



Mrs. J. Hamilton, 709 William street, London, Ont., states:

"For a number of years I have suffered a great deal with nervous headaches and nervous dyspepsia and indigestion. Believing this to be the result of a weakened and exhausted nervous system, I began to use Dr. Chase's Nerve Food, and can say that I found it very beneficial. It strengthened and restored the nerves, improved the digestion and cured the headaches. I can heartily recommend Dr. Chase's Nerve Food to any afflicted as I was."

We will forfeit \$500
if these testimonials
are not genuine.



Mrs. John Worrall, 335 Victoria street, London, Ont., states:

"For years I suffered a great deal with catarrh in the head. I tried everything I could hear of for it, but it remained for Dr. Chase's Catarrh Cure to cure me. Though entirely freed from catarrh, I was left in a nervous and rundown condition, and then began using Dr. Chase's Nerve Food, which has built up my system, strengthened my nerves and made me strong and well. We have also used Dr. Chase's Syrup of Line and Turpentine in our family for coughs and colds, and never knew it to fail to cure these ailments."



Mrs. Kennedy, 455 Nelson street, London, Ont., states:

"I was troubled to a great extent with nervousness, and at times had bad attacks of nervous, sick headache. Dr. Chase's Nerve Food has proven most helpful to me. It has built up my system generally, strengthened the nerves and taken away the troublesome symptoms of my ailment."



Miss M. Watts, dressmaker, 690 King street, London, Ont., states:

"I suffered from neuralgic pains in my arms and was so bad that I had to give up work. I tried several medicines for my trouble, but could not get any benefit. Hearing of Dr. Chase's Nerve Food, I resolved to give it a thorough trial, and can now say that I am more than pleased with the results which I have obtained. It seems to have built up my system and the neuralgia is entirely gone."



Miss F. Butler, 1323 Mill street, London, Ont., states:

"I was very much run down in health when I began to use Dr. Chase's Nerve Food, and can now say that I have received more benefit from this medicine than any which I have ever used for my trouble. I used to be very nervous and suffered a great deal from nervous headache, but these ailments have entirely disappeared and my health is generally better than it has been for years. I fully believe that this is the result of using Dr. Chase's Nerve Food."



Mrs. Bailey, 632 Queen's avenue, London, Ont., whose husband is with the Globe Casket Co., states:

"My nervous system was in an exhausted condition. I could not sleep well and suffered a great deal from headaches. Experience has proven to me the remarkable value of Dr. Chase's Nerve Food. I have found it a splendid tonic and can now say that I am free from headaches. I rest and sleep better than I have for a long time, and feel real well in every way."



Mrs. Croxin, 692 Elias street, London, Ont., states:

"I have been troubled for a long time with sleeplessness as a result of a run-down nervous system. I procured a box of Dr. Chase's Nerve Food and can say that I never used any medicine that benefited me so much. It built up my system wonderfully and made me feel like a different person. I can now sleep and rest well, and take pleasure in recommending Dr. Chase's Nerve Food."

The Body Feeds on Rich, Red Blood.

The blood is the medium by which nourishment is supplied to the various parts and organs of the body. When the blood fails to derive proper nourishment from the food, or is depleted by overwork, worry or disease, a general breakdown of the system is sure to follow.

Because of the readiness with which it is taken into the blood stream and because of its exceptional vitalizing powers, Dr. Chase's Nerve Food is the greatest blood-builder and enricher, which it is possible to obtain. Such ailments as anaemia, chlorosis or green sickness, general debility and physical exhaustion are overcome by this food cure.

Dr. Chase's Nerve Food

Gradually but certainly Dr. Chase's Nerve Food increases the quantity and improves the quality of the blood, nourishes the nerves back to health and vigor, and through the blood and nerves carries new vitality to every part of the body. This great food cure brings health to the broken-down, energy to the worn-out, strength to the weak, sleep to the sleepless, and health and happiness to the sick and despondent.

Dr. Chase's Nerve Food, 50c a box, 6 boxes for \$2.50, at all dealers, or Edmansons, Bates & Co., Toronto.

To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt-book author, are on every box of his remedies.

PROPER CULTURE OF THE VOICE

LOCATION OF EFFORT.

(By W. Francis Flinch.)

All mechanical or muscular effort in singing or speaking, should be placed upon the strong muscles of the body. Nature's controlling factor in the use of the voice. There should be no direct local effort above the chest muscles, or above the collar-bone.

The voices we usually hear are but surface voices, resulting from wrong location of effort.

The true, deep, resonant, artistic voice, is the result of a perfect balance of the forces, which results in the resonance of the lower cavities, causing a freedom and control, which is a glorious sensation. The proper control of the breath has much, in fact, nearly all to do with the proper control of tone. The singer must first stand well, for the poise of the body has much to do with breath control. Then the first thought must be, stand well. Then the chest must be always more or less arched, which will assist you in taking a deep breath and also act as a sounding board to the voice.

After a full deep breath has been taken, the upward pressure of the abdominal muscles, and the pressure of the body of air in the lungs, pressing from below upwards, thus enabling the singer to keep constantly in the line of sound, the pressure of the abdominal muscles must be in accordance with the power or pitch of the tone. The high tone requires more effort than the middle or low tone. Therefore, as the voice ascends, the pressure of the abdominal muscles slightly increases, the arching of the chest also increases.

The movements of the breathing muscles, when properly trained, finally become automatic, and if the singer will stand well, he need not give them much thought. A correct singing tone is not the result of breath in escape, but of breath imprisoned, compressed, and controlled in exit. It is by the proper balancing of the forces only—which must be the result of correct thought, that we gain these true conditions at the origin of sound.

In this way we have the same conditions, quality, purity, and control of the low, medium and soft tones, also strength which enables us to display that suppressed energy, or emotion, which gives to the voice so much reserve force, and various shades of tone color, which is the perfect art.

In this way we have perfect freedom of throat action and of voice. No interference of throat muscles, of tongue, lips, or face action, and yet the voice is not relaxed, but held under perfect control.

Shiloh's Consumption Cure

It cures the most stubborn kind of coughs and colds. If it doesn't cure you, your money will be refunded.

Price, 50c. S. C. Wells & Co., Ltd., 250 St. Lawrence St., Toronto, Can.

der perfect control, to respond to the singer's will. The singer must first stand well, for the poise of the body has much to do with breath control. Then the first thought must be, stand well. Then the chest must be always more or less arched, which will assist you in taking a deep breath and also act as a sounding board to the voice.

After a full deep breath has been taken, the upward pressure of the abdominal muscles, and the pressure of the body of air in the lungs, pressing from below upwards, thus enabling the singer to keep constantly in the line of sound, the pressure of the abdominal muscles must be in accordance with the power or pitch of the tone. The high tone requires more effort than the middle or low tone. Therefore, as the voice ascends, the pressure of the abdominal muscles slightly increases, the arching of the chest also increases.

The movements of the breathing muscles, when properly trained, finally become automatic, and if the singer will stand well, he need not give them much thought. A correct singing tone is not the result of breath in escape, but of breath imprisoned, compressed, and controlled in exit. It is by the proper balancing of the forces only—which must be the result of correct thought, that we gain these true conditions at the origin of sound.

In this way we have the same conditions, quality, purity, and control of the low, medium and soft tones, also strength which enables us to display that suppressed energy, or emotion, which gives to the voice so much reserve force, and various shades of tone color, which is the perfect art.

In this way we have perfect freedom of throat action and of voice. No interference of throat muscles, of tongue, lips, or face action, and yet the voice is not relaxed, but held under perfect control.

In this way we have perfect freedom of throat action and of voice. No interference of throat muscles, of tongue, lips, or face action, and yet the voice is not relaxed, but held under perfect control.

Do you catch cold easily? Does the cold hang on? Try Shiloh's Consumption Cure. It cures the most stubborn kind of coughs and colds. If it doesn't cure you, your money will be refunded. Price, 50c. S. C. Wells & Co., Ltd., 250 St. Lawrence St., Toronto, Can.

fects of a cold, it will be sufficient to prove that they play a very important part in the tone of the speaking voice. And, if in the speaking voice, why not in the singing voice? Another argument in favor of using the nasal cavities to reinforce the voice, and the voice, is that all great singers do so. It must be understood, however, that the proper musical tone, and not nasal tone, can only be produced by a connection and sympathy between the deep chest vibration and the nasal cavities, causing a resonance and ring, also a quality to the voice, that cannot be obtained by any other means.

IGNORANCE OF THE BIBLE.
Ignorance of the Bible seems to be one of the most common faults of the modern college student. Bishop Potter has wroth over the condition at Yale; President Harper is suffering from chronic melancholy because his favorite book is so little regarded in Chicago; and President Hyde finds that even the piously-bred sons of Maine do not enter Bowdoin with any too much biblical lore. The last college to be heard from is Johns Hopkins, where, if any, where, life and learning are taken seriously. President Remsen read to a class of 80 an editorial which alluded to the Ethiopian changing his skin, and to the shadow moving backward on the dial of the 80 young gentlemen but one could identify the allusions, and he is a candidate for the ministry. The rest of the class are doubtless satisfied by St. Paul's comfortable exhortation to the Corinthians: "If any man be ignorant, let him be ignorant."—New York Evening Post.

RESONANCE.
Reinforcement by resonance is an important point to be considered in the training of the voice. When the voice is properly developed and controlled, the relation of sympathy existing between the parts. One part influences and supports another. The aim of every singer should be to produce the most beautiful, clear, full, ringing tone, with the least possible effort of the vocal muscles. Properly understood, what relation one part bears to another in producing tone. The initial tone made by the vocal chords is in itself a mere twang, compared with the beautiful tone we so delight to hear. The tone given out by a piano wire, when stretched between two points, and plucked, is thin and unmusical. It depends upon the reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear. The tone given out by a piano wire, when stretched between two points, and plucked, is thin and unmusical. It depends upon the reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear.

The reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear. The tone given out by a piano wire, when stretched between two points, and plucked, is thin and unmusical. It depends upon the reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear.

The reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear. The tone given out by a piano wire, when stretched between two points, and plucked, is thin and unmusical. It depends upon the reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear.

The reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear. The tone given out by a piano wire, when stretched between two points, and plucked, is thin and unmusical. It depends upon the reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear.

The reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear. The tone given out by a piano wire, when stretched between two points, and plucked, is thin and unmusical. It depends upon the reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear.

The reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear. The tone given out by a piano wire, when stretched between two points, and plucked, is thin and unmusical. It depends upon the reinforcement of the sounding board, for the chords in itself a mere twang, compared with the beautiful tone we so delight to hear.

THE REV. MR. DINSMORE

Scroggsfield was to have a new minister. The whole village was interested, for, although there were several churches in the little hamlet, this was the first new minister to appear in a whole generation.

The deacon's committee had divided on the subject, some favoring a young man and some an older and wiser head, but Brother Williams had turned the scale by threatening to withdraw his subscription unless a young and "progressive" man should be called.

Accordingly, after much lobbying on the part of the ladies' aid society, it was announced that Rev. Mr. Dinsmore, a young student of divinity, had been selected, and that he would occupy the pulpit the following Sunday. Saturday morning came, and, as the new minister had not yet put in an appearance, the village was on the alert. He would surely come that day.

They were not disappointed. When the 11:10 train pulled into the depot a stranger stepped off and presented himself at the ticket window. He was a most affable young man and was jauntily dressed.

"Good morning," he said, and he put such an emphasis on the first word that it sounded almost like a chant.

Miss Williams, the operator, looked up from her lunch and quickly slipped a half-eaten egg into her apron pocket. "Can you tell me, madam," said the gentleman, smiling, "everything I want to know about this historic and progressive city of Scroggsville?"

"I—I—why, yes, sir, I think so, if you please, sir," she stammered, quite overcome.

"Well, that's lucky for me," the stranger exclaimed enthusiastically. "Now, if you will," he continued, "just tell me where the new church is located, and I'll remember you in my daily prayers."

The operator had begun to resent his manner, but now she understood. It was the new minister.

"It's on South Main street—the church is," she said, "right next to Farnham's drug store and hat emporium. But, maybe, you'd better go down to our house and see paw. He's a high-baller with a half hour; that he had tipped the barber 10 cents and that he had asked the buxom Widow Carewe to go driving with him."

The ladies were still talking when the abashed and flustered girl, "Perhaps I will call, but not specially when your paw's at home. Oh, by the way, Miss—Miss—"

"Ah, Miss Williams. Well, now, Miss Williams, tell your paw I'll meet the committee at our church this evening at 8. That's a good girl. Thanks. Now where's the hotel?"

Miss Williams looked askance. "The Temperance House is right across from the church," she said.

The stranger gulped hard and went out. Within five minutes the deacon's daughter had managed to get the word to her folks, and the village soon knew that the new minister was in town. When Deacon Williams started around to tell the rest of the committee he met the indignant president of the ladies' aid society upon his doorstep.

"What kind of a man is this young Dinsmore?" she demanded. "If he preaches tomorrow you can drop my name from the subscription list."

The deacon stared blankly. "He's been throwing kisses at my daughter from the balcony of the Grandview Hotel," she continued, "and what's more, she's been throwing them back."

The deacon looked pained, and refused to believe it; but, at the first corner, he was stopped by the village postmaster.

"Huh!" says he, "that's a nice kind of a minister you've picked up. He's jes' won \$5 off Barney Miller on a dog fight."

The deacon turned to go. "He says he'll save that church from being struck off the face of the air with a thunderbolt," called the postmaster.

"They told me Rev. Dinsmore had original methods," mused the deacon, "but bettin' on dog fights an' sparkin' with the girls in public's no original."

At Brother Andrew's he met three members of the ladies' aid society, all talking at once. From the medley of voices he learned that the new minister had been seen to drink five whisky high-balls within a half hour; that he had tipped the barber 10 cents and that he had asked the buxom Widow Carewe to go driving with him.

The ladies were still talking when the abashed and flustered girl, "Perhaps I will call, but not specially when your paw's at home. Oh, by the way, Miss—Miss—"

"Ah, Miss Williams. Well, now, Miss Williams, tell your paw I'll meet the committee at our church this evening at 8. That's a good girl. Thanks. Now where's the hotel?"

Miss Williams looked askance. "The Temperance House is right across from the church," she said.

The stranger gulped hard and went out. Within five minutes the deacon's daughter had managed to get the word to her folks, and the village soon knew that the new minister was in town. When Deacon Williams started around to tell the rest of the committee he met the indignant president of the ladies' aid society upon his doorstep.

good deacon made his escape and set out for the house of another committee member, whither Brother Andrews had already preceded him.

The brethren met him with reproachful silence. Brother Andrews was the first to speak.

"Well, deacon," he said, "you see what your progressiveness has come to."

The deacon shook his head in solemn self-reproach. "Well, Brother Andrews," he said finally, "I'm afraid this Dinsmore's too progressive for Scroggsville, but we'll have another chance to sound him. He's asked me to gather the committee at the church this afternoon. That's what I came around for."

The three old deacons started solemnly off to the church. In the street they saw a great commotion, and two teams went dishing up and down the main thoroughfare, neck and neck, the drivers hallowing in lusty tones brandishing their whips.

As the foremost team passed the three deacons Brother Andrews recognized the Widow Carewe, smiling gaily from her place beside the dunt-legged Dinsmore. In another instant the sporting parson had turned his horses and was drawing up at the church door.

"Halt!" he exclaimed, slapping the deacons, one by one, upon the shoulder. "I'm just in time, I see. Fine church, this!" he came in. "I'll not detain you but a minute," and he led the way into the little anteroom, where the rest of the committee sat awaiting an opportunity to pass on Rev. Dinsmore.

"Now, gentlemen," he said, turning and shifting his hat to the back of his head, "I called you out here to talk to you about the salvation of this church. I tell you, gentlemen, you're to be commended and congratulated in having built so fine an edifice to the glory of Scroggsville. But, I tell you, gentlemen, you've built this church in defiance of eternal laws—laws that are not to be defied by man. I wonder, gentlemen, that our magnificent building hasn't been struck down by a thunderbolt from heaven."

A meek-mannered stranger, wearing thick glasses and carrying a badly scuffed gipsack, had entered the door and was approaching timidly. The speaker stopped in the midst of his harangue, and the new-comer stood looking from one to another.

"I am the Rev. Mr. Dinsmore," he said, apologetically; "can you tell me—"

"What?" cried the six, starting to their feet.

"Dinsmore," said the stranger faintly.

"Then who are you?" demanded Deacon Williams of the first stranger.

"I beg your pardon, but I am a friend brought me a box of Milburn's Heart and Nerve Pills and I took them to please her, not thinking they would do me any good. I had not used half the box when I commenced to feel myself getting better and by the time I had taken two boxes I was completely cured and can recommend them to all sufferers from heart trouble."

Price 50c. per box or 3 for \$1.25, all dealers, or

THE T. MILBURN CO., Limited, TORONTO, ONT.

ger from the fierce and vengeful ravages of—

But the committee were busily engaged shaking hands with each other and with Rev. Mr. Dinsmore.

THE WILD HORSE RACE.

In the track before the grand stand the ten riders, each with his saddle upon the ground and hackamore in hand, and each accompanied by the one helper allowed him, wait in picturesque groups for the horses which are presently being dragged across the field through a haze of dust, each animal holding back on the rope, kicking, striking, fighting for freedom every inch of the way. Not until he is blinded by a handkerchief, or hit of gummy sacking, can he be held still at all, and then only in a tremulous unbalance that turns to a frenzy of kicking the instant the saddle touches his back. In the mad mix-up of men and horses, ropes and saddles, presently developed, the wonder is that anything can be accomplished. But sooner than would have seemed possible one is in the saddle—or, to speak with accuracy, more or less in the air above it; another follows and then another, the horses all bucking, rearing and pitching more wildly than ever. Then one has somehow worked his way through the "milling mass"; others are fast after him, the riders permitted only hackamore bridles, that may guide the crazed animals at all, triumphantly waving hand and quirts as they make off by such eccentric sequence of bone-racking jumps, pitches and "crow-hopping," that no wonder some have to "pull leather," while others come to grief upon the ground.—Leslie's Monthly.

Could Not Lie On Her Left Side.

WAS TROUBLED WITH PAIN IN HER HEART FOR SIX YEARS.

Expected Her Friends Would Find Her Dead.

Mrs. C. Bondrean, Campbellton, N.B., was completely cured by

MILBURN'S Heart and Nerve Pills.

She tells of her experience in the following letter: "I was troubled with a pain in my heart and weakness for six years. Most of the time I could not lie on my left side. I consulted a doctor but got no relief and was completely discouraged. I did not think I would live long and expected my friends would find me dead. A friend brought me a box of Milburn's Heart and Nerve Pills and I took them to please her, not thinking they would do me any good. I had not used half the box when I commenced to feel myself getting better and by the time I had taken two boxes I was completely cured and can recommend them to all sufferers from heart trouble."

Price 50c. per box or 3 for \$1.25, all dealers, or

THE T. MILBURN CO., Limited, TORONTO, ONT.

SEEN AND UNSEEN

Many people think of Scott's Emulsion as merely a flesh builder, but its flesh building is only an outward sign of the new life-building process within the vital parts of the body.

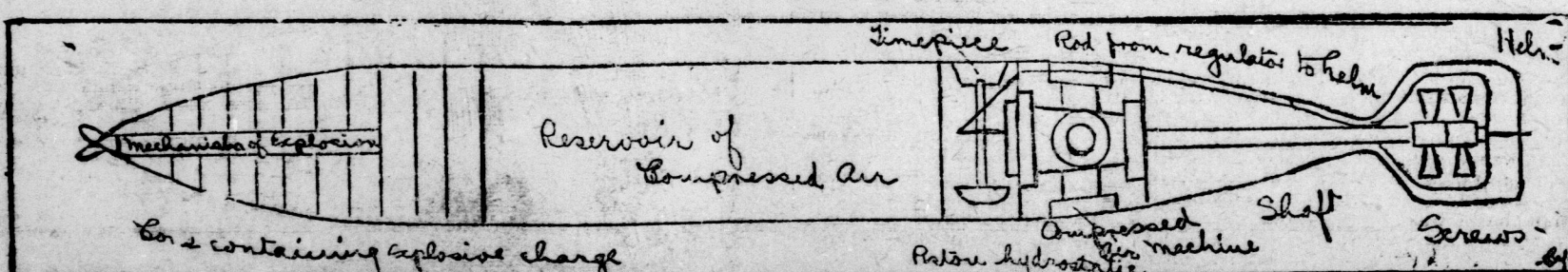
It builds up the blood cells, the nerves and life tissues before the added flesh begins to appear.

Its unseen work is more important than the seen.

Ayer's Hair Vigor

So young? And hair turning gray? Why not have the early rich color restored? It is easily done, every time.

J. C. Ayer & Co., Lowell, Mass.



MECHANISM OF A WHITEHEAD TORPEDO IN USE BY JAPAN.

The torpedo (upon being discharged through its tube) answers to its helm, which in turn is controlled through the time-piece.