

The Quiet Hour

FOR THOUGHTFUL PEOPLE

FOLDED HANDS

I toil no more—my day is done;
How much I wrought I may not know,
I watch the light descending sun,
And see the night approaching, slow.
My day's work as it is must stand;
For labor's joy no more is mine;
The dim eyes from my nervous hand,
My dim eyes see no mark or line.

I little thought to leave it so—
Unfinished, to the plan untrue;
Another day I thought to know,
When I might change or start anew.
With weary hands I now must see
Another's skill my task complete;
The gift of use is gone from me—
The gift that makes all life seem sweet.

The pleasant labor of the day,
The following hours of welcome rest—
These from my life have passed away,
No longer has it aim or quest;
I sit and wait—and all the hours
The happy past before me stands;
With dimming eyes and failing powers
I live the life of folded hands.

—New York Sun.

PRAYER

Most glorious God, Thou Who are light and in Whom there is no darkness at all, we bless Thee for the true Light whom Thou hast sent into the world. O Thou who art the Light of men, we thank Thee that Thou hast shined into our hearts. Enable us faithfully to reflect the light which Thou hast given. Make Thy Church a beacon for the whole earth, and let the nations come to her light and kings to the brightness of her rising. Send forth Thy servants everywhere bearing the torch which can dispel the darkness of ignorance and cruelty and sin, and let the earth be filled with Thy glory. Amen.

FAITH'S VICTORIES

(J. R. Miller, in Presbyterian.)

A great deal is said in the Bible about faith. We live by faith when we believe in things we cannot see and then act as if the things were true. That is what the first verse teaches us. "Faith is assurance of things hoped for." We hope that God loves us. If we become so assured of this that we take the hope into our hearts as a fact, that is faith. If we really believe that God loves us, the truth means a great deal to us. We are not then afraid of God. He is our friend. We may have hard things to endure—losses, sorrows, sufferings, disappointments—but if we really believe that God loves us we will not be greatly disturbed by such experiences. If we actually believe that Christ rose from the dead, we know that we have a living Saviour who is our friend, our companion, our helper, our guide.

Faith is "a conviction of things not seen." That is, it makes us as sure of the unseen things in which we believe as if they were visible to our natural eyes. Columbus believed there was a land, a continent, another country beyond the sea, and his belief became such a strong conviction that he pushed out upon the sea to find the land he believed in and sailed on till he found it. The Bible tells us of a world beyond the earth, our Father's home, home, eternal life. We cannot see it. But if we have faith, this heavenly country comes as real to us as England is to the tourist who puts out upon the sea this month to cross the ocean to Liverpool.

ENGULPHED IN RUIN

(By A. Barker.)

In a recent article of this series describing the beauties of the scenery in the neighborhood of that ill-fated city, Messina, attention was called to the pub-

lished reports of the great earthquake which had so hopelessly devastated that doomed region. An inspection of the place proves that words have utterly failed to give an adequate idea of the widespread havoc, and after overthrow of a great part of the beautiful city, and of its opposite neighbor Reggio.

The ruin and appalling wreck are altogether indescribable. Here a fine church of which all the existence left of its existence is perhaps a portion of one of the walls; there the remains of a large building, perhaps a noble man's house, which appears as though some cyclopean giant had with a mighty axe cleft it in twain from roof to basement; several stories of rooms all exposed to view; some of the furniture left, some hurled to the ground in the midst of a crashing avalanche of masonry and bricks and great beams of timber, all now piled up in inextricable confusion; the end of a piano, or the legs of a table perhaps projecting from the great heap of debris. And perhaps too, alas, beneath it all still lay the decaying corpses of father, or mother, or child, hurled in a moment without a warning, without a momentary note of alarm, into eternity.

And now, until the herculean and augural task of clearing away all that devastation is accomplished, that heterogeneous mass of masonry and broken furniture, and woeful grave-stones other than perhaps a projecting broken column, with no wreath or flowers to decorate the grave except perhaps a few wild flowers already springing up, little patches of beauty in the midst of horror, of ravage, and of grim and piteous wreck.

And so almost all along the coast-line on both sides of the Straits is the same gruesome picture: villages formerly picturesque and beautiful now almost blotted out of existence; entire districts shattered and annihilated; and much of that lovely and attractive spot a melancholy and gruesome devastation.

Truly "in the midst of life we are in death." Happy they who, when the time is no more, have no fear of the wrath to come. For having lived the life of the righteous, and having cast all their care on their Mediator and Saviour, who in Gethsemane and on Calvary expiated their sins by suffering the tribulation due, they are assured, with absolute certainty, of a mansion in glory beyond the skies.

PIECE-MEAL

Many represent justification as a synonym for pardon, the idea of piecemeal pardon, keeping debit and credit account with God. This is to travel in the wrong road, and land people in weakness and confusion. Men who understand this neither understand God nor themselves. Surely it is well to keep in everlasting remembrance the utterance "I am that I am." All inclusive, all embracing, undivided. Paul asks, "Is Christ divided?" Yes! in many a pulpit. Here is where the science of theology is at fault. Men teach in watertight compartments. One steamer can ram another and fill the compartment rammed with sea-water, and yet the ship may get no hurt; but this is not the way souls arrive at the port of peace and heaven. Two facts must ever be kept in mind: God is one, and man is one. Look at that young man of irregular habits; he is in a strange place and with some money in his pocket. What would he leave behind in his room if he could? He would leave behind his memory and conscience, but not the whole man goes through that door. By and by he will have time to reflect. You stand on the wharf and the steamer is outward-bound. It is not enough that you know the port she is

bound for; it is not enough that you desire to be there; to reach the port you must walk the gangway and leave the shore for the ship, and what then? Can you go down to the engine room and start the engines? No. Can you go into the binnacle house and steer? No. You are ignorant and must use the ability of others. There is no such thing as half salvation; you are either on board or not. If you are in Christ you have the whole one, and that the beginning. You increase in comfort, but you do not increase in safety. Christ is a great physician, but he does not walk the hospital all his days attending to the same patients, who look for spoon feed, and who never really get well. He wants you cured, and well, and out, and in the fray, doing manly work in a sin-sodden world, where the devil is rough and men are weak. Up, ye! be men! Hardy and brave.

I will go forth 'mong men, not mailed in scorn,
But in the armor of a pure intent;
Great duties are before me, and great songs,
And whether crowned or crownless,
When I fall, it matters not,
So God's work is done.

H. T. Miller.

HOT WEATHER MONTHS KILL LITTLE CHILDREN

If you want to keep your children rosy, healthy and full of life during the hot weather months, give the man occasional dose of Baby's Own Tablets. This medicine prevents by cleansing the stomach and bowels; or it cures the trouble promptly if it comes on unexpectedly. The mother who keeps this medicine on hand may feel as safe as if she had a doctor in the house. Mrs. C. C. Roe, Georgetown, Ont., says: "I can heartily recommend Baby's Own Tablets as a great help to baby during the hot summer months. I have used them for summer troubles and am much pleased with the result." Sold by medicine dealers or by mail at 25 cents a box, from The Dr. Williams' Medicine Co., Brockville, Ont.

TIMES PATTERNS.



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Design No. 155.—This bolero is made from one of the newest patterns and can easily be made larger or smaller by basting the outer braid inside or outside the lines indicated on pattern. The cambric pattern may be used over and over again, and with each design is sent an illustrated direction for working. The price of a full-sized cambric pattern is thirty cents; and the material consisting of pure linen thread and crocheted buttons costs forty-five cents. Collar design may be secured for twenty-five cents and fine linen material to work the same will be sent for forty-five cents. Fully illustrated directions go with each pattern.

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Mount Everest, of the Himalayas, is the highest mountain peak in the world, being over 29,000 feet high. The 18,000,000 packets representing one year's output of "Salada" Tea would, if placed end to end, produce a pyramid 6,500,000 feet in height, or 193 times higher than the highest mountain in the world. Can you grasp the magnitude of the demand for "Salada" Tea?

Advice to Bathers.

1. Don't bathe in unfrequented or secluded parts.
2. Don't bathe alone if subject to giddiness or faintness.
3. Don't take fright if you fall into the water with your clothes on; remember clothes float and assist you to float; make for the shore, swimming with the tide or stream.
4. Don't bathe in water without first ascertaining its depth.
5. Don't swim too far out in the sea or lake without being attended by a boat or expert swimmer.
6. Don't take fright if seized with cramps; keep cool, turn on your back, and endeavor to rub the affected part. If the leg is drawn up with pain, swim slowly with the arms only. All swimmers should practice this.
7. Don't swim without some recognized signal to give your fellow swimmer, if subject to cramps, such as lifting one arm or shouting for help; don't abuse this; leave the water as soon as possible.
8. Don't dive out of or try to get into a boat from the side; dive from the stern, and then only from a boat with a broad beam.
9. Don't swim near dams, waterfalls, or where weeds are growing.
10. Don't go out beyond the depth of your hips, if you cannot swim; if you have a weak heart, and then only after consulting a doctor.
11. Don't swim without company if you have a weak heart, and then only after consulting a doctor.
12. Don't bathe too soon after eating; wait till your meal is digested.

Rules for a Long Life.

A Paris contemporary has been instructing its readers how to live to a good age, drawing its conclusions from the lives and writings of distinguished men.

Michael Eugene Chevreul, the celebrated French chemist, who lived 103 years, was always frugal in regard to his diet, and considered a happy disposition to be an important factor contributing to his long life.

Victor Hugo had a tablet on the wall of his house with the following: "Rising at 6, dining at 10, supping at 6, retiring at 10 make the life of man ten times ten." The secret of Moltke's health lay in his great moderation in all things.

Sir Benjamin Ward Richardson declared that those who wished to reach a century must neither smoke nor drink. They should eat sparingly of meat, work as little as possible by artificial light, trouble themselves little about making a fortune, and never allow ambition to rule their lives.—London Globe.

BAD NEWS FOR OUR DOCTORS.

"And now that you are through college what are you going to do?" "I shall study medicine."

"But your crowded profession already, isn't it?"

"Can't help that. I shall study medicine, and those who are already in the profession will have to take their chances, that's all."—Boston Transcript.

The Sunday School Lesson

LESSON XVII.—JUNE 20, 1909.

Review.—Read Acts 15: 5-21.

Summary.—Lesson I. Topic: The Gentile Pentecost. Places: Joppa and Caesarea. Cornelius, a Roman centurion and a devout man, saw an angel of God in a vision; was told to send men to Joppa to call for Peter; he immediately sent two servants and a soldier. Peter, while in Joppa, was in a trance; he saw a sheet let down before him on which were all manner of beasts, creeping things and fowls; he was told to kill and eat; he objected; this was done three times, and all were taken up to him; the Spirit bade him go with them; he went and God poured out his Spirit on the Gentiles as a result of his preaching.

II. Topic: Supernatural deliverance. Place: Jerusalem. There was great persecution. Herod killed James and arrested Peter; prayer was made for him by the church without ceasing; the night before he was to be brought forth to his death the angel of the Lord delivered him; Peter went to the house of Mary.

III. Topic: An illustration of divine methods. Place: In and near Damascus. Saul persecuted the disciples; he received a commission from the high priest to go to Damascus to arrest the Christians; when near Damascus he was struck down to the earth by supernatural power; heard a voice from heaven; was assisted to Damascus; was blind three days, during which time he fasted; was visited by Ananias, who laid hands on him; scales fell from his eyes; received the Holy Spirit and was baptized.

IV. Topic: The first Gentile church. Place: Antioch in Syria. The persecutions that came scattered the disciples; they preached the word and many believed; Barnabas was sent to Antioch to encourage the converts; Barnabas needed assistance and went to Tarsus seeking Saul; Saul returned with him and during a whole year they taught much people in Antioch; Agabus predicted a famine in Judea; Barnabas and Saul went to Jerusalem with a relief fund.

V. Topic: Foreign missions. Place: Antioch and the Island of Cyprus. Barnabas and Saul were chosen to go as missionaries; they went to Seleucia and Cyprus; preached the gospel in Salamis; at Paphos the Holy Spirit came upon Saul and he denounced Elymas, the false prophet, severely; Elymas was struck blind.

VI. Topic: Paul's first recorded sermon. Place: Antioch in Pisidia. The apostles journeyed to Antioch in Pisidia; Paul preached in the synagogue; many followed Paul and Barnabas; on the Sabbath day, nearly the whole city came together to hear the apostles; the Jews were filled with envy; the apostles turned to the Gentiles; the Gentiles were glad; the persecution against the apostles was great; the apostles went to Iconium.

VII. Topic: The gospel extended and established. Places: Iconium and Lystra. The missionaries were compelled to flee for their lives; went to Lystra; Paul healed a cripple; the people thought Paul and Barnabas were gods; Jews stoned Paul and dragged him out of the city; supposing him to be dead; he departed with Barnabas to Derbe, and returned to Lystra.

VIII. Topic: The first church council. Places: Antioch and Jerusalem. After returning from their first missionary journey Paul and Barnabas abode in Antioch a long time; there was great contention over the question of circumcision; a council met at Jerusalem; after much discussion it was decided that the Gentiles need not be circumcised according to the law of Moses. The Gentiles were asked (1) to abstain from meats offered to idols, (2) from blood, (3) from things strangled, and (4) from fornication.

IX. Topic: Active, living faith. Place: Jerusalem. James found some who declared that faith was all that was of value to a Christian; they disregarded good works; he taught the necessity of combining them in order to have a perfect Christian character; genuine faith is shown to be always accompanied by good works; works that are acceptable to God are shown to be accompanied by a living faith; the devil's faith is not the right kind, and it does not save him; the spirit separated from the body means death; good works apart from faith mean spiritual death.

X. Topic: The function of the tongue. Place: Jerusalem. James sets forth the sins of the tongue; calls an evil tongue a fire, a world of iniquity; calls it a filthy Christian character; genuine faith is shown to be always accompanied by good works; works that are acceptable to God are shown to be accompanied by a living faith; the devil's faith is not the right kind, and it does not save him; the spirit separated from the body means death; good works apart from faith mean spiritual death.

XI. Topic: The Christian's faith. Faith is declared to be "the substance of things hoped for, the evidence of things not seen;" faith is shown to endure, suffer, triumph; we cannot please God without possessing true faith; the rewards of faith are as great to-day as ever; the examples of faith given in the lesson should help us to be strong spiritually.

PRACTICAL APPLICATIONS.

I. Saving grace exemplified. It triumphed over self-righteousness and malignity. Paul later, in testifying of his former life, said, "After the most straitest sect of our religion I have lived a Pharisee" (Acts 23:5). The Master reveals the chief characteristics of this sect, self-righteousness and self-sufficiency, in Luke 18:9-12. Saul's manner of life showed him to be possessed of a good share of this spirit. The Pharisees were malignant persecutors (John 11:47, 12:10; 13:35; 15:24; 16:2; 18:31). What a picture of malignity! But no sooner does he open his heart to the Spirit of the Lord than his self-righteousness and malignity are gone and he humbles himself at the feet of the Christ he had persecuted, and asks of him direction and guidance.

II. Christ's promise fulfilled. In his commission to his disciples Jesus had said, "These signs shall follow" (Mark 16:17), and "Lo, I am with you always" (Matt. 28:20). In the miracles recorded this quarter we see the fulfillment of the promise. The manifested supernatural element among the early Christians gave Christianity its wonderful power. It may be asked, Have we not a right to expect like signs now? We frankly answer, Yes, but we must not forget that the "greater works" to be done by the gospel are manifested in such transformation of character as that recorded in the history of Paul.

III. The gospel preached to the Gentiles. The great commission read, "Go ye into all the world and preach the gospel to every creature" (Mark 16:15). The understandings of the apostles for a time seemed to be closed to this great fact, but now by special divine operation they are opened. There is no respect of persons with God. No man is accepted because he is a Jew, nor rejected because he is a Gentile. The ground of acceptance is made plain: "In every nation he that feareth God and worketh righteousness is accepted with him." The fear of the Lord will be manifested by turning from sin and gladly accepting God's provisions for deliverance from sin, and by working righteousness.

IV. Origin of the name Christian. "They that were scattered abroad" did not hide their light, but let it shine. The result is seen in one instance in the church organized at Antioch. "A great number believed and turned unto the Lord." How many to-day might see the same results from the same devotion, but alas! too many when "scattered abroad" fail to carry their light with them. The name of Christian, applied in derision, the disciples adopted, and it has come to be synonymous with all that stands for man's welfare here and hereafter.

V. The first missionaries. The word of the Lord to Ananias concerning Saul was, "He is a chosen vessel unto me to bear my name before the Gentiles" (Acts 9:15). The time is now ripe for the church to move out into the "regions beyond," and God makes known the ones he has chosen for this particular work. The church at Antioch, though doubtless enjoying the ministry of Barnabas and Saul, gladly responded to the divine call, and commending them to the grace of God sent them on their way. A spiritual church recognizes the mind of the Spirit in regard to those whom God calls, and without that recognition no one should go forth. The church had recognized the gospel as for all (Acts 10:11), and immediately God began to call the men for the work. As the church of to-day turns her face toward her mission to "all the world," God will raise up the workers to go.—John S. McGeary.

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"The moment I used Dr. Hamilton's Pills I felt better. After I had taken a few pills my chest and back were relieved of pain, and my head felt clear and no longer was full of blood and rushing noises. I kept on using Dr. Hamilton's Pills and slowly but surely my appetite returned and I gradually regained strength, color and spirits. To-day I am as well as ever and attribute my present splendid condition entirely to Dr. Hamilton's Pills."

If you are troubled like Miss Michie (and most people occasionally are), no medicine will do you so much lasting good as Dr. Hamilton's Pills.

Beware of the druggist that asks you to take anything in place of Dr. Hamilton's Pills, which alone can help and cure you, in one box, or five boxes for \$1.00 at all dealers or the Catarthozone Company, Kingston, Ont.

Alone in London.

"About ten years ago, when I was living in a village in Illinois," said the red-headed man, "I had business to call me to London. My getting ready for the trip was the talk of the place, and a day or two before I started I was visited by a farmer, who was an Englishman, and who said: 'If you are going to London, would you mind seeing my brother Jim and telling him his brother Tom over here is well and doing well, and wants him to write oftener.'"

"What is your brother other name?" I asked.

"Smith, sir—Jim Smith."

"I told him I would keep an eye out for the Smith family, and he thanked me and withdrew. In due time I arrived in London from Liverpool, and as I took a cab at the depot I queried of the driver:

"Do you happen to know any one in London named Smith?"

"I'm a Smith myself, sir," he replied.

"But a Jim Smith?"

"But a Jim Smith who has got a brother Tom in America?"

"I've got one, sir."

"But a Jim Smith, whose brother Tom in America is a farmer in Illinois and wants him to write oftener?"

"That's me again, sir, and here's the proof of it. I'm just going to mail him this 'ere letter.'"

"And hang me if he didn't show me a letter ready for mailing and prove his case on the spot. He was the first man I had spoken to in London, and he was the Jim Smith I had been told to look out for."—Chatanooga Times.

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Paralysis, no matter how silent, is a terrible affliction, but to be paralyzed from waist to the feet, to be a helpless cripple, totally dependent upon what others do for you, is a condition as wretched as man could possibly bear. Such was the state of Mr. Allan J. McDonald, of Rice Point, P. E. I. For over a year he was a helpless invalid. He was paralyzed from his waist to his feet, and for nine months lay in bed encased in a plaster of Paris cast. Four of the best doctors in Prince Edward Island were unable to help him and he seemed doomed to a life of misery and despair. But hope came to him when he read of what Dr. Williams' Pink Pills had done for other sufferers from paralysis. He procured a supply of the Pills and began taking them. Gradually they broke the chains of disease that bound him, and filled his whole body with new blood, life and vigor. Mr. McDonald says: "I am a farmer and in consequence have a great deal of hard work to do. One day while about my work I injured my back, but at the time I paid little attention to the injury and my work.

Three months they made a remarkable change in me. I was able to get out of bed and crawl along the floor on my hands and knees. Gradually my limbs became stronger. Soon I could walk with the aid of a cane and inside of nine months after I had begun the use of the Pills I was totally cured, and once more able to do light work. Now I am as strong as ever I was and can do my work about the farm without the least trouble. I think Dr. Williams' Pink Pills are without an equal, for, besides my own case, I know of two other cases of paralysis cured by them. Two young girls who have been crippled and whom I advised to try the Pills."

In corroboration of what Mr. McDonald says, the Rev. D. McLean, of Charlottetown, P. E. I., writes: "I visited Mr. McDonald many times during his illness. He was attended by three or more doctors and put in plaster paris, and everything imaginable which might be of benefit done for him without success. He had lost all power of his body from his waist down and I think he was nearly a year under treatment before he began to use Dr. Williams' Pink Pills. I was with him the first day he moved his big toe, and from that time on he gradually improved, and for the last few years he has been perfectly well. I can vouch for the cure Dr. Williams' Pink Pills effected in his case."

If you are sick and the treatment you are now taking does not help you, give Dr. Williams' Pink Pills a fair trial. They have cured thousands of other doctors and other medical treatment had hopelessly failed. These Pills actually make new, rich, red blood, feed the starved nerves and bring health and strength to every part of the body. This is why Dr. Williams' Pink Pills cure such apparently hopeless cases as Mr. McDonald's, and it is why they have cured thousands and thousands of sick, discouraged people in every part of the world. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.