

PHYSICIANS Failed to Cure Rheumatism

Miss Flora Chapman Vividly Describes Her Sufferings and Ultimate Cure With "Nerviline."

"After being an enthusiastic user of Nerviline for years, I feel it my duty to tell you personally what your wonderful preparation has done for me. I suffered torture from rheumatism and heart trouble, tried scores of so-called remedies, consulted for weeks and months with Toronto's most eminent physicians, but derived only slight benefit. A friend insisted on my using Nerviline, and to my surprise a vigorous rubbing of this powerful liniment eased the pains and reduced the stiffness in my joints. I continued to use Nerviline and was permanently cured. I am now perfectly well, and for three years have had no rheumatism at all. I know many families where no other medicine but Nerviline is kept—it is so useful in minor ailments like earache, toothache, neuralgia, coughs, colds, lumbago, and sciatica. I call Nerviline my "Life Guard," and urge all to try its merit." Dec. 17th, 113 Palmerston Avenue, Toronto.

CURED 3 YEARS

NERVILINE Cures Rheumatism

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We keep everything to be found in a first-class Bakery.

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We get up Wedding Cakes equal to any.

Delicious Ice Cream by the dish or in bulk.

Summer Beverages of all kinds.

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A CITY OF CONTRASTS

SHANGHAI IS THE MOST COSMOPOLITAN OF PLACES.

The Presence of an International Settlement, a French Quarter and the Old Chinese Walled City Make It Three Principalities In One—Its Streets Are Narrow and Dark In the Native Section.

Shanghai is situated twelve miles up the Whangpoo River, and most of the big mail boats anchor at Woosung at the north mouth of the river and send their passengers ashore by steam tender: there are very few ports in the Far East where the ships proceed direct to the wharves, although the Shanghai anchorage involves the longest landing trip anywhere, a journey of about an hour and a half. The work of deepening the channel is now in active progress, but as the harbor rates at Shanghai are tremendously high it will probably be a great many years before the Woosung anchorage is finally abandoned.

Shanghai is a city of the most violent contrasts imaginable, owing to its division into three settlements, the International, the French and the Chinese walled city; in this respect it is unlike any other port in the Far East, the three settlements directly adjoining each other and being separated only by narrow creeks, but each having its own municipal government and entirely separate civic administration. It is in reality three cities in one. Between the English and the French the contrast is not so marked, but the transition from either of these settlements to the native city is nothing short of marvellous to a new arrival in China. For in five minutes you can walk from the Shanghai Club, a building second to very few of its kind in the world into a typical Chinese city with its narrow, dark, and filthy streets, its abominable smells and its crowds of jostling, sweltering humanity, all of these characteristic Chinese sights inspiring the average foreigner with a desire to escape as quickly as he can. The Chinese walled city is Native China and the rest of the city is Europeanized China.

A comparatively small percentage of foreign residents in Shanghai have ever gone through the native city: they are wise, for, having once seen it, they can never forget it and it cannot be pleasant to realize that you are living in such close proximity to all this filth and squalor. The native city is for the Chinese and to the tourists and travelers who can get their only sight of a Chinese city here it is well worth a visit. But the average tourist will probably think he has seen all he ever wants to see of China before he gets outside the walls again.

John Chinaman in his native haunts and John Chinaman in foreign countries, on steamships and even in the foreign settlements of his own country are two entirely different people; in the latter he is more or less Anglicised and lives in a comparatively civilized fashion. But your feelings towards him are bound to undergo a very radical change when you have seen the way he lives.

However much you dislike them you cannot fail to respect them for their honesty, reliability and entire trustworthiness. This article does not aim to describe the native city, although the writer endured its odors and its filth on two different occasions with this object in view. He has, however, since seen Canton, where over two million people are crowded in a city whose streets are so narrow that they seldom see the light of day and therefore, you can easily realize that Shanghai is only, so to speak, a pocket edition of Canton.

It is a pleasure not to be measured in words to get outside the walls and

Dr. Morse's Indian Root Pills

are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula or the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They act promptly and effectively, and

Cleanse the System

MEN LET US CURE YOU

If you suffer from Kidney or Bladder Trouble, Varicose Veins, Rheumatism, Gout, Gravel, Skin Disease, Nervousness, Headaches, Stomach Troubles, Dropsy, Hemorrhoids, Piles, or any kind of disease, come to us for treatment. A little advice may be all you need—it is free for the asking.

OUR MOTTO: Quick Results, Easy Terms. Don't let money matters hold you back. No one is too poor to receive the full benefit of our best efforts. Call or write in strict confidence. Consultation Free, Special Parlor for Privacy.

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45 W. Fort St., DETROIT, MICH.

IT WAS STONE IN THE BLADDER

GIN PILLS PASSED IT

"Five years ago, I was taken down with what the doctors called Inflammation of the Bladder—intense pains in the back and loins, and difficulty in urinating, and the attacks, which became more frequent, amounted to unbearable agony. I became so weak that I could not walk across the floor. My wife read in the papers about GIN PILLS and sent for a box. From the very first, I felt that GIN PILLS were doing me good. The pain was relieved at once, and the attacks were less frequent.

In six weeks, the Stone in the Bladder came away. When I recall how I suffered and how now I am healthy and able to work, I cannot express myself strongly enough when I speak of what GIN PILLS have done for me". JOHN HERMAN, Hamilton, Ont.

Regular size, 50c. a box, 6 for \$2.50—at all dealers. You can try them free by writing for a free sample to National Drug & Chemical Co. of Canada, Limited, Dept. A. Toronto. 68

return to the International settlement, Shanghai—the Shanghai that is Europe and not China—is indeed a pleasant place after that Shanghai which is China, not from a sightseeing point of view, for there is comparatively little to see, but to spend a quiet week or two in and enjoy the hospitality of its inhabitants, which is proverbial all through the East.

The Shanghai Bund is a magnificent street, with the possible exception of Hong Kong—and it is hard to decide which of these two merits the distinction—the finest Bund in the Far East and a pleasing contrast to the dingy Nagasaki Bund and the much inferior buildings that line the sea front at Yokohama. Here are to be found the clubs, banks, hotels, shipping offices, etc., all of them imposing looking buildings of modern, up-to-date construction which would be a credit to any city in the world of many times the size of Shanghai. On the Bund, too, are fine public gardens where are quartered excellent bands, grass lawns, a very fine public promenade—all the characteristics in fact, of a flourishing European city. The big business firms have their "Hongs" or offices, and shops, immediately behind the Bund to a depth of about three blocks, but everywhere else in buildings are purely Chinese with a few European houses thrown in here in the majority of the suburbs, the business portion of the city and there. The foreign residence quarter contains some really magnificent private houses and gardens and this is the only portion of the city where there is any considerable number of European houses in one place. There is absolutely no attempt on the part of the Chinese in Shanghai to copy foreign architecture and erect the unsightly-looking buildings which the people of Tokio and other civilized cities have adopted and classed as "Foreign." The buildings are either genuine Chinese or modern European, and it is a blessing for which Shanghai should be very thankful.

London's Flesh Supply.
At the London Central Meat Market in 1910 nearly half a million tons of meat were delivered.

A Story of a Scholar.
Theodor Mommsen, the famous historian, had not only the appearance, but the manner, of a scholar. Once during the half hour's drive from Berlin to Charlottenburg the car in which the professor rode went badly off the track. The rest of the passengers alighted, the horses were removed, and the stranded car was left until help could be found. Mommsen remained, reading his book. An hour passed, and the sound of levers and jacks and the plunging of horses' hoofs aroused him from his reverie. With no sign of discomposure he arose from his seat and went to the door. "Ah," said he, "we seem to have come to a standstill."

Skyrockets Before Gunpowder.
It matters very little in the long run to the small boy whom, how or where fireworks were first made and of what they are made off. But the fact remains that the despised heathen Chinese first made them and used them and that civilized communities did not know of them until the fourteenth century. The sky-rocket was first invented toward the close of the ninth century and at that time was used, so it is said, in China and India in war. That was long before the invention of gunpowder.

Trees and Wind.
When one travels through the parts of Belgium bordering on the sea he sees a striking example of the influence on trees of strong and constant winds. The trees are in general bent toward the interior of the country. It was proved some time ago that the trunks of trees hurled in the peat bogs of Holland all lie in a southwest to northwest direction.

Currants.
The stalks may be quickly removed from currants by well flouring the hands and rubbing the currants as hard as possible between them. This takes much less time than picking them separately and is quite as effective.

HOW THE GERMANS WORK.

Long Hours and Lots of Eating Seem To Be the Rule.

In an article on "The German at Home" in The World's Work the author, J. H. Collins, states that in comparison with the Englishman the German business man works abominably long hours. He and his clerks are at work at eight in the morning.

"At 9.30 everybody in the factory or warehouse ceases work for fifteen minutes to eat a bit of bread and butter, brought in the pocket. At noon two hours are allowed to go back home for a hearty dinner. In the afternoon is another stop for tea or coffee, after which everybody works through till in the evening, so that the German business people are catching trams for home and supper about the time English people are going to the theatres.

"Even in retail shops and in factories the pause, or 'powwa,' as it is called in German, is rigidly observed. Workmen stop in the morning and afternoon for bread and beer, served from their canteens, and every retail shop, large or small, has a place where clerks can warm and eat food.

"The German has a vast assortment of quaint beliefs about his stomach. Food must be put into it cautiously six or more times a day, and his strict ideas as to what may be done to the stomach and what may not lead him to condemn our three simple meals. His stomach guides him in selecting a wife, and its general state after marriage is the latter's rating of efficiency. Stomach governs a German's business ways, too, for just as he and his staff are getting on with the day's work under a head of steam the whole machine is stopped for a 'powwa' and laboriously steamed up again after each snack, with the outcome that no more real work is done usually than in our shorter day.

"Five years after a German clerk is hired he will appear before his employer, click his heels together, bow deeply and call attention to the fact that he has been there five years. Does he expect an increase of salary? Not at all! This is merely the German respect for length of service. By going so he politely intimates that he thinks he must be of some use in the place or he wouldn't be there. At the end of ten years, fifteen years and twenty years the same reminder is given, until, when the twenty-fifth anniversary comes round, the boss is looked to for a handsome jubilee dinner."

Mountain Shadows.
The peak of Tenerife projects a huge shadow stretching over fifty miles across the ocean and partly eclipsing the adjoining islands. Exaggerated shadows of immense size are commonly seen in many other places. On the Harz mountains the so-called "Spectre of the Brocken" consists of the gigantic shadows of mountain climbers thrown on the clouds. The same phenomenon occurs on the summit of Pambamarca, in Peru. On the tops of Alpine peaks and on the summit of Ben Lomond, in Scotland, mists in one case and rarefied air in the other cause similar optical illusions. The same causes produce also colored shadows varying at each hour of the day and traceable to the dispersion of the solar rays.

The test of a man's quality is in his remembrance, when he has reached the top, of the friends he left lower down.

LIVER LAZINESS

Those Who Lack Energy and are Unsuccessful Should Read This Closely.

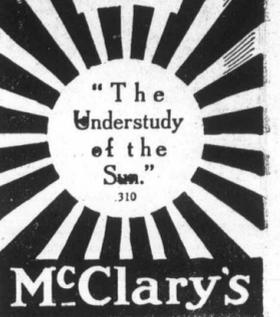
"I am only thirty years old, yet for almost two years I have felt more like seventy-five. I have found it difficult to sleep at night and in the morning feel so depressed and heavy that effort was difficult. My hands were always clammy and perspiration on slight effort would break out all over me. It was not unnatural that I should begin to brood over the chance that I should soon be unfit to do my work, and this dread made my sleepless nights perfect misery. After repeated trials of medicine and mixtures Dr. Hamilton's Pills gave me the first gleam of hope. From the very first I could see they were different in action from other pills. They didn't gripe and acted as naturally as if nature and not the pills were cleansing my clogged up system. My spirits rose, I felt much better, the sluggish action of the system gave way to normal activity. Dizziness and headaches ceased, appetite, good color, and ambition to work returned and have remained. I am like a new man and I thank Dr. Hamilton's Pills for it all."

This was the experience of J. E. Parkhurst, a well-known grocery dealer in Jefferson. Follow his advice, use Dr. Hamilton's Pills for your stomach, kidneys, and liver, and you'll enjoy long life and robust good health. All dealers sell Dr. Hamilton's Pills. In yellow boxes, 25c. per box from The Catarthozone Co., Kingston, Ont.

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Best call and find out the reasons why we so promptly back McClary's guarantee with our own. Let us explain to you why the "Sunshine" is called



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Insurance	\$3,609,249.06
Sick and Funeral Ben't	245,683.45
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