

ST. JOHN, N. B., NOVEMBER 8, 1912

## KEEP TO THE FACTS

## WHY THESE WEEPS?

### HERE'S AN EXAMPLE

ased doses not needed. 25c. a box  
ur druggist's.  
eal Drug and Chemical Co. of Canada, Limited.  
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of us be and a great deal of our doing things that are not worth the time.

Sometimes we don't realize it; sometimes we imagine that we are obliged to them occasionally, but it is really no duty to do them.

We must have something to do. But eliminate the other two and find a lot more time to do the things that are worthwhile.

Let's examine and study the part on carefulness as regards your life: the things you spend your time close scrutiny, and see just how much of them lead to nothing and result in action neither to you nor anyone else.

For instance. Calls on people who are not yours, who are congenial to you, or who are not congenial to you. Every thing in every life. They give attention and an inspiration that are well as pleasant. But many of whom we make are too often on the whole, and they contribute nothing real to our life, so we are unable to give them