

The Action Free Press

THURSDAY, JUNE 26, 1910.

WHEN SHE WEEPS

When she weeps,
I am glad.
When she laughs,
I am glad.
When she smiles and says,
"Then I quit,"
And my fault, I admit,
For a tear goes my heart every day.
When she slugs,
At the sound
Of her voice.
When she dances,
I am glad.
When she weeps,
She can't help it.
A new bound, you bet,
For a tear always starts my soul.
—Detroit Free Press.

CALLING OUT THE RESERVES

Did you ever start on a long walk, and, before you reached the destination you had set for yourself, find that you were dangerously near the point of exhaustion? And, then, as you crawled along, thinking what a luxury it would be to arrive at your goal on a stretch, into a mile or so farther, did you ever discover that, in some mysterious way, you were getting rested? The sense of weariness passed, your muscles seemed to harder to their work, and you got home finally in better condition, and spent the evening as usual, instead of going to sleep to bed, a little earlier than you thought would be necessary.

The phenomenon, well known among athletes, has very simple explanation. There is a reserve fund of strength on which you can fall back when the normal supply is exhausted. Somewhat in the division of four, a shoulder lift, all the time, each muscle, far greater than that of which she is ordinarily capable. This does not mean that illness has given her more strength, but only that it has called out the reserve. Recently the newspapers told of a young girl who staggered out of a burning building with her invalid father in her arms. She had carried him down three flights of stairs, a feat which would have taxed a strongman. Reservoirs, again.

Sometimes a girl sees a friend on whom our trouble after another has been piled; and she thinks, "I could never bear that. I couldn't be brave and go about sniffling, when such dreadful things had happened." But here the reserve strength is to be counted on. Sometimes troubles come so thick and fast that we feel ourselves at the end of our tether, and then discover that a new strength has come to us all, that a new courage is warming our hearts. We can do all that is to be done, we can bear all that is to be borne. When the demands on us are too great for our normal strength and courage, all that is necessary for us is to call out the reserves.

A DOG STORY

The family dog was one of the best beloved members of the family to the Pool boys by whom he was owned. Such a useful old fellow he was and such an invaluable stand to hitch to a sleigh in winter time. One day the doggo was tormented and abused by a larger lad and that was the last. Paul fought his great fight. Sufficient rules were framed and all the lad's righteous indignation found vent in punishing the enemy with belts, feet and anything upon which he could lay his hands.

The future artist was minus a tooth by the time he was separated from his crumpled opponent, but, that was mere detail. That night the defeated boy's father paid a visit to the Pool home, and Paul was called into the room. Hattered from the fray, with mouth swollen, but head erect and eyes fearless, he entered.

"Paul," said his father, reprovingly, "do you know that you have killed this gentleman this day?"

"It was nearly killed our dog," was the unrepentant reply. —Isabel O. Armstrong, in "Paul Pool and His Art," in *The Canadian Magazine*.

IT'S NOT FUNNY, DON'T LAUGH

The lurching gait, the thick, somewhat speech, the maniacal laugh of the drunkard, are not funny; they are pitiful, disgusting, shocking, heart-sickening. Why laugh at them? Why, above all things, set such an example as to lead children to see anything funny in them? Why minimize so serious a vice by appearing to find it humorous? Inanity is no joke. So to look upon it is to proclaim one's self as both wrong-headed and wrong-headed and no friend of temperance reform.

In the Middle Ages, the people of England are said to have found insanity one of the futilities of spectators. Its horrors are so deeply impressed on the public in this age, when it appears to be on the increase, that the antics of its victims rarely provoke a smile. The world is happily full of proper subjects for laughter; but among these are not the misfortunes, the deformities, the diseases (mental and physical), the destructive vices of weak and warped humanity.

Most cases of baldness are due solely to neglect. The hair often becomes dry and dandruff forms because the hair glands do not supply enough natural oil. Nothing overcomes this deficiency so effectively as that delicately prepared, refreshing hair pomade, Bearine. Avoid baldness; apply Bearine to your hair occasionally. All druggists, 50 cts. a jar!

DAVIS' MENTHOL SALVE

A thick adhesive ointment, composed with Iasonee Menthol and Vaseline, two of the best known ingredients. It soothes and softens the skin, and tends to restore those who suffer from Ulcers, Eczema, and other skin troubles. It is a real "healer" literally meant to be well in good health. Try Davis' Menthol Salve. All Doctors.

Dropsy

Given up by Doctor

"I had dropsy, and was told by my family physician that there was no chance for me. My family also gave me up. My limbs and body were swollen one-third larger than natural, water collected around my heart and I had to be propped up in bed to keep from smothering. I took Dr. Miles' Heart Remedy until I was entirely cured. This was in 1902, and I am now able to do any kind of work on my farm. My cure was certainly marvelous."

L. TURKEY CURD, Wilmore, Ky.

Dr. Miles' Heart Remedy has been wonderfully successful in relieving heart trouble. Its tones upon the heart nerves and muscles is a great factor in assisting nature to overcome heart weakness.

Price \$1.00 at your druggist. He should supply you. If he does not, send price to us, we forward prepaid.

DR. MILES MEDICAL CO., Toronto.

NORTH POLE AGAIN

Retired Explorer—You, the cold was so intense at the Pole we had to be very careful not to get our dogs. Miss Youngthing—I need! Why was that?

R. E.—You see, their tails were frozen stiff, and if they wagged them they would break off.

HEADACHE

AND

Burdock Blood Bitters.

The presence of headache nearly always tells us that there is another disease which, although we may not be aware of it, is still exerting its baneful influence upon the body.

Burdock Blood Bitters has, for years, been curing all kinds of headaches, and it will only give it a trial we are sure it will cure what it has done for thousands of others.

Mrs. John Connors, BURLINGTON, N.H., writes: "I am troubled with headache and constipation. Cur'd, Burdock Blood Bitters has, for a long time, After trying different remedies, I found asked me to try Burdock Blood Bitters. And I am completely cured after having taken them twice. I can safely recommend it to all."

For sale by all druggists.

Manufactured only by The T. Millburn Co., Limited, Toronto, Ont.

You lift no one by looking down your nose.

The Pox of Indigestion.—Indigestion is a common ailment and few are free from it. It is a most distressing complaint and often the suffering attending it is severe. The very best remedy is Parma and Vegetable Pills taken according to directions. They rectify the irregular action of the stomach and restore healthy action. For many years they have been a standard remedy—for dyspepsia and indigestion and are highly esteemed for their qualities.

Sin's crown is so constructed that it soon becomes Satan's collar.

Lame Back, Painful Stitches, Cured in Ten Days, or Your Money Back

The instant you suspect Kidney or Urinary disorder, or feel inflammation, begin taking.

FIG PILLS are sold with a guarantee to cure all Kidney, Bladder or Liver troubles, Indigestion and all Stomach Diseases.

FIG PILLS are sold at all leading drug stores at 25c. a box, or five for \$1.00.

Lova's sacrifices are life's most satisfying luxuries.

Even the Almighty cannot use people who were born pettified.

No one little enjoys life, and are such burdens to themselves, as those who have nothing to do.—Jordan.

PILE'S

You will find relief in Zam-Buk! It eases the burning, aching pain, stops bleeding and brings ease. Perseverance with Zam-Buk means cure. Why not prove this? *All Drugs and Stores*, *see box*.

A SIMPLE, HARMFUL MAID

"We glad your name is Mary," said Mr. Blawenach to his sweetheart, whom he had been courting for several years.

"Why so?"

"Because I was reading to-day and came across a line which said, 'Mary is the sweetest name that woman ever bore.'"

"That is poetically expressed. I've heard my father say it to my mother, whose name is Mary. It is from some poet, isn't it?"

"But I have also heard my father say that there was only a sweater name that Mary."

"I think her name must have been 'Mary,'" said the father, as he tenderly pressed his sweetheart's hand.

"No, I do not think it was 'Mary,'"

"What was the other name?"

A beautiful girl suffused the charming maiden's cheeks, the silken lashes fell and veiled the lovely eyes, and in a tone as soft as the whispering of a willow bough she murmured:

"Wife."

The cards are out!

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Castoria* and has been made under his personal supervision since its infancy.

Castoria—Allow no one to deceive you in this.

All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifl with and endanger the health of Infants and Children—Experiments against Experiment.

What is CASTORIA

Castoria is a harmless emollient for Castor Oil, Paregoric, Drops and Soothing Syrup. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substances. Itage is its guarantee. It destroys Worms and allayes Pains. It cures Diarrhoea and Wind Colic. It relieves Tooth-ache, cures Constipation and Flatulence. It assimilates the Fluids, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea. It is Mother's Friend.

Castoria—The Kind You Have Always Bought.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Castor Fletchers

The Kind You Have Always Bought

In Use For Over 30 Years.

Chartered by Dominion Government

Established 1864

THE MERCHANTS BANK OF CANADA

HEAD OFFICE MONTREAL.

President—Sir H. MONTGOMERY ALLAN.

Vice President—JONATHAN HODGSON, Esq.

General Manager—E. F. HUBBEN.

Capital Paid Up, \$6,000,000.00

Deposits over \$10,000,000.00

Surplus ... \$1,500,000.00 Total Assets, \$6,600,000.00

The following comparative figures show the growth of this Bank in importance and public favor:

Nov. 30	CAPITAL, BOND & UNDIVIDED PROFIT	TOTAL DEPOSITS	TOTAL ASSETS
1868	\$1,600,000	\$1,690,931	\$1,625,411
1872	8,700,000	20,821,605	31,168,211
1875	9,400,000	21,109,616	41,477,510
1880	10,200,000	42,871,504	62,900,100

SAVINGS BANK DEPOSITS

One Dollar, or upwards, will open an account. Money withdrawable any time, no delay.

FARMERS' BANK NOTES

We have special facilities for collecting these. We will cash them at once if desired, at a low rate of interest.

JOINT ACCOUNTS.—When requested, we will open accounts in two names, so that either one may draw the money, husband or wife, etc.

Acton Branch W. S. CHISHOLM, Manager

PANAMA HATS and AMERICA and ENGLISH styles in STRAW HATS

on showing to-day.

R. E. NELSON Merchant Tailor Men's Furnisher

WYNDHAM STREET GUELPH - ONT.

SPARKLES

"Doctor, do you think eye glasses will alter my appearance?" inquired Mrs. Gibson, anxiously.

"I shall at least expect them to improve your looks," replied the physician.

A Chicago woman has purchased a book, entitled "How a Model Servant may be trained."

A companion book for a hired girl, "Ensuring her employee can be kept in still further objection," is awaiting.

"I understand I gave my alias when I got arrested last night. I hope I didn't use the name of any of my friends."

"You didn't. You told the desk sergeant that your name was Norval, and that your father was in the sheep pens in the Grand Canyon Hills."

"Ever been locked up?" demanded counsel.

"I have been," admitted the witness.

"And what had you been doing?"

"I had been holding jury duty."

"The JOY OF WORK."

Do not look on your work as dull drudgery. If you choose, you can make it interesting. Throw your heart into it, make it a hobby. Take time to learn the name and vagueness history, consider it in all its bearings, think how many even the humblest labor may benefit, and then it's scarcely one of our duties which we may not look to with enthusiasm. You will get to love your work, and if you do, it with delight you will do it with ease. Even if it's drudgery find this impossible. If for a time it seems more drudgery, this may be just what you require; it may be good to mountain folk to brace up your character.—Lord Avadur.

REMOVED.—The following is a list of persons who have removed to the following addresses:

Mr. M. McLean, Dejant Junction, N.Y., writes: "I wish to tell you what Millburn's Heart and Nerve Pills have done for me. Three years ago I was so run down I could not do my work. I used to have to be told not to have heart trouble and that my nerves were all unstrung. I took his medicine, as he ordered me to do, but it did not help. I had to take his Heart and Nerve Pills, and had only taken one box before I started to feel better, so I continued their use until I had taken six boxes. I am now in full strength and able to do my work. When I commenced taking your pills I weighed 125 pounds, now I weigh 125 and have given birth to a happy daughter, which was a happy thing in the family. When I commenced taking Millburn's Heart and Nerve Pills, I could not go to sleep without testing to see if I had the top. I can now go up without any trouble."

The price of Millburn's Heart and Nerve Pills is \$1.25 at all dealers or mailed direct on receipt of price to The T. Millburn Co., Limited, Toronto, Ont.

More men are injured by having things made easy for them than by having their paths beat by difficulties.—C. M. Parkhurst.

A Safe Pill for Suffering Women.—The secluded life of women which permits of little healthful exercise, is a fruitful cause of derangements of the stomach and liver, and is accounted for by the fact that most adults think an hour of exercise is the best exercise for them.

Safe Pill for Suffering Women.—Parma and Vegetable Pills will correct irregular