

# What is a Backache?

IT IS NATURE'S WARNING TO WOMEN

Diseases of Woman's Organs Cured and Consequent Pain Stopped by Lydia E. Pinkham's Vegetable Compound

"It seems as though my back would break." Women utter these words over and over again, but continue to drag along and suffer with aches in the small of the back, pain low down in the side, "bearing down" pains, nervousness and no ambition for any task.



They do not realize that the back is the mainstay of woman's organism, and quickly indicates by aching a diseased condition of the womb or kidneys, and that the aches and pains will continue until the cause is removed.

Lydia E. Pinkham's Vegetable Compound for twenty years has been the one and only effective remedy in such cases. It specially cures all womb and kidney disorders and restores the female organs to a healthy condition.

Here is one cure among thousands:

Dear Mrs. Pinkham:—  
I suffered a long time with ovarian trouble, having intense pains in the back and abdomen and very sick headaches every month. I was tired and nervous all the time and life looked very dreary to me and I had no desire to live until I began to take Lydia E. Pinkham's Vegetable Compound and to get some relief. My recovery was slow but it was sure, and I have never regretted the money spent for the Compound as it brought me to good health.

It seems to be a medicine especially adapted to the life of our sex and I am glad to see a good word for it.—Mrs. Albert Mann, 154 Gore Vale Ave., Toronto, Ont.

No other person can give such helpful advice to women who are sick as can Mrs. Pinkham. Her address is Lynn, Mass., and her advice free.

## FOR SALE.

Frame House and Small Lot, \$400  
Brick House and Two Lots, \$855  
Frame Cottage, Large Lot and Stable, \$900.

House and Large Lot in excellent location, all modern conveniences.  
New House, Hot Water Heat, Bath, Electric Light, Gas, &c.

**DUNN & MERRITT,**  
Fifth St. Phone 205  
Real Estate and Insurance

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### NATIONAL PARK

is something absolutely unique in this world."  
President Roosevelt.

The popular route to this delightful spot is via Union Pacific to Montana, thence by stage to all points in the park.

The stage ride from Montana, by the splendid Concord Coaches of the Montana & Yellowstone Stage Co., through scenery hardly inferior to the park itself.

Very low rates during June, July, August and September.

Inquire of  
**F. B. OHGATE, G. A.,**  
128 Woodward Ave.,  
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### ut Stone.

We keep the best in stock at right prices.

**JOHN H. OLBERSHAW,**

Franklin Street, Opposite Police Station.

Minard's Liniment Relieves Neuralgia.

## ORIENTAL PEOPLE.

Grace of the Women and Classic Drapery of the Men.

Passing us occasionally, going to Jerusalem with butter and eggs and little jars of leban that showed their thick, creamy throats as they were held up to us, were small companies of women in single file. As one blue procession went by the leader called to us: "Why should you ride and we walk? Why is your lot better than ours?" Given the opportunity for leisurely argument, we could not by any philosophy have made satisfactory answer. We could only admit the fact as they saw it and recognize the universal world plait of discontent.

They carry themselves, these women, like figures on an antique frieze. As they stride along, holding in sure balance on their heads their jars and baskets of homely produce, they tread the stony paths with the grace and largeness of action that we of the occident have grown to regard as belonging only to the age of Praxiteles.

The men are also admirable in the simplicity of their gestures, the big lines of their attitudes, the swing of their draperies. I saw a youth fling his mantle over his shoulder and fold it about him exactly in the manner of the classic Greek sculptural in his finely unconscious pose. God save the day when these sons of Canaan clothe their limbs in our ungainly garments!

## OPEN AIR TREATMENT.

Reasons For Its Good Results In Cases of Consumption.

The advantages of the open air treatment for consumptives may be thus briefly summarized: The patient exposed continuously to fresh air gains in appetite, assimilates his food better, sleeps more soundly and awakens more refreshed. Free exposure to air is the best antipyretic. Sweating at night, formerly so common a symptom, usually ceases. Colds are practically unknown among patients leading an open air life. Secondary infection, on account of the comparative freedom of the air from micro organisms, is much less likely to occur. Tolerance of outside air is very quickly established, and no one who has tried the open air life will willingly go back to the former conditions of stuffiness. I have never seen any one made worse by exposure to fresh air. Even during a thick London fog patients get on better lying in bed on a balcony or in rooms with windows wide open and a good fire burning than when attempts are made to shut out the fog by keeping the windows shut.—Dr. H. W. G. Mackenzie in London Lancet.

## RELIGIOUS TATTOOING.

A Custom That Is In Vogue In One Part of Italy.

In the "vanity" section of a museum at Florence there is an interesting collection of blocks used for what is called "religious tattooing" among Italian peasants of the district inclosed between the Abruzzi, Umbria and the Adriatic.

Peasants in these parts at work with shirt sleeves rolled up display a Christian symbol of some sort or a text tattooed in blue ink on their brown skin. This has been imprinted on the occasion of some special festival.

A wooden block is pressed upon the tightly drawn skin to mark the outlines of the design. This is then punctured, and a blue ink is rubbed into the wounds, which usually heal in about twenty-four hours. The custom, which is essentially Christian, is in commemoration of the branding of St. Francis, who founded a monastery close to Loretto.—London Telegraph.

## The Gentleman.

"The true gentleman," said Cardinal Newman, "carefully avoids whatever may cause a jar or jolt in the minds of those with whom he is cast—all clashing of opinion, all collision of feeling—his great concern being to make every one at his ease and at home. He guards against unreasonable allusions or topics which may irritate. He never speaks of himself except when compelled, never defends himself by a mere retort. He is scrupulous in imputing motives to those who interfere with him and interprets everything for the best. He is never mean or little in his disputes, never takes an unfair advantage, never mistakes personalities or sharp sayings for arguments."

## Their Only Chance.

A party of soldiers was taken to the shooting range for the first time. The men first fired at a target 500 yards away, and not one hit it. They were next tried at a target 200 yards away, and still every one missed. They were at last tried at one just 100 yards away, but no one hit it.

"Attention!" thundered the drill sergeant. "Fix bayonets! Charge! It's your only chance!"

## Need Never Reproach Himself.

"What word did he father send after he had found out about your elopement?"

"Oh, he wrote me a very kind letter, saying he was glad we'd taken that course, as it relieved him of the necessity of giving his consent and having it on his mind all the rest of his life."

## Sympathy.

"Have you congratulated our hostess on her birthday?"

"No," answered Miss Cayenne; "I have consoled with her."

## The Situation.

Mrs. Knicker—Does your cook know her place? Mrs. Bocker—That's just the trouble; she knows any number of them.—Harper's Bazar.



## A RACE FOR LIFE.

Spurring his faded horse to renewed efforts when the animal should be refreshed with proper food and rest is about as sensible as prescribing nerve tonics, alcoholic compounds, coca mixtures and cocktails which only spur on the already weakened nervous system. Neither does it do to put the nerves to sleep with narcotics. When you feel worn-out, broken down, jaded, and feel the effects of brain fire as well as nerve weakness, sleeplessness and fatigue, take Dr. Pierce's Golden Medical Discovery, a tonic which will do you lasting good, build you up, increase your appetite and strength and improve the condition of the blood. When the blood is impoverished the nerves feel the effect. Nervousness in nine cases out of ten is the "cry of the starved nerves for food." Feed the nerves on rich blood and all nervous manifestations will cease.

"It has been seven months since using Dr. Pierce's Golden Medical Discovery, and I only used three bottles of the medicine when it made me feel like a new man," writes S. A. Miller, Esq. (care of Mr. Amos Byre, R. D. 10, Dayton, Ohio). "I had doctored with two local physicians without benefit. I felt all worn out, and had an awful misery in my back for two years but noticed a change for the better when I began using your 'Golden Medical Discovery.'"

To gain knowledge of your own body—in sickness and health—send for the People's Common Sense Medical Adviser. A book of 1008 pages. Send 31 cents in stamps for paper-covered, or 50 stamps for cloth-bound copy. Address Dr. R. V. Pierce, 663 Main Street, Buffalo, N. Y.

## REAPED AS HE SOWED.

The Crop That Was Raised by Meisnioner's Clever Gardener.

Meisnioner, like many other celebrities, had a passion for gardening. His gardener, an accomplished botanist, knew to perfection the seeds of every plant, and his master had often tried in vain to throw him off his guard.

"This time I have him," the artist remarked to a party of friends at the dinner table. And he showed them a packet containing the dried roe of a herring. He then sent for the gardener.

"Do you know this seed?" Meisnioner inquired.

The gardener carefully scrutinized the grains.

"Why not?" he said at last. "They are the seeds of the 'Polpus finisimus,' a very rare tropical plant."

"How long will they be coming up?" Meisnioner asked, with a chuckle of suppressed exultation.

"About a fortnight," was the reply.

Two weeks later the guests were again assembled at Meisnioner's table, and after dinner the gardener was announced.

"M. Meisnioner," the man said, "the seed has just come up."

"Ah, you surprise me!" the artist exclaimed as he rose and led the way into the garden to examine the botanical phenomenon.

The gardener lifted a glass shade and disclosed to view a small bed with three rows of pickled herrings' heads peeping out of the earth. Everybody laughed. Meisnioner dismissed the gardener on the spot, but took him on again next day.

The average woman can break a man more successfully than she can crack a joke.

## ABSOLUTE

### SECURITY.

Genuine

## Carter's

### Little Liver Pills.

Must Bear Signature of

*Wm. Wood*

See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.

**CARTER'S**

**LITTLE LIVER PILLS.**

FOR HEADACHE.

FOR DIZZINESS.

FOR BILIOUSNESS.

FOR TORPID LIVER.

FOR CONSTIPATION.

FOR SALLOW SKIN.

FOR THE COMPLEXION.

FOR SICK HEADACHE.

**Robert Riddle & Sons**

—JOBBER—

Blacksmith and Machine Work

Saws GUMMED while you wait

Shop on King St., opp.

C. P. R. Depot. Phone 363

## ARE NOT AS THEY SEEM.

English Place Names—Mysteries of Pronunciation That Puzzle Travelers—Not Explained in Guide Books.

If the amiable foreigner, says London Tit-Bits, is driven to the verge of distraction by our vagaries in pronouncing words ending in "ough," and cannot for the life of him see why, if "cough" spells "kuf," "though" should not be "thof," and "rough" "sof," what must he think of our phonetic eccentricities in the pronunciation of place-names, which is such a sore puzzle even to ourselves.

Why, for instance, in the name of all that's reasonable should he have to say Amesbury when we write and mean Almondesbury, and, when we are in Lancashire, inquire the way to Oost'n when it is Ulverstone we want? These are mysteries which are not even revealed, one would think, unto babes, and which certainly make the upgrown man feel foolish.

If you chance to be in Suffolk, and want to find your way to Waldringfield, near Ipswich, you must avoid at any cost pronouncing the word as it is written. You will be looked on as a freak or a foreigner, but ask for Wunnert'l, and you will be sent on your way rejoicing. One may be prepared to find that Belvoir is pronounced Bavelor, but who is to know that Aspataria in Cumberland is only recognized locally as Spetery? You may ask the native the nearest way to Aspataria till you are black in the face, and he will stare blankly at you for your pains; but breathe the word Spetery and you will get your direction quickly enough.

Little Urswick is a place unknown to thousands of Lancashire folk who are familiar enough with the village of that name; but call it Lilosick and their faces will brighten at once with intelligence. Pontefract is not unrecognizable to the southerner even as Pomfret; but why should Keighley be known locally as Keetley and not as Keeley, which is the obvious rendering?

But the north country has no monopoly of odd pronunciations. Go to Devonshire and ask for Brithembottom; the odds are you will be told there is no such place. Brimbottum they know right well, and that is the place you really want. Thurlescombe, by a similar or worse perversion, becomes Drizilecum, which may, or may not, be a tribute to the dampness of its climate. There is in Gloucestershire a village called Churchdown which for some inexplicable reason is always spoken of locally as Chosen. The good people of Churchdown appreciate the joke as much as anybody, and tell you how, when the trains were asked to stop there, some one said, "Make thy Chosen people joyful."

Congresbury, in Somersetshire, is known as and wide as Coonsbury, and shades of our Norman ancestors—Hurstmonceux in Sussex has long degenerated into Horse-mouces. St. Osyth is a name that ought not to present any lingual difficulty, but its favorite form in the district seems to be Toosy; and, while the educated man has long been reconciled to all Greenwich "Grinnidge," there are many who still persist (and they are right, though it sounds strange to the ear) in pronouncing the name as it is spelled.

Chalmondston, in Suffolk, has been cut down to the more convenient Chumston; and Sandiacre, a small town in Derbyshire, is Senjiler to those who know what they ought to say. Welsh names are a source of un-failing confusion to the Englishman, whose tongue refuses point blank to grapple with them; and yet some of them at least have been made simple enough, such as Rhudbaxton, in Lancashire, which as Ribston is simplicity itself. In Hertfordshire the formidable Sawbridgeworth has been reduced to the handy compass of Sapper; but what shall we say of Woodmancote, which to the good people of Gloucestershire is often known as Uddenmuka?

## Martin Harvey's Joke.

Martin Harvey, the young English actor who vaulted to fame by his impersonation of Sydney Carton in "The Only Way," is an ardent devotee of Henry Irving, but he carefully eschews the mannerisms of that great English tragedian. Outside of his work as a member of the theatrical profession Mr. Harvey's chief hobby is painting and sketching. He is considered a clever painter and also has some knowledge of sculpture. He is very fond of dogs and rarely is without one of his pets beside him when off the stage. When in London Mr. Harvey lives in a beautiful house in St. John's Wood. His holidays he spends at the seaside. During one of his visits to the ocean he boarded at a small hotel, where he did not care to his hiking. On going away he took his revenge on the landlady in fashion of his own. His hostess as he was leaving asked him to write in her testimonial book. He complied. His entry comprised just four words—"I quote the raven." As the landlady had never read Edgar Allan Poe's poem, she was not "on," as we say in America. But guests who followed Harvey were.

## Capt. Ian Hogg.

An interesting figure in the group of young officers decorated for brilliant service with the Argungu expedition on the Niger last year, says The Star, is Capt. Ian Graham Hogg of the 4th Hussars, who has been on special work in Southern Nigeria for some time. This promising officer is the second son of the late Mr. Quintin Hogg, and his gallantry won him troop rank in the Boer war four years ago, when he was only 25. In the Cape he showed his faculty for organizing, and was for some time commandant at Wellington, while in the hot fields where his duty led him he earned four clasps for his medal.

## Repairs.

"Why do you need a horn?" asked the wagon. "I have no use for one," "Yes," replied the automobile, "but then you have a tongue."

**"Child's Play" Wash Day**

Means: To make the dirt drop out, not be rubbed in, use

## Surprise Soap

the "Surprise" way without boiling or scalding the clothes. Its a new way and a clean, easy method of doing the wash.

Surprise is all Soap; a pure Soap which makes a quick lather.

Read the directions on the wrapper.

## LONDON AT PRAYER.

A Light in the Darkness of Cities Is the Church Army.

To the first sixpenny issue of The Pall Mall Magazine—the January number—Mr. Charles Morley contributes a description of a service in the Church Army, at St. Mary-at-Hill, Tower, says The Pall Mall Gazette.

"No one," he says, "understands better than Mr. Carlile, the head of the army, the wisdom of Bunyan's words. Was not the immortal tinker also reproached with tickling the groundlings with his exciting stories of angels and devils, of glimmering opal palaces and flaming pits? He moved easily in the old pulpit, as though he was in a room, and, his eyes, roving about the church, talked in familiar strains for a few minutes. It was evident that he was on easy terms with his flock; and if he had nodded to some particular friend and asked if he had got a job yet, or congratulated some female member in his congregation on the healthy appearance of her baby, I should not have been in the least surprised.

"Now, brethren, we are going to have a collection, and I hope we get more than we did last Sunday night—£2 3s 1d was the sum and I am responsible for £11 every week. I have to find it somewhere. I don't get the money; the organist don't get it—he plays for nothing—and lots of good fellows come and help, all for love, too."

"The bags are going their course, but they are discreet and close-mouthed, so that the left hand knoweth not what the right hand giveth."

"I know many of you are poor, and if I find a few buttons, I understand. They are well meant, aren't they?"

"Laughs and titters here and there. 'But if you can give us anything, do that's all. And you need not stop at a button. An old coat, a necktie, or a shirt—we shall not be too proud to take them. There's many a poor fellow that can't get work because he doesn't look respectable. Oh! I know they won't go into the bag—bring 'em round to the vestry—we'll take them in.'"

"The bags are still passing from hand to hand in that salty hunt-the-slipper manner which always marks this interesting ceremony—in- evitable in all religious services as the common fly.

"Now, I am glad to see so many of you here to-night. But I want more. Oh! we will find room for you."

"I wonder how and where?"

"Women, bring the men; men, the missus and the kids. Come, come, we give you a bright, cheerful service,

with pictures and music, and no ceremony." Then his voice changed from easy jocularity to stern and even angry accents—surely it is better here than in the vile pubs—the curse of this country! You all know what the drink brings men and women to—ay, and even the children know, too, as well."

## British Oratorical Slips.

Mr. Balfour, in a recent speech, spoke of "an empty theatre of unsympathetic auditors." Lord Curzon has remarked that "though not out of the wood we have a good ship." Sir William Hart Dyke has told how Mr. Lowther "has caught a big fish in his net—and went to the top of the tree for it." Mr. Asquith has lately remarked that "redistribution is a thorny subject, which requires delicate handling or it will tread on some people's toes."

Mr. Brodick told the Commons, says The London Daily Graphic, that "among the many jarring notes heard in this House on military affairs this subject at least must be regarded as an oasis." But, General Buller evidently thinks there is little to be gained by so-called army reform for he declares that "the army is honeycombed with cliques, and kisses go by favor in this web of ax-grinders."

In the debate on the London Education bill Mr. Walter Long said: "We are told that by such legislation the heart of the country has been shaken to its very foundations." Before Mr. Winston Churchill opposed the present Government he, at a meeting of the Bow and Bromley Conservative Association, commended certain utterances of Lord Rosebery, but said Sir Henry Campbell-Bannerman "had sat so long on the fence that the iron had entered into his soul."

A financial minister has assured the Commons that "the steps of the Government would go hand in hand with the interests of the manufacturer." It was in the Lords that the Government was warned that the constitutional rights of the people were being "trampled upon by the mailed hand of authority."

It was the late Sir George Campbell who said, "the pale face of the British soldier is the backbone of the British Empire," and who said certain abuses in India were but "a more flea bite in the ocean" as compared with others he could name. It was another friend of India who said: "Tass the measure and the barren wells will become fertile valleys." It was a loyal member who said: "When I go wrong I look round and see our chief leading and I soon get right again."

Love never joins in the chorus when malice sings.

## I WILL CURE YOU FIRST THEN YOU PAY ME

The physician who has not sufficient confidence in his ability to cure his patients first, and receive his pay afterwards, is not the man to inspire confidence in those who are in search of honest treatment.

My acceptance of a case for treatment is equivalent to a cure, because I never accept incurable cases. I am satisfied to receive the money for the value I have given the patient, but I expect to prove my worth and show positive and satisfactory results before I ask for the fee. So, should I fail to cure the case, the patient loses nothing, while when I cure him I have given what is worth much more than money—I have given him his health again. I am the very first specialist in the United States who has had sufficient confidence in his ability to say to the afflicted,

**NOT ONE DOLLAR NEED BE PAID UNTIL CURED**

There is no guess work, no experiment about my method. I am a known expert in my chosen specialties, and I give the best and only the best treatment. When your life or your health is at stake, inferior treatment which leaves after-effects worse than the disease itself, is dear at any price.

**I Have 14 Diplomas** and certificates from the various colleges and state boards of medical examiners, which should be sufficient guarantee as to my standing and abilities. It makes no difference who has failed to cure you, it will be to your advantage to get my opinion of your case free of charge.

## PHYSICAL DEBILITY

The Latest Method Treatment is a heaven-sent boon to nervous sufferers. There are scores and hundreds of persons suffering from severe nervous disorder resulting from overwork, worry, business and domestic cares, bereavements, dissipation, etc. To overcome this, they need a rest, comfort and happiness are possible. They suffer from headache, loss of memory, mental depression, strange sensations, dizziness, drowsiness, restlessness, irritability, constant indigestion, loss of sleep, loss of appetite, weakness, trembling, heart palpitation, cold limbs, water signs and exhaustion. In this class of cases almost immediate relief is afforded by my treatment. The use of narcotics and poisonous stupefying drugs is done away with, and permanent cures accomplished.

**I Cure Nervous Debility, Varicose, Stricture, Early Decay and Waste of Power, All Nervous, Chronic, Blood and Skin Diseases.**

**X RAY EXAMINATION, ADVICE AND CONSULTATION FREE**

## HOME TREATMENT

If you are in or near the city you should apply for treatment in person, but if you live too far away, write me a full and unserval history of your case. You will receive as careful, conscientious and painstaking attention as if you were in my office daily. As men in different parts of Canada and Mexico, as well as all over the United States, are being cured by my system of home treatment, I feel fully justified in claiming that it is the most perfect and successful system ever devised. All physicians coming to me for consultation in over obstinate cases which they are occasionally called upon to treat will receive the usual courtesies of the profession. Medicines for Canadian patients shipped from Windsor, Ont., all duty and transportation charges prepaid.

**DR. S. GOLDBERG,** 208 Woodward Ave., Suite 411 Detroit, Mich.