

### OVER-WORKED KIDNEYS

Cause. Rush of Blood, Fullness, Dizziness.

J. T. Chetland, the well-known railway engineer of Hamilton, found the strain always resting upon men of his occupation vastly intensified by a tendency of the blood to rush to his head, and often at times when clearness of vision and great steadiness were demanded, finding some difficulty in bending—a stiffness with pain having settled in his back, it occurred to him that his kidneys might be at fault.

**Dr. Hamilton's Pills Cure Kidneys and Liver**

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### GOOD QUALITIES OF DAIRY BREEDS

Answering a subscriber who asks, "Can't you tell me which is the most profitable breed of dairy cows?"

Hoard's Dairyman says: "No, for the reason that there are so many men in all the breeds that are making their cows highly profitable it is impossible for us to make a choice for this of any other man but ourselves, and when we come to look into our own choice we find it is very largely a matter of taste."

With cows as with other domestic animals, they always do the best with those men who have a fondness or liking for them. Indeed, we may say this is more true with cows than with any other animal, because the cow is a female and a mother and as such is particularly susceptible to her own likes and dislikes. There are a lot of cow owners who are blind to this principle when it plays a very important part with their profit.

Every breed of cows has its distinctive line of qualities. The Jersey is a wonderfully economic consumer and close manufacturer of food into milk solids. So is the Guernsey. Both yield milk rich in butter fat, and both are highly profitable provided they are good cows and you do your part. The Ayrshire is a very hardy, robust breed and another highly economic consumer of feed and of medium weight, but her milk rarely exceeds 4



Carlotta Pontiac, a registered Holstein cow, produced 22,533 pounds of milk containing 700 pounds of fat in one year under official test. This is equivalent to 27 pounds of butter. This cow was bred, raised and owned by the University of Missouri and is a granddaughter of the well known Hengerveld De Kol. She is the ninth cow in this herd to make a butter record in excess of 700 pounds and the third to pass the 300 pound mark.

per cent in butter fat. As a basis for crossing with pure bred Guernsey or Jersey sires, there is no foundation that is better than the Ayrshire grade cow. Some great business herds have been produced in this way. There seems to be a natural "nick" between the Ayrshire grade female and the pure bred Guernsey or Jersey male, whereby heifers are produced that show great capacity for profitable dairy work.

The Holstein is a gross feeder and a wonderful producer. On a farm where there is an abundance of good roughage, well backed up with a generous grain ration, she can and has beaten all other breeds in gross production. Whether this has been done economically is disputed by the partisans of other breeds.

The Brown Swiss is just coming into notice. She has been bred and her body fashioned to meet the stress of severe mountain climbing for many years. Consequently she has not yet acquired that refinement of form that all breeds come to at last in this land of gentle exercise and abundant feed. But she has talent as a milk and milk solid producer, and the records this breed is making under American conditions all challenge attention.

Now, there we are. Reduced to its final analysis, the question like that of politics or religion or love is a matter very largely of personal partisanship, and so we come back to the place of beginning. But it is generally wise for every man to select such breed as he likes best, that appeals most to his taste, for under that influence he will accord that treatment that will cause his cattle to do their best.

**Hog Troughs.**  
The question is often asked, "What is the best style of hog trough?" writes C. P. Williams in the National Stockman. We use troughs made of inch oak boards. Bottom boards are eight inches wide, with edges slightly beveled so as to make the width at top about ten inches. The sides should be of six inch boards nailed to the beveled edge of the bottom board. End boards should be two inches longer at each side than the width of the trough to prevent splitting when nailed on. Thirty inch lengths for single hogs, three feet for two or three hogs and twelve feet for general use make good standard lengths.

Wider bottoms are likely to warp and split. Shallower troughs waste feed. Deeper troughs invite the hogs to put their feet into the trough while drinking. No slats should be used, as they

### HIS BLADDER WAS TERRIBLY INFLAMED

GIN PILLS Brought Relief

Larder Lake, Ont., March 26th. "I had been suffering for some time with my Kidneys and Urine. I was constantly passing water, which was very scanty, sometimes as many as thirty times a day. Each time the pain was something awful, and no rest at night."

I heard of your GIN PILLS and decided to give them a trial at once. I sent my chum 60 miles to get them and I am pleased to inform you that in less than six hours, I felt relief. In two days, the pain had left me entirely. I took about half a box and today I feel as well as ever and my kidneys are acting quite natural again.

SID CASTLEMAN.  
GIN PILLS soothe the irritated bladder—heat the sick, weak, painful kidneys—strengthen these vital organs. Money back if they fail. 50c a box, 6 for \$2.50. Sample free if you write National Drug and Chemical Co., of Canada, Limited, Toronto. 139

prevent easy cleaning.

**Indigestion of Horses.**  
Horses frequently suffer from indigestion caused by imperfect nutrition. Have the teeth attended to by a veterinarian. Give the drinking water before meals; do not feed any bulky feed at noon or work the horse soon after a meal. Allow free access to rock salt. Bed with sawdust or planing mill shavings if he eats his bedding. Feed whole oats (old) and one-sixth part of wheat bran, wetted at feeding time. Allow one pound of this mixture for each 100 of live weight and give a like amount of mixed or timothy or prairie hay.—Farm Journal.

**HEALTH RULES.**

How To Keep Well as the Japanese Do In Their Country.

The following rules for the general guidance of the people in health matters have been printed and widely distributed by the Japanese Government.

First—Spend as much time out of doors as possible. Bask much in the sun and take plenty of exercise. Take care that your respiration is always deep and regular.

Second—As regards meals eat meat only once a day, and let the diet be eggs, cereals and vegetables, fruits and fresh cow's milk. Take the last named as much as possible. Masticate your food carefully.

Third—Take a hot bath every day and a steam bath once or twice a week if the heart is strong enough to bear it.

Fourth—Early to bed and early to rise.

Fifth—Sleep in a very dark and very quiet room, with windows open. Let the minimum of sleeping hours be six or six and one-half hours. In case of woman eight and one-half hours is advisable.

Sixth—Take one day of absolute rest each week in which you must refrain from even reading or writing.

Seventh—Try to avoid any outbursts of passion and strong mental stimulations. Do not tax your brain at the occurrence of inevitable incidents or of coming events. Do not say anything pleasant things nor listen, if possible to avoid it, to disagreeable things.

Eighth—Be married! Widows and widowers should be married with the least possible delay.

Ninth—Be moderate in the consumption of even tea and coffee, not to say tobacco and alcoholic beverages.

Tenth—Avoid places that are too warm, especially steam-heated and badly-ventilated rooms.

### PERILS OF THE CIRCUS.

The Dread of Falling Is Ever Haunting the Performers.

Day after day the circus woman dons her tinsel, slips on the heavy wooden "slop shoes" over her satin pumps, and so, with perhaps a "By-by, girls," and a nod to the wardrobe mistress, she shuffles out from the dressing tent to the ring, blows a kiss to the audience at large and takes her life in her hands. She does not think of this fact consciously, as a rule, but subconsciously the knowledge is with each one that

Paddy bought a watch from a local jeweler, who guaranteed to keep it in order for twelve months. About six months later Paddy brought it back because it had stopped. "You seem to have had an accident with it," said the jeweler. "A small one, sure enough, so! About two months ago I was fading the pigs and it fell into the trough." "But you should have brought it before." "Sure, sor, I brought it as soon as I could. We only killed the pig yesterday."

**CAUSE OF ASTHMA.**—No one can say with certainty exactly what causes the establishing of asthmatic conditions. Dust from the street, from flowers, from grain and various other irritants may set up a trouble impossible to irradiate except through a sure preparation such as Dr. J. D. Kellogg's Asthma Remedy. Uncertainty may exist as to cause, but there can be no uncertainty regarding a remedy which has freed a generation of asthmatic victims from this scourge of the bronchial tubes. It is sold everywhere.

some day perhaps she will be like the little girl who once was hustled out of a circus ring so fast that the audience hardly noticed, and then a gaudy kimono was thrown over her face, and instead of her slop shoes returning when the whistle blew, men's feet tramped, and the circus doctor found no work for him when he got there. Get to know these women and you find that under all their easy light-heartedness, their gypsy spirit, is a sort of smoldering dread like that of the people who live in earthquake countries.

You see it, for instance, in the keen way they take up the subject of accidents.

"The worst I ever fell was once when the net broke," said a trapeze performer.

"I'd just as soon have it break as to fall bad in it," put in another.

"Remember that time I bit my lip? Felt like my chin was knocked right up through the top of my head. My lower teeth cut my upper lip till it had to be sewed up clear across."

I learned then that the art of falling in the net is as difficult as any part of the performance, for so great is its elasticity that if a performer "falls bad," say in a standing position, the knees may be shot straight up to the chin and a knockout blow may result. To learn to come into the net prostrate, as in a hammock, is no small trick.

**A Dutch Ironclad.**  
It is of interest to note that, according to some authorities, the Dutch were the first in the modern period of history to build an ironclad and that during the siege of Antwerp by the Spaniards in 1585 the people of that city built an enormous flat-bottomed vessel, armored it with heavy iron plates and thus constructed what they regarded as an impregnable battery. This they named Finis Delli. Unfortunately the vessel got aground before coming into action and fell into the hands of the enemy. It was held by Alexander of Parma to the end of the siege as a curiosity, but was never employed by either side in any action.

**Indorsing the Asp.**  
In Marmontel's tragedy of Cleopatra, represented in the Theatre Francaise, when the Egyptian queen was about ready to commit suicide she held in her hands a mechanical asp of cunning workmanship devised by Yarexanus, the most ingenious mechanician of his time. This venomous reptile reared its head and before plunging its apparent fangs into the arm of the actress gave a shrill hiss. A spectator hereupon arose and left the house with the simple but expressive remark, "I am of the same opinion as the asp."

**For Loss of Hair**  
We will pay for what you use if Rexall "93" Hair Tonic does not promote the growth of your hair.

In all our experience with hair tonics the one that has done most to gain our confidence is Rexall "93" Hair Tonic. We have such well-founded faith in it that we want you to try it our risk. If it does not satisfy you in every particular, we will pay for what you use to the extent of 30 day treatment.

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Don't it stand to reason that we would not make such a liberal offer if we did not truly believe that Rexall "93" Hair Tonic will do all we claim for it—that it will do all and more than any other remedy?

We have everything there is a demand for, and we are able to judge the merits of the things we sell. Customers tell us of their success. There are many satisfied users of Rexall "93" Hair Tonic than any similar preparation we sell.

Start a treatment of Rexall "93" Hair Tonic today. If you do, we believe you will thank us for this advice. Two size bottles, 50c and \$1. You can buy Rexall "93" Hair Tonic in this community only at our store:

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There is a Rexall Store in nearly every town and city in the United States, Canada and Great Britain. There is a different Rexall Remedy for nearly every ordinary human ailment—each especially designed for the particular ill for which it is recommended.

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# 100 PERSONS CURED OF ECZEMA

Within the past few months over 100 persons have written to the Zam-Buk Co. reporting their cure of eczema, rashes and skin diseases by Zam-Buk. Does this not prove that Zam-Buk is something different? Don't you need it in your household?

Miss Mary McCusig, 919 St. Catharine Street, W., Montreal, says: "I do not know words powerful enough to express my gratitude to Zam-Buk. Eczema broke out on my scalp and hands. The irritation of the scalp was so bad that I could not sleep or rest, and I feared I should have to have my hair cut off. On my hands the disease appeared in sore patches, the burning and itching of which drove me many times to spells of weeping. I went to the dispensary, but they referred me to a skin specialist, who said that mine was as bad a case of eczema as he had seen. He gave me some ointment, and then a second lot, but neither gave me any relief. "I was in a very bad condition when Zam-Buk was introduced, but I soon found out that it was different from all the other remedies. I persevered with the Zam-Buk treatment, and each box did me more and more good. The irritation and smarting soon disappeared, then the sores began to heal, fresh healthy skin grew over the parts which had been sore, and I am now quite free from all traces of eczema, both on head and hands. My hair has also been saved. Zam-Buk is also a sure cure for piles, eruptions, blood-poison, cuts, burns and all skin troubles. See all drug stores and stores, or Zam-Buk Co., Toronto, for price. Refuse substitutes."

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# CANADIAN PACIFIC

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will give the required amount of strength. The liver impurities and carries reorgan of the body. No man the "blues." Life becomes again, and hope takes its

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