

To those who suffer sickness, to those who want to be well,
we say let us buy a 50-cent bottle of Psychine
from your druggist and give it to
you free to prove.

The white corpuscles of the blood—the Phagocytes, as they are known scientifically—are the policemen or the scavengers of the body.

Not a germ of disease can invade the body anywhere but these white corpuscles get after it. And, if they are strong enough or in sufficient numbers, they devour it.

If they're not strong enough or in sufficient numbers, then the invading army of disease germs triumphs and disease holds the body.

Any preparation that strengthens these white corpuscles or that increases their number, will not only preserve health, but will build up its defences so strongly that contagion or infection are impossible.

Herbs have always had great curative agents from time immemorial. They have been styled nature's own remedies.

Certain herbs more than others are noted for their curative powers. And it has been found that those herbs that are most effective in maintaining or restoring health, do so by building up the white corpuscles or Phagocytes.

These herbs are incorporated in Psychine.

And it is the tremendous curative power of these herbs that is responsible for the unequalled record of this splendid preparation.

Think of it. In Psychine we have a preparation that has been in use a third of a century. That has cured hundreds of thousands of many kinds of diseases.

For which we have received hundreds of thousands of unsolicited testimonials.

Here are the diseases for the treatment of which Psychine is indicated:

La Grippe
Bronchitis
Hemorrhages
Sore Throat
Anaemia
Female Weakness
Indigestion
Poor Appetite
Chills and Fevers
Sleeplessness
Nervous Troubles
After-effects of Pleurisy, Pneumonia and La-Grippe.

Bronchial Coughs
Weak Lungs
Weak Voice
Spring Weakness
Early Decline
Catastrophic Affections
Catarh of Stomach
Night Sweats
Obstinate Coughs
Laryngitis and
Dyspepsia.

Now we don't ask you to take our word for the tremendously beneficial effect of Psychine. Fill out the coupon below, mail it to us and we'll give you Psychine an order (for which we pay him the regular retail price) for a 50-cent bottle of Psychine to be given you free of cost.

We will undoubtedly buy and distribute in this manner hundreds of thousands of these 50-cent bottles of Psychine.

And we do that to show our entire confidence in this wonderful preparation.

A confidence that has been based on our third of a century's experience with this splendid preparation with a full knowledge of the hundreds of thousands of cures it has made.

COUPON No. 32

To the Dr. T. A. SLOCUM, Ltd.
193-195 Spadina Ave., Toronto

I accept your offer to try a 50c bottle of Psychine (pronounced 'Sickness') at your expense. I have not had a 50c bottle of Psychine under this plan. Kindly advise my druggist to deliver this bottle to me.

My Name.....
Town.....
Street and Number.....
My Druggist's Name.....
Street and Number.....

This coupon is not good for a 50c bottle of Psychine if presented to the druggist. It must be sent to us—we will then buy the 50c bottle of Psychine from your druggist and direct him to deliver it to you. This offer may be withdrawn at any time without notice. Send coupon today.

SNEEZING SUPERSTITIONS

The Ancients Had Some Queer Notions About the Practice

Many superstitions have gathered around the practice of sneezing. The Jewish Rabbis say that in the first ages of the world sneezing was considered a thing of evil omen, and even a presage of death, and that this terrible state of things lasted until the coming of Jacob, when that astute patriarch, anxious lest he might himself perish from such an insignificant cause, besought the Almighty to endure, besought the Almighty with more benighted attributes!

Among the ancients sneezing was considered lucky or unlucky according to the circumstances of time and place.

For instance, it was considered lucky to sneeze between noon and midnight, also when the moon was in the signs of Taurus, Leo, Libra, Capricorn, and Pisces.

But if, on the other hand, you sneezed during any of the hours between midnight and the following noon, or while the moon happened to be in the signs of Virgo, Aquarius, Cancer, or Scorpio—above all, if, unhappily, you were just getting out of bed or rising from the table—then you were to consider yourself in a perilous state indeed.

The Greeks and Romans entertained the superstition that to hear anyone on their right hand sneeze was of good presage to all concerned, and the Greeks used to say of a beautiful woman that Cupid and his Loves had sneezed at her birth.

ALCOHOL FROM SAWDUST

A Story About Mark Twain and the Table-Log

There is a story of Mark Twain to the effect that he was once asked whether he was in favor of Prohibition, and he replied that he was not, adding, "What is the use of Prohibition when a man can saw off the leg of a table and get drunk on it?" He was, of course referring to the fact that alcohol has been made from sawdust.

For quite a century past chemists have been experimenting with a view to seeing whether alcohol could be obtained from wood and other cellular substances in commercial quantities. Despite the many experimenters who have engaged in the task with a zeal worthier, perhaps, of a better cause, their efforts have been hitherto unsuccessful. All they have been able to do has been to transform the wood into sugar by hydrolysis, and to convert the sugar thus obtained into alcohol by fermentation; but these processes are too costly to render them practicable from a commercial point of view.

Collegiate Institute Honor Roll

- The list printed below shows the number of subjects in which the pupils of each form reached honor standing:
- FORM 4.—Jean McDougall 8, Harold Burn 8, Helen Kirkconnell 7, Harry Ballour 7, Melville Brokenshire 6, Cassie Haugh 6, Lawson Brien 6, Valeria Strickland 6, Cecil Nugent 6, W. K. Anderson 5, Wm. Marshall 5, Harry Jackson 4, Fernia Mullett 4, Luther Hart 4, Devena Tocher 4, Grace Mitchell 3, Ella Murtha 3, Kathleen Junkin 3, Joe O'Neill 3, Cecil Drew 3, Isabel Jordan 3, C. E. Kennedy 3, Leigh Cruess 2, G. A. Dunn 2, Bert McKay 2, Noreen Kingsley 2, Flora Gillis 1, Lloyd Fallis 1, Percy Barber 1, Barkley Mason 1, Aileen Hughes 1.
- FORM 3A.—Helen Waterman 11, Ola Townsend 9, Pearl Perrin 8, Inez McCullough 7, Eva Pye 7, Maud Flett 7, Mary Welsh 7, Ella Thomson 7, Eva Bagshaw 6, Loretta Leahy 5, Ivy Gilmore 5, Ruth Woodger 5, Annetta Brown 5, Florence Brokenshire 5, Lenora Clarke 4, Neita Thurston 4, Mary Ganton 4, Laura Patterson 4, Edith Feir 3, Ed. McNabb 2, Margaret Wilson 2, Pr Skilla Dundas 1, Margaret McCaffrey 1.
- FORM 3B.—T. W. Kirkconnell 12, Clarke Swain 8, Georgia Matchett 8, Josie Parkin 6, Blanche Hales 6, Clarence Fisher 6, Pearl Wright 5, Ethel Matchett 5, May Reed 4, Wilma Clarke 4, M. Mc Millan 4, Lester Hopkins 3, Carrie Marsh 3, Stanley Clendenning 3, Oswald Varcoe 5, Donald Low 3, Laura Morton 2, Muriel Suttcliffe 2, Zetta Pratt 2, Isabel Clarke 2, Stewart Flavell 2, Harry Brown 2, Henry Brokenshire 2, Arthur Allin 2, Effie McMillan 1, Winnie Johnston 1, Harold Scott 1, Gordon Black 1, Clarence Spence 1, Lester Lytle 1, Gardiner Eyles 1, Maurice Carroll 1.
- FORM 2A.—Vivian Nugent 10, Lizzie Bruce 9, Wm. Brien 8, Lorne White 8, Marjorie Finney 7, Elsie Bushnell 7, Warren Stoddard 7, Hazel Brown 7, Lila Rowan 6, Roy Wood 6, Reg. Martia 6, Glean Harrod 6, Lulu Coulter 5, Ruby Wilson 5, Helen Woods 5, John Collins 5, Norman Brown 5, Mary Ballour 4, Roy Staples 4, Howard Williamson 4, Harry Watson 4, Harold Stinson 3, Alex. Scott 3, Lloyd Nesbitt 3, Arnot Ranson 3, Sam Fox 3, Mary Winn 2, Mary O'Connell 2, Edith Cinnamon 2, Rutherford Heaslip 2, Eric Stewart 2, Willard Sharpe 2, Geo. Ryley 2, Lorne McPadyea 2, Leo Jordan 1, Robt. Dougan 1, Arthur Beall 1.
- FORM 2B.—Alice McDougall 15, Victor Elliott 15, Florence McLean 14, Duncan Thorburn 13, Bessie Hopkins 12, Evelyn Currie 11, Irene Anderson 11, Mildred Wilson 11, Rose Endicott 10, Margaret Kerr 10, Ruby Sanderson 10, Laura Reynolds 10, Clarence McElroy 10, Lizzie Brien 9, Wilbert Worsley 9, Roscoe Stewart 9, Iva Ingram 8, Rita Brealey 8, Carl Nesbitt 8, Ruby Webster 7, Bruce Donald 7, Leslie Hart 7, Lillian McGinnis 6, Kathleen Woods 5, Muriel Downey 5, Viola Watson 5, — Stinson 5, Francis Corrigan 5, Clarence Kerr 5, Carl Moyne 5, Gertrude Moyne 4, Margaret McKenzie 3, Robt. Stehens 3, Frank Jemisson 3, Grace Reazin 2, Linton Brock 2, Chas. Staples 2, Jos. Corbett 1, John Cullis 1, Cecil Wilson 1.
- FORM 1.—Ruby Wallace 13, Edna Weldon 11, Marian Adams 10, Daisy Hopkins 10, Phyllis Brown 10, May Smith 10, Florence Hart 10, Charles Shields 9, Mansell Ashmore 9, Lloyd Walling 9, Olive James 9, Florence Driscoll 8, Clara Mulvihill 8, Isabel Ryley 7, Helen McLennan 7, Myrtle Carter 7, Jean McCullough 7, Alonzo Oliver 6, Murdock Murchison 6, Geo. Tilly 6, Arthur Moor 6, Geo. Strout 5, Julius Williams 4, Harold Rogers 4, John Hogan 4, Phyllis Edwards 4, Coleman O'Loughlin 4, Norman Moor 3, Kenneth Robertson 2, Clarence McPhail 2, Cleveland Fox 2, Louis Burke 1.
- SR. COMMERCIAL.—Lena Thorne, 10, Lizzie Morrison 10, Viola Merrill 9, Gladys Hepburn 9, Eva Clark 8,

The Victoria Loan and Savings Company ESTABLISHED 1895

DIVIDEND NO. 34

Notice is hereby given that a dividend of one and one-half per cent. per capita, stock of the Company for the three months ending Dec. 31st, 1911, and that the same will be payable at the Company's office on and after Tuesday, January 3rd, 1911. The transfer books will be closed from December 25th to January 3rd inclusive. By order of the Board.

JAMES LOW, Manager

THE STANDARD BANK OF CANADA

Established 1873

MONEY ORDERS FOR SMALL SUMS

Safety, convenience and low cost unite to make Money Orders issued by this Bank a most satisfactory way of sending small sums to any part of Canada.

Under \$5 . . . 3c. \$10 to \$30 . . . 10c.
\$5 to \$10 . . . 6c. \$30 to \$50 . . . 15c.

Drafts issued for larger amounts.

Savings Bank Department at Every Branch.

Lindsay Branch: F. F. Loosemore, Manager.
Little Britain Branch: C. S. Thompson, Acting Manager.

Branches also at Cannington, Woodville, Esvaton, Paffenlaw, Brechin, Sunderland and Blackstock.

THE CANADIAN BANK OF COMMERCE

SIR EDMUND WALKER, C.V.O., LL.D., D.C.L., PRESIDENT
ALEXANDER LAIRD, GENERAL MANAGER


PAID-UP CAPITAL, \$10,000,000 RESERVE FUND, \$6,000,000

BANK MONEY ORDERS

are safe, cheap and convenient. They are payable free of charge at all banks in Canada (except in the Yukon District). The Money Orders issued by this Bank are also payable free of charge in the principal cities of the United States, and at a rate of \$4.90 to the £ sterling in Great Britain and Ireland.

They can be obtained at any office of the Bank on application.

H. A. HOLMES, Manager Lindsay Branch



The Home Bank of Canada

HEAD OFFICE, TORONTO

SOME of the most substantial accounts in the Home Bank have started with deposits of just one dollar. Having acquired the habit of saving such a depositor has saved week to week until he has built up enough to his credit to take advantage of some profitable investment. In all his dealings and as his wealth grew, this depositor has not forgotten the Home Bank where he deposited his first small savings. That is why the Home Bank was the first dollar. Full compound interest paid.

Branches and Connections Throughout Canada.

A. B. MCGILL, Manager Lindsay Branch

BANK OF MONTREAL ESTABLISHED 1817.

Capital Paid up \$14,400,000
Reserve 12,000,000
Undivided Profits 861,789
\$27,261,789

Branches of the Bank in every Province of the Dominion. A general banking business transacted. Savings Department at every Branch.

Office Hours: 10 to 3 o'clock Saturdays 10 to 1 o'clock

H. B. BLACK, Manager Lindsay Branch

MR. THOS. CUFF CELEBRATES HIS EIGHTY-FIFTH BIRTHDAY MONDAY

On Monday, Dec. 26th, Mr. Thos. Cuff, one of our oldest and most highly respected citizens will celebrate his eighty-fifth birthday, and his many friends will join with The Post in extending congratulations.

Mr. Cuff is a gentleman who is frequently seen on the streets of the town, and is as active to-day as many a man thirty years his junior. He always has a warm Celtic greeting for his friends and is a typical son of Erin in the manner of his salutations and in his witty sallies.

The other day a Post reporter met Cuff on the street, and that same day, in recounting incidents of many days, remarked "That many has died since that was only a year ago."

In a recent interview Mr. Cuff gave the following sketch of his life:

"I was born in county Cavan, Ireland, and sailed from Belfast, in 1831 with my father. My wife is also Irish and came from County Wicklow. My father was an old British soldier and had fought for his king, constitution, and country in the four corners of the globe. The bloodiest battle he ever saw was with Lord Nelson when he crossed the Arabian deserts to fight Napoleon on the Nile. In 1813 my father was among those who fought at LUNDY'S LANE AND QUEENSTON HEIGHTS

when England and the United States were at war. This was his last battle.

When we first came to Canada we settled in Emily, a mile South of Downsville, Port Hope and Cobourg were the nearest places where we could get anything, and we had to tramp through a blaze in the bush to get there. It would not have been half so bad if there had been a trail but there was not. It was simply a blaze in the bush. The old "Woodman" was the first boat to ply down the river. It was manned by Mr. Crandell, who received the honorary title of "Captain," and two men, who used two oars each, and sailed from Port Perry to Lindsay. Where the locks are now were then rapids. When we came to Peterboro in 1831 there was one log house on the Otonabee river. It was the Government house. There were a few shanties. They used to bring emigrants from Quebec by steamer to Cobourg, and then walked to Rice Lake through the bush and then from Gore's Landing they sailed to Peterboro. As far as Lindsay is concerned, I remember when Lindsay

now, was called Purdie's Mill, because Mr. Purdie the oldest settler, and had built a mill here; and I remember when Kent-st. was such a thick, dismal swamp, it was impassable. As for Omamee it was called Cottingham's village. Mr Cottingham had built a little mill there a year after we came out to Emily, in 1832.

When I was 12 years old I left my father and moved to Ops, where I worked for a man, who, during the Rebellion of '37 was an out and out rebel. I had to drive a team twice a week to Port Hope and leave some things that had to be put in a wagon by my employer with his father-in-law in Port Hope. These, I learned later, were ammunition, etc., for the rebels. I remember one time, getting up, as I always had to, first in the morning, to get wood, and found two men in the yard with their horses tied to the wagon wheels. They asked me if my master was in, and I told them he was, and called them to the door. He took the two men in and opened a keg of cherry whiskey. I don't know what else transpired, but those two men, who were spies, went back quite satisfied that there was nothing rebellious about my master, while all the time there was a dozen glittering swords uncovered on the wagon to which they had tied their horses.

In 1838 peace was proclaimed, the same year Queen Victoria was crowned. Thomas referred to his talks with men about town to-day, and he spoke with settled conviction on the superiority of the early settlers to the present Lindsaites. Of course we can all forgive him for his little bit of pride, and unananimously wish Mr. Cuff, his wife and family continued health and happiness.

"About the year 1832," said Mr. Cuff, "the residents of the Scotch Line in Verulam and on the opposite shore of Sturgeon Lake had to journey to the Cottingham mill, where Omamee now stands, with the grist on their backs. My father rested near Downville, and his cabin was a sort of half way house. When the settlers were returning from the mill they would make a scene and draw a cup of tea. After getting rested they would start on their journey home. As it would be late in the evening they usually took pieces of cedar bark of which my father always kept a supply, and they would light them and use this as a torch in order to find their way as well as to keep wolves off. By keeping the torch in motion

The flame would last for a long period there is a man residing in Emily named Cornelius Flynn, who was three years older than myself, and he could narrate many interesting stories of pioneer days in these regions. And," said Mr. Cuff in concluding, "he is Irish, and the devil himself can't beat the Irish."

BABY PRISONERS

Infant of Eighteen Months Charged as a Wanderer

A baby of eighteen months, Frank Warwick, was charged in London, England, under the Children's Act, with wandering, and was carried into court by the matron. The magistrate remarked that it seemed ridiculous to charge one so young, but the police inspector replied that he had had to charge babies under twelve months old. A further remand was ordered.

When taken into court on a previous occasion young Frank caught sight of his mother, who is charged with exposing her children in a manner likely to cause them injury, and there was no further peace until he was allowed to cling round her neck. The magistrate thought it absurd to charge children of that age, and ordered them to be sent to the workhouse.

There was another scene when an attempt was made to separate little Frank from his mother. Both mother and child had to be taken out together and when the actual separation took place the little boy's sobs could be heard throughout the court.

THE LEANING TOWER

The Famous Structure is in Danger of Collapsing

Unless remedial measures are taken, it is possible that the famous leaning tower of Pisa may ultimately collapse as did the Campanile at Venice a few years ago. Measurements taken by an English engineer in 1823 showed the tower to be 1 1/2 feet out of the perpendicular. Measurements taken recently show that the divergence has increased to 1 1/2 feet. It should be noted that the resources of modern engineering to excavate below the tower, bring it gradually back to the vertical, and place beneath it an absolutely secure foundation.

USING PIGEONS

Carry Messages in Australia for Lighthouses

Pigeons in Australia are used for carrying messages between Hobart and Maatsuyker Island lighthouse, a distance of about seventy-five miles. Last winter the birds called a physican for a lighthouse attendant and undoubtedly saved his life. Three birds are liberated with messages every three weeks, and when accidents occur, three additional birds are set free. Twelve birds in all are used for the service.

While messages have not always reached their destination the service has been highly satisfactory. The Marine Board has in view some cellular cases which may be adjusted under the bird's wing, and in which considerable information might be carried.

The birds are fed on peas, given plenty of gravel and fresh water, and kept thoroughly clean, with plenty of exercise. The raising of pigeons as carriers in Australia has become quite a thriving industry, there being at present about 20,000 of the birds on the Australian continent.

A SPORTING CHANCE

The sun was just rising above the eastern horizon when Thomson inserted his latchkey in the front door. Slowly and carefully he picked his way upstairs, but his efforts at quietness were of the loudest possible description, and the inevitable occurred. Mrs. Thomson thrust her head over the banisters, "Well," she said, with deep sarcasm, "are you just coming home from the club, or going out to business?" "I'm not sure, love," replied the erring one, "but—hic—I'll toss you for it."

ON LOVER'S GRAVE

Tragedy of Dancing Girl's Passion for Dead Aviator

Indirectly aviation has claimed another victim in the person of a young Montmartre dancing girl who was devotedly attached to the 22-year-old aviator Edmond Poirot, killed at Chartres some days ago. His death came as a dreadful blow to the girl, and her grief was such that she decided to put an end to her life. She carried out her intention in dramatic style, shooting herself on the grave of Poirot in the cemetery of Montmortre. When she heard of her sweetheart's death she hurried off to Chartres, and the scene when she was taken to see the dead aviator in his coffin was touching in the extreme. She was taken back to Paris, where she bought a wreath of roses. She followed the hearse to the cemetery on the day of burial, and was in a terrible state during the night. The next afternoon she left her home, walked to the cemetery, knelt down on her lover's grave, and, placing a revolver against her heart, pulled the trigger. She was found a few seconds later quite dead, her head lying on the wreath of roses, already, says the Leader, beginning to fade.

MINTO, A SPORTSMAN

Few Outdoor Diversions in Which He Does Not Excel

Lord Minto is probably the finest all-round sportsman in the peerage. As a young man at Cambridge he was so devoted to sport that he took his degree in a riding costume covered by an academic gown. Immediately after the ceremony he leaped into a saddle and galloped off to the races course, where he arrived just in time to win the University Steeplechase. Ever since then his success as a sportsman has been remarkable. Indeed, there are few outdoor diversions in which he does not excel, for he is a fine shot, a fearless rider, a good carman, and a keen angler. As a soldier Lord Minto has been through many perilous scenes. He fought with the Turkish Army in 1887, he was with Lord Roberts in Afghanistan two years later, and served as Chief of Staff to General Middleton against Riel in the Canadian Rebellion of 1885. Added to this, he helped to extinguish burning Paris after the Commune, and was implicated with the Carlists on the Spanish frontier. Probably the most extraordinary event in Lord Minto's varied and interesting life, however, was the breaking of his neck and recovering after having been completely given up by the doctors. Lady Minto was a daughter of the late General Charles Grey, who was a favorite Private Secretary to Queen Victoria. Since her marriage Lady Minto has shared in a good many of her husband's adventures. Once she journeyed with him from Ottawa to Montreal, a distance of over 100 miles, in Canadian canoes, and camped out at night. On another occasion she caused a sensation by riding on the cowcatcher of a locomotive in far-away Klondike.

CHINESE CHARITY


Convert to Christianity to Devote Wealth to Salvation Work

A valuable lesson in charity is daily being given at Ottumwa, Idaho, by a Chinaman, Lin You. He is the chief assistant of a Salvation Army captain in a great work among Ottumwa's poor, and the former resident of the Celestial kingdom is using Western ideas of how to dispense charity. When first locating in America, Lin You engaged in the laundry business, and saved \$20,000, which he has since spent in converting his fellow countrymen to the Christian religion. While Lin You has completely mastered the English language, his earnestness to spread the faith has been demonstrated by his appearance at the street meetings of the Salvation Army, and therein taking an active part.

He is greatly in love with the United States, but will return to his native home and convert his brethren to the Christian religion. Lin You was converted to the Christian faith about thirty years ago, joining the Presbyterian Church in Kansas City, and ever since his conversion he has been an active church worker. He later went to Boston, where he did missionary work among the Chinese. Lin You opened a mission and during his stay in Boston converted 150 brethren to the Christian faith.

"Eat and Be Merry!"

Stop starving yourself—stop suffering the pangs of indigestion—stop worrying about what you dare and dare not eat. Eat hearty meals of wholesome food, take



and you'll feel like a new person. Sour stomach—heartburn—occasional indigestion—chronic dyspepsia—all yield quickly to NA-DRU-CO Dyspepsia Tablets. The properly digested food restores your strength, your stomach regains its tone, and soon requires no further aid.

50c. a box. If your druggist has not stocked them yet send 50c. and we will mail them.

NATIONAL DRUG AND CHEMICAL CO. OF CANADA LIMITED, MONTREAL.

Children Jry FOR FLETCHER'S CASTORIA

John burst 4, Canada Whiteside 4, Grozelle 4, Annie Anderson 4, Sluggitt 3, Harold Hartley 3, Shields 3, Bertha McNeill 3, Jordan 3, Flora Atchill 3, Austin Stacey 2, Chas. Carey 2, Wm. Herby 2, Chas. Heels 1, Leo Skipworth 1, Russell Campbell 1, Mary Power 1.

JR. COMMERCIAL.—Leona Preston 8, Hazel Bagshaw 7, Thos. McEachren 7, Kathleen Pepper 6, Harden 6, Phoebe Thomas 6, McCrae 6, Hazel Mills 5, Leslie Donald 5, Maud Corran 5, Frank Blm-