NEW STRENGTH IN THE SPRING

Nature Needs Aid in Making New, Health-Giving Blood.

In the spring the system needs toning up. In the spring to be healthy and strong you must have new blood, just as the trees must have new sap. Nature demands it and without this new blood you will feel weak and languid. You may have twinges of rheumatism or the sharp stabbing pains of neuralgia. Often there are disfiguring pimples or eruptions on the skin. In other cases there is merely a feeling of tiredness, and a variable appetite. Any of these are signs that the blood is out of order—that the indoor life of winter has told upon you. What is needed to put you right is a tonic and in all the world there is no tonic can equal Dr. Williams' Pink Pills. These Pills actually make new, rich, red blood—your greatest need in spring. This new blood drives out disease, clears the skin and makes weak, easily tired men and women and children bright, active and strong. Mrs. J. C. Moses, Bronton, N. S., says:—"Last spring my daughter was completely run down, she was very pale, had no appetite, and became very nervous, and we were alarmed about her. We deided to give her Dr. Williams' Pink Pills and soon after she began taking them there was a decided improvement. She gained in weight and vigor, her color returned, and her whole system seemed to have been built anew. I can warmly recommend Dr. Williams' Pink Pills to all who need a medicine."

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.

STOPPAGE OF TEAT.

A very common trouble in the ordinary dairy is to find an animal with the point of the teat closed, either due to a bruise of the teat itself or to infection of the milk duct which causes a little scab to form over the point of the teat. Unless this is properly handled with care and cleanliness, the infection is apt to cause a loss of the entire quarter. The proper manner in which to handle and treat such cases is to thoroughly wash the teat in an antiseptic solution, then dip a teat plug into a healing ointment and insert it into the point of the teat, allowing same to remain from one milking to another. In this manner closure of the point of the teats can be overcome in a very simple and satisfactory way. Never use a milking tube if it can be possibly avoided as there is much danger of infecting the entire quarter by the use of this tube.—Dr. David Roberts.

TOO MUCH TO FIND.

A caretaker of a school threw up his job the other day.

"I'm honest, and I won't stand being under suspicion. If I find a pencil or handkerchief about the school when I'm sweeping I put it by.

"A little while ago I saw written on the board, 'Find the least common multiple.'

"Well, I looked from cellar to garret for that thing, and I wouldn't know it if I met it in the street.

"Last night. in big writin' on the blackboard, it said, 'Find the greatest common divisor.'

"'Well,' I says to myself, 'both of them things are lost now; and I'll be accused of takin' 'em, so I'll leave!'"

THE TREASURE OF HEALTH FOR YOUNG CHILDREN

Disease attacks the little ones through the digestive organs. Baby's Own Tablets are the best thing in the world for all stomach and bowel troubles of babies and young children. They act quickly and gently, and are absolutely safe to give any child. Mrs. S. E. Green, Dunnville, Ont., says:—"I would not be without Baby's Own Tablets in the house, for I think they are an invaluable medicine for all little ones." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The other morning a milkman, with his ever-ready and obliging remark on the weather, knocked at the door of one of his most tired customers. "Good-morning, ma'am, looks like rain this morning, ma'am," said he, as he poured the milk into the jug. "So it does," replied the housewife, "haven't you any that looks more like milk?"

A Purely Vegetable Pill. — The chief ingredients of Parmelee's Vegetable Pills are mandrake and dandelion, sedative and purgative, but perfectly harmless in their action. They cleanse and purify and have a most healthful effect upon the secretions of the digestive organs. The dyspeptic and all who suffer from liver and kidney ailments will find in these pills the most effective medicine in concentrated form that has yet been offered to the suffering.

MODERN INSANE ASYLUM

PRESENT-DAY METHODS OF MENTAL HOSPITALS.

How Patients are Treated in the Beautiful Bethlehem Hospital in London.

Time was when the inmates of our lunatic asylums were treated more like caged beasts than as afflicted human creatures. "Bedlam" was less a hospital than a wild beast show. Its inmates, male and female, were chained to the walls with iron rings. It was one of the sights of London, a sort of fair. Inhuman men and women, even boys and girls, went to laugh and taunt and jeer. But we have humanized our views since those sad days. The inmates of our lunatic asylums throughout the country are no longer objects of scorn and derision, but of pity, and, what is still better, of sympathy, says London Tit-Bits.

A MODERN "BEDLAM."

The handsome Bethlehem Hospital in London, the "Bedlam" of other days, is now practically a private voluntary asylum for what may be called curable cases, quite different from the days when a harmless and rational patient was tormented to death there by brutal visitors within its old walls at Moorfields. Now-a-days people sometimes enter the hospital in mere desire for rest from the shock and jar of the outer world. Its corridors are handsomely carpeted, its walls are hung with pictures, its tables are adorned with flowers. You might spend a whole day in going through the wards one by one without noticing in the patients anything abnormal in conduct or speech. They sit and sew, play chess and draughts and cards. They converse rationally on all sorts of topics. They play the pianoforte, and dance and sing. To the casual visitor it is less like a lunatic asylum than an hotel. 'Bedlam," in fact, and all that "Bedlam" once meant, has died out of the public mind. Even the name is seldom or never heard. The institution is a hospital for the treatment of mental diseases.

GENTLE METHODS OF TO-DAY.

Physical restraint is all but gone. There are no strait-jackets, no covered cribs, no wristlets, no chains. Except in the last resort, the padded rooms are seldom used, and then never for punishment; only that the patient may be prevented from doing himself and others harm in a sudden paroxysism. Even in the padded rooms there is a change. At one time the patients could tear the leather-lined floor and walls with their finger-nails and stuff the strips down their throats. Now the leather has given place to thick rubber, and they can do themselves no harm.

ELEMENT OF BRIGHTNESS.

The dormitories are light and cosy. Well-furnished alcoves line the long corridors of the wards. Walls are no longer bare and windows no longer without curtains. Handsome carpets and rugs cover the floors. Birds sing in their cages. Flowers meet the eye everywhere. Outside are recreation grounds and gardens; inside, music-rooms and concert-rooms and dancing-rooms. Everything reminds the visitor, not of a huge prison, but of a great hotel; except that, if you look from one of the windows, you may see sometimes in the courtyard below irresponsible human creatures tearing along with rapid strides, hiding in corners, shouting, and gesticulating.

LOVE'S LABOR REWARDED.

Our lunatic asylums, then, are not the dread prisons which the public so often picture to their vision. "Don't you often long to be away from it all?" the writer asked a nurse in one of our London asylums not so long ago. "Does it not depress you?" "Indeed, no," she said. "There is so much to pity, and, you know, that means there is so much to love." And looking into her bright, gentle face, it did not seem hard to believe that for her and for the hundreds of other asylum nurses who give their best years to these afflicted ones their work was really a labor of love. The medical superintendent on his rounds has a bright smile and a cheery word for everybody, humoring as readily the woman who is the real Queen of England as the man who is its real King. To the medical and nursing staffs of our mental hospitals England owes a debt indeed.

SOLDIERS ON SKATES.

A corps of skaters is attached to the Norwegian army, the members being men selected for good physique and accurate markmanship. These skaters can be manoeuvred upon ice or over the mountain snow fields with as great rapidity as the best trained cavalry; and, as an instance of their speed, one of the corps some little time back, accomplished 120 miles in 18½ hours over mountainous country.

CHASE AWAY THE TIRED FEELING

DODD'S KIDNEY PILLS WILL DO IT QUICKLY AND NATURALLY.

It is Caused by Sluggish Circulation Brought on by Deranged Kidneys Failing to Strain Impurities out of the Blood.

Stayner, Ont., Apr. 12 (Special).—In the Spring the Kidneys always need attention. They have additional work in straining the winter's accumulation of impurities out of the blood and if they are at all out of order, it is sure to tell on them. It is only a question of the best method of treating them and Ernest Colwell of this place, adds his testimony to the great mass of proof that the one sure cure for sick Kidneys is Dodd's Kidney Pills.

"Some time ago," says Mr. Colwell, "I had severe Pains and Soreness in the small of my back, and sometimes noticed a brick dust sediment in my urine, so of course I knew my Kidneys were affected. I procured some of Dodd's Kidney Pills, which readily cured the pains and soreness and restored the urine to its natural color. I always recommend Dodd's Kidney Pills."

Everybody needs medicine in the Spring, and the medicine they need is Dodd's Kidney Pills. They clear the blood of impurities and by giving the blood free circulation, speedily and naturally chase away that tired feeling. It is caused by sluggish circulation, and Dodd's Kidney Pills always cure it.

BILL TO CLASSIFY MURDER.

Introduced in English House of Commons.

Some highly important changes in British criminal law are proposed in the bill to classify murder, and amend the law concerning suicide and infanticide. The bill classifies murder into two degrees, and makes crimes of the first degree alone subject to the death penalty. In murder trials, in case of conviction, juries will be required to classify the crime. A verdict of "murder of the first degree" is not to be returned unless the jury finds that the homicide was deliberately committed with express malice aforethought.

A provision of great importance is that which says the mother who kills her child at birth or within the first month after cannot be indicted for murder. If the child dies through injury maliciously inflicted by the mother within the same period, the mother shall be chargeable with an indictable offence, and, if convicted, be liable to not more than ten years' penal servitude, or imprisonment with or without hard labor for not more than two years, or, at the discretion of the court, to detention during his Majesty's pleasure.

Frankness makes people disagreeable, but not all disagreeable people are frank.

That Tormenting Cold that made you wretched last winter will not come back if you take Allen's Lung Balsam when your throat is raw and sore. This admirable remedy is free from opium. Take it in time.

One doesn't acquire a taste for music by listening to the piano next door.

The French law treats the frog as if it were a fish, and declares all fishing for it by night to be poaching.

Mother Graves' Worm Exterminator has the largest sale of any similar preparation sold in Canada. It always gives satisfaction by restoring health to the little folks.

How much worry the things that never happen cause us!

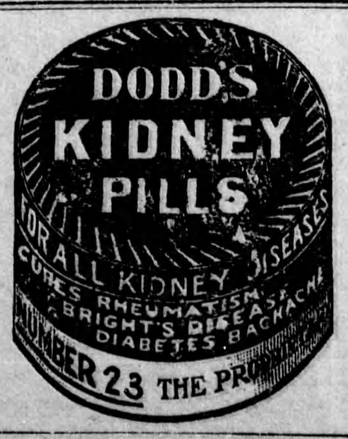
Repeat it;—"Shiloh's Cure will always cure my coughs and colds."

In proportion to its weight, the wing of a bird is twenty times stronger than the arm of a man.

Loss of Flesh, cough and pain in the chest may not mean consumption, but are bad signs. Allen's Lung Balsam loosens the cough and heals inflamed air passages. Not a grain of opium in it.

Happiness is the result of being poor and respectable—according to the story books.

The majority of color-blind people belong to the educated classes, of whom no fewer than four per cent. are thus afflicted.



ISSUE NO. 15—09.

AERONAUTIC PROGRESS.

Although only three or four men, like the Wright Brothers and Henry Farman, have as yet practically demonstrated the possibility of human flight with aeroplanes, the inventors of such machines are putting out a great variety of designs, which command much serious attention. At the Aeronautical Exposition in Paris a dozen or more types of these machines, including those of the Wrights, Farman and Delagrange, were displayed, together with a large number of monoplanes, motors, screws, and other apparatus intended for use in aviation. From the quantity of these things, the ingenuity and finish shown in their making, and the interest that they excited, one might derive the impression that the manufacture of flying-machines is already an established industry.

VENEZUELAN ANTS.

Of the ants in Venezuela, Prof. Hiram Bingham says: "At one place on the sandy trail the ants had formed a living causeway over the fine sand of the path, in order to facilitate the great speed at which the majority wished to travel. The causeway was over two inches wide, and from one to three ants deep. So friendly did the 'bridgeites' hold together, I lifted the causeway four inches from the ground by thrusting a stick underneath, without breaking their formation."

UGLY SKIN SORES.

Zam-Buk Removes Them.

It is just at this season that pimples, blotches, sores, scrofulous ailments, and eruptions generally, make themselves most felt. Pimples, blotches, and irritating rashes on the face and other parts of the body indicate a disturbance of the functions of the skin. Impure matter, which the blood should discharge by means of the skin, is allowed to remain in the pores, the process of "exhalation" is interrupted, and just where the bad matter collects, there pimples, ulcers, and sores quickly appear.

Mr. Arthur B. Griffin, of 191 Picton Street E., Hamilton, says:—"I was greatly troubled with pimples and blotches breaking out on my face. I tried a number of remedies, and also specially dieted, yet the pimples and blotches remained. Acting on the suggestion of a friend, I began using Zam-Buk, and was much pleased to find an improvement after several applications. The itching was alleviated, and the inflammation seemed less. As I continued the Zam-Buk treatment, the pimples and blotches became less sore, the itching was cured altogether, and inflammation banished. In the course of a short time every blotch and pimple was removed."

Zam-Buk is also a sure cure for cuts, lacerations, burns, eczema, ring-worm, poisoned wounds, festering sores, bad leg, and all skin injuries and diseases. It is also a cure for piles. Druggists and Stores everywhere sell at 50c. a box, or post-free from Zam-Buk Co., Toronto, on receipt of price.

It's the henpecked man who crows loudest when he gets away from home.

Repeat it:—"Shiloh's Cure will always cure my coughs and Colds."

Cooks may come and cooks may go, but the eating habit goes on forever.

Imitations Abound, but insist upon getting the genuine. "The D & L" Menthol Plaster. It has stood the test of years. It cures aches and pains quicker than any plaster.

"John, dear," remarked a young wife to her husband, "I wish you would taste this milk and see if it's perfectly sweet. If it's the least bit sour I mustn't give any of it to dear little Fido!"

In its initial stages a cold is a local ailment easily dealt with. But many neglect it and the result is often the development of distressing seizures of the bronchial tubes and lungs that render life miserable for the unhappy victim. As a first aid there is nothing in the handy medicine line so certain in curative results as Bickle's Anti-Consumptive Syrup, the far-famed remedy for colds and coughs.

The human skin contains 3,500 perspiration pores to every inch.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

DAIRY WISDOM.

Few farmers realize what it costs to be rough with cows. Make a test and be convinced. Use the Babcock test when the cows are handled quietly and properly, and again when they are yelled at and hurried in the stable.

The loss following rought treatment will astonish most farmers.

A careful milker, quiet in his ways about the stable, is worth many dollars more in a single season than one who is brutal.

There is not a cow, no matter how poorly bred, that will not respond to kind treatment.

The more highly bred she is the more susceptible she is to these influences.

Never allow a harsh, unfeeling man in a cow barn. It is not possible to give a cow too much care.

Profitable dairying depends largely upon getting cows to eat large quantities of feed. To do this the feed must be palatable and healthful.

Stinting in the feed will never bring full production and profit.

Clean the stables two or three times a day. Try it and see how much better the air will be.

Well whitewashed stables look cleaner, brighter, and are more healthful than those that are neglected.

A close, poorly ventilated stable may be very cold. It takes plenty of pure air to keep cattle warm.

From eighty to ninety per cent. of milk is water. So when you do anything that induces the cow to drink less freely it knocks off your profits.

Too much cream for the calf is about as bad as too much money for the boy.

Relief for Suffering Everywhere.—He whose life is made miserable by the suffering that comes from indigestion and has not tried Parmelee's Vegetable Pills does not know how easily this formidable foe can be dealt with. These pills will relieve where others fail. They are the result of long and patient study and are confidently put forward as a sure corrector of disorders of the digestive organs, from which so many suffer.

At the age of 6 a boy thinks his father is the smartest man on earth; at the age of 16 he imagines that he has forgotten more than the old man ever knew.

A Woman's Sympathy

Are you discouraged? Is your doctor's bill a heavy financial load? Is your pain a heavy physical burden? I know what these mean to delicate women—I have been discouraged, too; but learned how to cure myself. I want to relieve your burdens. Why not end the pain and stop the doctor's bill? I can do this for you and will if you will assist me.

All you need do is to write for a free box of the remedy which has been placed in my hands to be given away. Perhaps this one box will cure you—it has done so for others. If so, I shall be happy and you will be cured for 2c (the cost of a postage stamp). Your letters held confidentially. Write to-day for my free treatment. MRS. F. E CURRAH, Windsor, Ont.

Twelve per cent. of sugar is the average yield of good beetroots.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

WHEN HE FELT IT.

"Did you ever feel that the world was against you?"

"Sure, I felt it this morning when I slipped on the sidewalk."

It is only necessary to read the testimonials to be convinced that Holloway's Corn cure is unequalled for the removal of corns, warts, etc. It is a complete extinguisher.

The Chinese preserve vegetables by coating them with salt and drying them in the sun.

A Physician is not always at hand. Guard yourself against sudden coughs and colds by keeping a bottle of Painkiller in the house. Avoid substitutes, there is but one "Painkiller"—Perry Davis'—25c and 50c.

Most people have a lot of influence—with themselves.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

A cork 200 fet below the surface of the water will not rise again, owing to the pressure of water.

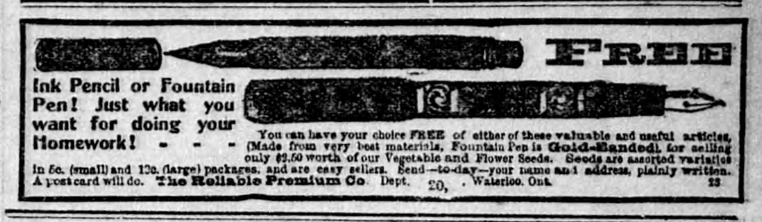
Some people never get too old to learn, and some others never get old enough to learn anything.

BOVRIL

contains all that is good in beef.

It gives strength and Vigor.

Why not take a cup of Bovril regularly through the spring? A cup at eleven o'clock will give you strength for the day's work, and nourish you so that you will avoid the attacks of prevalent illness.



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YOUR OVERCOATS

and faded Suits would look better dyed. If no agent of ours in your town, write direct Montreal. Box 158

BRITISH AMERICAN DYEING CO.

EIGHTEENTH WITHROW TOUR.

BRITISH ISLES AND EUROPE

300 Miles Coaching. 14 Superb Lakes.

Our most comprehensive tour. Riviera, with Monte Carlo and Holland additional included. Full illustrated Program free. 244 Jarvis St., Toronto.

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Farm For Sale 7,000 profit-paying Farms in U. S. States. Strout's New Monthly Bulletin of Real Bargains, profusely illustrated, mailed free. No pay your R.R. free. E. A. STROUT CO., Cook Bldg., World's Largest Farm Dealers. University Bldg., Syracuse, N.Y.

MUSK RAT Write for our EXTRA HIGH PRICES. SHIP TO E. T. CARTER & CO. 89 Front St. East, TORONTO, ONT.

EUROPEAN TOUR.

All expenses paid including tips and admissions everywhere. England, Ireland, Scotland, Wales, Holland, Germany, Switzerland, Austria, Italy and France for $560.00, visiting each country by coaching, boating and railway, from July 2nd to Sept. 22nd. Endorsed by all Steamship Co's. as the finest trip for the money crossing the Atlantic. Itinerary and full particulars MRS. V. STEPHENSON, 214 Jarvis St., Toronto.

GLASS INSURANCE AGENTS WANTED

National Provincial Plate Glass Insurance Company, Limited. Head Office, London, England. Established 1854. Capital, Fifty Thousand Pounds sterling. For Agencies at unrepresented points, Province of Ontario, address

J. H. EWART, Chief Agent,
No. 18 Wellington Street East, Toronto.

Send for booklet "Glass Insurance."

THE TELEWRITER.

This somewhat barbarous name is applied to an invention of Mr. Foster Ritchie, a Scotch electrician, for the electrical transmission of handwriting. The British postmaster-general has recently granted a 21-year license for the establishment of exchanges for the use of the telewriter throughout Great Britain. The apparatus has been employed with a telephone circuit up to a distance of 50 miles. It is claimed that it can be applied to any well-insulated land wire, and a project is on foot to use it for newspaper messages between London and Paris. Not only hand writing, but sketches and drawings can be electrically transmitted with this instrument.

"Man is Filled with Misery."—This is not true of all men. The well, sound of lung, clear of eye, alert and buoyant with health, are not miserable, whatever may be their social condition. To be well is to be happy, and we can all be well by getting and keeping our bodies in a healthful state. Dr. Thomas' Eclectric Oil will help all to do this.

The hen-pecked husband has more than a peck of trouble.

Repeat it;—"Shiloh's Cure will always cure my coughs and colds."

Fortunately but few people are mind readers, therefore they never discover what their neighbors really think of them.

Do You Want Money?

$5 to $20 weekly, salary or commission. No experience. Work partly done on your own farm. Something absolutely new. Work recently or as agent. Immense profits. Write quick.
FARM STOCK VETERINARY CO., Toronto.