

THE SCHOOL PROBLEM

The Autumn brings a new school problem into thousands of Canadian homes—a problem that must be settled in the interest of mental, moral and physical culture. Education at the sacrifice of health is a costly luxury.

The best food to study on, to play on, to work on, is

SHREDDED WHEAT

It is the favorite cereal food in Canadian schools as well as Canadian homes because it contains all the muscle-making, brain-building material in the whole wheat grain prepared in its most digestible form.

Nothing so deliciously warming and nourishing these chilly mornings as a Shredded Wheat Biscuit with hot milk or cream and a little fruit. Good for grown-ups as well as children. Supplies all the nourishment needed for a half day's work or play. The cleanest, purest, best of all the cereal foods.

MADE IN CANADA

The Canadian Shredded Wheat Company, Limited

Niagara Falls, Ont.

Toronto Office: 49 Wellington Street East

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MILLION DOLLARS COULD BE SAVED CANADIAN RAILWAYS

(Forestry Branch Bulletin)

The annual replacement of cross-ties in Canadian railway lines is about 10,000,000, according to statistics compiled by the Forestry Branch of the Department of the Interior.

The average life of a tie, i. e., seven years, could be prolonged to sixteen years if proper preservative treatment were adopted, and an annual saving of 300,000,000 feet, board measure, of timber, could be effected.

This is equivalent to three years' cut of one of the very largest mills in the country.

While the initial expense of croos-ties would bring the cost per tie from fifty-eight to ninety-three cents it would save \$1,400,000 annually.

Since 1890 two timber-treating plants have been established, treating in 1911, 200,209 ties, or 1.5 per cent of the total.

The number of ties purchased in the Dominion in 1911 was 13,637,700 an increase of 4,469,808, or 48.2 per cent over 1910.

The rapid development of railways in the western provinces is largely responsible for this increase.

Eighteen kinds of wood were used, Jack pine, with 40 per cent; tamarack, with 10 per cent; Douglas fir (used to a very great extent in new electric lines in British Columbia) with 14 per cent, and hemlock, with 12 per cent, were the leaders.

A remarkable change is that of cedar, in decreasing from 40 per cent to 3.4 per cent of the total.

AVIATOR HAS BAD FALL BUT IS LITTLE HURT

New York, Oct. 12.—George W. Beatty, an aviator, had a narrow escape from death, when his airplane fell several hundred feet into Rie's farm, in the Kensington Park section of Brooklyn, near 47th street and 17th avenue.

Beatty was shaken and received several cuts about the face from snapping wires. The machine was smashed to bits under him.

How Drugs Wreck the Nerves

Every dose of drugs that you put into your stomach weakens your nerves.

Every time you kill a pain or an ache by unnatural means—by stupifying the nerves with poisonous drugs, you are hurting them, and anyone can see that in time, by steady dosing, your nervous system will be broken down completely.

Drugs not only weaken the nerves, but they upset the stomach, rendering it unable to supply the nourishment for the nerves and organs of the body.

Drugs destroy the digestive juices of the stomach; therefore you do not get the proper nourishment from your food. You may eat heartily, but if your digestive apparatus is out of order you won't get much good out of your food.

So many people are dipping their stomachs with drugs trying to overcome some chronic disease or weakness and wonder what makes them so nervous, restless and unable to think clearly. They naturally blame the disease for it, but the trouble is really caused by drugging.

The life of the nerves is electricity. If they are weak it is because they lack electricity. Electricity is the nourishment which the stomach generates for the support of the nerves and organs, and when it is unable to generate this force it must have artificial aid. This is electricity—artificial electricity as applied by Dr. McLaughlin's Electric Belt.

My method of curing disease is to go down to the very foundation of the trouble and remove the cause. When I have removed the cause Nature will do the rest. If your nerves are weak I restore to the stomach the power it has lost, which in turn gives the necessary strength to the nerves.

Electricity is a relief from the old system of drugging. It does by natural means what you expect drugs to do by unnatural means. It is Nature's way of curing disease, for it gives back to the nerves and organs the power they have lost, which is their life.

My Belt is easily and comfortably worn next to the body during the night, and gives out a continuous stream of that strength-building, nerve-feeding force which is the basis of all health.

Dear Sir,—This is to certify that I was cured of a sore, weak back, which bothered me a great deal at times, especially after heavy lifting. Your Belt cured me completely, and my back is perfectly strong now, and I can do heavy lifting without and had after-effects.

W. G. ARMELLI, Poplar, Ont.

Dear Sir,—I am pleased to tell you that my back is all right now. The distressed feeling that I had before, when I tried to get up to walk, has all gone. I must say I gave your Belt a good test, for I labored every day in the week at heavy lifting work. Your Belt is all you claim for it, if a person only gives it a fair trial. I am a great believer in electricity.

A. W. SPINNEY, Yarmouth, N. S.

I GIVE IT FREE

Get my 84-page book describing my treatment, and with illustrations of fully developed men and women, showing how it is applied.

This book tells in plain language many things you want to know. I'll send this book in plain wrapper, prepaid, free if you will indicate this coupon.

I want to convince every sufferer that he can get benefit from my treatment. Nobody should be without it, for it is cheap enough, far cheaper than a course of doctoring, and I want everybody to try it. Let every sufferer who can do so, call at my office, and make a full test of my Belt free of charge.

If you can't call send this coupon for my book.

I. C. R. PASS INQUIRY ENDED

Moncton, Oct. 11.—The inquiry into the matter of I. C. R. passes was brought to a close this afternoon by Commissioner Adair.

J. J. Walker, recalled, testified as to the loss of a book of passes on Feb. 20, 1908, as described by Charles Wright. Witness said he had not made a report of the matter, as he thought by keeping it quiet he might find out what became of the Vye ever given him.

Charles Hannigan, an employe of Mr. Walker's office, said he had nothing to do with passes. He knew of the passes being missing at the time but he had not the slightest idea of what became of them.

Dr. Bourque, recalled, stated he had not said to Joseph Bourque that he "wanted to know too much." He did not say he used a station to make a good job in obliterating dates. He never had any refunds from the I. C. R. He knew nothing about irregular passes except hearsay. He heard Joseph Bourque say in the presence of others that he had a book of passes.

Archibald Gogan, an employe of the Mechanical Department, said he was the next witness. He did not know what became of the missing pass book.

Vye Recalled.

Ray Vye said Dr. Murray told him he had stolen passes in 1904 and 1908, and that he had a number left over and would keep them for himself and friends. Vye then repeated some of the previous testimony as to an incomplete pass he had given Murray.

Vye said Joe Bourque never got any passes from him for hockey trips. Brown, Way, Gregory, Cushing and McGrath worked with the I. C. R. and if they got passes they were entitled to them. Bourque was treasurer of the hockey team and Vye was secretary. Vye said he knew nothing about unpunched tickets. Vye said Murray told him he got two books of duplex tickets from a conductor who owned him a bill.

James Cushing, the well known hockey player and employe of the I. C. R., said he had not got any passes. Transportation was always handed to the hockey team by the manager, Mr. Baird, and they always got reduced rates on account of a certain number going.

"Did Vye ever give you passes?" "Not to my knowledge."

He did not remember of having received two passes at one time to go to New Glasgow. He remembered having been given a bunch of money and sent to New Glasgow to buy music and Gregory and being told not to come back without them. He didn't remember about passes Joe Bourque was backing the team then and he was a good backer.

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Pimples - Go - Beauty Comes

You Just Can't Help Having a Beautiful Complexion If You Use Stuart's Calcium Wafers.

Pimples! Horrors! And what a wonderful change when they are all gone. Most everyone has noticed this. Now...

Stuart's Calcium Wafers cause the skin pores to breathe out impurities. It takes only a short time, even some very bad complexions—the kind that are disfigured with rash, eczema, boils, blotches and liver spots.

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