

## NERVOUS TROUBLES ON THE INCREASE

They Are Due to an Impoverished Condition of the Blood

Nervous exhaustion—or neurasthenia, as medical men call it—is one of the greatest evils of the present day, for it is destroying the life and energy of thousands of men and women, or worse, driving them to insanity. The causes of this trouble include overwork, mental strain, worry, indiscretions, and sometimes it follows la grippe. The signs of this trouble are usually great weakness after any exertion, nervous headaches, trembling hands, shakiness in the legs, irritability of temper, weak digestive power, insomnia. The life of the sufferer becomes full of miseries.

The true treatment for this trouble must consist of a building up process, for the above signs mean that the exhausted nerves are calling for more nourishment from the blood supply. Dr. Williams' Pink Pills make new, rich blood that feeds the starved complaining nerves, and in this way they have cured thousands of times neurasthenia, neuralgia, and other nervous disorders, and have restored strength and nerve energy to despairing people. Mrs. Isaac Wilson, Celina, Ont., gives thanks for having been restored to health through the use of this medicine, she says: "When I began using Dr. Williams' Pink Pills I was a nervous wreck; I couldn't do my work, could not sleep at night, suffered from nervous headaches, and the least noise would completely upset me. Only those who have suffered from nervous trouble can tell what I endured. I doctored for a time, but did not get any benefit. Then I learned of Dr. Williams' Pink Pills and sent for a half dozen boxes. By the time I had used these I was almost well, and a couple more boxes completely restored my health, and I have had no return of the trouble. I can cheerfully recommend Dr. Williams' Pink Pills to those who suffered from any form of nervous trouble."

If you are weak, nervous or out of health begin to cure yourself to-day with Dr. Williams' Pink Pills. You can get them from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## \$7,600 IN PRIZES.

Will Be Given at the Ontario Rifle Association Meet This Year.

There promises to be much military activity at the Long Branch Rifle Ranges from August the 18th to the 22nd during the five days' annual meet of the Ontario Rifle Association. Capt. Armour A. Miller, Secretary of the Association, has just issued the annual programme, and it is full of interesting features. The aggregate of this year's prize list is seven thousand six hundred dollars, about one thousand dollars ahead of any previous year. The cities of Toronto and Hamilton have vied almost with each other in donations to the prize funds. Among the well-known Toronto people whose trophies will be contested are His Honour the Lieutenant Governor, Mrs. H. D. Warren, Sir Henry M. Pellatt, and Colonel W. C. Macdonald. Mrs. Warren has donated prizes to the amount of \$275.00 for competition among school cadets. Last year the youngsters to the number of one hundred attended the meet, and this year, as the Council of the Association is offering to pay half the railway-fare of each cadet from Ontario, there should be a regiment of them anxious to shoot bulls' eyes along side the grizzled veterans of the militia. Teams of six members each from the nine provinces may shoot for Sir Henry M. Pellatt's magnificent new cup in the Interprovincial Match. Each marksman of the winning team will get a miniature of the cup and a share of the one hundred and twenty dollars in cash that goes with it. Sir John M. Gibson's generosity has made possible a new match called the "Lieutenant Governor's," with 200 prizes, amounting to over \$1,000.00, in addition to the Lieutenant Governor's gold medal. This match will be a permanent one on the programme of the Association, and will stand a fitting memorial to his Honour's many years of active service to the advancement of rifle shooting and military education in Canada. An individual competitor in the Lieutenant Governor's Match, who is lucky, may receive a Ross Rifle, offered by Hiram Walker & Sons, of Walkerville, and other prizes, totalling in all \$150.00 in value.

Colonel W. C. Macdonald, Chairman of the Executive Committee of the Association, has donated the first prize of a Ross Rifle, valued at \$50.00, in the All Comers' Aggregate Match.

The City of Hamilton Match for Tyros is one of the important matches from the point of view of the younger shots. This year the city celebrates the 100th anniversary

of its founding by contributing a new cup, value \$400.00, for team competition. Besides this cup the match this year contains 100 individual and team prizes of over \$500.00.

Of the older matches, the Tait-Brassey is again to the fore with 198 individual prizes, in addition to team prizes, amounting in all to over \$1,000.00 in value. The Tait-Brassey is the big military match of the meet.

Changes in the regulations governing the meet are evident in the programme. These are not extensive, the chief one being a restriction prohibiting the use of any extension bridge which projects to the rear of the bolt when cocked.

The Association has arranged with all the railways for single-fare rates, good to return several days after the meeting. All details of the meet are given in the programme, copies of which may be obtained from the secretary of the Association, 157 Bay Street, Toronto.



Robert W. Service, the Yukon poet, who is to marry a Parisienne.

## A CURIOUS WELL.

Ingenious Mexican Has No Trouble Drawing Water.

That the Mexican farmer is not the slow thinking, lazy person the average stranger imagines is illustrated by an ingeniously devised well constructed by a farmer living near a little town just across the boundary line. The natives seldom go far away from their homes and they have very primitive ideas and customs. This well is about fifty feet deep and the owner has built a curious device for hauling water from it. If this Mexican had been an educated man he might have been an inventor.

A tree flourished near the well which had two branches growing out of the trunk. These boughs separated into four branches higher up. The Mexican cut the branches in such a way that they formed a perfect rest for a long well sweep. He fastened the sweep to a cross-bar laid across the two upper branches in the middle, using stout thongs for the purpose.

Then he fastened a weight on one end of the sweep and a long rope to the other end. The bucket is fastened to the end of this long rope, and all he has to do is to lower the bucket into the well. The weight of the stone pulls it up again, brimming full.

## CUBS' FOOD.

They Thrive on Grape-Nuts.

Healthy babies don't cry and the well-nourished baby that is fed on Grape-Nuts is never a crying baby. Many babies who cannot take any other food relish the perfect food, Grape-Nuts, and get well.

"My baby was given up by three doctors who said that the condensed milk on which I had fed her had ruined the child's stomach. One of the doctors told me that the only thing to do would be to try Grape-Nuts, so I got some and prepared it as follows: I soaked 1 1/2 tablespoonfuls in one pint of cold water for half an hour, then I strained off the liquid and mixed 12 teaspoonfuls of this strained Grape-Nuts juice with six teaspoonfuls of rich milk, put in a pinch of salt and a little sugar, warmed it and gave it to baby every two hours."

"In this simple, easy way I saved baby's life and have built her up to a strong, healthy child, rosy and laughing. The food must certainly be perfect to have such a wonderful effect as this. I can truthfully say I think it is the best food in the world to raise delicate babies on and is also a delicious healthful food for grown-ups as we have discovered in our family."

Grape-Nuts is equally valuable to the strong, healthy man or woman. It stands for the true theory of health. "There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## FROM ERIN'S GREEN ISLE

NEWS BY MAIL FROM IRELAND'S SHORES.

Happenings in the Emerald Isle of Interest to Irishmen.

The carpenters employed in the Drogheda building trade, to the number of about 40, have gone on strike.

Mr. Andrew Carnegie has given a donation of \$650 towards an organ for the New Ross Protestant church.

A serious riot took place on the lands of Lord Ashdown, and sixteen men have been returned for trial.

At the present time the agents of more than one continental army are engaged in purchasing recruits in Ireland.

The band contest held under the auspices of the North of Ireland Band Association took place at Windsor Park, Belfast.

A shocking affair occurred at Bree, Malin Head, when a farmer named George Thomas Boggs was attacked by a bull and fatally injured.

Arrangements have now been completed for the erection of a new Palace of Varieties at Dublin, the site chosen is close to the General Post Office.

Damage to the amount of \$2,500 was done by a fire that broke out from "Duntreath," Kingstown, the residence of Miss Craig. One fireman was slightly injured.

The annual motor outing for the benefit of the cripple children in Belfast took place from the exhibition hall to Mount Stewart. About 250 children took part.

An outrage is reported from Templemore, County Tipperary. A memorial cross has been torn down and other headstones chipped. The police are investigating.

William Faulkner, permanent vice inspector, and Hugh Milling, district engineer on the Great Northern Railway, were both killed by a train near Raheny Station.

Phineas John Davidson, postman at Hilltown, was, at the Newry Quarter Sessions, sentenced to six months' imprisonment for the larceny of a postal-order, value for about \$16.

The Roscrea show, to be held on the grounds of the Roscrea Castle, recently acquired from the military authorities by the North Tipperary County Council, is to be held on October 2nd.

An aged feeble veteran named David Davidson, Belfast, late of the Royal Irish Regiment, has been awarded by the Chelsea commissioners a special campaign pension of 18 cents a day.

The members of the Committee of Management of the Belfast Savings Bank were entertained to luncheon to honor the fact that the funds of the bank now exceeded one million pounds sterling.

A daring robbery took place in County Limerick, when Mr. Chambers, manager of the Provincial Bank, Listowel, while on his way to the branch bank at Abbeyfeale, was held up by four men and robbed of about \$3,000.

## Grains of Gold.

Lies lead straight to Limbo. Nothing pays but truth.—Mr. Elbert Hubbard.

Money is the root of all evil, and sometimes of the family tree.—John Bangs.

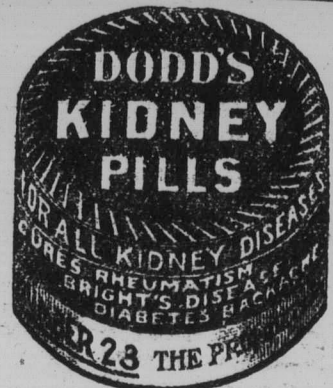
Charity and personal force are the only investments worth anything.—Walt Whitman.

Hope is a good word to begin the day with. Without hope no man ever found his ideal.—Westcott.

Prayer is the marvellous breathing function of the new creature when in contact with the atmosphere of a besetting God.—Henry Drummond.

There's not a blessed thing in this world worth having without sacrifice. The big people, the people that have the big things in life, are those that have paid or are prepared to pay the big price for them.—W. J. Locke.

A man should dare to live his small span of life with little heed of the common speech upon him or his life, only caring that his days may be full of reality, and his conversation of truthspeaking and wholeness.—John Morley.



ED. 7. ISSUE 28-13.

## HAIR CAME OUT IN HANDFULS

Scalp in Very Bad Condition, Dandruff Could be Seen Plainly. Lost Most of Hair. Cuticura Soap and Cuticura Ointment Cured.

42 Lignacott St., Toronto, Ontario.—"About a year ago I had a very bad attack of typhoid and my scalp was in a very bad condition. The dandruff could be seen plainly and I lost most of my hair. My hair fell out gradually, but after having it shampooed it came out in handfuls. I used Cuticura Soap to shampoo my hair, then rubbed the Cuticura Ointment into the scalp. The dandruff was very soon removed and my hair stopped falling out. Cuticura Soap and Ointment cured me." (Signed) Miss E. Chamberlain, Mar. 31, 1912.

## HANDS COVERED WITH ECZEMA

Anse du Cap, Quebec.—"About one year ago my daughter had her hands covered with eczema. It broke out in a rash. She was unable to put her hands in water and she used to scratch them until they were red and inflamed and oozed and used to bleed. She was unable to sleep by reason from the pain and burning. After she began washing with Cuticura Soap and applying Cuticura Ointment she got relief at once and after ten days' treatment was entirely cured."

"My baby when teething, broke out with pimples on her face. After three days' treatment of Cuticura Soap she was cured." (Signed) Mad. D. Oubrou, Feb. 12, 1912. Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. For a liberal free sample of each, with 32-p. book, send post card to Potter Drug & Chem. Corp., Dept. 80D, Boston, U. S. A.

## More Short Than Tall.

A detective had been called by a Western bank to investigate the simultaneous disappearance of the cashier and a large sum of money. "How tall was the cashier?" asked the detective, producing his note-book.

"I don't know," sighed the president of the bank, "but he was about five thousand dollars short!"

Minard's Liniment Cures Distemper.

## Misapplied Philosophy.

"Mike," said Plodding Pete, "what would you do if you was rich?"

"I'd lead a life of ease," replied Meandering Mike.

"No, you wouldn't. You'd be playin' polo or golf or takin' physical culture. Let well enough alone. A life of ease ain't nothin' but work in disguise."

Minard's Liniment Co., Limited.

Gents—I cured a valuable hunting dog of mange with MINARD'S LINIMENT after several veterinarians had treated him without doing him any permanent good. Yours, etc., WILFRID GAGNE, Prop. of Grand Central Hotel, Drummondville, Aug. 3, '04.

## The Cure.

"I haven't seen Bangs for a long time. He used to be a dickens of a fellow among the girls."

"He's been cured of all that."

"What cured him?"

"Marriage."

Minard's Liniment Cures Cargat in Cows.

## Altering the Model.

In his later years Frederick William, King of Prussia, was sorely afflicted with gout. The twinges of pain aggravated his naturally irascible temper. During the attacks he was accustomed to divert his mind by painting. His models were always soldiers.

One day he kept a tall grenadier posing for a long time. At length the picture was finished. The king turned to the man, and in a terrible voice asked, "What do you think of that?"

"The cheeks are redder than mine," was the hesitating reply.

"I'll soon fix that!" thundered the old king.

So he seized his brush, and painted both cheeks of the terrified grenadier a brilliant red.

Minard's Liniment Cures Colds, Etc.

## Seeing the Wind.

If you take a saw and hold it at right angles with the wind, teeth upward, and look along the tips of the teeth, you can see the wind streaming by and through the little notches just like a flowing stream. The explanation, says Mr. Lawrence Hodges, must be practically the same as for the little streams of wriggly air—we sometimes see over our radiators; that is, that the air is broken up into currents of different densities, and, consequently, light coming through these currents is bent to our eye and their form noted. The wind, coming with some force, is interrupted by the saw, and this compressed or dense air streams through the notches. The form of the stream is visible to us by the refraction or bending of the light that reaches our eyes from objects or particles seen through the streams.

## PARIS TREES ARE FINEST.

Work Begun Under Napoleon III. Average Life 40 Years.

When the Parisian work of tree planting on a great scale was begun under the reign of the ill-fated third Napoleon, holes five feet in depth were dug in the parkways along the streets. They showed that the soil conditions were not favorable to tree growth. It was sandy and pebbly, and at the depth of five feet an impenetrable layer of hard clay was encountered.

But Paris was determined to have trees. A trench 10 feet in length was dug about the site of each new tree and filled with rich, black dirt. Then in the municipal nurseries the young trees were pruned and trained to grow their roots horizontally instead of straight down, so that they might get the needed nourishment from the layer of rich dirt provided. As a consequence of that good start and of the continuing care which is exercised, the trees of Paris are, perhaps, the finest in the world, and their average life is nearly 40 years.

## The Value of Happiness.

There is no duty so much undervalued as that of being happy. By being happy we sow anonymous benefits upon the world which remain unknown, even to ourselves; or when they are disclosed, surprise nobody so much as the benefactor. A happy man or woman is a better thing to find than a five-pound note. He or she is a radiating focus of good will, and their entrance into a room is as though another candle had been lit.

## FOR MARRIED MEN ONLY

When your razor is dull as a hoe, ask your wife if she wasn't paring her corns. Get her Putnam's Corn Extractor; it's the only painless and safe cure. All dealers sell "Putnam's" at 25c. per bottle.

## Danger Out at Riverside.

"Is a canoe safe for two?" is asked by an inquirer in the columns of a paper. No, siree! You fall in the water if it turns over, and you fall in love if it remains right-side up till moonrise.

## Try Murine Eye Remedy

If you have Red, Weak, Watery Eyes or Granulated Eyelids. Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c. 50c. Murine Eye Salve in Aseptic Tubes, 25c. 50c. Eye Books Free by Mail. An Eye Tonic Good for All Eyes that Need Care. Murine Eye Remedy Co., Chicago

## Wuff.

"I'm a self-made man," snapped the Grouch.

"Well, you might have made yourself more agreeable," responded the Boob.

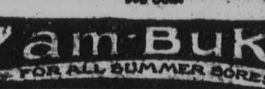
Minard's Liniment Cures Diphtheria.

## When Husbands Overwork.

No true wife will allow her husband to lay waste his life by unceasing work day after day, so that his life slips away without his having the leisure to enjoy it. Yet it is too often the case that a wife will force her husband into this dangerous path instead of keeping him in check. She sees that his excessive work brings in money plentifully; and spends it lavishly, regardless of the harm he does himself in providing for her whims. Some men are so absorbed in money-getting for the sake of their families that their homes have become little more than a sleeping place, their chief function is which to pay the bills.

## PILES

You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance with Zam-Buk means cure. Why not prove this? All Druggists and Stores—10c. box.



## IMMORTALITY CERTAIN

Swedenborg's great work on Heaven and Hell and the life after death. 40 pages, only 25 cents postpaid. H. Law, 484 Eglar Ave., Toronto, Ont.

## Buy a "Stewart" at a Special Price

An overstock in our warehouse must be cleaned out before August 1st. Hence the Price.

Three inch dial—50 mile speedometer enclosed. 10,000 mile season odometer. Regular \$18.50. Special Price 10.80.

Three inch dial—60 mile speedometer, 10,000 mile season odometer. Automatic resetting trip register and a guaranteed watch. Regular Price \$27.50. Special Value \$17.25.

RUSSELL MOTOR CAR COMPANY, LIMITED

Accessories Department, WEST TORONTO

Winnipeg, Calgary, Vancouver

## CLARK'S POTTED MEATS

Full flavored and perfectly cooked child's delight. The picnic's choice. Everybody's favorite.



W. CLARK, M.Fr., Montreal.

## FARMS FOR SALE.

H. W. DAWSON, Ninety Colborne Street, Toronto.

FRUIT, STOCK, GRAIN AND DAIRY Farms in all sections of Ontario. Some snaps.

FACTORY SITES, WITH OR WITHOUT Railway trackage, in Toronto, Brampton and other towns and cities.

RESIDENTIAL PROPERTIES IN Brampton and a dozen other towns.

H. W. DAWSON, Colborne St., Toronto

## 3,000 FREE HOMESTEADS AND IMPROVED FARMS.

proved farms, \$15.00 to \$45.00 per acre. Best grain and mixed farming country. Write Commissioner, Board of Trade, Humboldt, Sask.

## MALE HELP WANTED.

AT ONCE—MEN TO LEARN BARBER trade; expert instruction; constant practice; tools free; always sure employment for barber. Write for catalogue, Miller College, 221 Queen E., Toronto.

## STAMPS AND COINS.

STAMP COLLECTOR—HUNDREDS OF different Foreign Stamps, Catalogues, Albums, only Seven Cents. Marks Stamp Company, Toronto.

## MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured with out pain by our home treatment. Write us before too late. Dr. Bullman Medical Co., Limited, Collingwood, Ont.

## The Soul of a Piano is the Action. Insist on the

"OTTO HIGEL" Piano Action

## "BLUE FLAME" SPECIAL

To lower our stock by July 31st—our stock-taking—we offer these excellent Plugs at

\$2

Per Set of Four

## "BLUE FLAMES" give perfect ignition and will give a hotter spark than any plug at this price.

RUSSELL MOTOR CAR CO., Limited.

Accessories Dept., WEST TORONTO

## RICHIE & ONTARIO NAVIGATION CO.

NIAGARA TO THE SEA

Your Vacation Trip WHERE TO GO

Niagara Falls, Toronto, Thousand Islands, St. Lawrence Rapids, Montreal, Quebec and the Saguenay River—one of nature's most impressive scenic wonders.

Low rates for tickets including meals and berths. For information apply to local ticket agents or Hugh D. Paterson, Gen. Agt., Toronto, Ont., or H. Foster, Chaffee, P.T.M., Montreal, Que.

ONE TRIP ONLY