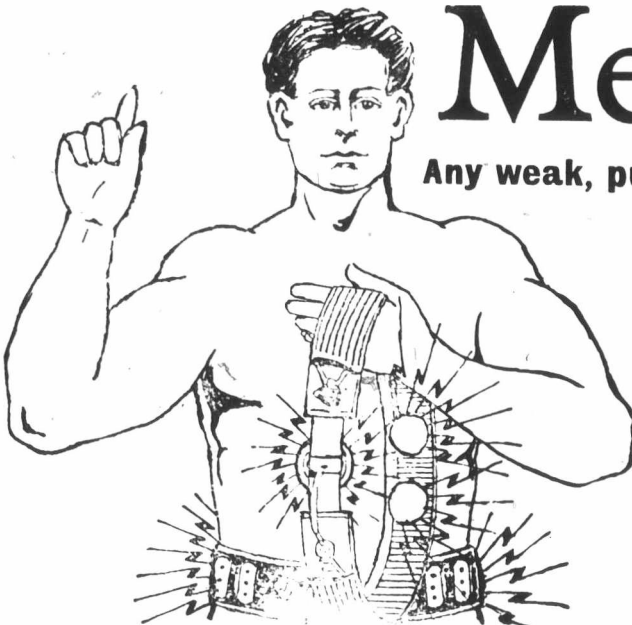


# Men, It's Free

**Any weak, puny man can have my Electric Belt Free, without the payment of one cent.**



I make this offer to weak men, particularly those men who have spent their earnings for years on dope (the drugs that make them feel like a young colt one day and like an old, broken-down hack the day after), those men who have tried so many things that they are tired of fooling and want a cure. Those are the men I appeal to, and I am willing to give my Electric Belt free, without a cent of cost to you.

**Men with small, flabby muscles, thin-chested, dull-eyed, short of breath, without endurance, courage, ambition, sand or grit in their make-up, are WEAK MEN.** If they were not born weak I can make physical giants of them.

How do I do it? By filling the blood, the nerves, the organs and muscles with electric energy—that is what Nature gave them at first—that is what they have lost when they break down.

My Belt is easy to use; put it on when you go to bed; you feel the glowing heat from it (no sting or burn, as in old-style belts), and you feel the nerves tingle with the new life flowing into them. You get up in the morning feeling like a two-year-old.

Wherever you are, I think I can give you the name of a man in your town that I have cured. Just send me your address and let me try. This is my twenty-fourth year in the business of pumping new vim into worn-out humanity, and I've got cures in nearly every town on the map.

If you will come and see me I'll fix you up. If you can't call let me send you my book full of the things a man finds inspiring to strength and courage. Free if you send this coupon.

**Office Hours:**  
9 a.m. to 6 p.m.  
Sundays, 10 to 1  
Consultation free

**DR. M. D. McLAUCHLIN**  
112 Yonge St., Toronto

Please send me your book, free

NAME

ADDRESS

There's nothing surer than the word of an honest man, and when such men as these admit that I cured them, you know that I can cure you.

**HERE IS PROOF OF MY ARGUMENTS:**

G. Duval, Grand Mere, Que., says: "Your Belt is a wonderful appliance for the relief of poor suffering humanity. I found a permanent cure in its use for Rheumatism and weakness. Yes, the Belt cures."

F. A. Ouellet, Springfield, N.S., writes: "I now feel like a new man every way, and wish you all the success that you deserve in your endeavor to relieve suffering humanity."

W. H. Belding, Chance Harbor, N.B., has this to say: "After 32 days' use of your Belt, I feel twice as strong as I did. My stomach is much better, and I have improved in every way. Have gained in weight and sleep better than I have for 10 years."

Fred. J. Cutterbuck, Brockville, Ont., writes me, saying: "I have worn your Belt for 32 days, and feel better than I have for years. My stomach is better and my appetite has improved wonderfully. I feel like a new man entirely."

I have cured thousands of men who have squandered the savings of years in useless doctoring.

MANUAL TRAINING IN RURAL SCHOOLS.

It is well to understand the nature of the problem before us. The improvement of the rural school programme will not, in the opinion of the writer, be in the direction of selecting more attractive book studies. Our education, rural and urban, is altogether too bookish as it is. Why not provide for the rural child a programme of studies in which there shall be ample opportunity for the acquisition of skill in manual activity to balance the sensory side, which has hitherto been over-emphasized. He has had little to do in school but to take in impressions, with very little opportunity for expression. The rural school boy is just as much in need of motor training as his town brother. It is true, the former finds a good deal of work to do on the farm, but in doing that work he does not usually develop accuracy the quality he most needs. Our country schools are much in need of teachers who can give instruction in industrial drawing. I suppose many of us live in hope of the coming day when there shall be work benches in our rural schools and teachers who shall be able to guide the constructive activities of the boys along appropriate lines. The little bit of oral reading, reciting and writing of the upper grades of the rural school seems but a poor pennyworth of expression alongside of an intolerable deal of impression.

One word regarding the relation between the teachers and their representatives on the advisory board. The teachers' representatives are elected by the teachers at large in two divisions. It is unnecessary to dwell upon the importance of this representation upon the educational senate of the province. In the opinion of the writer, the franchise in that election is unnecessarily wide and should be restricted. What is required is the exercise of a real choice with fair knowledge of the situation, and its needs, and of the men available. A lad of eighteen, a girl of sixteen, just out of school and entering as a mere apprentice into the field of education, is not in a position to exercise an intelligent choice in a matter of this kind. The possession of a permanent certificate, along with, say, three years' experience, would be a fair qualification for an elector.

Viriden, Man. S. E. LANG. }

SOME CHOICE STEERS.

From the *Innisfail Province* of recent date we take the following: "There was recently shipped from this place by Mr. D. Sinclair what was probably the best bunch of grain-fed steers ever brought to this market. There were six three-year-olds and six two-year-olds in the lot and the average weight was 1251 pounds each. Mr. Sinclair's steers were mixed with fall three-year-old and four-year-old cattle, and they stood out pre-eminently as the best, not only in appearance, but in money value, for these steers at two years realized nearly as much as did the four-year-olds.

Last summer the writer had the pleasure of visiting Mr. Sinclair's farm and noted something of his methods of feeding and breeding. His cows are big, roomy, pure bred Shorthorns and grades. They are not the milkless kind either, for Mr. Sinclair is something of a dairyman, as well as steer feeder. The calves are early trained to eat a little grain. They are handled gently so as to accommodate themselves to changed conditions on the approach of winter and from the birthday of the calf until the day it lands on the Innisfail market, the baby bovine is never allowed to become a boarder, giving nothing in the way of gain for food consumed. The result is seen in the quotation above 'as good at two years of age as the average four-year-old.' There is money in this. If we can save two years in reaching the market, we can afford to give more care and attention, both to breeding and feeding. The successful farmer of the future will be drawn more and more to these money saving methods of mixed farming."

CURED THOROUGHPIN AND IS GOOD FOR ALL BUNCHES

Thompson, Ont., Jan. 12, 1905.  
I have used COMBAULT'S CAUSTIC  
and it has cured my horse for  
thoroughly.

FRANK PETTIT.

**Every Hour Delayed  
IN CURING A COLD  
IS DANGEROUS.**

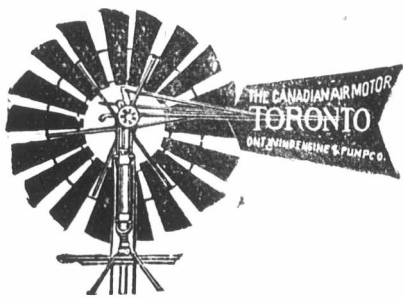
You have often heard people say: "Its only a cold, a trifling cough," but many a life history would read different if, on the first appearance of a cough it had been remedied with

**DR. WOOD'S NORWAY PINE SYRUP.**

It is a pleasant, safe and effectual remedy, that may be confidently relied upon as a specific for Coughs and Colds of all kinds, Hoarseness, Sore Throat, Pains in Chest, Asthma, Bronchitis, Croup, Whooping Cough, Quinsy, and all affections of the Throat and Lungs.

Mrs. Stephen E. Strong, Berwick, N. S. writes: "I have used Dr. Wood's Norway Pine Syrup for Asthma, and have found it to be a grand medicine, always giving quick relief. We would not be without a bottle of it in the house."

Dr. Wood's Norway Pine Syrup is put up in a yellow wrapper. Three Pine Trees is the trade mark and the price 25 cents at all dealers. Refuse substitutes. Demand Dr. Wood's and get it.



**SMYTH, HARDY & CO., of Calgary,**

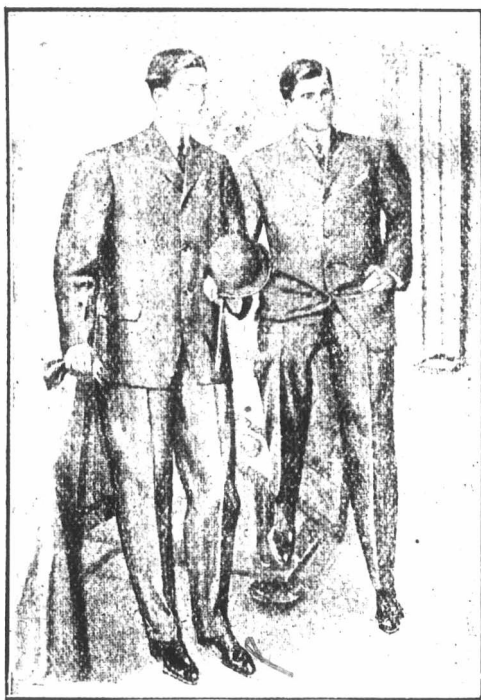
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THE ABOVE will give you an idea of our Perfect Fitting System; every out-of-town man can have his clothes made to order at the price of ready-made or hand-me-down. No matter where you live, the whole thing is done by mail. WE HAVE A PERFECT SYSTEM. Write for sample and measurement blanks, we send them to you free. State about the kind of clothes you like. Suit or overcoat made to order at mill prices \$15, \$20 and \$25. We prepay all express charges.

**Scotland Woolen Mills Co. Winnipeg**

influx of youngsters into the ranks of the teaching body to make up the great yearly loss, the need of a change in the apportionment of the funds is readily apparent. The average salary of the vice of our teachers is about one-fourth and one-fifth of the average salary of the year. The effect of this is a matter would be to postpone his preparation of the fairly efficient teacher for a long time to postpone his preparation of the teaching ranks perhaps for a year or more. One of the chief advantages of coming to the schools would be the entrance into the work of teaching of a

larger number of young men than now offer, and their retention for a longer period.

THE ATTENDANCE PROBLEM.

One of the outstanding features of the rural schools is and has been for many years the small attendance of pupils in the higher grades. It was once the fashion to account for this by references to the economic conditions of the country, the scarcity of help in the fields and in the household. The attendance has not, however, improved with the improvement in the economic condition of the farming community. In 1903, in the Northwest inspectorial division, 60 per cent. of the schools had no pupils in attendance above grade six; while schools with only five grades represented formed nearly one-third of the whole number. The small attendance is not due to poverty in the community—the farmers of Manitoba are highly prosperous, and can well afford to send their children to school. There must be something seriously wrong with the intellectual bill of fare or the style of catering, or both, in our rural schools. The advisory board, it must be admitted have not yet succeeded in furnishing the kind of intellectual provision to attract young people in the country. The young people apparently prefer the real and active life of the field and the household to the unsubstantial, remote and bookish existence of the schoolroom.

In many cases, no doubt, these young people are better employed in the tasks of the field, the farmyard and the household, than they would be in the local school. In any case, a boy or girl will acquire a better education, will be better fitted to take a suitable place in the social structure when he takes a healthy interest in practical pursuits related to daily life at home, than he can possibly acquire by drowsing over books that do not appeal to his present practical interests.

It is better a hundred times that a child should be hardening his muscles, and physical in overcoming a geometrical difficulty, in accomplishing a real object, than that he should be allowed to waste his energies in the habit of a theoretical pursuit at home, and in the schoolroom.