

# Exhaustion

## Horsford's Acid Phosphate.

Overworked men and women, the nervous, weak and debilitated, will find in the Acid Phosphate a most agreeable, grateful and harmless stimulant, giving renewed strength and vigor to the entire system.

Dr. Edwin F. Vose, Portland, Me., says: "I have used it in my own case when suffering from nervous exhaustion, with gratifying results. I have prescribed it for many of the various forms of nervous debility, and it has never failed to do good."

Descriptive pamphlet free on application to

Rumford Chemical Works, Providence, R.I.

Beware of Substitutes and Imitations.

For sale by all Druggists.

### Chess.

Maroczy

1 P K4

2 Kt KB3

3 P Q4 also Kt xP good

3 Kt B3

3...B QKt5 preferable

4 B Kt5

4...B Kt5 again better

5 Castle

6 Kt xP

6...Kt xKt, 7 P Q4, KRP3

7 Kt xKt, QP xKt, 8 B B4

7 Kt B3

8 P Q4

8 P xKt

9...should retire to K B1 perhaps

10 P Q5

11 B KB4

11...P QB3 not worse

12 B R4

12...P QKt4, P Q3

Pillsbury

P K4

Kt KB3

Kt B3

B B4?

Castle

R K1

Kt xP

Kt xKt

B K2

Kt Kt1

P QR3

B B3

P Q3

Game 757

BD

SM

ju

Jo

AS

ME

EM

24

ku

45

sN

od

GE

ZP

rx

Rw

HZ

RH

PD

Du

wG

nr

gf

GP

13 most masterly move

13 P Q6!

13...P xP, 14 QBP, QKt3, 15 Q Q5, Kt B3, 16 B QKt3, 17 Q xP ch, K R1, 18 Kt Kt5 winning

14 B QKt3

14...B xP?

15 Kt Kt5 wins

15 Q Q2

15...P KR3, 16 Q Rk1, R B1, 17 B xRP

16 Kt Kt5

16 Kt K4

17 Kt K4

18 Q QR3

19 Q RK1

20 B Q5

56

yx

dm

qo

12

zq

12

MW

HR

WD

fe

bc

rf

aA

xw

m5

q5

21 Q xB

21...mere desperation.

22 RK3

22...K R1, 23 K Rk1, P R5, 24 Kt xB, Q xKt, 25 Q xR!

25 on

AC

Pu

23 prettier than Kt xB

23 R xB!

24 B Kt5

24...Q (B1, 25 KtB6 ch, K R1, 26 Q K4, P Kt3, Q R4)

25 Q B4!

25...Kt K1

26 Kt B6 ch, P xKt, 27 B xP, Q K3, 28 QB4

26 P xKt

26...Q K3, 27 Q xQ, P xQ, Kt Q6!

27 R Q!

27...Q xBP, 28 Kt Q6 etc) Q Rk1, 28 R xP, (Q xKt, 29 Q xQ, R xQ, 30 PB3, R Q5, 31 R xR) Q xB, 29 Kt xQ!

28 R xP

28...K R1

29 intending soon P B4

29 Q xKtP!

30 P B4

30...Q (R3, 31 Kt Q6, R K B1, 32 Q K7!!!) Kt3, 31 Q xQ, P xQ, 32 Kt Q6 wins

31 P R3

31...Q xR

32 Q xQ, R xKt, 33 P B8 (Q) ch., winning.

Cu

nu

NW

fy

5V

8H

6y

HE

J1

RH

17

Z88

vQ

EW

KN

WV

2233

V7

Some Montreal papers have given game 755 twice already without change.

The Midnapore Chess Club prefers the German to the English notation.

### A Victim of Sciatica.

UNABLE TO WORK THOUGH STRONG AND WILLING.

The Sufferings of a Well Known Guelph Citizen—Could Not Move About Without the Aid of a Stick—Again as Strong and Healthy as Ever.

From the Guelph Mercury.

There is, perhaps, no business or occupation that any man could follow that is more trying to the health—particularly in the winter—than that of moulding. A workman leaves the shop with his clothing wringing wet from perspiration, and a cold wind chills him to the marrow, making him a ready mark for lumbago, sciatica and kindred troubles. A moulder requires to be a man of more than ordinary strength, and to continue at his work must always be in good health, for the moulding shop is no place for an invalid. Sciatica is by no mean an uncommon affliction for men of this craft, and once the dread disease has lanced a victim he seldom shakes himself free from it again. In fact some people declare that it is incurable, but that it is not we are able to testify by a personal interview with one once afflicted with the trouble, but who is now in perfect health, thanks to his timely use of the famous remedy. There are few workmen better known in Guelph than Chas. W. Waldren, perhaps better known as "Charley Waldren," for he has lived in Guelph almost continuously since he was three years of age, and he has now passed the 38th mile post. Mr. Waldren is a moulder, and has worked at that business for 22 years; and besides, being noted as a steady workman, he is a man whose veracity is unquestioned. It is a well-known fact here that Mr. Waldren had to quit work in January, 1896, on account of a severe attack of sciatica, and for eleven weeks was unable to do a tap. Knowing that he was again at work a Mercury reporter called at his residence one evening to learn the exact facts of the case. Mr. Waldren, when spoken to on

the subject, replied quite freely, and had no hesitation in crediting Dr. Williams' Pink Pills with his remarkable recovery. "I am not one of those people who are seeking newspaper notoriety," said Mr. Waldren, "neither have I been snatched from death's door, but from the day when I quit work, until March 30th, when I started again, I was confined to the house with sciatica. It located in my hip and would shoot down my leg to my foot and was very painful. I could not move about the house without the aid of a cane, and then only with great pain. I was totally useless as far as doing my work was concerned, was never free from pain, and it made me feel very much depressed, for beyond that I felt strong and anxious to be about. I am a member of three benefit societies, from which I drew pay, viz.: The Three Links, the Iron Moulders' Association, and the Raymond Benefit Society. People came to see me, and, of course, everybody recommended a sure cure. I didn't try half of them. It was not possible, but I tried a great many—particularly remedies that I had been in the habit of using for lumbago—but I found no relief. I tried Dr. Williams' Pink Pills. After using two boxes I noticed an improvement, and I kept on using them. When I had used six boxes I was back at work again. I kept on until I had finished the 8th box, and I never felt better in my life.

"Have you noticed any recurrence of trouble since?" queried the reporter. "I have not," he replied, "suffered a single twinge since." Mr. Waldren has worked in all the moulding shops in the city, and was never in his life laid off sick as long as he was from the attack of sciatica. He hardly knew what it was to be sick, and is of that tough, wiry nature that he can stand much greater physical strain than most people would imagine. Almost any person in the city can verify his story. Mr. Waldren said, as the reporter got up to leave, "I only hope some poor fellow who has suffered as I did may notice my case and get relief as I did."

Dr. Williams' Pink Pills create new blood, build up the nerves, and thus drive disease from the system. In hundreds of cases they have cured after all other medicines have failed, thus establishing the claim that they are a marvel among the triumphs of modern medical science. The genuine Pink Pills are sold only in boxes, bearing the full trade mark, "Dr. Williams' Pink Pills for Pale People." Protect yourself from imposition by refusing any pill that does not bear the registered trade mark around the box.

### Of Interest to Married Men.

"Imagination is strangled by facts. There is more or less misinformation afloat about life insurance. First learn what it really is, and then take some.

Ninety-seven married men out of every hundred fail to leave their families above want after death. This demonstrates the necessity for insurance. The results of insurance in the case of the other three prove its value.

"Bevelled insurance, having a slant or an inclination from a right line, is the kind of which people should beware. You cannot afford to trust the welfare of your family to any chances."

In order to secure a safe and remunerative insurance, you must select a company that has made provision for every known liability, and has demonstrated from actual experience that it is able (1) to meet all its obligations as they mature; (2) to earn a satisfactory rate of interest on its invested assets; and (3) to provide for its policy-holders an increasing net surplus fund, out of which all profits to policy-holders are paid.

A reference to the last Government insurance blue book will show that in respect to all important essentials the North American Life is unexcelled by any other Canadian company.

If you contemplate insurance it will be decidedly to your advantage to secure an interview with one of the Company's agents respecting its attractive Compound Investment and Investment Annuity Plans of Insurance.

For pamphlets, fully explanatory, address Wm McCabe, Managing Director, Toronto.