

War News Affected Her.

Many people who have been reading the terrible war news from day to day, especially those who have relatives at the seat of war, have become so nervous that it is impossible for them to sleep.

The nerves have become unstrung and the heart perhaps affected.

Milburn's Heart and Nerve Pills will build up the unstrung nervous system and strengthen the weak heart.

Miss Hildia Dicaire, Martintown, Ont., writes: "In August, 1914, I was out of school for my health. I was visiting friends in London, and heard of the war. It made me so nervous that I could not sleep, but after using Milburn's Heart and Nerve Pills I improved greatly, and could take my school again. I have recommended them to many of my friends."

Milburn's Heart and Nerve Pills are 50c per box, 3 boxes for \$1.25 at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

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from my room, I ran across the youngsters playing "duck on a rock," with real rocks too, in that palatial hotel, and they fled from my approach like little wild men, calling: "Father, there's a man in our hall."

Our good boat breasted the huge swells of Queen Charlotte Sound in excellent shape, it was not her fault that most of the passengers failed to respond eagerly to the dinner bell, in fact, that table was almost untenanted, then later when we all met, we all gave those ghastly excuses—one chose clams to lay the blame upon, another fell back on pork chops, one dear soul was sure the milk "was the slightest bit sour," and they were one and all offended when Fritz, boyishlike, broke out: "Why the whole lot of you were seasick, I was alright, only I drank too much ginger beer." Again we drew into calm island sheltered waters and in the dim failing light passed quaint Indian villages with their hosts of hideous carved monsters, high held on totem poles, keeping guard over sleeping tots, while the older folks gossiped and gambled and cleaned fish on the beach.

If any of my readers are in search of pleasant farming lands they would do well to search the valley of the Skeena and the Bulkley and Stewart. Here you can find excellent soil, fair climate and huge growth of native crops—look at the picture of the

air—here the Dogwood tree grows to rank luxuriance. Another beauty we noticed on our trips southward along Puget Sound is the Madrona, an Arbutus, a tree that bears red fruit amid green leaves in winter, and sheds its rich bark from a red bole in summer—take some of these Puget Sound trips if you want to meet the new U. S. citizen. I have been in villages decorated for the 4th of July when not a single soul in the tiny berg spoke English as their daily tongue. I well remember Fritz and I dropping into a little waterside village and asking at the big white house on the wharf for supper and rooms for the night—a tiny girl bade us come in, there was a foreign curl on the end of her every word—a peasant woman met us in the hall and showed us to our rooms in the attic, later we took our places at the table—everybody ate their food so quietly, no word was spoken. Fritz, the incorrigible was silenced for once. It was uncanny this strange reserve—it was more than that, I detected tears in the eyes of the little girl that served us—then I heard her whisper to the girl that sat next to me: "We will never see Lena any more." I glanced across at Fritz, and, making our excuses, we left the table. "That's a minister in black," said Fritz. "I fear we have intruded." "I think there is some one dead," said the lad.

"Let's go into the store part and see the



Constantinople, the Capital of Turkey, towards which the Allies' Navies are proceeding through the Dardanelles

old lake bed literally covered hip high with wild flowers and wild grasses and vetches, we have seen acres of primroses and daisies and wild peas, sweet to the scent for miles distant, flowing over your saddle bow in waves of ungarnered luxuriance. But, like many other foolish people, we left these exquisite places without taking up land, because, at that time, it was hundreds of miles from railroad or neighbour, now the country is fast settling up.

We chose rather to live in that delightful clime—southeastern Vancouver Island—we have lived in many places, and trust to live in many more, as our work compels a constant change of scene, but of all the places, that glorious island ranks as without peer, you need a bit of money, it is no place for the poor emigrant, but for the man that sells out in the East and wants a really comfortable spot, little or no snow, quite a bit of rain, no very cold weather, we never saw it as low as zero—this is the place—I have no retainer, I can tell you of hundreds of sweet spots for a home from Halifax to Victoria, from choice I am now living on an island in the midst of a great icebound northern lake, but I never enjoyed the climate more than on Vancouver Island. Yet, on the mountain tops within a few miles of you, lies the eternal snow—southward in the U. S. rise the great Olympics, snow tipped the year round, to the west, the backbone ranges of the Island raise their snowy crowns, and across the Gulf of Georgia, with strong glasses, you can see the world's snow-capped peak of Mt. Baker glistening under the setting August sun.

There is an excellently beautiful spot upon the Pacific Coast a very riot of blossoms, great saucer-shaped blossoms that send

man himself." As we entered the store, where a little girl was buying candy marbles, six for a cent, the minister entered too, the merchant was busy counting out five cent's worth of these indigestion breeders. "I will go up to the church and get it ready," said the minister. "Twenty two, three, four," said the merchant, "all right, dosh is goot," twenty five, six, seven, eight, nine, thirty." "What can I do for you," turning to us. I tried to explain the embarrassing position we were in and offered to leave at once and pay for the supper.

"Naw, you stay and sleep—dosh is all right." By this time the wife was selling boots to a brawny Swede lumber jack. Fritz and I walked off up the sweet smelling mountain path wondering how these naturally delicious foreigners had so swiftly absorbed the money-making mania of the Western continent. Fritz and I paid our bill before we retired, and at peep of dawn we silently passed the room where the little wax-like one lay, and, still wondering, resumed our pedestrian trip.

Admission slips to the hospital are pretty likely to be matter-of-fact records and more or less tragic, but occasionally, the New York Sun reports, a bit of unconscious humor is found in them.

A slip at Geny's was recently reported that a child of a physician had been killed by a car, and the father, "a perfect" and the mother, "a perfect" (the original text is garbled).

Another fragment was reported that a patient was killed by a car, and the father, "a perfect" and the mother, "a perfect" (the original text is garbled).

Winnipeg Piano Co



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