

# STOP TAKING DRUGS

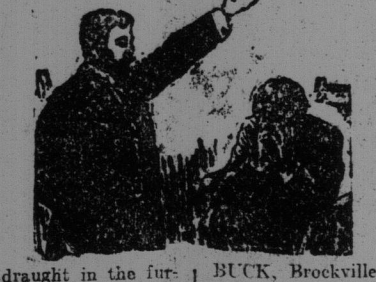
## They Are Poisonous to Your Stomach, Nerves and Vitals

Ever since you can remember you have understood that the way to cure a pain outside was to take something inside. That is the foundation of our Canadian drug habit. Since childhood you have depended on drugs to kill pain. It never occurred to you that the drug was also killing the nerves of the stomach and overtaxing the heart. That is the reason for your stomach trouble. You have ruined your stomach with strong drugs and weak action by driving it beyond its strength with heart stimulants.

You can put an extra fire and draught in the furnace and drive up an engine, but it will speed without hurting the engine, but you can't do that very often with your heart because it is not made of iron. You don't realize that until you give it refuses to be forced any more—that it is the time when drugs, which "used to do the work right away," don't seem to have any more effect and you are forced to realize your health is gone.

Every time you take a drug to the stomach, liver, kidney or heart, you hurt them—actually hurt them. Their natural vitality and taking power, because they are weakened by each dose, and anyone can see this time, by steady dosing, you give no natural action of any of the organs. From that time on your existence will depend upon forced stimulation, and when that fails you are gone.

Electricity is a relief from the old habit—the drug habit. It does not mean what you expect. It does not do by unnatural means. It gives real strength to your body, and your body has its natural strength, there can't be any trouble, can't be any pain, because there is no pain in a perfectly healthy body. The exhilarating sensation is felt without sting or burn, and I have perfected it with regulating device which makes the current mild or strong at will.



### FREE TO YOU

Get my *Stop Taking Drugs* by treatment and with illustrations of fully developed men and women showing how it is applied. The book tells plain language many things you want to know, and it is good, wholesome, and sane. I send this book, prepaid, free, if you will mail me this coupon.

Don't wait a minute; cut out the coupon now.

Office hours: 9 a. m. to 6 p. m. Wednesday and Saturday 10 to 12 p. m.

**M. C. McLEOD**  
214 St. James St., Montreal, Can.  
Send me your book, free.

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Address \_\_\_\_\_

## PROMISES GREATEST

### SEASON ST. LAWRENCE

**RIVER HAS KNOWN**  
(Montreal Shareholder)

To accommodate the heavy traffic both westward and eastward, a number of the steamship companies are adding up boats to their fleets. The White Star Dominion Line are putting on the new *Adriatic*, *Adriatic*, and, in addition, will place the *Southwest* as an extra boat on the two sailings each way in May and June. The Canadian Northern are in the market for two new boats, and in the hope to secure before the season is really opened and use them in conjunction with their present steamers.

The Allan Company have purchased a boat from the Holland-American Line, which they have renamed, and named the *Scotia*. This boat will be put to the Glasgow-Montreal route to help to take care of the traffic offered from that point.

The C. P. R. have ordered two large fast boats to replace the *Empress*, but they do not expect that they will be available for the present season. The Robert Redford Company, local steamship agents for the Dominion, Thompson and Cunard Lines, expect to have a very big season, and are making preparations accordingly. The Dominion Line have ordered a new steamer for the spring of 1912, being able to secure it for the present season.

The Cunard Line are coming to Montreal this year for the first time in their history. They will put three boats on the service, one the *Acadia*, being a new boat, which will make her first trip from Montreal on June 5th; the other two boats are the *Albatross* and the *Ansonia*. The Thompson Line will operate between Montreal and London and also their regular service to the Mediterranean. Altogether the season of 1911 promises to be the biggest in the history of St. Lawrence shipping. To keep pace with the development in the shipping, the local harbor officials are making big preparations to increase the docking and terminal facilities at this port.

## Ourselves

The current number of *Ourselves*, Peter MacArthur's magazine for cheerful Canadians, contains another striking contribution to the series on the Canadian Monopoly. The "Spinners" of Canadian Politics, in the person of Hon. Clifford Sifton, is the headline of the editorial article. Other articles include the editor's view on the reciprocity negotiations and "My Financial Career," by Stephen Leacock. The regular departments are of more than usual interest. Get a copy from your newsdealer or send 10 cents to Ourself Publishing Co., St. Thomas, Ontario.

## The Effect OF Scott's Emulsion

### on thin, pale children almost magical.

It makes them plump, rosy, and active.

## Scott's Emulsion

contains no drug, no alcohol, nothing but the purest and best ingredients to make blood, bone and solid flesh.

**BRITAIN'S DRINK BILL**

In Canada we hear a great deal about the poverty of Great Britain and about the struggles the poor have to make both ends meet. When we consider that Great Britain spends almost \$800,000,000 per year for liquor, and when we consider the loss of time, wasted energy and other economic wastes following the use of liquor, one does not wonder so much at the poverty of the country. It is amazing to think that a country can spend that amount of money on liquor and still be one of the leading commercial nations of the world. At the present time Great Britain is complaining that she finds it difficult to raise sufficient money to maintain her navy and army. This is because of the money she spends on liquor. If spent in the building of Dreadnoughts, would in a year give Great Britain more ships of this class than is possessed by all the other nations in the world.

Some day we will legislate to abolish the drink evil and the money which is spent for liquor, and not only save this money for the people but also make the people healthier, wealthier and better in every way.

## TENDERS FOR PAVING WORK ARE OPENED

Engineer Must Work Them Out Before Decision is Made

### McLEOD WAREHOUSE

Lease Given to Messrs T. McAvity & Sons Ltd.—A Garage Incinerator for the City is Talked of

Several matters of importance were dealt with at the regular monthly meeting of the board of public works last evening. Tenders for paving work were opened, and the engineer was authorized to make a recommendation to place a retaining wall on that street and it was decided that the request be complied with.

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## FOUR IN ONE FARM OF 2,000 ACRES IS PLANNED

Jail, House of Refuge, Isolation Hospital and a Sanatorium

### TORONTO'S BIG SCHEME

Plan of Cooley Farms May Be Followed in Ontario Project—The Work of the Institutions in Cleveland

Will Toronto within a few years have a large farm out in the country where institutions will be established not only for the treatment of inmates, but also for first offenders against the criminal code, for a new house of refuge, an isolation hospital and a consumptive sanatorium?

It is quite within the range of possibility that this may be done. R. G. Harris, property and street commissioner, who has studied and given matters a good deal of consideration, believes that the city will not stop at merely establishing a jail farm for inmates, but will also place all first offenders there rather than keep them confined in the present jail across the Don.

## CO-OPERATIVE SOCIETY RESULTS IN OLD LAND

Two Societies Had Profit of \$55,000,000 Last Year—Reduce the Cost of Living

### RESULTS IN OLD LAND

An interesting visitor to Montreal this week was William Maxwell, formerly head of the Scottish Co-operative Wholesale Society, who is now in charge of the co-operative movement in the United States.

Co-operative institutions are for the most part unknown in Canada, and for this reason the story told by Mr. Maxwell to the members of the co-operative societies in Montreal was of great interest. He told of the work undertaken by this society.

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## This Man Is Young at 55 Years

He is a "Health Belt Man." Therefore Has the Vitality and Hot, Red Blood of Youth in His Veins. He Towers Like a Giant Above the Ordinary Difficulties of Life—Sees a "Health Belt Man" Yourself—It Gives Many Strengths! It Makes You Young and Keeps You Young All the Days of Your Life! It Takes All the Gloom Out of Your Make-Up—Let Me Give You of This Abundant Vitality, Then Nothing Can Ever Conquer You But Death Itself—100,000 Men Have Taken My Advice, Why Not You?



### I TAKE ALL THE PAIN

All I want is a chance to prove to you the truth of my claims. Write to me, or call at my office, and you can get a trial of the Health Belt for ten days. If not cured, send it back. If cured, I will give you a discount.

### Let Me Send You These Two Books FREE

These two books contain my Health Belt. One is called "Health in Nature" and deals with work, ailments common to both men and women, such as rheumatism, kidney, liver, stomach, bladder disorders, etc. The other, "Strength, the Glory of Man," is a private treatise for men only. Both sent upon application, free, sealed, by post.

If in or near this city, take the time to drop in at my office that you may see, examine and try the Belt. If you cannot call, fill in the coupon and get the books by return mail. They are better than a fortune for any one needing new vigor.

**DR. E. F. SANDEN CO., 140 Yonge Street, Toronto, Ont.**  
Dear Sir—Please forward me your Books as advertised, free.

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