

FREED OF GALL STONES ESCAPED AN OPERATION



Mrs. Marie France, Gunter,
Ott., writes:

"The Doctor said I had a very severe case of gall stones and would have to have an operation. I was terribly weak, had no appetite, and dropped from 175 lbs. to 140 lbs. in weight. A friend advised me to try Dr. Chase's Kidney-Liver pills before resorting to an operation. I am very glad I did so, as I feel these pills have not only relieved me, but saved my life. I sleep well, do my own work and am steadily gaining in weight. Dr. Chase's Kidney-Liver pills and Dr. Chase's Ointment have also freed me of constipation and piles. I heartily recommend Dr. Chase's Medicines to all."

DR. CHASE'S KIDNEY-LIVER PILLS

15 cts. a box, at all Dealers or
The Dr. A. W. Chase Medicine Co., Toronto, Canada

GERALD S. DOYLE,
Sole Agent for Newfoundland.

The Mystery of Painlessness

BIGGER WONDER THAN THE
MYSTERY OF PAIN.

Dr. Frank Ballard, in the London Quarterly Review, in a strenuous and able article, protests against the constant allusions to the "mystery of pain" while the other side of the account is overlooked—the freedom from pain which most people enjoy as a normal experience. He does not believe pain as it exists in the world to be, but is more concerned at the lack of appreciation of good health which seems on all sides. He goes on to say in the London Quarterly Review: "We will close our eyes to all but the facts, and base our estimates on these alone. We will take, as a normal, healthy man, who is not using his body by evil habits, and carefully what it involves. Out of every hundred persons met on an ordinary day's intercourse, it is more than probable that ninety of them, at least, have never given a moment's thought to their bodies all day long. With just the exception of satisfying a healthy appetite at mealtimes. How the appetite comes, or how food does satisfy it, never occurs to them to ask. In a word, they have known, through all the hours, that they had a body at all. That is the painlessness which we call health."

In good health no man knows, at any given moment, where any part of his body is. It is the special business of toothache, or lumbago, or gout, or neuralgia, to inform him where certain portions of his body are, in that he may pay them little more attention. But the ordinary blessed unconsciousness of the body, the painlessness which sets him free to use all his thoughts and energies in higher directions, is naturally and universally forgotten. So that it becomes necessary to ask what is really taking place in the day's activities become possible. The whole truth—even in summary—as to all the physiological intricacies of even one hour's healthy life cannot be told.

The structure of the human body is scientifically divided into distinct systems, such as the bony, muscular, vascular, respiratory, digestive, etc. But for the sake of the general reader we will be content to put the case simply, albeit none the less accurately. Dr. Ballard's First Point.

(1) For a man to stand upright, alone walk or work, there must be strong and firm though light bony skeleton. Thus he has some 250 bones, wonderfully tied together by ligaments, whereby the 33 vertebrae of the spine, 64 bones of the upper limbs, in the lower limbs, with 24 ribs and skull bones, are all made to subserve one organic whole in a fashion

which is beyond the power of any man-made machine ever exhibited or can ever imitate. A hundred thousand humans congregate to witness a 'cup tie' football match. Does any one of them spend a single moment in asking how it comes to pass that men can so eagerly run, and so violently kick, or strangely twist, without putting all their limbs out of joint?

"Probably not. If, however, by some benevolent power, they could be compelled to study fairly the ball and the hip, they would fairly hold their breath at every match they afterwards watched.

(3) But the inscrutable development of bone and muscle could never take place without blood. What, then, is blood? Not a red fluid, as children and most men think; but a colourless fluid containing little microscopic bodies which make it appear red. How microscopic they are may be noted from the fact that in one drop of blood there are at least 5,000,000 of them, besides some 30,000 other little white bodies of greatest importance—for they are nature's scavengers and our valiant defenders from disease.

"But consider now only the red. The ordinary man, weighing twelve stone, has in his veins, according to Professor Huxley—a competent observer—some 300,000,000,000. And if these were just taken out and laid flat, in touch with one another, they would cover a space of 3,300 square yards.

"Whilst if they were arranged in a single line, just touching, they would reach 200,000 miles. The history of their birth and death, and active life, cannot be told here.

(4) Every child now knows that this blood 'circulates'. But does the average man either know, or care in the least, how this circulation is maintained? He has never yet known that he has a heart, so painlessly has its mighty work been done. But, of a truth, there is, proportionately to its size, no mightier work being done on earth. A little force-pump, six inches by four, beating—why? and how? some seventy times in every minute—thrusts, 37,000,000 times in a year.

The Function of the Heart.
"So that if a man should live to be seventy, his heart will have driven his blood, about 4½ oz. at each stroke, some 3,000,000,000 times, and he has known nothing of it yet. Yet every twenty-four hours, this marvellous little engine has done work equivalent to lifting 32 tons a foot from the ground. So that in the seventy years it has lifted at least 240,000 foot tons. During the same time, blood will thus have been made to travel in his body not less than 25,000 miles."

"(5) Meanwhile, another marvellous equally great and inscrutable, goes on. Unless a man has an 'attack' of indigestion, he never thinks what becomes of his food when once he has swallowed it. The threefold digestion in mouth, stomach and intestines, which is absolutely necessary for his daily life, never occurs to him. It all counts for nothing.

"What does the average man know, or care, for the fact that his food has to pass through these tubes to the length of some thirty feet? Whilst if the wonderful and beautiful little 'villi' of the small intestine alone were smoothed out, they would make a surface of more than fifty square yards. Over all these, absorption goes on, though how no man really knows. Yet every day, in these realms alone, there are millions of men and women who painfully eat and drink, and think no more about it.

"(6) They also breathe; and this, again, excites no astonishment or thankfulness—until they get bronchitis or pneumonia. Yet the average man breathes 1,000 times every hour, and inhales 600 gallons of air; that is, 14,400 gallons in a day. He has no choice here; if he would live, he must breathe. But, with almost all men and women, there it ends.

"It is nothing to any one of them that, in order to 'purify the blood' through the oxygen of the air, there must be in the ever-forgotten lungs not less than 700,000,000 air cells, which, if spread out flat, would give a total surface of 120 square yards—that is, enough to cover the whole floor of a room twelve feet square. These cells contain also absolutely necessary capillaries—tiny tubes—which, if stretched out in a single line, would reach across the Atlantic. Does the man in the street ever think of this? No; he just uses all this wondrous apparatus 20,000 times every twenty-four hours, and treats it all as nothing.

"(7) Meanwhile, however, men and women do their daily work. Which means that they 'use their brains'. In our time there is ever-increasing need of brain-work; and no summary can be made of the extent to which, from the child at school to the University professor, or the City merchant, or the Prime Minister, 'brain-work' is called for. But what is this 'brain' from which so much is expected, and by which so much is accomplished?

"It is, to look at, a round, wrinkled, pinkish, fleshy mass, weighing about three pounds. But the wonder of its working is beyond all science to understand—though much is now known of which our fathers never dreamed. It requires a whole library to do it justice. So that here it must suffice to point out that our daily work—i.e., all our thoughts, and words, and deeds—depends upon what happens in the mere thin skin of this brain, the 'grey layer', which is only about one-fifth of an inch in thickness, but contains some 9,000,000,000 cells.

Four Nerves.
"But we must even here make mention of 'nerves'—for, whether the reader be 'nervous' or not, it is through the measureless mystery of the ramification of nerves, all over his body, that his life is possible, let alone enjoyable. The 'spinal cord' is soon said; but its marvels are endless.

"Through it, minute and delicate nerve-threads are conveyed directly from all the body to the brain, and from the brain to all parts of the body—four of the former—'afferent'—to every one of the latter—'efferent'. Does that mean anything? Verily it does: that whole age-long controversies about 'free will' have somehow to be solved there. More than 10,000,000 nerve-fibres, more delicate than all the wit of man can imitate, are at our service."

After alluding to sight, hearing, and other matters, Dr. Ballard goes on to say:—
"These facts and figures are not fictions. They represent realities. They signify the unquestionable actualities of every painless hour. It is for the reader to sum up and ask himself how many such hours he has had. For myself I can but record—with thankfulness, beyond words—that I have had some 700,000 such hours. . . .
Then, last, but certainly not the least, we have to note that in all this there is absolutely no respect of persons. It is all as true for the meanest pauper as for any king or queen. So that, if the world's population is now accurately estimated at 1,800,000,000, then, with comparatively little exception, this mystery of painlessness has to be, and is, repeated thus often day by day, hour by hour, throughout humanity. It is the form of human life, whatever the exceptions may amount to.

"As to what is in us beyond the brain, or what will be hereafter beyond the grave, nothing is here said. All that has been mentioned is, but as the porch of a palace, but none the less wonderful or significant for that."—Public Opinion.

will see you through blizzard and biting cold, and land you home at the end of the day with heat, comfort and easy cosy and warm.

It is the best head and ear protector ever made. Sung-fitting and made of staunch materials attractively patterned.

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Newest and Smartest Footwear Styles Now on Display at Our Stores

Every item of FOOTWEAR mentioned in this ad. is real value in itself. Please remember that our staff of Shoe Experts are strictly at your service. Lots of styles and models to choose from.

SATISFACTION ASSURED.

BOYS' HIGH LACE BOOTS

In Brown Grain Leather, Blucher style, fitted with 2 Buckles and Straps. Exceptionally good value for the money.

Sizes 9 to 13 \$2.98
Sizes 1 to 5 \$2.98

DRI-FOOT

The waterproof oil for heavy boots. Keeps the leather soft and prevents cracking.

SPECIAL PRICE, 25c. TIN.

MEN! Note these Values.



MEN'S WORK BOOTS

In strong Box Calf Leather; double pegged sole; the real boot for hard wear, Our Own make. Sizes 6 to 10. \$3.50, \$4.00

Special Prices . . . \$3.50, \$4.00
Same style in sewed sole. Sizes 6 to 10; rubber heels, \$4.50
Other lines in MEN'S WORK BOOTS . . . at \$4.50, \$5.00, \$5.50

WONDERFUL VALUES in BOYS' BOOTS

Boys' Boots for knock-around wear, strong and serviceable, rubber heels attached. Black and Brown shades.

Sizes 10 to 13½ \$2.50
Sizes 1 to 5½ \$2.85
Boys' Pegged Sole for hard wear; Blucher style. All solid leather.

Sizes 9 to 13 \$2.50
Sizes 1 to 5 \$2.50, \$3.00
Boys' Box Calf Boots—Guaranteed all leather. Our Own make. Blucher style, solid rubber heels. Sizes 9 to 13 \$3.00
Sizes 1 to 5 \$3.50

Same style in Tan Calf. Sizes 9 to 13 \$3.50
Sizes 1 to 5 \$4.00

FASHION SAYS
LIGHT TANS FOR FALL
Come in and look over our styles Ladies' Light Tan Tie Oxfords—Medium rubber heels; a good looking model. Special Price, \$3.50

Ladies' Patent and Tan Combination—Something different from the ordinary; medium and high heels, some with ribbon tie and strap style. \$4.50, \$5.00, \$6.00

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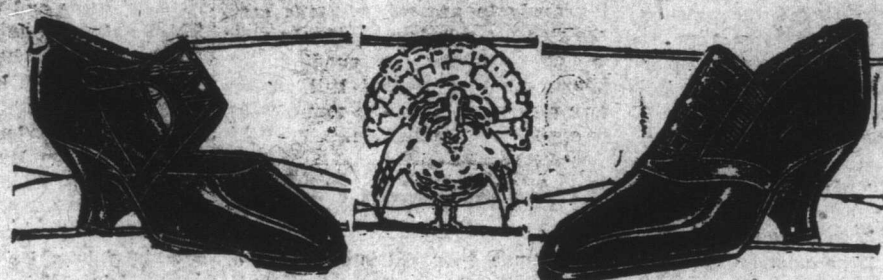
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MISSES' TAN HIGH LACE BOOTS
Specially reduced. Sizes 9 to 13.
SPECIAL PRICE \$1.96 the pair
CHILDREN'S BOX CALF BOOTS
"Our Own Make." Rubber heels.
Sizes 6 to 10 \$2.50
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Infants' Soft Sole Boots
Assorted shades of Black and White, Patent & Champagne, etc. Very dainty. Special Price, 95c.

Men's Dress Boots
AT PRICES BEYOND COMPARISON.
MEN'S DARK MAHOGANY —Blucher style, rubber heels. A very dressy last. Sizes 6 to 10. Special, \$4.20 and \$5.00
MEN'S BLACK KID BOOTS —Blucher style, wide fitting, rubber heels; very comfortable. Sizes 6 to 10. \$4.50, \$4.75, \$5.00

Men's Patent Oxfords
Plain toe style, low dress heel. A very distinct model. All sizes \$6.75
Same style with toe piece \$6.75

For the Entire Family. CHILD'S Storm Rubbers. —Black. 6 to 10 \$1.00. Rolled Edge 6 to 10 \$1.00. Red Sole Rolled Edge \$1.05

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CHILD'S BOX CALF BOOTS Just the weight for Fall wear, wide-fitting, and rubber heels attached. Sizes 9 to 13 \$2.50 Sizes 11 to 2 \$2.85

CHILDREN'S TAN CALF BOOTS Guaranteed to give satisfaction; Blucher style, rubber heels. "Our Own Make." Sizes 6 to 10 \$2.50, \$2.95 Sizes 11 to 2 \$2.95, \$3.30

CHILDREN'S SCHOOL BOOTS In Black Kid Leather, genuine soles and heels, rubber heels. "Our Own Make." Sizes 6 to 10 \$2.30 Sizes 11 to 2 \$2.50

LADIES' RUBBERS Rolled edge, Dominion Brand \$1.85 Men's Tan \$1.65

LADIES' RUBBERS In Storm and Low Cut; to fit any shape shoe. \$1.50, \$1.65

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Whether you need FOOTWEAR for street or evening wear, you are sure to find styles that will appeal to you. The perfect union of workmanship, style and material, gives unusual distinction to our many and various lines.

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Misses' Black Kid High Lace Boots—Good value. Sizes 11 to 2. Special Price, \$2.10

MISSES' TAN HIGH LACE BOOTS
Specially reduced. Sizes 9 to 13.
SPECIAL PRICE \$1.96 the pair
CHILDREN'S BOX CALF BOOTS
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