

Exhaustion

Horsford's Acid Phosphate

Overworked men and women, the nervous, weak and debilitated, will find in the Acid Phosphate a most agreeable, grateful and harmless stimulant, giving renewed strength and vigor to the entire system.

Dr. Edwin F. Vose, Portland, Me., says: "I have used it in my own case when suffering from nervous exhaustion, with gratifying results. I have prescribed it for many of the various forms of nervous debility, and it has never failed to do good."

Descriptive pamphlet free on application o

Bumford Chemical Works, Providence, R. I.

Beware of Substitutes and Imitations.

For sale by all Druggists.

GEMS OF THOUGHT ON LIFE INSURANCE.

Longfellow sang in the "Tales of a Wayside Inn," "All things come round to him who will but wait." Not so as regards a life insurance policy. But it is true as to death. That is worth a few minutes' reflection, to be immediately followed by action.

"The life insurance companies of the present day are something more than merely what that name implies to the careless thinker. They are powerful engines for good. The pittance of the poor they care for with as much integrity as they stand back of the strength and solidity of vast accumulations."

"Here is a good quotation which we fully endorse: 'We would not care two pins for the esteem of a man who fails to provide for the future of his wife and family on the absurd plea that his wife was opposed to it.' On this occasion don't do as your wife desires."

"There are men who talk and act as if they had a sure thing on outliving every other man. These men think the other men are the men are the men who should insure. You are one of the other men, for surely you do not expect to escape dying."

"Riches are fleeting. Prosperity is not noted for longevity. You may be both rich and prosperous now. To-morrow may begin to give you a turn of something else. Now is the day of insurance salvation."

"Anthony Hope has said that economy is going without something you do want in case you should some day want something which you probably won't want. It won't pay, however, in any case to do without life insurance if you can get it. Perhaps it is too late. Better look it up."

Secure an interview with an agent of the North American Life Assurance Company, and arrange, if possible, this important matter while you are in good health.

The company is a successful one, its ratio of assets to liabilities and net surplus to liabilities being greater than that of any other Canadian company.

Information will be cheerfully furnished on application to the head office, North American Life Assurance Company, 22 to 28 King-street west, Toronto, Ont., or to any of the company's agents.

A Broad-Minded Doctor.

RELATES SOME EXPERIENCE IN HIS OWN PRACTICE.

Believes in Recommending Any Medicine That he Knows Will Cure His Patients —Thinks Dr. Williams' Pink Pills a Great Discovery.

AKRON, PA., April 24th, '95.

Dr. Williams' Medicine Co.

GENTLEMEN,—While it is entirely contrary to the custom of the medical profession to endorse or recommend any of the so-called proprietary preparations, I shall, nevertheless, give you an account of some of my wonderful experiences with your preparation, Dr. Williams' Pink Pills for Pale People. The fact is well known that medical practitioners do not, as a rule, recognize, much less use, preparations of this kind, consequently the body of them have no definite knowledge of their virtue or lack of it, but soundly condemn them all without a trial. Such a course is manifestly absurd and unjust, and I, for one, propose to give my patients the best treatment known to me, for the particular disease with which they are suffering, no matter what it is, where or how obtained. I



J. D. Albright, M.D.

was first brought to prescribe Dr. Williams' Pink Pills about two years ago, after having seen some remarkable results from their use. Reuben Hoover, now of Reading, Pa., was a prominent contractor and builder. While superintending the work of erecting a large building during cold weather he contracted what was thought to be sciatica, he having first noticed it one evening in not being able to raise from his bed. After the usual treatment for this disease he failed to improve, but on the contrary grew rapidly worse, the case developing into hemiplegia, or partial paralysis of the entire right side of the body. Electricity, tonics and massage, etc., were all given a trial, but nothing gave any benefit and the paralysis continued. In despair he was compelled to hear his physician announce that his case was hopeless. About that time his wife noticed one of your advertisements and concluded to try your Pink Pills.

He had given up hope and it required a deal of begging on the part of his wife to persuade him to take them regularly.

He, however, did as she desired, and if great appearances indicate health in this man, one would think he was better than before his paralysis.

"Why," says he, "I began to improve in two days, and in four or five weeks I was entirely well and at work."

Having seen these results I concluded that such a remedy is surely worth a trial at the hands of any physician, and consequently when a short time later I was called upon to treat a lady suffering from palpitation of the heart and great nervous prostration, after the usual remedies failed to relieve, I ordered Dr. Williams' Pink Pills. The result was simply astonishing. Her attacks became less frequent and also less in severity, until by their use for a period of only two months, she was the picture of health, rosy-cheeked and bright-eyed, as well as ever, and she has continued so until to-day, more than one year since she

ÆMILIUS JARVIS & CO.,

Stock and Bond Brokers,

Toronto, Canada.

Highest price paid for Municipal Debentures.



R-I-P-A-N-S TABULES

**REGULATE THE
STOMACH, LIVER AND BOWELS
AND PURIFY THE BLOOD.**

RIPANS TABULES are the best Medicine known for Indigestion, Biliaryness, Headache, Constipation, Dyspepsia, Chronic Liver Troubles, Dizziness, Bad Complexion, Dysentery, Offensive Breath, and all disorders of the Stomach, Liver and Bowels. Ripans Tabules contain nothing injurious to the most delicate constitution. Are pleasant to take, safe, effectual, and give immediate relief. Price—50 cents per box. May be ordered through nearest druggist, or by mail. Address
THE RIPANS CHEMICAL CO.,
10 SPRUCE STREET, NEW YORK CITY.

FOR TWENTY-FIVE YEARS

DUNN'S BAKING POWDER

THE COOK'S BEST FRIEND
LARGEST SALE IN CANADA.

took any medicine. I have found these pills a specific for chorea, or, as more commonly known, St. Vitus' dance, as beneficial results has in all cases marked their use. As a spring tonic any one who, from overwork or nervous strain during a long winter has become pale and languid, the Pink Pills will do wonders in brightening the countenance and in buoying the spirits, bringing roses to the pallid lips and renewing the fountain of youth.

Yours respectfully,

J. D. ALBRIGHT, M.D.

The Christian Guardian presents a creditable Christmas number. The cover is attractive and the contents seasonable. We notice that some of the regular departments have been omitted, in order, probably, to provide room for the extra Christmas reading. The editor contributes a paper on "Rowning's 'Christmas Eve'." There is the first part of a Christmas story by G. H. F., entitled, "Guided in the Drifting." A. D. Watson, M.D., writes a "Christmas Hymn." E. W. Thomson's story, "The Tide by Night," is included in this issue. B. Gregory, D.D., contributes an interesting paper on a conversion of one of Lord Tennyson's earliest associates, Mr. Bernard Smith. There is a brief Christmas sketch by E. O. Y. A number of book reviews complete the leading features of this issue.

Green Holly, a special publication edited by Mrs. T. G. Marquis, has been received. It is published in an attractive form, with seasonable contents, and good illustrations. Among the contributors we notice several names well known in Canadian literature. There is a bright sketch by R. Lizars, entitled "In the Days of the Canada Company." Grace E. Fenison is the writer of a short story, "The Religion of Jean Dundas." M. M. Watson contributes the narrative of a journey through Egypt. K. M. Lizar writes a brief essay, "Phobia in Crescendo." There is an illustrated article descriptive of "A Trip to Alaska." Besides the above, short stories are contributed by M. A. Fitzgibbon, Faith Fenton, A. M. Machar, A. R. Rolph, M. M. Scott, Mrs. E. W. Panton and Katharine McL. McKenzie. Green Holly is essentially Canadian in tone and sentiment, and does credit to all connected with it.