Playgrounds in the United States

A Paper Full of Pointers for Canadians—"A Boy Without a Playgroud Is a Father To the Man Without a Job."

The following paper was read by Joseph Lee, third vice-president of the Playgrounds Association of America, and will be found of deep interest to all good citizens:

All playgrounds are divided into three parts, one of which may be called athletic fields, another intermediate playgrounds, and the third those which, in the language of children, are called "kids' corners," but which are known to the grown-up world as sand gardens.

The playground movement in the United States is at present chiefly in the northern and eastern parts of the country. A line beginning at Yorktown and running west so as to include Richmond, Pittsburg, Louisville, and St. Louis; then up the Mississippi River, and then back again by the way of the Canadian line and the Atlantic, would include almost all that has been done. Denver, San Francisco, Kansas City, Los Angeles and Porto Rico may be mentioned as instances outside.

SAND GARDENS.

Apart from the New England commons, which we owe to the good English traditions of the seventeenth century, and which may be classed partly under the head of athletic fields, the first considerable start in the playground movement in this country was made by the carrying on of sand gardens in Boston in 1885. There are now sand gardens in practically all the large cities of the north and east, and in many of the smaller cities and towns. Notable contributions to the science of carrying them on have been made in Chicago and New York, and the latter furnishes perhaps the most interesting examples at the present time.

A sand garden is a playground for children under eleven years old. It is usually carried on in a schoolyard, or in a park, for ten weeks of the summer vacation. The season sometimes is, and always should be, from the first of May to the first of November, at least.

For the child under six years old the great attraction of a sand garden is the sand. The only other essentials are shade in summer and a kindergartner. It is best, however, as well as customary, to have a few other things. These should be of a sort to be plastic to the child's hand and mind, the best being; blocks (the shape, and about the size of a brick), molds, in the form of box covers, which the children can bring themselves, for the shaping of the sand, and little sticks or shells or bits of stone with which they can make and adorn gardens, houses, subways, and other edifices which they feel to be satisfactory and desirable. Small carts and driving reins meet demand as the children get a little older, and there is hardly any kind of toy which one can pick up at a bargain during the dull season which the children will not find a use for.

For the latter part of this period games should be introduced, the kind that they like being co-operative and non-competitive, generally dramatic in their nature; the ring game is the most popular form.

For children over six it is important to have apparatus and in general to have things. Children like, and need, to use their hands in a great variety of ways of a constructive, instructive, or—if better may not be—of a destructive sort. Especially ought a summer playground (because not even a child can run round ten hours a day without some sensation of fatigue) to be provided with some kind of sedentary, manual occupation. For this reason a school or other building, where seats and materials can be kept, is an advantage. Sewing (cards or otherwise), raffia, clay modeling, carpentry, checking—things of almost any kind that can be made something of or done something with—are desirable.

The kinds of apparatus that will be used are those in the use of which there is an element of falling: Swings, trapezes, flying and traveling rings, giant-strides; tilts and teeter ladders; slanting poles to slide down, and coasts. The use of the latter is by no means confined to the winter season; children will slide down a smooth board as long as the board—and other things—hold out. Even a slanting board to run down is by no means to be despised. Don't use the nerve tissue of your teachers where pieces of wood and iron will serve the purpose.

The games of this age are competitive—chiefly chasing games; and they have got to be suggested and more or less taught and superintended, though, of course, the triumph of teaching is where the teacher makes herself unnecessary.

ATHLETIC FIELDS.

Good instances of the athletic field—at the other end of the line, so far as age periods are concerned—are found in the sixty acres at Washington Park, Chicago, opened in 1876; in the ten acres at Lincoln Park, in that city; in the great fifty and sixty-acre fields in East and West Parks, in Philadelphia; in the forty acres of the parade ground in Brooklyn; in the forty acres of Franklin Field and the thirty tennis courts at Franklin Park, in Boston, and in a number of similar fields among our large cities.

It is a great addition to the value of such fields if they can be flooded and the ice kept in good condition for skating in the winter.

PLAYGROUNDS FOR MIDDLE-SIZED BOYS AND GIRLS.

The great existing playground problem is what to do for boys and girls between the ages of eleven and seventeen. The root of the trouble is in the fact that we are getting to be a race of city-dwellers, while our national game requires a large field for every eighteen players. Football can be made a much more space-economizing game than baseball, but its possibilities in that direction have not yet been realized. Basketball is fairly economical, especially when the element of time is taken into account, as it is so fast a game that several sets of players can tire themselves on the same ground in a single afternoon.

In New York, where heroic efforts have been made to provide playgrounds for children (for boys at least) of this age, the real problem—that of giving these boys a chance to play hard, lively team games—has hardly been touched. The crowds are so great that on the downtown playgrounds but few games are played; what chiefly happens beyond the use of the more popular apparatus is the carrying on of gymnastics by a few small groups, with an instructor at the head of each. But New York, with its seven hundred persons to the acre in some wards—unique among the cities of the world in the matter of overcrowding—is the place in which has been developed by Dr. Luther H. Gulick, director of physical training in the public schools, what is probably one of the permanent methods by which all available space shall be made of the greatest benefit, namely, a system of competition between teams and individuals, and even between whole grades, from the different schools. This competition between grades means the spreading out of athletics from a few specialists, who need it least, to all the children, including those who need it most and now get the least of it.

Chicago is now in the lead in the material provision made for play and exercise of children of all ages, by means of the play centers of from 5 to 60 acres each, of which she has already started ten in connection with her South Park system and will shortly be starting others there and on the West Side. These centers provide indoor gymnasiums for both men and women; sand gardens and wading pools for the smaller children; ball fields for the bigger boys and men; restaurants, libraries, and rooms where clubs and other organizations can meet in the evening; a laundry for bathing suits, towels, and table linen, and a plant for making ice cream. They have broken through the sacred tradition in accordance with which our playgrounds have hitherto invariably been the most desolate, hideous, homesick, and generally God-forsaken-looking places in the neighborhood, by the introduction of shrubs and flowers around the edges and of grass (may fate be kind to it!) on some of their ball fields. These play centers are carried on at an annual expense of $25,000 to $30,000 each.

Important work on playgrounds for middle-sized boys has been done in Philadelphia, Louisville and Pittsburg. Washington, by means of a fairly thorough system of playgrounds, and Baltimore, by the development of a similar system, have seemed to be following the Chicago plan; while Boston has this year (1907) carried farther the New York idea of close connection with the schools by an appropriation of $50,000 for the carrying on by the school committee of play and physical education in the schools and schoolyards and in the playgrounds and outdoor gymnasiums (now numbering 22 for this purpose) that are under the charge of the park department.

COVERING THE GROUND.

It would be a great mistake to suppose that what we have so far achieved in America has met the playground problem in anything approaching an adequate way. We have found out how to carry on a sand garden, have established successful athletic fields, and have begun to study the question of the intermediate playground. But no city, and probably no town or village, has as yet made adequate provision in any one of these directions.

Such provision would include:

(1) A playground of thirty square feet for each pupil, attached to every primary and grammar school, to be used at recess and carried on as a sand garden after school hours and on Saturdays, holidays, and during vacations. If there are any children under eight year of age not living within a quarter of a mile of such a school, other playgrounds, within that distance of them, should be started.

(2) Adequate playgrounds for children between the ages of ten and seventeen within a half mile of all such children.

(3) Athletic fields in the parks and suburbs sufficient to give room for baseball, football, tennis, cricket—and coasting and skating where the climate permits—sufficient not only to meet the existing demand, but to encourage those sports among the entire grown-up population.

WHY HAVE PLAYGROUNDS?

Why? Why does a flower need the light? The child needs a playground because those specific forms of activity which his nature has prescribed; and because, accordingly, he will never grow up—or will grow up stunted and perverted—if he is denied those opportunities and objects to which his vital, instinctive, and formative activities relate.

A HERO WORSHIPER.

There is testimony to Sir Walter Scott's popularity with all classed in the "Burford Papers," a chronicle of former days and doings in England and Scotland.

In 1831 Scott was invited to a breakfast at an Edinburgh house. He was so pleased with the Yarmouth bloaters that were served piping hot that one of the feminine guests went to the market the next day to order some for him, to be sent to Sussex Place, where he was staying.

"I don't send so far," said the fishmonger.

"I am sorry," said the lady. "The order was for Sir Walter Scott."

The rough fishmonger started back, then pushed forward to the lady through his piles of fish.

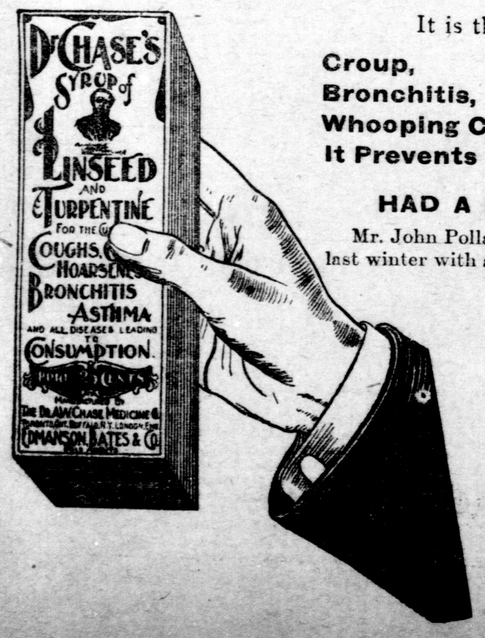
"For Sir Walter Scott, did you say, madam? Sir Walter Scott! Bless my soul, he shall have them directly, if I have to carry them myself! Sir Walter Scott! They shall be with him tonight." Then pausing, "No, not tonight, but tomorrow morning a fresh cargo comes in, and he shall have them for his breakfast. Sir Walter Scott!"

IMITATION, THE SINCEREST FORM OF FLATTERY

Little brain power, no energy, small capital needed to imitate.

Only first-class articles are imitated, and as there is no medicine for throat and lung troubles so good and having as large a sale, firms imitate

Dr. Chase's Syrup of Linseed and Turpentine



It is the favorite home-treatment for

Croup, Asthma, Coughs, Bronchitis, Colds and Whooping Cough, Throat Irritation. It Prevents Pneumonia and Consumption.

HAD A NASTY HACKING COUGH.

Mr. John Pollard, Echo Bay, Ont., writes:—"I was troubled last winter with a very bad cold which was beginning to settle on my lungs. I was so hoarse that I could scarcely speak, and had a nasty hacking cough which I could not get rid of. One bottle of Dr. Chase's Syrup of Linseed and Turpentine cured me and I can heartily recommend it."

Sold by all dealers, 25 cents a bottle; family size 60 cents. Edmanson, Bates & Co., Toronto.

To protect you against imitations the portrait and signature of Dr. A. W. Chase are on every bottle.

They're Long On Health

THE MEN EXAMINED FOR LIFE INSURANCE POLICIES.

A Wonderfully Healthy Lot From Childhood's Hour, to Hear Them Tell It—And They Are Angry or Surprised When the Doctor Refers to Defects.

New York Sun: The roly poly, good-natured examining doctor for the life insurance company was telling about some of his examinees.

"Wonderfully healthy lot, from childhood's hour, most of these fellows, to hear them tell it," he said. "Hardly one of them ever had so much as a toeache in all his born days.

"The deadly earnestness with which they tell me these things doesn't become less diverting because I see and hear so much of it. I firmly believe that most of these good fellows believe what they say, at least for the moment.

"I never let on that I think these examinees are arduously endeavoring to deceive themselves—and me. What would be the use? If they've got themselves to thinking they are right physically and are not they'll know it when I tell them. If they know that they're not right physically and expect to bluff it through they're in again for a disillusionment.

"So my only way, when they're telling me all about how ever blessed in the matter of health they've been all their lives, is to look guileless or wise, or a little of both, and then go ahead and find out for myself how they measure up physically.

"Only yesterday a weazened but merry-faced little man of 45 or so treated me to an exhibition of what I may call agreeable brass that made it hard for me not to laugh in his face. He told me at the outset that despite his rather poor color, which of course I noticed at once, he was as trig as a new red sled and always had been.

"'You'll find that examining me will prove to be a mere matter of form, Doc.' he said to me breezily. "The kind of health I pack around with me always has been a source of scandal in my neighborhood. Never even had growing pains when I was a boy, nor the earache. Why, say, I've been across the Atlantic half a dozen times, and I never could even get seasick. Guess I was born tough.'

"Well, I hadn't had my ear on the left side of him for more than five seconds before I discovered that he had a heart that did its work like a creaky windmill and that stood quite still and skipped a couple of beats just about whenever it felt like it.

"Heart's a little eccentric,' I told him.

"'Whose? Mine?' said he, looking greatly mystified. 'My heart is eccentric, you say?'

"'Yes,' I told him. 'Decidedly eccentric. It lays off every little while and forgets about its job. Been that way long?'

"'Doc, you amaze me,' exclaimed the merry-faced weazened little man. 'You certainly do. I am shocked. I sure am. My heart wrong? Most astonishing thing I ever heard in my life!'

"Really he was so tremendously in earnest about it that I couldn't determine whether he was giving me an exhibition of skillful acting or whether he really believed that his heart was normal. He appeared to be a keenly disappointed and perturbed little man while he was resuming his apparel, for of course there was no possibility of his being recommended for a policy with his kind of heart. For all his disappointment he handed me a keen little shot when he started out.

"'Yes siree,' said he, 'I certainly am surprised at what you tell me. I'm going to see a medical man about it,' and he accentuated 'medical man' with such obviously intended malice that I couldn't help but laugh.

"Others, when I am forced to tell them that they have things the matter with them that must cause their rejection for policies, get mad. Several months ago I examined a man who I could see at a glance was in a bad way from habitual heavy drinking.

"You take quite some liquor, I judge,' I said to this man.

"'Oh, a little,' he replied, quite offhand. 'Take a nip when I feel like I want it.'

"How often might that be?" I asked him.

"'Oh, I don't keep count of my drinks,' he came back, flaring a bit. 'I can touch it or leave it. Rum is nothing to me.'

"Well,' I felt in duty bound to tell him then, 'you are to understand that I speak purely in a professional sense, and not, of course, censoriously—that's outside my province. I am forced to tell you, though, that you are in an extremely bad way from liquor. Your kidneys, I judge, are working under extreme protest, and I imagine that your liver is in a pretty leathery condition. As you stand now you seem to me to have an excellent chance to develop cirrhosis of the liver, solely, of course, because of your excessive indulgence in alcohol.

"He was one of the angriest men I ever examined. He clawed around and shook his fist and declared that no man could declare him to be a drunkard without having to answer for it, and when he reached his top pitch of violence I simply walked out of the examination room and let him have it to himself.

"I did only the fair thing by that man in telling him where he stood physically. Did he heed it? Well, of course not.

"Some men who look as if they ought to know better are more finical even than women with respect to trivial defects in their physical makeups. Last month I examined a man of forty or so who at once approved himself to me as a good risk.

"He was quite unusually sound in every particular, and, the main examination over, I was winding up with what we call the trimmings—the minor points of the examination.

"'Kindly open your mouth as wide as possible,' I requested him, desiring to see his tonsils and such like.

"I could see him stiffen under that request, and I knew the reason why. I had seen as soon as he entered the examination room that he had a whole mouthful, upper and lower rows, of false teeth on plates. That was his sensitive point.

"'What's my mouth got to do with this examination?" he asked me, a bit crisply.

"I told him that the mouth screened certain physiological devices and contraptions that had to be passed upon by the medical examiner.

"'Well, my mouth's all right,' he said curtly. 'I guess you can take my word that far. If I'm right in every other essential I guess my mouth's not going to make me a poor risk.'

"I had, in order to conform to the company's rules, to insist upon his giving me a view of the interior of his facial orifice. I made a wretched blunder, however, in my effort to mollify him by adverting to his teeth.

"'The examination of the mouth,' I said, with a significance which I took pains to emphasize,' does not refer wholly to the condition of the teeth, nor, indeed, to any lack of natural teeth. Some persons are esteemed fair risks who have no teeth of their own at all, and——'

"'That'll be about all the cracks you need to make about my teeth,' the oddly sensitive chap broke in upon me there. 'My teeth are my own affair and nobody else's,' and blessed if he didn't quit in a huff right there, putting on his clothes as if there were a fire in the building, and clomping out like a man grossly insulted.

"There are some men who, when they strip for examination by an insurance company medical examiner really are of the belief that they are carcass perfect, so to speak, and these, as a rule go right up in the air when they're told that they have some slight physical defect, even if the defect be not of a disqualifying character.

"'Has this varicose vein that is forming on your right leg given you much trouble yet?' I asked a man whom I put through the hopper a while back.

"'Varicose vein on my right leg? You're dreaming, old boy,' he replied, and his air was such that I couldn't doubt that he really did not know that he had such a thing as a varicose vein. 'Never met Mister Varicose in my life. You're mistaking me for the last fellow you examined.'

"'Well, there it is, right enough,' and I put my finger on the vein.

"'Oh, that's just a protruding ligament or something—nothing like a varicose vein,' he was good enough to inform me.

"Well, I couldn't possibly let him get away with so outspoken a denial as that, and to save my professional face I was simply compelled to insist upon it that he had a varicose vein that was developing most industriously. He became as mad as a hornet over what he called my overworked medical man's imagination, and brought the examination to an abrupt halt right there.

"He was back in a few days, however, told me that he'd been an undersized chipmunk in disputing my word as to that ridge on his leg, and went though with the examination easily enough.

"A big chap who had the scar left by an abscess on his right elbow some years before, grew positively pale when, examining the spot where the abscess had been operated upon, I said:

"'This looks something like a recurrent abscess. It may be that the trouble there is tubercular.'

"'Why, I say now, that sounds pretty serious, old man,' he said to me. 'Tubercular, eh? Well, I'm blowed! who'd ever suppose there could be anything tubercular the matter with a big lummox like me? And there was never any consumpiton on either side of my family that I ever heard of. Tubercular, hey? Well, what d'ye think of that? Say, let me know the worst that you think about this thing, won't you? I might as well know it if I have some kind of tubercular trouble and am liable to be whisked off by consumption.'

"It took me some time to show or try to show him that a tubercular condition of one of the bones didn't at all mean that the victim of such a minor ill was doomed to die of galloping consumption, and he still looked rather sober about it even when the examination was over and he was ready to leave."

RHEUMATISM

I want every chronic rheumatic to throw away all medicines, all liniments, all plasters, and give MUNYON'S 3X RHEUMATISM CURE a trial. No matter what your doctor may say, no matter how prejudiced you may be against all advertised remedies, go at once to your druggist and get a bottle of the 3X RHEUMATISM CURE. There are 160 doses in a bottle, and as one lady says, "Every tablet is worth more than a diamond of the same size." A few doses will take away all aches and pains, and a cure generally follows before one bottle is used.

WEAK, PALE AND WORNOUT WOMEN

CAN BE SAVED FROM A LIFE OF MISERY BY DR. WILLIAMS' PINK PILLS.

Women are called the "weaker sex," and yet nature calls upon them to bear far more pain than men. With too many women it is one long martyrdom from the time they are budding into womanhood, until age begins to set its mark upon them. They are no sooner over one period of pain and distress than another looms up, only a few days ahead of them. No wonder so many women become wornout and old looking before their time.

In these times of trial Dr. Williams' Pink Pills are worth their weight in gold to women. They actually make new, rich blood, and on the richness and regularity of the blood the health of every girl and every woman depends.

Mrs. Urbane C. Webber, Welland, Ont., is one of the many women who owe present health and strength to Dr. Williams' Pink Pills. Mrs. Webber says: "About three years ago, while living in Hamilton, my health began to decline. The first symptoms were headaches and general weakness. After a time the trouble increased so rapidly that I was unable to attend to my household duties. I lost flesh, looked bloodless, and had frequent fainting fits. I was constantly doctoring, but without any benefit, and I began to feel that my condition was hopeless. One day a friend asked me why I did not try Dr. Williams' Pink Pills and mentioned several cases in which she knew of the great benefit that had followed their use. After some urging, I decided to try the pills, and had only used them a few weeks when I began to feel benefited, and from that time on the improvement was steady, and by the time I had used about a dozen boxes of the pills I was again enjoying the blessing of good health. I cannot too strongly urge other discouraged sufferers to give Dr. Williams' Pink Pills a fair trial."

Dr. Williams' Pink Pills will cure all troubles due to poor, watery blood, such as anaemia, general weakness, indigestion, neuralgia, skin troubles, rheumatism, the after effects of la grippe, and such nervous troubles as St. Vitus' dance and partial paralysis. Sold by all medicine dealers or by mail at 50 cents a box, or six boxes for $2 50, from the Dr. Williams' Medicine Company, Brockville, Ont.

HUNTING BIG GAME

Continued From Page Eleven.

can sportsmen asking the cost of shooting big game in this part of the world. The question is hard to answer. It is dependent on the man and to some extent on the bargains he makes. There are business firms here and in Mombasa who make a specialty of outfitting hunting parties, and who will fix all anrrangements as to guides, food and porters, somewhat after the same plan as Cook does for travelers. The prices, in some cases, depend upon the length and character of the tour and the size of the party. There is a young American here now, whose mother calls him "Dodo," who paid $500 for a three days' hunt after lions; and this did not necessitate a license, as lions are on the free list. The young man tramped about with his porters through the tall grass and was given a shot or so at two lions, both of which he missed. Had he tried for big game it would have cost him $250 more.

On a long hunt the expenses of all kinds can be considerably reduced, and I should think that $40 a day for each sportsman in the party would be a fair estimate. I am told that a man can be fitted out with porters, gunbearers and personal servants for $250 a month. One can get a good cook for from $5 to $8 a month, a gunbearer for about $10, and a personal servant for from $8 to $10. The license for big game in all cases costs $250. The traveling expenses from New York to British East Africa direct are about $300.

FOOD WHEN ON SAFARI.

As to provisions for the trip, this depends much upon the tastes of the individual sportsman. There are native villages almost everywhere at which some fresh food can be bought at cheap rates. Chickens are plentiful at 8 cents a pound, and meat costs the same. In the streams and lakes there are fish; the guns of the party ought to supply plenty of game, and one need never suffer for the want of antelope or zebra steak.

As to the other food, it should be packed up in boxes of 60 pounds each; and in case the outfit is prepared here, each box will have sufficient for one man's requirements for one week. The most of the stuff is in tins, and it usually includes plenty of Chicago canned beef, Canadian bacon and London biscuits, jams and marmalades. Such boxes are labeled with numbers, No. 1 containing the first week's supply, No. 2 the second week's, and so on. Each box weighs just 60 pounds, as no more than that can be carried on the head of one porter.

I would advise the American sportsman who intends coming out here to shoot to stop off on the way in England and get much of his supplies there. There are London firms who make a specialty of outfitting for African travel and for hunting expeditions.—Frank G. Carpenter.

Advertiser Patterns

DESIGNED BY MARTHA DEAN.

NO. 5849—A CHARMING LITTLE FROCK.

One of the prettiest styles of the season for the little tots is shown in this simple little one-piece dress. It is made with front and back exactly alike, and simply slips on over the head and buttons on the shoulders. For cool days a high-necked and long-sleeved guimpe may be worn under it. Checked gingham, percale, linen, China silk and challis are all suitable fabrics for the making. For a child of 5 years, 1¾ yards of 36-inch material will be required for the making.

Girl's One-Piece Dress, buttoned on the shoulder. No. 5849. Sizes for 3, 5, 7 and 9 years.

A pattern of this illustration will be sent to any address on receipt of 10 cents in silver or stamps.

PATTERN DEPARTMENT OF THE ADVERTISER.

Please send the above-mentioned pattern, as per directions given below, to

Name .....

Street Address .....

Town .....

Province .....

Measurement: Bust..... Waist.....

Age (if child's or misses' pattern) ....

CAUTION.—Be careful to inclose above illustration and send size of pattern wanted. When the pattern is bust measure you need only mark 32, 34, or whatever it may be. When in waist measure, 22, 24, 26 or whatever it may be. If a skirt give waist and length measure. When misses' or child's pattern write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of order. The price of each pattern is 10 cents in cash or in postage stamps.

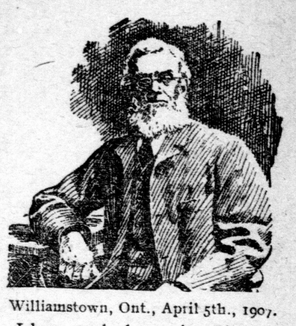
Address—

PATTERN DEPARTMENT,
LONDON ADVERTISER.

ALMOST GIVEN UP

"FRUIT-A-TIVES" SAVED HIS LIFE

Mr. Dingwall was Superintendent of St. Andrews Sunday School in Williams town for nine years and License Commissioner for Glengarry — and Tax Collector for Charlottenburg—for fourteen years continuously. Read how strongly Mr. Dingwall comes out in favor of "Fruit-a-tives."



Williamstown, Ont., April 5th., 1907.

I have much pleasure in testifying to the almost marvellous benefit I have derived from taking "Fruit-a-tives." I was a life long sufferer from Chronic Constipation and the only medicine I ever secured to do me any real good was "Fruit-a-tives." This medicine cured me when everything else failed. Also, last spring, I had a severe attack of bladder trouble with kidney trouble, and "Fruit-a-tives" cured these complaints for me, when the physician attending me had practically given me up. I am now over eighty years of age and I can strongly recommend "Fruit-a-tives" for Chronic Constipation and bladder and kidney trouble. This medicine is mild like fruit, is easy to take, but most effective in action.

147

Sgd) JAMES DINGWALL.

"Fruit-a-tives" — or "Fruit Liver Tablets" are sold by dealers at 50c a box —6 for $2.50—or will be sent on receipt of price. Fruit-a-tives Limited, Ottawa.

IS BRITAIN TIRED OF CANADA?

We don't think so, but we are sure no man has any chance of curing corns unless he uses Putnam's Corn Extractor. It takes out root, stem and branch, cures painlessly in 24 hours. Use only "Putnam's."

Shoreditch has a larger number of unemployed than ever before, 749 having their names on the labor bureau register, as against 722 for the whole of last year.

CASTORIA.

Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought

WAS A TOTAL WRECK FROM HEART FAILURE.

Heart disease is characterized by its stealthy approach and its variety of forms, yet in all its forms nature gives unmistakable signals which warn us of its presence.

One of the first danger signals announcing something wrong with the heart is the irregular beat or violent throb. Often there is only a fluttering sensation, or an "all gone" sinking feeling; or, again there may be the most violent beating, with flushings of the skin and visible pulsations of the arteries. You may experience a smothering sensation, gasp for breath and feel as though about to die. In such cases the action of Milburn's Heart and Nerve Pills in quieting the heart, restoring its normal beat and imparting tone to the nerve centres, is, beyond all question, marvellous. They give such prompt relief, such speedy restoration to health that no one need suffer.

Mr. Darius Carr, Geary, N.B., writes: "It is with the greatest of pleasure I write you a few lines to let you know the great blessing your Milburn's Heart and Nerve Pills have been to me. I was a total wreck from heart failure, my wife advised me to take your pills, and, after using two boxes I was restored to perfect health. I am now sixty-two years old and feel almost as well as I did at twenty."

Price 50 cents per box or 3 for $1.25 at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.