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men. Apply International Harvester Paller, Nervousness, Indigestion shortness of breath, palpitation of the to flush from the stomach, liver, kidheart, these are a few of the symptoms of an anaemic blood condition. ers. Highest wages for first-class Some af them are naturally associmen. Apply International Harvesated with thin blood, but the quick-l est way to overcome the mis to make Ave., N. Hamilton, Ont. A-16-17 the blood rich and red.

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SPRING FISHING

The season for speckled trout fishing opens May 1st. and for salmon, and lake trout it is now open and will be until, October 5th. It is expected the ice will out of the lakkes by the end of April. Algonquin Park offers attractive possibilities for the angler and the "Highland Inn" desirable accomodation. Ask Grand Trunk Agents for all partiulars and illustrated booklet or write to N. C. Clorke, Manager, "Highland Inn;" Algonquni Park Station.

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Cleanse and sweeten the system each morning and wash away poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we grise: pale and thin. Many diseases are splitting headache, stuffy from a cold caused by thin blood. Other diseases foul tongue, nasty breath, acid stomsuch as influenza, and rheumatism ach, lame back, can, instead, both look cause the blood to become thin and and feel as fresh as a daisy always the wasting effect of these disorders by washing the poisons and toxins cannot be combatted successfully un- from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of hat water with a teasleeplessness, hearaches, dizzy spells spoonful of limestone phosphate in it nevs and bowels the previous day's indigestible toxins, thus cleansing, sweetening and purifying the entire alimentary tract before eating more

The action of limestone phosphate and hot water on en empty stomach thing and do it well. They build up out all the sour fermentations, gases the blood increasing the number of waste and acidity and gives one a red corpuscles. As this is done the fine appetite for breakfast. A quarter pound of limestone phosphate costs day, April 13to at the King Edward very little at the drug store, but is enough to make anyone who is bothimproves in quality the tissues of the ere dwith biliousness, constipation, pody are better nourished and the stomach trouble or rheumatism an enthusiast on internal sanitation.

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R. C. DESROCHERS.

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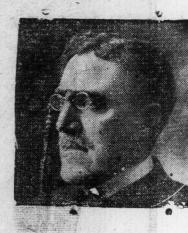
NERVE EXHAUSTION A CONDITION AFFECTING MANY MEN-THE GREAT AM-ERICAN DISEASE - IT IS BROUGHT ON BY OUR MAN-NER OF LIVING-OUR WORRY AND HURRY - AMERI-CANS EXHAUST MORE NERVOUS ENERGY THAN ANY OTHER RACE OF PEOPLE.

There are a great many men who need treatment for their nervous system. These men do not know what is the reason they don't feel right-why they can't work like they used to-why they tire so easily and why they are irritable, nervous, despondent, weak, pale and lack ambition. These conditions require the expert knowledge and treatment of a specialist who has had many years' experience in just such ailments, A specialist learns by experience to know just the right treatment at the right time so that the patient can be dismissed at the earliest possible time. Men affected with nervous exhaus on have no endurance no ambition -everything they attempt is an effort. Life to them appears as a long, gloomy future. Their appetite is poor and variable—they become irritable, cross and discouraged. They have pains and aches in various parts of the body and there is often indigestion and pains in the stomach. Sleepless, wakeful and restless nights fol-

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