NERVOUS CHILDREN

Hard Study and Too Little Exercise Leads to St. Vitus Dance.

There is much criticism of modern educational methods that require too much work of school children, allowing them too little time for play and preventing sufficient out-of-door exercise. When the study of music or any other accomplishment, with the necessary practice, is added the strain is increased. Under these conditions the blood becomes impoverished and fails to nourish the nerves. The child becomes restless, and twitching of the muscles follow. Sometimes the child stumbles in walking and drops what it tries to hold. Pallor, listlessness and irritability are symptoms that early show that the blood and nerves are failing to meet the demands made upon them, and that St. Vitus dance has fastened its hold upon the child.

In this condition there is no tonic can equal Dr. Williams' Pink Pills, which build up the blood, strengthen the nerves and safely help to meet the demands of the growing child. Out-of-door exercise, nourishing food, plenty of sleep with these tonic pills will cure even the most severe cases of St. Vitus dance. We offer the following proof: "Up to the age of ten years," says Mrs. Johnson, of Hemford, N.S., "my son Calvin was as healthy and rugged as any child could be. Then he began to complain that his eyes hurt him, and of pains in the head, and began to fall back in his studies at school. Then I noticed a twitching of the muscles of his face and arms, and later his whole body seemed to be in constant motion. Our family physician was called in and pronounced the trouble a severe attack of St. Vitus dance. He was under the doctor's treatment for some three months, but did not seem to improve. We had taken him from school, and were careful that nothing should excite him, but notwithstanding he grew worse, and the least start would bring on attacks of hysteria. This went on for some months until Dr. Williams' Pink Pills were brought to my attention, and we decided to give him this medicine. After using a few boxes there was a noticeable improvement, and by the time he had taken nine or ten boxes he had recovered his former good health. There has been no sign of a return of the trouble, and I can scarcely say how thankful we feel for the complete restoration o four son's health."

Parents who find their growing boys or girls becoming nervous should lose no time in giving them Dr. Williams' Pink Pills. You may ward off an attack of St. Vitus dance, or if the trouble has reached that stage the Pills will effect a cure. 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.

A SHORTAGE OF SHIPS.

Serious Handicap on the Lumber Trade of British Columbia.

It is evident from reports on trade conditions in British Colubia which have just been received by officers of the Canadian Northern Railway Company, that the war in Europe was not the entire cause of the business depression, from the effects of which the people in the coast province are now recovering. Representative business men from Vancouver and Victoria almost unanimously advance the opinion, that speculations of the boom period in real estate, account for the greater portion of their troubles. They add that the European conflict has had the effect of complicating conditions of trade, but contend that the slowing down of provincial commerce may justly be attributed to the economies British Columbians were forced to resort to in order to meet the payments for the real estate they had purchased long before, in the hope of obtaining a prompt and excessive profit. But it also seems from the reports, that the days of discipline have resulted in the formation of a new perspective towards business generally, and the revival which now appears to be imminent will find a people without illusions and with a more intelligently directed courage waiting to take advantage of its opportunities. These reports to the C. N. R. are supplementary to those published recently in connection with the survey of trade conditions in Canada, which was conducted by that company.

In British Columbia, the worst effects, commercially, of the war overseas, have been experienced by the men engaged in the lumbering industhy. The demand for building material from the people in the Prairie Provinces fell off sharply almost immediately after the outbreak of hostilities, and has not yet returned to its former volume. This undoubtedly adversely affected a number of smaller operators, or at least those enterprises lacking adequate backing, but the larger concerns which were well financed have been able to easily weather the re-adjustment period. At present, it would appear that the mills in British Columbia would be doing a much larger business if ships were available to move the product to its destination. A shortage of bottoms as a matter of fact, appears to be the chief handicap. While prices have eased off somewhat, the shrinkage has been taken up, possibly more than taken up by better, and what a manufacturer describes as "more tractable." labor. A remedy for the price trouble is being sought in plans for the organizing of a central selling agency, similar to that operating in the State of Washington.

The mill men on the coast say that stocks of lumber all over the world are badly in need of new supplies. If from the confidence engendered by the harvesting of a good crop, building resumes its former activity in the Prairie Provinces, and vessels are able to clear to newly developed markets in Great Britain, the West Indies, and the American Atlantic Coast States, they expect a business which will tax all their available facilities. In the meantime, it is shown that one mill in Vancouver is working overtime on new orders, which will keep it busy for a considerable period, and other lumber men are in daily expectation of orders for large quantities of building materials for reconstruction in Europe. There are evidences that the clear spruce of British Columbia is meeting with favor for the construction of aeroplanes, and several small supplies have been delivered.

The credit situation in the Province is improving, and it seems to be the general opinion that obligations have been well met when conditions are considered. Lumbermen report that their collections are satisfactory. The weaker dealers are not in the market to any extent, and the stronger firms are able to meet demands made upon them. Export lumber is sold on a basis of cash on delivery.

The Department of Agriculture for British Columbia, reports by wire that the agricultural situation is distinctly encouraging, and that weather conditions are favorable for growth. Increases are reported in land clearing, and in the areas devoted to crops of all kinds. The profits of poultry raising have been reduced to some extent owing to the high price of grain, but there has been satisfactory increase in dairying. In small fruits there is a fair crop. The selling organizations have been improved, and prices have been excellent so far. Truck farming is increasing, and the British Columbia produce is largely displacing imports from the United States. The prices for beef, pork and mutton are good and likely to so continue. There is a satisfactory increase in hog raising. The establishment of public markets is proving very satisfactory, and is reducing the cost of living. Unskilled labor at low prices is plentiful; skilled labor is difficult to obtain, and fairly good prices are paid. The report adds that comparatively little grain will be imported from the Prairie Provinces this year on account of the larger area sown. The tendency appears to be for city people to exchange town properties for farm lands, and many appear to be anxious to leave the town and engage in agricultural work. A large increase in production is looked for in the next few years.

Controls Liquor Sales.

Under the powers conferred by the Defence of the Realm Act the British Government by an Order-in-Council decided to take over the control of the sale and supply of intoxicating liquors in many districts where war material is being made and loaded, unloaded or otherwise dealt with. The districts affected include the city of Bristol and surrounding towns, Avonmouth, Newhaven, Southampton, Newport, Cardiff, Barry, Barrow-in-Furness, Liverpool and adjoining towns, and most of the munition and shipbuilding centres in Yorkshire.

Members of Parliament of all parties have undertaken a campaign to thank the employers and workmen in munition contracts for the work they already have done, and to urge upon them the vital importance of turning out as great a quantity of munitions the country is capable of producing.

BUILT A MONUMENT

The Best Sort in the World.

"A monument built by and from Postum," is the way a man describes himself. He says:

"For years I was a coffee drinker until at last I became a terrible sufferer from dyspepsia, constipation, headaches and indigestion. (The effects on the system of tea and coffee drinking are very similar, because they each contain the drug, caffeine.)

"The different kinds of medicine I tried did not cure me, and finally some one told me to leave off coffee and take up Postum. I was fortunate in having the Postum made strictly according to directions on the pkg., so that from the start I liked it.

"Gradually my condition changed. The old troubles disappeared and I began to feel well again. My appetite became good and I could digest food. Now I am restored to strength and health, can sleep sound all night and awake with a fresh and rested body.

"I am really a monument built by Postum, for I was a physical wreck, distressed in body and mind, and am now a strong, healthy man. I know exactly what made the change; it was leaving off coffee and using Postum."

Name given by Canadian Postum Co., Windsor, Ont. Read, "The Road to Wellville," in pkgs.

Postum comes in two forms:

Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

USIT

Has Removed Wrinkles For Over 2,000 Years

Since the time of Cleopatra, the beauties of the East have preserved their fresh bloom of youth and kept their skins free from all wrinkles by the application of a combination of Oriental oils, the preparation of which is a secret handed down from generation to generation.

A Canadian traveler in Egypt was fortunate enough to secure the secret from an Arab. After exhaustive tests of the preparation in England, United States and Canada, the preparation has been placed in the hands of druggists everywhere under the trade marked name of Usit.

Usit Mfg. Co., Ltd., 476 Roncesvalles avenue, Toronto, Ont.

WHAT SCIENCE COULD DO FOR US

SCIENTISTS OF BRITAIN SHOULD BE MOBILIZED.

The British are Great Inventors, But Opportunities are Neglected.

The British Empire is mobilizing its industries for the manufacture of shells at last in the tenth month of the war. When shall we mobilize our scientists? asks a British writer. The urgency of this question is emphasized by the news that the French Academy of Science is about to be placed in the closest possible touch with the French army. Officers are to inform the academy of new needs as they arise and to submit questions for solution. Thus in present conditions wire entanglements are usually removed by a very clumsy process—using high-explosive shell to tear down their supports. It might be possible to devise some more effective scientific means of achieving this end. Similarly with gas. The present idea is to meet poisonous gas by the issue of respirators. It would be better and quite as practicable to neutralize the asphyxiating gas with some other gas or vapor. To give an example, chlorine fumes would be rendered harmless by soda solution sprayed. In place of choking vapor there would be a snowfall of a solid viscous substance, chlorine of sodium, or common salt.

The Germans mobilized their scientists and physicists for military purposes as they mobilized their whole nation. The war is more and more becoming a matter of science.

British Brain Best.

The scientists have given them various kinds of asphyxiating gases and bombs charged with formaline and other choking fumes. They have turned out high explosives in gigantic quantities and of relative stability. When the allied blockade interfered with the supply of nitrates—and nitric acid is an essential ingredient in every explosive—the German chemists produced their plant by which nitrogen was extracted from the air. They have anticipated every move of the allies and have sprung surprise after surprise upon us.

There is an ill-founded idea that the British are inferior to the Germans in scientific acquirements and inventiveness. This has been much exploited by the Huns, but it is sheer nonsense. One of the most famous American millionaires states that he has made an immense fortune out of British brains and declares that the British are greater inventors even than the Americans. Sir William Ramsay recently showed that the most remarkable chemical inventions of the last few years were the achievement of Englishmen.

Unemployed Skill.

Even in military matters we have shown originality. In the application of heavy artillery to war, for example, the British led the way. In India, so far back as the Mutiny, they took weapons of the largest size that then existed into the field. They forgot or dismissed what they had done, to be disagreeably surprised when the Germans in this war turned up with 11-inch and 16-inch howitzers.

So with the machine-gun, of which the Germans are making so enormous a use. The British army—after the French discarded their mitrailleuses—was the first in Europe to be equipped with this pattern of weapon and to grasp its value. Having done this it stood still and was content with a tiny allowance of these guns. The Germans ordered just before the war 50,000 machine-guns. The result is that they are able to hold their trenches to-day with machine-guns worked by half a dozen men, whereas we, for want of these weapons, are compelled to cram our lines with men and thus to offer the German high-explosive shells a splendid target.

State and Chemists.

Britain led the world in the adoption of the Dreadnought type, and here again the Germans merely copied us. The one real German invention is the Zeppelin, and to this—if we had taken pains, gone to our men of science and been content to spend a little money—a reply could long since have been discovered. But while harping upon the importance of science and the value of it to the State, there is no class which our politicians so much fear as the chemists, physicists, and men who know their business.

The State's idea of the chemist was shown in an English advertisement last year offering the princely salary of £2 5s. a week to a first-rate chemist required for research work in one of the Government laboratories. While tens of millions have in the past been expended on teaching small boys and girls to read and write, the princely sum of £4,000 a year has been allotted by the State to the Royal Society for Research. It sounds like a grim joke, but unhappily it is true.

Will Quickly Cure Any Sour Stomach

Relieves Fullness After Meals.

"When I was working around the farm last winter, I had an attack of inflammation," writes Mr. E. P. Dawkins, of Port Richmond. "I was weak for a long time, but well enough to work until spring. But something went wrong with my bowels for I had to use salts or physic all the time. My stomach kept sour, and always after eating there was pain and fulness, and all the symptoms of intestinal indigestion. Nothing helped me until I used Dr. Hamilton's Pills. Instead of hurting, like other pills, they acted very mildly, and seemed to heal the bowels. I did not require large doses to get results with Dr. Hamilton's Pills, and feel so glad that I have found a mild yet certain remedy. To-day I am well—no pain, no sour stomach, a good appetite, able to digest anything. This is a whole lot of good for one medicine to do, and I can say Dr. Hamilton's Pills are the best pills, and my letter, I am sure, proves it.

Refuse a substitute for Dr. Hamilton's Pills of Mandrake and Butternut, sold in yellow boxes, 25c. All dealers, by The Catarrhozone Co., Kingston, Ont.

Hot Weather Hints.

Dr. Harvey W. Wiley, of Washington, has promulgated a few "hot weather do's and don'ts." Here they are:

"Eat everything, but moderately.

"Abstain from alcohol and tobacco.

"Drink plenty of cold water, but do not gulp it.

"Never drink with meals, but immediately after.

"Eat plenty of fruits and vegetables.

"Abstain from sweet soda fountain drinks, unless the syrup is used sparingly in them.

"If you eat moderately and refrain from drugs, do not be afraid of sunstroke."

Tea Is a War Munition.

Tea is being used as the most portable beverage ration in the trenches in Europe. The belligerent Governments are buying immense quantities and the troops are acquiring a taste for tea that will greatly increase the future consumption. Cheap tea is a thing of the past now that the new demand has arisen, and rising prices may be expected for some time.

A True German Flag.

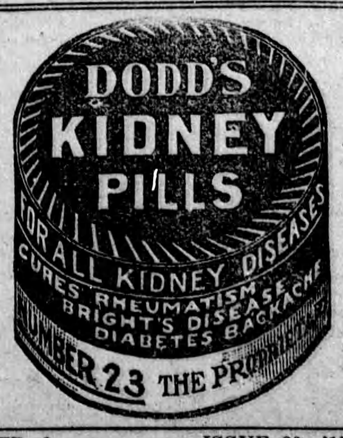
The German flag would be a rainbow if it included all the colors of the various kingdoms, principalities or states of the German empire. The black and white and the eagle in the German flag are Prussian, and in the staff head corner is the canton, black, white and red representative of the North German confederacy, which was established in 1867.

The colors of Bavaria are blue and white; Hanover, yellow and white; Saxony, white and green; Wurtemberg, black and red; Mecklenburg-Strelitz, red and yellow and blue; Brunswick, blue and yellow; Saxe-Coburg-Gotha, green and white; Schaumberg-Lippe, blue, red and white. The colors of Waldeck are black, red and yellow; Pomerania, blue and white; Baden, red and yellow; Hesse, red and white; Hanover, yellow and white.

Minard's Liniment Cures Colds, Etc.

Rumania Owes Much to King.

To King Charles, Rumania owes most of its modern development. He was one of the most progressive of monarchs. He built up an army of the first class, carried out great national works, inspired and supported an educational system, encouraged railway development, and organized the agriculture of the country so effectively that Rumania is now one of the principal grain exporting countries of the world.



RENOVATING BUILDINGS.

Canadian National Exhibition Authorities Taking Precautions.

It will be interesting to stockmen generally to know that the most extraordinary precautions are being taken by the Canadian National Exhibition, Toronto, to thoroughly disinfect all sheds and buildings to be occupied by livestock during the coming Fair, Aug. 28 to Sept. 13.

Immediately after the military authorities had removed the last of the horses housed at the grounds over the winter, a meeting of the chairmen in charge of the different branches of the livestock department at the Exhibition met and decided to at once seek Government co-operation in the work of disinfecting and cleansing the grounds.

A large force of men have since been engaged at the work of immunizing every inch of space, in which task they are using the most thorough methods. Floors, walls, ceilings, stalls and every nook and cranny that might prove a lurking or breeding-place for germs are being treated with specially prepared disinfectants of extra strength and effectiveness.

Before the livestock are housed at the grounds previous to the Fair the Exhibition Board will have all buildings inspected by the Veterinary General, who will come from Ottawa for the purpose. The Ontario Government, too, will conduct an independent inspection, and it will be a very elusive germ indeed that will be able to dodge this combined attack.

Calling Bismarck's Bluff.

Bismarck was conferring the Iron Cross on a hero of the ranks, and, being in a humorous mood, he said: "I am authorized to offer you, instead of the Cross, a hundred thalers. What do you say?"

"What is the cross worth?" asked the soldier.

"About three thalers."

"Very well, then, your highness; I'll take the cross and ninety-seven thalers."

No More Corns Cure Guaranteed

Never known to fail; acts without pain in 24 hours. Is soothing, healing; takes the sting right out. No remedy so quick, safe and sure as Putnam's Painless Corn Extractor. Sold everywhere—25c. per bottle.

A French Boy's Pluck.

A patient in the American Ambulance Hospital at Neuilly-sur-Seine tells the following story of one of his comrades:

"We had been living in the trenches for days with the water above our ankles. At that time our trenches were only thirty-six yards away from the German trenches, so that we could hear the enemy talking and whistling and, indeed, we often called across to them.

"One day, young P., who was a hot-tempered chap about twenty-one years of age, threw down his shovel and said that he wouldn't work in such a nasty hole another moment, and that he had rather die at once from a German bullet than live another day in the trench. Anyhow, he was going out to chop some wood for a floor and let the Germans shoot him if they wished.

"Thereupon P. calmly crawled out of the trench, walked to a woodpile in full sight of the Germans, and began making planks from the wood. He worked a whole hour; for the Germans were so much astonished at his audacity, and so delighted with his pluck, that they made no attempt to stop him.

"When he had finished the needed pile of boards, P. as calmly carried them into the trench; and the men made a good floor of them."

Minard's Liniment Cures Garget in Cows

Obliging.

A servant-girl one day went to her mistress in tears, and asked permission to go home for a few days—she had a telegram telling that her mother was ill.

"Of course, go," said the mistress; "only, Maggie, do not stay longer than is necessary. We need you."

Maggie promised to return as soon as possible, and hurried away. A week passed without a word from her; then came a note by post—"Dear Miss B—, I will be back next week, an plese kepe my place for me; mother is dying as fast as she can. To oblidg, Maggie."

Minard's Liniment Cures Distemper.

WEAR FLEET FOOT SHOES for Every Sport and Recreation

Sold by all good shoe dealers
Worn by every member of the family

FARM FOR RENT.

IF LOOKING FOR A FARM, CONSULT me. I have over Two Hundred on my list, located in the best sections of Ontario. All sizes. H. W. Dawson, Brampton.

NEWSPAPERS FOR SALE.

PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide St., Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

FARMS FOR SALE.

FARMS FOR SALE IN THE County of Norfolk. Good choice. Prices ranging from $30.00 to $100.00 per acre. Terms reasonable. Apply R. W. Bartmann, Lynedoch, Ont.

DUTCH BULBS.

FOR FALL 1915—DIRECT FROM Holland. Bulbs of first quality, guaranteed true to name and color. Low prices. Send for our catalogue. Dorval Nurseries, Dorval Station, P.Q.

KERMATH Marine Engines

"America's Standard 4 Cycle Marine Motor"
4 Cycle, 4 Cylinder, 12 to 20 H.P. Highest quality. Silent operation. No vibration. Controls like the finest Motor Car engine. Extremely economical on fuel. Used as standard equipment by over 60 per cent. of the world's leading boat builders. Catalog on request. $190 to $360 depending on equipment.
KERMATH MFG. CO. Dept. Detroit, Mich.

Clock Made of Straw.

A clock made entirely of straw and willow withes has been completed recently in Switzerland. The chimes are made of straw put through a special process to give a ringing sound. Not a bit of metal was used in the unique clock.

LOW FARES TO THE CALIFORNIA EXPOSITIONS VIA CHICAGO & NORTH-WESTERN RY.

Four splendid daily trains from the New Passenger Terminal, Chicago to San Francisco, Los Angeles and San Diego. Choice of Scenic and Direct Routes through the best of the West. Something to see all the way. Double track, Automatic electric safety signals all the way. Let us plan your trip and furnish folders and full particulars. B. H. Bennett, G.A., 46 Yonge St., Toronto, Ontario.

No Joke.

"What's on the carpet to-day, my dear?" asked Mr. Wombat, who is flowery of speech.

"More mud that Johnny has tracked in, I s'pose," responded literal Mrs. Wombat.

This is to certify that fourteen years ago I got the cords of my left wrist nearly severed, and was for about nine months that I had no use of my hand, and tried other Liniments, also doctors, and was receiving no benefit. By a persuasion from a friend I got MINARD'S LINIMENT and used one bottle which completely cured me, and have been using MINARD'S LINIMENT in my family ever since and find it the same as when I first used it, and would never be without it.

ISAAC E. MANN.

Described.

"Pa, what is an interesting conversationalist?"

"One who knows all about what's in the books that you've been too lazy or too indifferent to read for yourself, my boy."

Minard's Liniment Cures Diphtheria.

The Romans punished parricides by first scourging the criminal, then sewing him up in a leathern sack made air-tight, with a live dog, a cock, a viper, and an ape, and thus casting him into the sea.

"Overstern" V Bottom Motor Boat $55.00

Freight Prepaid to any Railway Station in Ontario. Length 15 Ft., Beam 3 Ft. 9 In., Depth 1 Ft. 6 In. ANY MOTOR FITS.

Specification No. 2B giving engine prices on request. Get our quotations on—"The Penetang Line" Commercial and Pleasure Launches, Row boats and Canoes.

THE GIDLEY BOAT CO., LIMITED, PENETANG, CAN.