

HEADACHE

Seems To Be Habitual
With Many People.

Some are seldom, if ever, free from it, suffering continually and wondering why they can get no relief.

Headaches are generally caused by some derangement of the stomach or bowels, or both.

Burdock Blood Bitters removes acidity of the stomach, improves digestion, regulates the constipated bowels, and promotes a perfect circulation of pure blood to all portions of the body, thereby curing the headaches by removing the cause.

Mrs. L. Maguire, Kinmount, Ont., writes:—"I am writing you a few lines to tell you what your Burdock Blood Bitters has done for me. I used to be greatly troubled with headaches, but after using two bottles of Burdock Blood Bitters I was completely cured. This was two years ago and I have had no return of headache since."

Burdock Blood Bitters is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

YOUR HEART

Does it Flutter, Palpitate or Skip Beats? Have you Shortness of Breath, Tenderness, Numbness or Pain in left side, Dizziness, Fainting Spells, Spots before the eyes, Sudden Starting in sleep, Nightmare, Hungry or Weak Spells, Oppressed Feeling in chest, Choking Sensation in throat, Painful to lie on left side, Cold Hands or Feet, Difficult Breathing, Dropsy, Swelling of the feet or ankles, or Neuralgia around the heart? If you have one or more of the above symptoms of heart disease, don't fail to use Dr. Kinsman's Celebrated Heart Tablets, the remedy which has made so many marvelous cures. Not a secret or "patent" medicine. One out of four has a weak or diseased heart. Three-fourths of these do not know it, and thousands die who have been wrongfully treated for the Stomach, Lungs, Kidneys or Nerves. Don't drop dead like hundreds of others when Dr. Kinsman's Heart Tablets will cure you. Here is a sample of what they are daily doing:

"Upon my word as a minister of the gospel I could not have lived had it not been for your Tablets. I had heart trouble severely for fifteen years and many doctors had failed. I could scarcely walk fifty steps, could not lie on my left side, had fluttering and pains most excruciating. I am now well."—W. H. Thompson, Adams, Ky.

One thousand other recent genuine endorsements will be mailed you with the free treatment.

FREE TREATMENT COUPON

Any sufferer mailing this coupon, with their name and P. O. address, to Dr. F. G. Kinsman, Box 867, Augusta, Maine, will receive a box of Heart Tablets for trial, by return mail, postpaid, free of charge. Don't risk death by delay.

\$3.50 Recipe FREE For Weak Men

Send Name and Address Today—
You Can Have it Free and Be
Strong and vigorous.

I have in my possession a prescription for nervous debility, lack of vigor, weakened manhood, failing memory and lame back, brought on by excesses, unnatural drains, or the follies of youth, that has cured so many worn and nervous men right in their own homes—with out any additional help or medicine—that I think every man who wishes to regain his manly power and virility, quickly and quietly, should have a copy. So I have determined to send a copy of the prescription free of charge, in a plain, ordinary sealed envelope to any man who will write me for it.

This prescription comes from a physician who has made a special study of men and I am convinced it is the surest-acting combination for the cure of deficient manhood and vigor failure ever put together.

I think I owe it to my fellow men to send them a copy in confidence so that any man anywhere who is weak and discouraged with repeated failures may stop-dragging himself with harmful patent medicines—secure what I believe is the quickest acting restorative, up-building, SPOT-TOUCHING remedy ever devised, and so cure himself at home quietly and quickly. Just drop me a line like this: Dr. A. E. Robinson, 4215 Luck Building, Detroit, Mich., and I will send you a copy of this splendid recipe in a plain, ordinary envelope free of charge. A great many doctors would charge \$3.00 to \$5.00 for merely writing out a prescription like this—but I send it entirely free.

I consider myself an optimist. If the editor thinks this letter worth printing, I may come to you again in a more cheerful mood. Leaving my address with the editor, in the meantime, I will sign myself,

Cheerful Cynic.

Other Subjects for Discussion.

Thurso, Que., Jan. 23, 1912.

Dear Editor,—Here comes another Easterner to join your jolly crowd. How is everyone these fine days? I see the Westerners are having nice cold weather out there. Well, I pity you for it is bad enough down here, but it is nothing compared to what you people are having. Wake up, you Easterners and come to earth! Are you going to let the Western boys and girls have all the say and not even show them that we are living? Most of the letters in the correspondence columns are from people of the West, so I will slip in and show you that we are not all dead down this way, although you may think we are. Josephus, I have just been reading your letter criticising our modern dances, let me congratulate you on the manly point of view you have taken. I myself don't believe in dancing, as I think it lowers one's good character. In my opinion two people, who perhaps have never met before, are brought into altogether too familiar contact with one another. Then, not only that, but a person invariably falls into bad company at a dance, especially one of our country dances. I think it very often leads to the beginning of a downward career for those involved. I hear some one say, "Pooh, she is just prejudiced, that is all." No, I am not at all prejudiced, for I like to see people enjoy themselves and I like to have a good time as well as anyone, but let it be innocent fun and not something that degrades your moral sense. Josephus brought out some fine points in his letter. I would like to be better acquainted with him, as I think he would be worth knowing. I would like to hear your opinion on card playing, Josephus. I think it is an evil that should not be overlooked either. In fact I think the two evils are so closely connected that it is hard to think of one without the other. I wish there were more men in this world of ours who (like Josephus) would speak out what they think, as he has done, and not be afraid to hear their own voice. Well, Handsome Kid, were you looking at yourself in the dark when you signed your nom-de-plume? Your pen name doesn't correspond very well with your description of yourself, or probably you had a mirror beside you while you were writing. I wouldn't mind hearing from you, though, if you care to write to a girl of nineteen summers. Small, with dark hair and complexion, and blue eyes, and just as homely as you are handsome. Yes, Canadian Buckeye, leap year is certainly here, and a good thing for some of us that it is. So be careful, some of you "handsome" boys, or first thing you know some "old maid" will be proposing to you. I am always greatly interested in the topics under discussion. I think temperance and intemperance would be good subjects to take up, as they give ample room for discussion on both sides, and then it is a subject one never gets tired of. We are trying for "local option" here, and I am pretty sure we will get it as the majority are in favor of banishing the hotels. They are the biggest curse on the face of the earth and it is to be hoped that they will be banished forever. Well, Mr. Editor, I suppose I had better quit, or you will need to take a "day off" to read this letter, and as I am anxious to see this in print instead of in the W.P.B., I don't want to try your patience too much. Anyone who wishes to write to me will find my address with the editor. Wishing everybody success in life,

Girlie.

In Defence of Dancing.

Bratton, Sask., Jan. 20, 1912.

Dear Sir,—I would like to ask you if you would be so good as to insert the following in answer to Josephus' writing in your January issue. I would suggest to Josephus that he is perhaps a little rash in the statements and conclusions he draws in his letter, and before

I go any further I would say that it is the dance I am trying to defend, not the abuse of it. Josephus says dancing is not a recreation judging from appearance next morning, and immediately jumps at the conclusion that dancing is a dissipation. Can my friend imagine a man who has been skating without cessation from nine o'clock in the evening until four o'clock next morning. I wonder, would he look as though he had been dissipated? It is not the dance, then, but the long hours that is the dissipation. Then the "embracing" referred to in dancing is no liberty, for the simple reason that circumstances alter cases. After a young man and lady have gone through a dance, they say to their chums "That was a great dance," or, perhaps, vice versa; not, take note, "That was a great embrace," or otherwise. Then again, some round dances are more popular than others, yet the partners "embrace" each other the same way in most. This, then, shows that it is the dance that occupies the mind and nothing else, and, therefore, there is no liberty taken. Josephus speaks of the origin of the waltz. Let him inquire a little closer and he will find that the waltz as danced by the Viennese was totally different from the way it is danced now, in that the actions gone through were—well, improper. There is nothing that suggests impropriety to the normal mind. Now, I am perhaps, using strong language, but Josephus did the same, for he says that "the illegitimate sex element necessarily enters into dancing." It does not, and Josephus can take the word for hundreds of husbands and brothers for it. Again, my friend, mentions dancing in Bible times as very different from what it is now. Surely it was different. Everyone knows the different kinds of dancing that amused even the Jews in Bible times. Yet the Godly Jews danced their own way because they knew no harm in it. What would the dancing public of the present day say if a dance similar to the one the daughter of Herodias danced before Herod were introduced into the dancing repertoire of today. It is utterly impossible to think of any man taking his wife or sister to a place where anything doubtful goes on; it's not human nature. The trouble with Josephus is, that he is in the wrong rut. Some people talk decently and some swear; so to follow Josephus' reasoning we should quit talking. Rather ridiculous, isn't it? What, I think Josephus (by the way Josephus of old belonged to the Pharisaic order), is not trying to kill dancing any more than one would try to kill baseball, because of the gambling connected with it, but try and do away with the public dance where anyone can go. Dancing is a form of amusement enjoyed by all kinds of people: good, bad and indifferent, of both sexes; which goes to show what a natural recreation dancing is. But this also is the reason I do not agree with the public dance, because the doubtful ones can use the public dance to cover something else the same way as some unscrupulous people use religion to help them swindle their fellows. It is not the religion that is wrong, but the misuse of it. This does not apply to club dances or private dances, because club members form the big majority present in the one case, and in the other we know our host or hostess would not invite any doubtful characters. I am sorry that Josephus can see in dancing things which hundreds of Christian people never for a moment imagine. There must be some material difference in the trend of the two kinds of minds. I do not apologize to Josephus for this criticism, because he has implied a terrible libel against hundreds of his fellows, and it is his own fault having aroused our indignation. Thanking you in anticipation for inserting this, I am, one of the W.H.M. admirers,

Curly Bill.

Rokeby, Sask., Jan. 21, 1912.

Dear Editor,—I take the liberty to enclose a few lines, and hope you may find room for them in your paper:—

My name is Bill,
The land I till;
My shack I would divide.
The seed I drill.
The pigs get swill.
And, I, a lone fireside.

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to This Famous Remedy.

Glanford Station, Ont.—"I have taken

Lydia E. Pinkham's Vegetable Compound for years and never found any medicine to compare with it. I had ulcers and falling of the uterus, and doctors did me no good. I suffered dreadfully until I began taking your medicine. It has also helped other

women to whom I have recommended it."—Mrs. HENRY CLARK, Glanford Station, Ontario.

Another Cure

Harvey Bank, N. B.—I can highly recommend Lydia E. Pinkham's Vegetable Compound to any suffering woman. I have taken it for female weakness and painful menstruation and it cured me.—MRS. DEVERE BARBOUR.

Because your case is a difficult one, doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has cured many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, indigestion, dizziness, and nervous prostration. It costs but a trifle to try it, and the result is worth millions to many suffering women.

If you want special advice write for it to Mrs. Pinkham, Lynn, Mass. It is free and always helpful.

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Write for further information, also state what kind of amputation you have.

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