

NERVOUS DISEASES IN THE SPRING

Cured by Toning the Blood and Strengthening the Nerves

It is the opinion of the best medical authorities, after long observation, that nervous diseases are more common and more serious in the spring than at any other time of the year. Vital changes in the system, after long winter months, may cause much more trouble than the familiar spring weakness and weariness from which most people suffer as the result of indoor life, in poorly ventilated and often overheated buildings. Official records prove that in April and May neuralgia, St. Vitus dance, epilepsy and other forms of nerve troubles are at their worst, and that then, more than any other time, a blood-making, nerve-restoring tonic is needed.

The antiquated custom of taking purgatives in the spring is useless, for the system really needs strengthening, while purgatives only gallop through the bowels, leaving you weaker. Dr. Williams' Pink Pills are the best medicine, for they actually make the new, rich, red blood that feeds the starved nerves, and thus cure the many forms of nervous disorders. They cure also such other forms of spring troubles as headaches, poor appetite, weakness in the limbs, as well as remove unsightly pimples and eruptions. In fact they unfailingly bring new health and strength to weak, tired and depressed men, women and children.

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

NEW BRONCHITIS CURE.

Instrument Used to Inject Medicine Into Bronchial Tubes.

A new treatment of chronic bronchitis and asthma and pulmonary gangrene was outlined recently before the Paris Academy of Medicine by M. Guisez, who stated that he had been able by means of a simple instrument devised by himself to inject into the bronchial tubes by way of the mouth and larynx a relatively large quantity of medicinal substance in a solution of an oily nature.

Experiments, said M. Guisez, had shown that such injections impregnate not only bronchial tubes but the whole pulmonary parenchyma, thus constituting an extremely efficacious intrapulmonary treatment. The method was shown to be of undoubted efficacy in cases of chronic bronchitis, asthma and pulmonary gangrene.

It is claimed that patients suffering with either simple or double gangrene were invariably cured when subjected to the new injections, which are likely in the future to revolutionize the treatment of these diseases.

MODEL DAIRIES, LIMITED.

It seldom happens that private investors are given the opportunity of securing stock in such attractive enterprises as Model Dairies, Limited, Montreal, advertised in this issue. Large dairy companies in all the large cities of North America are paying handsome dividends to their shareholders every year. Model Dairies has been organized by a number of the keenest and most successful business men in Canada. The names of these men insure permanence and good management. It pays to follow good leaders.

BIRD 100 YEARS OLD.

Parakeet at London Exhibit Still Virile After Century.

Of the 2,400 birds exhibited at the Horticultural Hall, at the London Cage Bird Association's annual show, perhaps the most notable is a centenarian parakeet, says the London Chronicle.

It is a sage-looking bird, a rusty gray in hue, as befits its years; and it views the admiring crowd with an eye half tolerant, half contemptuous, which seems to intimate, "Why, I know your grandfather, you young upstart."

One listens in awed amazement to a bird who has been saying "Hello, cocky" for something like 100 years, and it is not hard to believe the notice which says that "it is as virile as ever." It has, however, lost its power of shedding scales and dust, and is, as a consequence, unable to keep itself clean.

White magpies, yellow parakeet, blue love-birds, are only some of the wonders of a show boasting something like 450 foreign birds, some of which are not only of surpassing beauty, but of almost priceless worth. There is the great amythyst sunbird, of a vivid green with lengthy tapering black beak and long flowing tail of inky blackness, and many other sun, sugar, honey-sucking and fruit-picking birds from various parts of Africa and India. The queen whydah is a little bird which, though no larger than a sparrow, has a tail over a foot in length. Then there are Java sparrows of snow-like whiteness, and Gould's painted finches, veritable post-impressionistic birds of the most bizarre and daring colorings.

Close upon 1,400 canaries of diverse kinds, the hunch-backed Belgian species, crested varieties, white specimens, and Yorkshires and Lancashires, are all represented in a record show, which assuredly constitutes a bird-lovers' paradise.

Cures Old Folks' Coughs

Doesn't Disturb the Stomach, Eases at Once and Cures Thoroughly.

"CATARRHOZONE" A BOON TO MANY THOUSANDS.

Because you are old is no reason for suffering with everlasting coughing—those terrible chest troubles and difficult breathing can be thoroughly cured with Catarrhozone. You simply breathe the healing vapor of Catarrhozone, and instantly its rich balsamic fumes are carried by your breath into the tiniest recesses of the nose, throat, chest, bronchial tubes and lungs.

Just think of it—a direct breathable medicine, full of soothing antiseptic pine essences that reaches every sore, congested membrane in two seconds. No drugs to take—nothing to harm or sicken the stomach, because Catarrhozone is the purest, safest cough, catarrh and cold remedy ever devised.

"For many years," writes Richard McCallum, Stirling, Ont., "I have suffered from Catarrh, and continually hawked and coughed, so that my throat was always in an inflamed, irritable condition.

"Doctors medicine did not help me in the least, and all other remedies I used were quite useless. In one case it was time wasted in snuffing powder up the nose; in another using a greasy ointment, and so on. Not one of them was the least bit of good.

"I heard Catarrhozone favorably spoken of, and tried it. Really it benefited me more in a few hours than years of treatment with doctors' and other so-called remedies.

"Receiving such immense benefit, I continued using Catarrhozone, and in a few weeks I was completely cured of Catarrh and throat trouble."

Get Catarrhozone to-day. Large size costs \$1.00, and lasts two months. Smaller sizes 25c. and 50c. All dealers, or The Catarrhozone Company, Buffalo, N.Y., and Kingston, Ont.

SPEND LIVES IN COFFINS.

The contrasts of Mongolia—its strong attractiveness and gleams of western civilization, and its depraved morality and barbarity—were recently vividly sketched by Mrs. Herbert Bulstrode at a meeting of the Royal Asiatic Society in London. Mrs. Bulstrode accomplished a remarkable feat last year, when, with but a solitary companion, she travelled over 700 miles by caravan in Mongolia.

Describing the prisons, the lady said: "Within a small compound, fenced in by high spiked palisades, are five or six dungeons. There are human beings in those dungeons, and among them quite a number of highly civilized, refined and gentle Chinese, who are shut up for the remainder of their lives in heavy, iron-bound wooden coffins, out of which they never, under any circumstances, move. They cannot sit upright. They cannot lie down flat. They see daylight but for a few minutes when their food is thrown into their coffins through a hole four or five inches in diameter twice daily."

BABY'S OWN TABLETS KEEP LITTLE ONES WELL

Mothers, if you wish your little ones to be well, if you wish them to be bright, active and happy, free from colds, worms, constipation, and the many other childhood ailments, give them Baby's Own Tablets. These Tablets never fail to make the sickly child well. Concerning them Mrs. Alphonse Landry, Upper Carquet, N.B., writes: "Baby's Own Tablets have been of great help to me in keeping my little ones well, and I can recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Comment on Events

The Tired Child.

According to a writer in the Popular Science Monthly school entrance in most European countries is in itself so severe an ordeal that it constitutes a shock to the nervous system of the child severe enough to retard growth. Measurements taken of 500 German children on entering school and again two months later revealed, according to this writer, that twenty per cent of the children had lost weight. This is especially significant, he says, because of the ages of the children—they were between five and six—and of the season of the year. The measurements were taken in the autumn season, which normally is the season of most rapid growth.

A Russian authority is quoted citing the havoc which severe examinations may with the health of Russian pupils. The physical effects of examinations are comparable, he says, to a severe illness. Among the more advanced pupils chronic morbidity manifests itself, according to another authority. This morbidity is stronger among students in the classical courses than among those studying subjects of a scientific nature.

How Canadian Cities Grow.

Rapidly as the city of Edmonton, with all its public utilities, has progressed since its incorporation in 1901, perhaps no other department shows greater advancement than the street railway. During 1909 254,530 miles were run, carrying 1,812,490 passengers, while the total in 1912 shows 1,203,260 car miles, carrying 10,374,000 passengers. Such has been the growth of the city that the department found it necessary to procure many new cars during 1912. Eighteen cars are now awaiting installation to increase the service. The population of Edmonton, it is expected, will be increased by 13,000 or 15,000 this year, and up to 20,000 a year for years to come, in consequence of the completion of the Panama Canal and the opening of the Canadian Northern and the Grand Trunk Pacific railroads to the Pacific coast next year. This is but one example of what is taking place on varying scales all over the Dominion.

Electricity From the Empyrean.

Very little more is known of atmospheric electricity than Franklin discovered in 1752, when he proved that the electricity of the air and the electricity of the laboratory are one and the same. Various devices have been made for measuring the current in the hope that it would assist in forecasting the weather, but the magnetic envelope that apparently surrounds the globe and wraps it with a network of currents is still a baffling mystery. The report, therefore, from Madrid that a Spanish physician has succeeded in reaching out into the air with special apparatus and bringing back electricity enough to light fifteen lamps and keep them lighted during a prolonged test, is of the highest importance, if true.

There is an exhaustless reservoir of nitrogen in the air from which fertilizer for the fields has already been successfully drawn. Now, if the air can also produce electricity for light and power, the civilized nations will no longer fear a coal famine or the exhaustion of the oil fields. But it is possible that the Spaniard has done nothing more than tap the current sent abroad from some great wireless telegraph station. Instead of drawing on the natural supply.

True Thrift.

There are two ways of saving money. One is to hold tight to every cent that a man can get into his hands. The other is to spend some of them to make more dollars. The business man does the latter by adding to equipment, enlarging his means of production, advertising his product to obtain a wider and better market. The mechanic does it by supplying himself with the best tools. The man on a salary does it by spending money for books to equip himself mentally for the means to improve his physical condition.

A recent traveller in Europe reports that he saw big financial institutions there employing clerks to do sums which a few adding machines would do more rapidly and better. He also saw peasants picking up small pieces of wood for their fires. That sort of thrift would not equal the value of the time of an industrious farmer in this country. The man who puts away money in the savings bank is trying to accumu-



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late capital for his own benefit. That one who puts his money into new machinery or self-improvement is trying to increase earning capacity. Either carried to extremes is ruinous. One solely pursued produces a miser, the other a spendthrift. True thrift lies about half way between them.

The Conceit of Youth.

Bishop Thurston deprecates the conceit of youth. The cocksureness of the "twenties" irritates him. He pities the dogmatism of the very new graduate who has just finished looking upon the sum total of human knowledge and finding it good.

Some one has said that at seventeen years of age we know more than we shall ever know again, though we out-Methuselah Methuselah. From that day till the day of our deaths we shed layer after layer of this knowledge that lies so heavily upon us in our teens.

Bishop Thurston says that he does not believe half the sermons he preached in his first ministry. If he is able to believe that many, he must have been an exceptional young minister. Like all the rest of humanity, he has been busy "unlearning" an infinitude of things since that time.

At that the Bishop should not too harshly criticize the conceit of youth. That is one glorious period while it endures. There is none other like it and it comes but once. While we know a tremendous amount of things that are not true and have made up our minds upon everything from the origin of life to the drift of the solar system, every time we shed a belief or say good-bye to an opinion the shock resembles that of an amputation.

The shocks may be good for us, but they are sometimes distinctly painful, and the series is so long it becomes monotonous.

Cause for Pallor.

Wife—George, I want to see that letter.

Husband—What letter, dear?

Wife—That one you just opened. I know by the handwriting it is from a woman, and you turned pale when you read it. Hand it here, sir!

Husband—Here it is, dear. It is from your dressmaker.

First Catch Your Victim.

The Old 'Un—Pluck, my boy, pluck; first and last; that is the one essential to success and business.

The Young 'Un—Oh, of course, I quite understand that. The trouble is finding someone to pluck.

Crisply Explained.

New Governess—"When I was your age I could answer any question in grammar."

Glady's—"Really? But then you had a different teacher."

Most of the fun we have in the anticipation, which never causes a headache.

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