BY H. B. MARRIOTT WATSON

Being an Incident in the Life of Dick Ryder, Otherwise Galloping Dick-Sometime Gentleman on the Road-From Harmsworth's.

York frowned at this and stood for

"Come," says I, "let's see your tricks out of doors."

But at that a voice broke in and stayed me, coming from the door be-

hiad. "Pray, sir," says this, very level and quiet, "what may this scene mean?"

mean?"
Round I whipped, and there, on the threshold of the room, was the tall, big man that had fought by me, Sir Philip himself, with his arm in a bandary of the room.

dage, a cap on his iron-grey hair, and on his face a stern, commanding expression. Out of the tail of my eye I saw Miss shrunk back against the wall in a posture of alarm. But York was no whit abashed; he saluted most accomminguistre.

most ceremoniously.
"Good evening, Sir Philip," said he.

"Good evening, Sir Philip," said ne.
"Your servant. You are come in time
—perish me, in the very nick. Here's a
most impudent and amazing case,"
and he cocks his finger at me. "I have
never heard of a more shameless,
audacious fellow. Faith, it has made

of the villains, as impudent as you please. Faith, if it were not so grave 'twou'd tickle me still."

I must admit that the fellow took me back, and for all I was furious I could not but admire his cool bearing and ready wit. Sir Philip stared at me with a black frown, for I could ind nothing for the recent to com-

me with a black frown, for I could find nothing for the moment to counter this monstrous brazen face, but at last I broke out, only with an oath, for sure—so amiss was I.

"You cursed rogue!" said I.

But York goes on as calm as ever.

"Twould be a good thing, sir," says he, looking at me with a kind of a wondering interest, if perhaps the watch was called. For he is a man that can use a weapon, as your arm bears witness, and, indeed, my own skin, too," with which he stroked his elbow gently. Sir Philip had come for-

elbow gently. Sir Philip had come for-ward and now began in a formidable

voice of anger.
"What!" he cries to me ,"you are the ruffian—"

But I was not going to put up meekly under this, and broke out my-

ward herself."
At that Sir Philip turned as though

"Well. Mr. Ryder, one good turn deserves another; so my name is York, and I am a friend of Sir Palip Caswell."

"Waat!" said I. mightily taken aback at this rejoinder, as you may suppose, then I laughed. "S'blood," I said, "tis a pretty-demonstration of friendship to be for striking your bodkin in someone's belly, as you was an nour ago, you rogue."

York's cyebrows lifted at this, but I will admit he had a fine command of himself, whick took my admiration, toad as he was. He was a nealthy, ruddy man, of looks not displeasing.

"Indeed," says he to me, "why,"

I will admit he had a fine com-mand of nimself, which took my ad-miration, toad as he was. He was a healthy, ruddy man, of looks not displeasing.

"Indeed," says he to me, "why,

here is news. Have we Simon Bed-lam here, madam?" and he turn-ed to Miss, who had entered at that moment. He bowed very low to her, and the color sprang in

"Mr. York," she cried, in a flut-

"Why, you did not look for me so late, madam," says he, pleasant-ly. "But I spied lights, and thought maybe Sir Philip was at his cards and vould give me welcome, and the door was open. But I find only," he concluded, with an indif-ferent glance on me, "A Merry An-drew, who talks brimstone and looks daggers.

"Sir Philip has been attacked," tammered Miss; "the surgeon has stammered Mis-just left him."

"Tis not serious, I trust," says the fellow, gravely, and when she had faltered out her negative, continued very polite. "Footpads, I doubt not. The streets are aboutinable in these days, and the watch is ever asleen." ever asleep.

But that was too much for me, and I burst forth. "Footpads" said I. "Hear him, liss? Why, 'twas the dungfork imself. The mask fell from his face as he fought me, and I saw him plain. I would have you and

Sir Philip know what manner of man this is who calls himself oftly, softly, you crow loud,"

said he, as impudent as ever, and smiling softly, "Who d'ye suppose, would credit this cock-and-bull story? I profess I know none. Would you, madam?" he asked, turning suddenly on the girl. She hesitated ever so little, and

showed some confusion.

"I-I think the gentleman mistook," she said. "I cannot credit such a story. "Tis monstrous."

"Why, miss," said I, "'tis true as

an a living man. And as for this muckrake here, why, I will prove it on his skin if he denies it," and out I whipped my iron, ready for an onfall. But it seemed that he an onfall. But it seemed that he would not budge, and smiled as indifferent as ever. And Miss, too, though she showed no color, regained her composure, and says she, firmly—
"TIS monety or "I should like to know what it is, Mr. York, so that I maybe might share the jest," says Sir Philip, with some dryness of tone.
"Wny, naturally," returned t'other cheerfully. "Heving had the good for the control of the con gained her composure, and says she, firmly— "Tls monstrous. I cannot believe

it. This gentleman is a friend to me and Sir Phaip. He is on terms of intimacy. Lard, sir, you sur-prise me to make such rash statenents. Your eyes deceived you, or

the dark. The man who called himself York nodded impudently. "That is it, madam," he says.

Twas his eyes, no doubt, and the blinking moon. This gentleman, whom I have not the honor of knowlng, is doubtless much excited by he shrugged Otherwise——" he shrugged his shoulders significantly, "I am honored by the resemblance he detects, and, my faith, I shall be seeing my double kick the Triple Beam—so I shall, and curse him for a rogue."

GOOD BLOOD

is the Secret of Health, Vigor and

Good blood-rich, red blood-is the greatest enemy that disease can have. It stimulates every organ to throw off any ailment that may atmeekly under this, and broke out myself:

"Rip me," said I, "if I have ever
heard or seen the like. Why, yonder
stands the fellow that was in the assault on your carriage, and 'twas
m'. Dick Ryder, that thrust him
through the elbow as he fell on you."
Sir Philip's eyes went from one to
t'other of us, under his bent black
brows, but York's eyebrows were
lifted in a feint of amazement.

"Why, sir Philip," said he, "you
will see from this how an excess of
impudence may move a man. It may tack it. Good blood is the only posttive cure for such complaints anaemia, nervousness, neuralgia, skiu eruptions, indigestion, rheuma-tism, etc., because these diseases can-not exist where the blood is good. The secret of good blood—rich, red, ite-giving blood—is Dr. Williams, Pink Pills. Where these pills are used at means life, health and vigor. Mr. Robert Lee, a well known resident will see from this how an excess of impadence may move a man. It may be that he is drunk that he plays so wildly. You have known me long. Sure, I needn't speak in my own behalf to so preposterous a charge," and dropped slient with a grand air. "I have known you long, as you say, sir," said Sir Philip slowly, "and I have known you to be a suitor for my ward's hand."

"I have always had that honor," said York, with a bow towards Miss, which, unhappily, you have not seen fit to allow me, so far. Yet, if any witness is wanted, why, here is your ward herself." of New Westminster, B. C., says:
Before I began using Dr. Williamst
Pink Pills, my blood was in a very,
mpure condition, and as a result,
tchy pimples broke out all over my
pody. My appetite was fickle and I tired. I tried several was easily tired. I tried several medicipes, but they did not help me. Then my wife urged me to try Dr. Williams' Pink Pills. I got half a lozen boxes, and by the time I had used then, I was fully restored to realther the property of the used them, I was fully restored to realth, and my skin was smooth and clear. The pills are the best medicine I know of for purifying the blood." Sold by all medicine dealers or sent post paid at 50c per box or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Oat. Do not take a substitute, or something said to be just as good." The "just as good" medicines never cured anyone. reminded.

"Lydla," said he, "what is the truth of this story? We were attacked and rescued. Was this gentleman in the assault?" and he pointed at me.

Miss' eyes fell: she was finttered and her bosom went fast; and there flashed. I'll swear, a giance from

"Indeed, sir," she faltered, "I could not say. The men were masked. "Aye, so they were," said he con-

"Aye, so they were," said he considering.
"Twas from this one's face that I took the cover," puts in York pertiy.
"But certain it is that Mr. York rescued us," went on Miss in a faint voice.

At that news, I could have recied under the words, so little was I ripe for them, and so unsuspicious of her. "Why," said I, opening my mouth and stuttering, "why, 'twas I drove off the pack, and feuched the chaise home. 'Twas I lifted you in and took the reins. The Lord deliver me from this wicked puss!"

Sir Philip threw up his sword arm with a gesture of black wrath.
"Ties plain," said he, "that one here is a villaimous rogue, and if we have not always agreed, Mr. York, at least I cannot think you that." At that news, I could have reeled

that."
Miss leaned against the wall white and trembling, and I gave her a conge, very deep and ironical. Truth to say, as soon as I had recovered I had, after my habit, begun to ply my wits pretty sharply, and already I had taken a notion of how things stood between the two. Moreover, I was not done with yet and I cest was not done with yet, and I cast about to be even with the pair. Sir Philip, it seemed, was hostile to the addresses of this York; and as patently, Miss herself was not. The attack, then, must have been part of a plan to can Must Lydic.

of a plan to gain Miss Lydia's person, to which she was herself privy. What does I then but step in and interfere with the pretty plot. This was why she bore me no goodwill, "Well," says I, with the conge, "I cannot contest a lady's word, be she Poll or Moll. Let the gentleman have his way."

ave his way." Sir Philip, without more ado, turned to him. "Mr. York," said he civilly, "I beg "Mr. York," said he civilly, "I beg your pardon for my coldness, which indeed, had nothing of suspicion. But you must remember that we have nenever quite agreed. I hope that will mend. I remain greatly in your debt, and I trust you will be good enough to add my obligations by keeping this man secure until my return. I will have the watch fetched at once." shan go free of you. Indeed, I have no particular fancy for the law myself. But, perish me, sir," says I, "I detect a nighty resemblance in you to a wheeller that cheated me at dice this night, and rip me if I will not run you through the midriff for "the".

There was my point towards him, with that little menacing twist of my wrist such as has served me often in good stead, and he must has seen what sort of kidney he had to deal with, for he gazed at me in surprise, laughed slightly, and made protest with his shoulders, exhibiting some discomposure.

"I would remind you, sir," said he, "that there is a lady here."

"Falth," says I, "but she will not be outside, then, and thither you shall go."

York frowned at this and stood for od at once."
"Nothing will give me greater sat-"Nothing will give me greater satisfaction, sir," says the rogue cheerfully, and off goes Sir Philip with
his black, portentous face, leaving
us three there together again. As
for me, I had made up my mind and
was feeling my way to some action;
but says York, looking on me
pleasantly,
"Frequency works in a deblick of the

"Egad, you're in a ticklish case. Stap me, you're run your head into a noose. Now, why the devil did you yield that way? I had looked for a good round fight, as good, egad, as we had this evening. And I had begun to have my fears, too—stap me. I did "

But I pald him no heed then, for I will confess that I was all eyes for Miss Lydia, whose face was very piteous. She was trembling violent-Miss Lydia, whose face was very pitcous. She was trembling violent-ly-and-looked out of tragic eyes, and then it came upon me like a flash that she was no party to the lie herself, but had spoke in fear of that bully. Indeed, it may be that she took a distaste of him, as it were from that scene which began to show from that minute. How else can be explained what ensued? "You had better go, sir," said she at last, in a whisper. "Aye, that's true," says York, nodding. "I had not thought of that. You had better go. The watch will be fetched."

be fetched.

He looked so comfortable and so friendly, rather than what he was at heart, that my gorge rose of

sudden.
"Perish me if I will go," says I.
"If I must hang, I must hang."
Miss started. "Oh!" she cried, and
"you must go. oh, you must go, sir!

(To be Continued.)

IF BABY COULD TALK.

"I am sure if haby could only some dryness of tone.

"Wny, naturally," returned tother cheerfully. "Having had the good fortune to rescue you and your ward from a pack of villaims, cutpurses or worse, what is my surprise to find installed in your house the very chief of the villaims, as impudent as you please. Faith, if it were not so grave Tablets, and it is the very best proof that no other medicine can equal them for the speedy relief and cure of the common aliments of little ones. These Tablets cure coile, constipation, sour stomach, diarrhoea and simple fevers; they break up colds, prevent croup and allay the irritation accompanying the cutting of teeth, and are positively the irritation accompanying the cut-ting of teeth, and are positively guaranteed to contain no opiate. All children take them readily, and for very young infants they can be crushed to a powder. You can get Baby's Own Tablets from any drug-gist at 25c a box, or they will be mailed, postage paid, by writing di-rect to the Dr. Williams Medicine Co., Brockville, Out, or Schenedday, N. Y. Send for our book on the care of infants and young children. Every mother should have it.

A Manjac's Poem.

Probably the mass of prison poetry which has been written on stools and pedposts and scratched on prison walls far exceeds that which has found expression on paper, and many a "mute, inglorious Milton" has begun and finished his poetical career with these "lost to sight" produc-

tions. There is in existence a short poem said to have been scratched by a maniac on the wall of his cell, which runs thus:

Could I with ink the ocean fill, Were all the world of parchment

made,
Were every reed on earth a qu'il
And every man a scribe by trade,
To write the love of God alone Would drain that ocean dry; Nor could the scroll contain

whole. Though stretched from sky to sky. The authenticity of this being the work of a maniac has often been questioned because of the beauty of its expression and its sound reason, but the story stands.—All the Year

If a man always pays cash he is entitled to a lot more credit than he ever gets.

TUBERCULOSIS IN CATTLE.

Department of Agriculture, Ottawa, A series of valuable experiments has just been completed at Storr's Agricultural Experimental Station, Connecticut, with a tuberculous herd of cows. The results of these efforts to eradicate the disease with a minimum of financial loss are of enhanced importance in view, of the fact that, while heated discussions are going on all around us concerning the relation of tuberculosis to the public health, controversialists have too often lost sight of the practical utility of experiments. Here, therefore, we have something tangible upon which to act.

act.
In 1896, the Connecticut Agricultural College owned a herd of about fifty head of cows and young cattle. Prior to this date the herd consisted Prior to this date the herd consisted of grade animals, mostly of Jersey and Guernsey blood, but in that year. 15 registered Jerseys, Guernseys, and Ayrshires were purchased. Since that time the acquisitions to the herd had been from the natural increase of these animals, and the occasional purchase of grade cows. Up to October, 1897, the entire herd was untainted, but in November, 1808, a cow which had dropped a strong, vigorous calf in the previous August, and from New Year's day to the first of November in the latter year had yielded 292 pounds of butter, fell suddenly ill and as there were no hopes of re-292 pounds of butter, fell suddenly ill and as there were no hopes of recovery, she was slaughtered on Nov. covery, she was slaughtered in Nowember, 1838, a post-mortem examination showing a generalized and advanced case of tuberculosis. The herd was then tested with tuberculin, when the leaves of the country when the country was the country when the country was t mera was then tested with tuberculin, when twelve animals responded, making a total of fifteen, out of a herd of forty-eight animals that had contracted the disease in one year, demonstrating how remarkably infectious it is.

Conclusions Reached. The following are some of the main practical conclusions arrived at from these experiments. The elimination of tuberculosis

from a herd is a gradual process. One tuberculin test is not sufficient, as cases will develop from time to time.

All the breeds represented in the

An the orecas represents in the herd were about equally susceptible. Twenty per cent. of the Jerseys, 26 per cent. of the Guernseys, 21 per cent. of the Ayrshires, and 20 percent of the Holsteins responded to the typercular text. the tuberculin test.

The largest producers in the herd

The largest producers in the herd were not more susceptible to tuberculosis than those of the least productive capacity.

The disease was not inherited. None of the offspring of the tuberculous animals, seventeen in number, have developed the disease. Repeated injections of tuberculin often result in a failure to respond. Sixteen animals that had responded once to tuberculin failed to respond

once to tuberculin failed to respond to subsequent injections in ten out

certain animals, which previous to slaughter were apparently in good physical condition, showed the dis-ease extensive, virulent, and evi-dently in the infectious state, The post mortem examination of certain animals, slaughtered in some cases sixteen months after first response, showed mere traces of the disease, which had then made little or no progress and the con-

of the disease, which had then made little or no progress, and the encysted condition of the nodules might indicate possible recovery.

The slow process of the disease in certain animals, and the rapid progress in others, took place at the same time under the same sanitary, conditions. Individuals, therefore, possess different powers of resistance to the progress of this disease when once it has gained foothold.

Whilst there may be animals showing physical symptoms of disease, there may be other animals in the herd in a condition to spread the disease. The farmer who wishes to disease. The farmer who wishes to completely eliminate the disease from his herd must aid the Government officials with some individual effort and sacrifice. Better ventilation, ex-ercise, sunlight, nutritious food, as preventive measures; the tuberculin test as a diagnostic agent; and cither immediate claughter or isola-tion of all reacting animals as a method of disposal—all these are agencies of which any farmer may

make use. What is known as the "bang" or isolation method is economical when a large herd is affected, or when a small herd of value ble animals is dissmall herd of value ble animals is dis-eased. The offspring are removed when dropped, and raised on the pasteurized milk. The disposal of the diseased animals may then be post-poned until their increase shall make good the loss of numbers, which would be occasioned by the final dis-posal of the diseased members. That much has been accomplished

That much has been accomplished within the past few years in the anti-tuberculosis crusade statistics show that human tuberculosis is on the decrease, notwithstanding the larger consumption of both milk and larger consumption of both milk and ment. Statements, often made, that bovine tuberculosis is on the increase, especially in dairy cattle, have not been proved. The increasing knowledge of the disease, of the efficiency of good ventilation, exercise, sunlight, and nutritious food in fortifying the system of the animal; of the introduction of tuberculin as a diagnostic agent; of the use of disinfecting agencies and the method of isolation, should instill in the minds of the agencies and the method of isolation, should instil in the minds of the owners of our herds of cattle a greater confidence in their ability to combat the disease. These agencies are within the reach of all.

W. H. Coard.

CREATURES OF THE MOON.

German Scientist Describes Them—A

Dangerous World to Live in. According to Professor Max Hausofer, of the University of Ber-lin, there is some scientific reason to think that the moon is still inin, there is some scientific reasons to think that the moon is still inhabited by creatures capable of feeling and thinking, creatures in whom the semblance of man is not entirely extinct. He came to this conclusion notwithstanding all that can be said against it from a scientific standpoint, and from our observation of this satellite. Two possibilities present themseives to the unprejudiced mind. It is not unthinkable that the dead body of the moor retained in its inner recesses a certain quantity of dampness, of water and air, that clung to its ravines, caverns and pits, hollows that the attractive power of the earth could not dump dry. These sources of ille are hidden from the mortal eye of the astronomer, but, as a matter of fact, they may have nourished a little world of their own from time immemorial.

little world of their own from time immemorial.

These moon-creatures probably live in eternal dusk, and never look upon the light as we do. To do-se would be death to them. And, according to our modern notions, they live a poor and purposeless life. Their loys are few. It may be they have no conception of what joy is. Yet, with all that, they cling to life. That they have power to breathe and to move, suffices to make them love life. How can one describe them? These creatures undoubtedly are winged; they move bird-fashion. They have a double life, like some members of the batrachian reptile family. Their eyes are of the kind that bats and owls possess; their wants are limited like the worm that crawls at our feet.

wants are limited like the worm that crawis at our feet.
But, at the same time, their feelings and sentiments are human—aye, they may be more refined and more gentle than our own. And, doubtless, they have a strong will, a mind that penetrates the mysteries of the night surrounding them. Theirs is a dangerous world to live in—a world full of glaring contrasts. The heat of the moon is awful, and as far beyond our conception as the cold full of glaring contrasts. The heat of the moon is awful, and as far beyond our conception as the cold that alternates with it. The creatures live in the shadow of glant constructions, while their own world is infinitesimal. Their abode is in awful depths, at the very foot of

constructions, while their own world is infinitesimal. Their abode is in awful depths, at the very foot of mighty mountain ranges, in the beds of old craters, and in abysses deeper than the deepest mine ever dug on earth. Their dwelling places are steeped in a reddish light, which shines through crevices and natural windows, clefts in the rock.

It is not a quiet life they lead, these moon creatures. The interior of the dead star is swayed by the tides. The waters come and go; here they are at boiling point in mysterious rock kettles; there the embyro Niagaras losing themselves in unknown depths. The great question is: Can these creatures reason? Are they flusters of their surroundings in the manner that man is master of the earth? It seems certain that the present moon creatures are totally different from the first inhabitants of the great, star. Things have so changed there that the original dwellers could not possibly survive. They were succeeded by others less gifted, less beautiful to 400k upon. Had these new moonmen and moon-women sense chough to profit by the experiences and achievements of their predecessors? Questions without number present themselves to the speculative mind with regard to these new moonmen and new moon-women.—London Sun.

Those Pretty Limerick Girls

Those Pretty Limerick Girls.

If asked "Where are the prettiest girls in the world?" I will immediately reply, "in Limerick, Ireland. There is a freshness of face, lustrousness of eyes, healthfulness of color and complexion about the Limerick girls, en masse, that carry off the sweepstakes trophy. The girls of Cork and of the lakes—in fact, of the country all the way down from Dublin, are somewhat of the Limerick order. In form they constitute a happy medium form they constitute a happy medium between the rotund English maids across one channel and the sylph-like Parisian demoiselles beyond the

soing up or down stairs?

She should precede the gentleman going down stairs and also in going up stairs, unless at some public entertainment, where the stairs are very crowded, when the gentleman goes first in order to make way for her.

Some Just Butt in.

St. Thomas Journal.

Some get on by ability.

While brains some others serve; But most successful men we see Succeed by nerve—just nerve!

Will you kindly inform me who should be served first when the only guest is a gentleman, the family being small, no father, but a middle aged mother and daughter and byothers consisting of those present?

Will you kindly tell me who pays for the invitations at a church wedner when the church wedner when the control wedner when the church we when the church we when the church we well we will be church when the church we will be church with the church we will be church with the church w

Your mother should be the first one served, then yourself and then the guest. With an old lady at the table it is always correct that she should be served first, especially at so small a dinner as you men-

Will you kindly tell me who pays for the invitations at a church wedding. Also, which of the church expenses does the bride stand, such as decorating with flowers or paying the organist?

The bride is expected to pay for the invitations and also for the decorations at the church, as well as the house. All other expenses in regard to the church and paying the minister, the organist, etc., are supminister, the organist, etc., are sup-posed to be attended to by the bride-The question has arisen between two young ladies as to which is

M. claims that it is not proper to give a present to a young man der any circumstances, unless en-

B. claims that it depends alto gether on the circumstances. For instance, if the young man has made the young iady a present and shown her other kindness, B. thinks that it is only a mark of appreciation and not, as M. claims, a mark of ill-breeding, to give the young man some little token by way of remembrance.

There is no possible impropriety in a young lady sending a young gentleman who has been polite to her some remembrance, but it must be a trilling one, such as a book, an gether on the circumstances.

her some remembrance, but he a trilling one, such as a book, an inexpensive pencil, or some trinket of that sort, the book being the best present of all.

Kindly state how long before a reception invitation should be issued Invitations for a reception should

be sent out at least two weeks in advance, especially at this season of the year, when there is so much going on in the way of social festivi-

Kindly answer the following questions: Is it proper to use candelabra at luacheon or noon dinner? Should the fish fork be placed at the right of the plate in setting the table and held in the right hand when eating? Is it better to use after dinner, spoons or tea spoons in serving sherbet or Roman punch? Should sweetbreads be served from a roast plate and eaten with a roast fork at a course luncheon? What are the proper dimensions for place plates? Can you refer me to any book which will give a variety of menus for luncheons and dinners, with some details for preparing the meal?

Unless the dining room is well lighted by outside windows, it is better to use candelabra or artificial light of some sort. Yes, fish forks are light of some sort. Yes, fish forks are used now, and are always placed at the left side of the plate. Everything depends upon the size of the cup in which the sherbet is served. Anything as small or smaller than an after dinner coffee cup requires a coffee spoon. If the sweetbreads are broiled they should be served on a large plate or platter and caten with an ordinary sized dinner fork, The ordinary sized dinner plate or thing depends upon the size of the cup in which the sherbet is served. Anything as small or smaller than an after dinner coffee cup requires a coffee spoon. If the sweetbreads are broiled they should be served on a large plate or platter and caten with an ordinary sized dinner fork, The ordinary sized dinner plate or any beautiful plate you may have any beautiful plate you may have increasing the quantity and quality is on, Bates & Co., Toronto.

DIZZY SPELLS AND

Tell of Shrivelled Arteries and Exhausted Nerves-They Warn You of Approaching Paralysis or Collapse Dr. Chase's Nerve Food the Most Potent Nerve Restorer.

Will you kindly inform me if a lady should precede a gentleman in going up or down stairs?

nands and leet, restlessless, irrita-bility, weakened memory, lack of energy and enthusiasm, muscular weakness, fainting spells, bodily pains and aches, and tired, languid and despondent feelings.

Nervous diseases are most dread

Nervous diseases are most dreadful to contemplate because of the frequency with which they end in paralysis, locomotor ataxia, epilepsy, insanity. All movement of the body or its members is controlled by the nerves, and hence the steader of the body or its members is controlled by the nerves, and hence the steader of the body or its members is controlled by the nerves, and hence the steader of the body or its members is controlled by the nerves, and hence the steader of the body or its members is controlled by the nerves.

ACHING HEAD

The sufferer from nervous headache and dizzy spells never knows what minute he may fall helplesily a victim of vertigo or paralysis, for these symptoms tell of depleted nerve cells and a wasting of vigor and vitality.

Other indications of nervous exhaustion are troubles of sight, noises in the ears, sparks before the eyes, stomach troubles, sleeplessness, cold hands and feet, restlessness, critability, weakened memory, lack of energy and enthusiasm, muscular weakness, fainting spells, bodily pains and achas, and tired, languid and despondent feelings.

Of the blood and creating new nerve force.

Mrs. Hann, No. 8 Leonard avenue, Toronto, says: "For a number of years I have been troubled with weakness and fainting spells, nerve ous, sick headaches, and, in fact, my nervous system seemed to be in an exhausted condition. Languid, depressing feelings would come over me at times, and I would become discouraged and despondent. Since a course of treatment with Dr. Chase's Nerve Food I do not hesitate to pronounce it a splendid medicine for weakness of all kinds. It has been of great benefit to me, for my nerves