

## Eyesight Restored

Eyeglasses May Be Abandoned

A Wonderful Discovery That Corrects Afflictions of the Eye Without Cutting or Drugging.

There is no need of cutting, drugging or probing the eye for the relief of most forms of disease, as a new method—the Actina treatment—has been discovered which eliminates the necessity of former torturous methods. There is no risk or necessity of experiment as many people report having been cured of failing eyesight, cataracts, granulated lids and other afflictions of the eye after being pronounced incurable, through this grand discovery.

Amanda G. Dunpley, Nastuvak Village, N.B., Canada, writes: "Actina has done more for my eye than I expected. Since using Actina I do not wear glasses."

Mr. Jules Gagne, Jack Fish Lake, Sask., Canada, writes: "I am well satisfied with Actina. I was not able to read without spectacles before, but now I can read and write with ease."

Louis Meyer, 93 Herman St., Rochester, N. Y., writes: "Actina has effected a wonderful cure in my wife's case, curing her of a severe eye trouble, and I would not be without it."

Hundreds of other testimonials will be sent on application. "Actina" is purely a home treatment and is self-administered. It will be sent on trial, post paid. If you will send your name and address to the Actina Appliance Co., Dept. 84 B. 811, Walnut St., Kansas City, Mo., you will receive, absolutely free, a valuable book—Prof. Wilson's Treatise on Disease.

## DYSPEPSIA AND STOMACH DISORDERS MAY BE QUICKLY AND PERMANENTLY CURED BY BURDOCK BLOOD BITTERS.

Mr. P. A. Labelle, Maniwaki, Que., writes us as follows: "I desire to thank you for your wonderful cure, Burdock Blood Bitters."

Three years ago I had a very severe attack of Dyspepsia. I tried five of the best doctors I could find but they could do me no good.

I was advised by a friend to try Burdock Blood Bitters and to my great surprise, after taking two bottles, I was so perfectly cured that I have not had a sign of Dyspepsia since. I cannot praise it too highly to all sufferers. In my experience it is the best I ever used. Nothing for me like B.B.B.

Don't accept a substitute for Burdock Blood Bitters. There is nothing "just as good."

GRAND  
TRUNK  
RAILWAY  
SYSTEM

BEFORE  
STARTING  
ON A  
JOURNEY

do you ever take into consideration the advantages of travelling over a DOUBLE TRACK LINE?

The Grand Trunk Railway system is the only Double Track Line between Chicago, London, Niagara Falls, Toronto and Montreal.

FIRST CLASS SERVICE  
FINEST EQUIPMENT

Agency for Ocean Steamship Lines  
—Cook's Tours.

A. E. DUFF,  
General Agent, Passenger Department,  
260 Portage Ave. Phone 7088.

## Stovel's Modern Canadian Wall Maps

of Alberta, Saskatchewan or Manitoba, in 3 different sizes. Prices and descriptions on application. Address, Map Dept., The Stovel Co., Winnipeg.

## TEMPERANCE TALK.

### Friendship.

Though Love and all her forces joined  
To build a temple to her frame,  
A golden temple, onyx-grained,  
Yet would thy embellished name,  
O, Friendship, work a spell more sweet!  
Evoke a worship more complete!

Thou art Love's elder sister, less  
Enchanting for the hour, but far  
More constant in thy tenderness.  
No circumstance can change or mar  
Thy countenance serene, nor show  
A paling of its tender glow.

Thou askest neither song nor prayer;  
Thou art not jealous of the knee;  
Thy subjects are as free as air  
To worship all, or all let be.  
Like the sun, unquestioning,  
Thou givest without reckoning.

The curtains of that force which lies  
Betwixt the worlds we're chasing  
Through,

At touch of thy fair fingers, rise,  
And Fa rand Near at once I view.  
Then, wheresoe'er my comrades be,  
I see them turning here to me.

With smiling eyes, a goodly host,  
They hasten over sea and land,  
And if but one poor crust I boast  
There is a goodly feast at hand.  
A moment gone so bleak and bare  
This room hath riched everywhere.

What king upon an instant's thought  
Could summon such a company?  
What company his summons brought  
Could be so gay and glad and free?  
And what are meat and bread and wine  
To such a company as mine?

Fairest of all that white-robed host  
Who out of Silence visit me,  
And of all passions mortals boast  
Most grateful that be-towed by thee.  
Thy sunbeam fetters never fret,  
And in thy wine is no regret.

### Sobriety a Business Requirement.

Viewed from the standpoint of actual conditions, the temperance question has made giant strides during the past few years.

There may not be so many temperance lectures; but there are more temperance editorials. There isn't so much persuasion, but there is more coercion. The temperance worker who gets much of a following in these days must have plans that are practical.

Fine theories and gruesome recitals accomplish nothing. Every one understands that whiskey is responsible for a large part of the crime. They can punish the crime, but the important thing is to stop the drinking of whiskey and so prevent crime.

But not all drunkards are criminals. By far the greater number of men who drink to excess ruin their own lives and destroy the happiness and the prospects of their families without committing any act for which the law would hold them responsible. What is needed is some way to stop the drinking and so prevent such consequences.

The method which has proved most effective thus far is nothing less than a system of compulsory sobriety. It was not brought about by legislative enactments or prohibitory measures. It was accomplished by level-headed business men—men who are accustomed to dealing with all questions from a practical basis.

Possibly there wasn't a temperance worker among them. Perhaps they were not even total abstainers. It made no difference. They wanted employees who were. There was small gain from drunken workmen. They were always making blunders that took the profit out of their labor, celebrating pay-day with a drinking bout that carried into the next week, and rounding up the year with a jubilation that was a blow to holiday necessities as well as to its festivities.

Such things were exasperating. In a time when competition was close they meant lack of profit. And outside of moral considerations the question of

profit is always enough to lead to decisive action.

Whilst earnest workers in the temperance cause were making futile attempts to prohibit the sale of liquor some of the rulers of the industrial world took measures to stop the drinking of liquor.

Railroads were among the first to adapt a total abstinence standard for their employees. They realized that the slightest degree of intoxication impaired the vision, affected the power to distinguish colors, and interfered with the sense of accuracy. One drunken employee might send hundreds of trusting passengers to their death and involve a company in endless damage suits, in addition to the property destroyed by the disaster.

One drunken employee was not worth such a tremendous sacrifice, and railroads formulated rules prohibiting the use of intoxicants among their employees.

When this was done the traveling public breathed easier. There was a sense of security that had not existed before. It was compulsory sobriety. But it was a step in the right direction.

Large corporations adopted the same methods. The country was full of unemployed men—many of them good men, waiting for an opportunity to prove their mettle. Why struggle with those who were unreliable when better ones wanted the places?

Gradually the smaller companies have fallen into line until it is difficult for the drinking man to find employment anywhere.

Compulsory sobriety is about the only kind of sobriety that appeals to some men. When it is a choice between sobriety and starvation it doesn't take them long to make up their minds.

Every day the limits of the drinking man are becoming more circumscribed. Nobody wants him. If by misrepresentation he secures a position he does not hold it long. A very few deviations will send him adrift.

When a man loses his place through intemperance in these days he doesn't get much sympathy. There is a sort of I-told-you-so expression in every face. Nobody pats him on the back and tells him what a great man he would be if only he didn't drink.

He does drink, and somehow that settles it for everybody. His friends lose confidence in him and his family are sorrowing and heartbroken. There is only one alternative. He must stop drinking. It is the era of compulsory sobriety.

Now is a man to stop drinking when every nerve calls for alcohol? In the old days, when the climax of temperance endeavor was signing the pledge, the man who needed help would doubtless have been urged to use his will power; but new requirements develop new possibilities. Science has solved the problem by declaring that inebriety causes a diseased condition that can be cured by appropriate remedies.

It was a revelation to inebriates and also to temperance workers. It explained why men of good impulses, who hated their bondage, found the cords forever tightening in spite of their most heroic struggles.

It did more—it took a certain element of reproach out of the word inebriety. Begun in an unguarded social way, and continued through ignorance of its dangers, it is galling to a man's pride that what has drifted into an overwhelming misfortune is looked upon as a disgrace.

A man may do many disgraceful things while in a state of intoxication, but inebriety per se is a diseased condition, and it is no more of a reproach to be cured of that disease than it would be to be cured of any other malady.

It closed the argument about will power, for it proved that the continued use of intoxicants paralyzes the will power.

In these days of scientific discovery it is as unnecessary to endure physical suffering while breaking up an addiction as it would be to undergo a surgical operation without an anaesthetic.

When that stage is reached it is a restoration rather than a reformation that is needed.

## FRANTIC WOMEN



Organic disturbances of the feminine system act like a firebrand on the nerves of women, often driving them fairly frantic.

A nervous, irritable woman is a source of misery not only to herself, but to all those who come under her influence. That such conditions can be entirely overcome by taking

## LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Mme. Emma Chatel, Valleyfield, Belleriver, Quebec, writes to Mrs. Pinkham:

"I want to tell you that without Lydia E. Pinkham's Vegetable Compound I would not be alive. For months I suffered with painful and irregular periods and inflammation of the feminine organs. Doctors could do nothing for me, and said I must submit to an operation because I had a tumor."

"One of my cousins advised me to take Lydia E. Pinkham's Vegetable Compound as it had cured her."

"I did so and now I have no pain and am entirely cured. Your remedy is deserving of great praise."

### FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, irregularities, periodic pains, backache. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.



EASY  
WASHING  
—quick washing.  
That's the kind  
of washing you do  
with the

### "New Century" Washing Machine

Ball-bearing means easy running. Powerful Spiral Springs that reverse the motion, make quick work and little effort.

New Wringer Attachment allows water to drain right into the tub. Only \$9.50—delivered at any railway station in Ontario or Quebec. Write for free booklet.

DOWSWELL MANUFACTURING CO. LIMITED,  
HAMILTON, ONT. 36

## Stovel's Indexed Pocket Maps

of Manitoba size 22 x 20; Saskatchewan 16 x 32; Alberta 16 x 32; printed in 5 colors; by mail 25 cents each. Address Map Dept., The Stovel Co. Winnipeg.

FEEDING TIME.