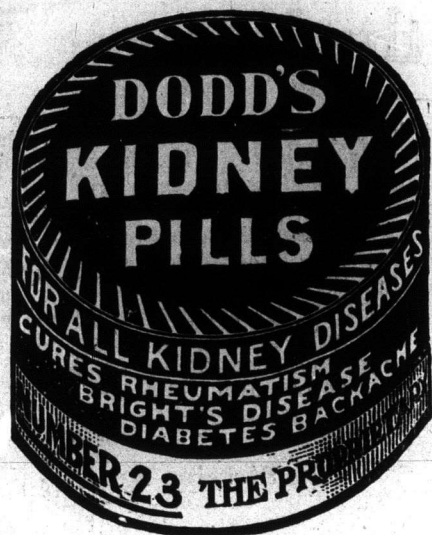


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kept to better advantage and eggs are by no means an inconsiderable item on the average farm. By-products of the dairy then make it possible to raise better crops; to enlarge the earning capacity of the farm; to realize on side lines that would otherwise be out of the question. Dairy by-products are certainly worth consideration.

The Social Centre.

For years I have been trying to cast my influence on the side of sociability and community of interest in rural life. I am not in favor of anyone laying down arbitrary rules, and saying "You should do thus and so, and so," and for that reason I have not staked out the lines and boundaries of ways and means for social life, believing that the suggestion was sufficient. We complain loudly because the young flock to town, and wonder why. Let us get down to bed rock and find out the reason why. Man is a "gregarious animal;" poor fellow, he has to be in order to preserve himself when he had only his fists to protect himself and the race with. Let's study nature a little. The buffalo goes in herds. Why? Because he can protect himself and his young in no other way, so he has the instinct of herding. The same is true of sheep. The bear can protect himself, therefore, he prowls alone. This runs all through nature. When man began he was not provided with six shooters, and gattling guns; he had to preserve himself as best he could, and he went in herds. And even in the most civilized life, men cannot do their best and live alone, or in pairs. It needs more than men, singly, to build homes, to lay railroads and dig Panama canals. So we see that the instinct of "herding" is a necessity for mankind. That is why they crowd into towns. There is nothing wrong about the instinct, nothing to be blamed. But the day will certainly come when there will be millions of small towns, manufacturing centres, mill centres, and trade centres, and the great overcrowded cities will be smaller. Again there is human instinct of mating. We do not look this one of the first and greatest laws of life squarely in the face. We blush and stammer and deny, if the subject of marriage comes up, and therein we are wrong. It is right that every healthy, sane person should marry and raise a family, and since the happiness of life depends upon a wise choice, the natural instinct, although unrecognized by the young themselves, is to select the mate best suited to each. It is not true that a large town or big city is the best place to find one's mate, but instinct in this case is blind, instinct draws toward the crowd. Conventionality in the cities makes it extremely hard to find desirable acquaintances. The remedy for all this social centres all through the country everywhere. In speaking of this subject, a writer says:—

"The more we study the social problems of the rural districts the more we are convinced that social centre gatherings will begin the solution of many of these problems. The great difficulty is a lack of trust, which is based upon a misunderstanding of the intentions of others. Isolation has caused us to become conceited and hence to set up ideals of our own without deference to others. We expect our neighbors to meet us upon our own level and upon our own terms, and give us all of the social and economic advantages. "When men read and think, they are qualified to discuss social, moral and political questions intelligently. Education is the solution. The schoolhouses all over the country should be utilized not only for teaching the youth, the future citizens of the country, but to enlighten, uplift and bind together the older people of the neighborhood. The schoolhouse is for the old as well as the young."

Every district schoolhouse should be the headquarters of a social circle, and there should be much visiting from one centre to another. Just what each social centre should do would develop from its own needs. The first thing is to establish the centre.—E. J. P.

Good News for Canadians

Health Specialist Sproule

The Great Catarrh Specialist Explains
HIS METHOD OF TREATMENT



THE GREAT ENGLISH SPECIALIST
Graduate in Medicine and Surgery of Dublin University, formerly Surgeon
British Royal Mail Naval Service.

Has Cured all Forms of Catarrh

Twenty-five years ago a young but highly honored surgeon in the British Royal Mail Naval Service astonished his friends by suddenly leaving, and entering on private practice. That surgeon was the now famous Catarrh Specialist Sproule. His keen brain had early seen in the then new disease, Catarrh, a menace to the life and happiness of the civilized world. While other physicians were neglecting it as unimportant, Specialist Sproule studied its nature and the means of cure. He labored in office, hospital, and laboratory. He mastered the subject.
As Specialist Sproule had foreseen, Catarrh spread with frightful rapidity. Thirty years ago, Catarrh was almost unknown. Now no age or sex is exempt from it. No locality or climate is a cure for it. It is in many cases the forerunner of Consumption. Vital statistics show that deaths from Consumption in this country have increased in the last five years in startling fashion. Altogether too many of these cases have been traced back to Catarrh as their starting point.
Catarrh Specialist Sproule, the first to make Catarrh a specialty, has perfected a scientific, constitutional treatment which has cured hundreds and hundreds of cases of Catarrh. Many hundreds of Canadian people, throughout the provinces, bless the day they saw his advertisement ten or fifteen years ago.
The widely advertised so-called "Catarrh cures" often do more harm than good, by driving the Catarrh germs deeper into the system. Painful stomach disorders and even more serious troubles have thus originated.
Catarrh is a disease of the mucous membrane and is curable only through the blood, and by medicines prepared for each case. Medicine that will cure one will often harm another. Specialist Sproule's method drives every germ out of the body. It clears the head, stops the hawking and spitting, sweetens the breath, strengthens the eyes, restores the hearing. It purifies and enriches the blood. It invigorates and tones up the entire system. It gives new life, energy, and ambition. The hardships of life seem easier to bear. Work becomes a pleasure. The man feels as if made over.
Catarrh Specialist Sproule's name is revered as that of a benefactor in thousands of homes. If you have any symptoms of Catarrh, the specialist earnestly invites you to write to him and tell him all about it. It will cost you nothing. He will give you the most valuable

MEDICAL ADVICE FREE

He will diagnose your case without charge and tell you just what to do. Do not delay. In such cases every moment is precious. Do not neglect yourself. Above all do not give yourself wrong treatment. The results may be serious.

CATARRH of the HEAD and THROAT

The most prevalent form of Catarrh results from neglected colds.

- 1 Do you spit up slime?
- 2 Are your eyes watery?
- 3 Does your nose feel full?
- 4 Does your nose discharge?
- 5 Do you sneeze a good deal?
- 6 Do crusts form in the nose?
- 7 Do you have pain across the eyes?
- 8 Does your breath smell offensive?
- 9 Is your hearing beginning to fail?
- 10 Are you losing your sense of smell?
- 11 Do you hawk up phlegm in the morning?
- 12 Are there buzzing noises in your ears?
- 13 Do you have pains across the front of your forehead?
- 14 Do you feel dropping in back part of throat?

If you have some of the above symptoms your disease is Catarrh of the head and throat.

Answer the above questions, yes or no, write your name and address plainly on the dotted lines, cut out and send to

Catarrh Specialist Sproule
117 Trade Building, Boston.

Be sure and write to-day.

DISEASES of BRONCHIAL TUBES

When Catarrh of the head and throat is left unchecked it extends down the wind-pipe into the bronchial tubes, and may in time attack the lungs and develop into Catarrhal Consumption.

- 1 Do you take cold easily?
- 2 Is your breathing too quick?
- 3 Do you raise frothy material?
- 4 Is your voice hoarse and husky?
- 5 Have you a dry hacking cough?
- 6 Do you feel worn out on rising?
- 7 Do you feel all stuffed up inside?
- 8 Are you gradually losing strength?
- 9 Have you a disgust for fatty foods?
- 10 Have you a sense of weight on chest?
- 11 Have you a scratchy feeling in throat?
- 12 Do you cough worse night and morning?
- 13 Do you get short of breath when walking?

If you have some of these symptoms you have Catarrh of the bronchial tubes.

Name.....
Address.....

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