WEAK, TIRED, DEPRESSED

That is the Usual Condition of Persons Afflicted With Anaemia

Anaemia is the medical term for poor watery blood. It may arise from a variety of causes, such as lack of exercise, hard study, improperly ventilated rooms or workshops, poor digestion, etc. The chief symptoms are extreme pallor of the face and gums, rapid breathing and palpitation of the heart after slight exertion, headaches, dizziness and a tendency to hysteria, swelling of the feet and limbs and a distaste for food. All these symptoms may not be present, but any of them indicate anaemia which should be promptly treated with Dr. Williams' Pink Pills. These Pills make new, rich blood which stimulates and strengthens every organ and every part of the body. Dr. Williams' Pink Pills have made thousands of anaemic people bright, active and strong. The following is one of the many cures. Mrs. Phillips, wife of Rev. W. E. Phillips, Princeton, Ont., says: "Some years ago, while living with my parents in England I fell a victim of anaemia. The usual complications set in and soon I became but a shadow of my former self. My mother, who had been a former nurse of many years experience, tried all that her knowledge suggested; tonics of various kinds were tried, and three doctors did their best for me, but without avail, and a continued gradual decline and death was looked for.

"Later my parents decided to join my brothers in Canada, and it was confidently expected that the ocean voyage, new climate and new conditions would cure me. For a time I did experience temporary benefit, but was soon as ill again as ever. I was literally bloodless, and the extreme pallor and generally hopeless appearance of my condition called forth many experiences of sympathy from friends whom we made in our new home in Acton, Ont. Later a friend urged me to try Dr. Williams' Pink Pills, and although in a condition where life seemed to have little to hope for I decided to do so. After using three boxes I began to mend. Continuing I began to enjoy my food, slept almost normally, and began to have a fresh interest in life as I felt new blood once again running in my veins. Dr. Williams' Pink Pills brought about a complete cure and I am to-day in robust health. My husband is rector of this parish and I have recommended the use of the Pills to a great number of people with whom we have come into contact in the course of my husband's ministry, for we both know what Dr. Williams' Pink Pills can do."

These Pills may be had from any dealer in medicine or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

From what a man thinks he knows, subtract what his neighbors think he knows, and the remainder will probably be about what he really does know.

PLANTS HAVE NERVOUS SYSTEM

RESPOND TO EXTERNAL FORCES LIKE HUMAN BEINGS.

Intoxiated by Alcohol, Stupified by Chloroform, Degeneration Through Laziness.

A series of investigations made by Professor Jagadis Chunderf Bose, an Indian scientist, of Calcutta, has resulted in revelations of such far-reaching scientific importance that it may be doubted whether even this distinction now holds good. The barrier between the life-phenomena of plants and animals is thrown down. Even the commonest vegetable proves to be sensitive. Professor Boes has shown that plants have what may truthfully be called a nervous system—of a simple type, to be sure, but still a nervous system. The discovery is of momentous interest. Psychology deals with consciousness; but without nerves, without some means of receiving impressions of storms and sunshine, heat and cold, there can be no consciousness. Professor Bose by no means holds that plants have anything like the intelligence of animals, but he has certainly demonstrated that they respond to external forces, not as so many living machines, but as sentient organisms. By his extraordinary methods of enquiry he proves that they are affected in a very human way when stimulated from without. They are benumbed by cold intoxicated by alcohol, suffocated by foul air, wearied by excessive work, stupified by anaesthetics, excited by electric currents, stung by physical blows, exhilarated in sunshine, depressed in the rain, and killed by poisons or violence. In a word, they are responsive or irresponsive under the same conditions and in the same manner as a human being, sometimes to a greater and sometimes to a lesser degree.

No Dead Matter.

Although he is a native of India, there is not a trace of Oriental mysticim in Dr. Bose, nor of that curious mixture of occultism and metaphysics which we associate with the East.

It was soon after his graduation from Cambridge that Dr. Bose began the researches which have resulted in giving an entirely new aspect to various phenomena associated with life. At first he was concerned, not with living things, but with inorganic matter—gross, dead, brute matter, as it used to be called. That was in the days when wireless telegraphy was still a dream, when Marconi was just beginning to experiment.

If wireless telegraphy was to become a commercial reality, something better than this coherer was needed—something that was self-recovering, like a human eye. To discover that something involved a sturdy of the whole theory of coherer action. Why was it necessary to tap the glass tube containing the iron particles?

To answer that question Dr. Bose began a painstaking investigation. He found that the iron particles of the coherer grew weary; they were actually fatigued because of overstrain; they had to be revived, and a tap (a stimulus, in other words) revived them. That discovery prompted him to study over substances. Matter proved to strangely capricious. He examined it as a biologist examines a muscle or nerve—electrically. A piece of animal tissue that is dead reacts differently from a piece that is alive. There is an electric twitch when the living muscle or nerve is excited, a twitch that can be seen with the aid of a galvanometer—a delicate detector of electric currents. A dead tissue, on the other hand, gives no response. Tested thus, Dr. Bose found matter curiously alive in a real and not in a figurative sense. He froze metals, and they became torpid like an icy muscle; he poisoned them and then cured them; he narcotized them and afterword revived them; he pinched them, and they responded electrically like living flesh; he subjected them to ceaseless blows, and they grew tired and irresponsive; he allowed them to rest, and the ability to respond revived. He performed hundreds of experiments which proved inorganic matter is not dead.

First of all, Dr. Bose set about the invention of new instruments—devices of unprecedented sensitiveness. If plants are to lay bare their secrets, they must be given the means of expressing themselves. In a broad sense, that is what Dr. Bose has done. His ingenious recorders are pens of incredible lightness with which lilies or cabbages may write down their impressions of the outer world in a script that we can understand. Use these instruments intelligently, and vegetation, hitherto mute, will whisper its story.

Plants Sensitive.

Enabled to express itself, a plant is found responsive to all the stimuli that cause an animal muscle to contract. A blow will make a muscle twitch; a plant will also twitch when struck. A prick or a cut will cause both vegetal and animal tissue to give either a mechanical or an electrical twitch. Pinch a cauliflower stalk with tweezers, and a reflecting galvanometer—a detector of currents which, in this instance, may be considered an electrical substitute for a brain—can be made to move a beam of light many feet on a screen and thus to visualize the stalk's wincing and recovery.

In order to show that there is a perfect analogy between beating animal and beating plant tissues, Dr. Bose subjects his plants to all the test that biologists apply to animals, and few more that he himself conceives. A heart is slowed down by either, the biologists say? "I, too, must experiment with either," decides the doctor. He places his plant in a chamber, and blows in some ether vapor mixed with air. The plant records its exaltation. It has been affected just as if it were human. Stronger ether vapor is admitted. The leaflets slow down just as does a heart under the influence of an anesthetic. Will the leaflets stop altogether if too much ether vapor is poured into its chamber? The heart will, we know. The doctor tests the plant. For a minute or two the leaflets waver uncertainly; then they stop—the plant is quite still. Fresh air is blown into the chamber, and the effect is magical. Very slowly the leaflet begins to move, and once more the record is traced on the glass plate, weakly and uncertain at first, but gathering strength as the plant drinks in each new whiff of armospheric oxygen.

Chloroform has an even more pronounced effect than either. If a slight excess is administered, the leaflets stop altogether. The leaflet may even be killed. Sometimes it takes as long as half an hour to revive a telegraph-plant that has been thoroughly chloroformed.

Think for a moment of the significance of these experiments. We have been taught to believe that automatically pulsating tissues draw their energy from within, and to call this energy "vital force." If a beating leaf can be arrested and started again simply by controlling external forces, it is evidently absurd to explain its apparent automotic action by means of an internal vital force. Dr. Bose offers a new and more plausible theory, one that accounts for all spontaneous movements by the action of external forces only. A plant is the plaything of light, electricity, wind, and rain—of all nature's forces. Like the currents, drugs, and gases employed in Dr. Bose's experiments these natural forces act as stimuli. We must imagine the little molecules of which plants are constructed, not only storing up all this energy as if it were water received by a vessel, but as receiving much more than they can store. Like water, the excess energy bubbles over, as it were, and produces the pulsations that have seemed so inexplicable.

Do You Know This?

The middle verse of the Bible is the eighth verse of the 118th Psalm. The twenty-first verse of the seventh chapter of Ezra contains all the letters in the alphabet except the letter "j." The longest verse is the ninth verse of the eighth chapter of Esther. The shortest verse is the ninth verse of the eleventh chapter of St. John.

One way to improve the memory is to assume for a moment that you have everything you want.

No. 8965.

line and to be gathered at the waistline on cords. Sizes 14, 16, 18 and 20 years. Size 18 requires 4 yards 36-inch material, with 5½ yards narrow lace for ruffles.

Patterns, 15 cents each, can be purchased at your own Ladies' Home Journal Pattern dealer, or from the Home Pattern Company, 183-A George Street, Toronto, Ontario.

Advice to Dyspeptics Well Worth Following

In the case of dyspepsia, the appetite is variable. Sometimes it is ravenous, again it is often very poor. For this condition there is but one sure remedy—Dr. Hamilton's Pills—which cure quickly and thoroughly.

Sufferers find marked benefit in a day, and as time goes on improvement continues. No other medicine will strengthen the stomach and digestive organs like Dr. Hamilton's Pills. They supply the materials and assistance necessary to convert everything eaten into nourishment, into muscle, fibre, and energy with which to build up the run-down system.

Why not cure your dyspepsia now? Get Dr. Hamilton's Pills to-day, 25c. per box at all dealers.

RULES GENERALS WITH IRON HAND

GRAND DUKE NICHOLAS IS A STRICT DISCIPLINARIAN.

Rough Military Discipline for Men of High Rank Pleases the Soldiers.

The Grand Duke Nicholas is the most powerful and beloved figure in Russia to-day.

Strong of will, determined of purpose, the grand duke has not the reputation of being a man of enormous intellectual ability; nor does he pretend to make the plans that govern the movements of Russian armies. He is surrounded by men of military training and ability whose superiority in their own lines he is the first to recognize.

One of his most important duties is to sit at general headquarters and keep order among his various generals, whose views are often discordant, to see that plans determined upon by the general staff are carried out, even by those who oppose them. His high position in the imperial family enables him to treat even generals with rough military discipline which alone can maintain order among the temperamental Slavs. The stern manner with which the grand duke treats officers of high standing, who have failed in their duty has endeared him to the rank and file of the army, for the Russian soldier in this war has felt the heavy hand of his superiors and likes to know that these same men are subject to the same discipline.

Severe on Vodka.

Many are the stories current about the grand duke's disciplinary methods. He favored, at the beginning of the war, the prohibition of the sale of vodka, and he has been particularly severe with those officers who have broken the rule and preferred the pleasures of revelry to the harsh duties and dangers of the firing line.

Nicholas frequently makes unexpected visits to cities in Poland near the front. On one of these visits in Warsaw he is said to have gone to a restaurant where vodka and wine were secretly sold. Here he found in a private room carousing several officers who should have been at the front. He ordered their arrest, and that night presided over a court-martial which condemned them to die on the morrow. With his own hands he tore their shoulder straps from their uniforms.

"You have disgraced your uniforms; prepare to die," he said.

On the following morning he sent for them.

"I have suspended your sentence," he said. "Go to your positions at the front and each of you return with the cross of St. George, or do not return at all."

Punishes by Death.

When the 10th army corps was cut up on the Grodno front in East Prussia the grand duke sent for the general in command, and is said to have struck him across his face and torn off his shoulder straps.

At the time the Germans started their now famous drive from Cracow, Gen. Radko Dimitrieff, the celebrated Bulgarian soldier, was in command of the Russian forces opposing this advance. It is said that to supply the troops in the Carpathians ammunition had been taken from the army of Dimitrieff, so that his troops had only forty rounds of small arm ammunition for each man. A general commanding an army corps refused to obey an order of Gen. Dimitrieff on the ground that he did not have enough ammunition. The result was the capture of 75,000 Russian soldiers. Immediately the grand duke went to Galicia to preside over the court-martial which tried and condemned to death the general who had disobeyed orders.

While the imperial leader does not actually work out the war plans of the Russian army he does influence the general ideas that control Russian strategy. It is even said that the ultra-conservative and defensive tendencies of Gen. Dussky led finally to a breach between him and the grand duke which caused the general's retirement from the command of the armies in Poland.

This story is merely a rumor. The official statement is that Gen. Russky was suffering from an incurable disease and could not longer bear the great strain of his work. Gen. Russky is said to be a scholar. He is a small man, wears glasses, and certainly looks more like a scholar than a soldier.

Sore Corns Go!

Absolutely Painless

No cutting, no plasters or pads to press the sore spot. Putnam's Extractor makes the corn go without pain. Takes out the sting over-night. Never fails—leaves no scar. Get a 25c. bottle of Putnam's Corn Extractor to-day.

A German Mistake.

Speaking of the means by which the Kaiser and his War Lords seek to hoodwink his own people as well as other nations, Dr. Miller says:—"Their lying has not even been self-consistent. To the multitude Britain is represented as a warlike power leagued with others as warlike as herself to ruin Germany. To those who have adopted the Prussian faith Britain is represented as decadent, sunk in luxury and exhausted, every member of whose empire, India first of all, will throw off her hated yoke as soon as she is attacked. The contradiction between these two representations must sooner or later become obvious even to Germans."

Minard's Liniment Cures Garget in Cows

You Can Be Brave.

When you cannot be happy you can be brave. There are things nobody can enjoy, especially aches, pains, disappointments, unkindnesses, and things of that sort. Nobody expects that you boys and girls can be just as happy over your troubles as you are over your blessings. But that does not excuse you for fretting and whimpering just as soon as things go wrong. If you cannot be happy you can be brave.

Minard's Liniment Cures Distemper.

One day two laborers were discussing the wisdom of the present generation. Said one: "We be wiser than our fathers was, and they was wiser than their father was." The second one, after pondering a while and gazing at his companion, replied: "Well, Garge, what a fule thy grandfather must a' been."

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Minard's Liniment Cures Diphtheria.

At a height of two thousand feet all aeroplanes look very much alike, and troops would be liable to fire at their own machines when they passed overhead, were they not all decorated with an emblem to proclaim their nationality.

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Guns with a bore of twelve inches or more can only fire ninety full charges. They are then considered to be worn out, and have to be sent to the foundry to have a new core inserted.

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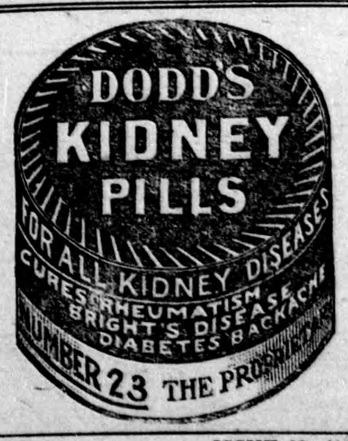

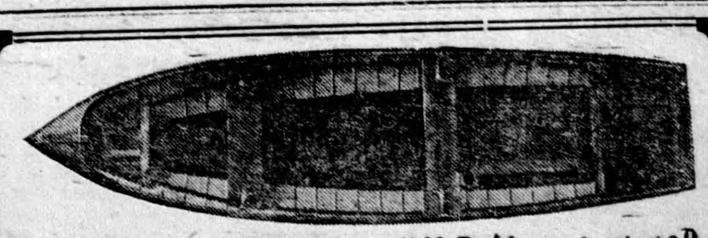

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