlisle, Eng. is very proud of being the city selected to pioneer this movement, and already the Gretina is drawing a large clientele. Six public houses here were closed in consequence of the war and the necessity arose to find a suitable substitute.

The new saloon is more than a mere bar and lounge. The building is a fine stone structure in a prominent thoroughfare, and resembles neither the German beer hall nor the British public house.

The invasion of the neighborhood by the creation of a colossal munitions factory in the neighborhood of Carlisle was the origin of the idea of a kind of workman's club saloon. The rural beer houses were too small and too local for the class of people who had come into the locality. So the Control Board took over several of these rural inns, and have made a single building of them, with kitchens, dining-rooms, library and cinema shows.

Forests cover one-sixth of the entire surface of Switzerland.

DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASE

NEURALGIA, RHEUMATISM, BRUISES, BURNS, SCALDS, BRUISES, BURNS, SCALDS, BRUISES, BURNS, SCALDS

NEURALGIA, RHEUMATISM, BRUISES, BURNS, SCALDS

NEURALGIA, RHEUMATISM, BRUISES, BURNS, SCALDS

Your "Get-Away" Power in Summer is Low.

Summer brings mental and physical lassitude. The spirit is languid, the liver is lazy. Nature is trying to unload the toxins that come from heavy foods and lack of outdoor exercise. Help Nature to restore natural vigor and vim. Get an eight-cylinder stamina by eating **Shredded Wheat Biscuit** with fresh fruits and green vegetables. Cut out meat and potatoes—eat these delicious, nourishing little loaves of baked whole wheat and be cool, contented and happy. For breakfast with milk or cream; for luncheon with berries or other fruits.

Perfectly Calm.

"Angler (in deep water)—"Help! Help! I can't swim!"
Country gentleman (on shore)—"I can't neither, but I ain't hollerin' about it."

Canadian National Exhibition attendance record: 1909, 752,000; 1910, 837,000; 1911, 926,000; 1912, 962,000; 1913, 1,009,000; 1914, 762,000, 1915, 864,000.

Minard's Lintment Used by Physicians.

Height of Heels.

"I'm afraid those Louis XV. heels are much too high for me. Perhaps you have some lower ones—say about Louis X. would do, I think."

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SEED POTATOES, IRISH COBblers, Delaware's, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

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will reduce inflamed, swollen joints, sprains, bruises, soft bunions, heels, boils, fells, inflamed, swollen, infected sores quickly as it is a positive antiseptic and germicide. Pleasant to use, does not blister or remove the hair, and you can work the horse. \$2.00 per bottle, delivered.

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Wheellock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and dynamo 30 K.W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.

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