If so, it then should coase. Withdraw It from the ocean, A messenger from hell That strikes boneath the surface Without a warning voll. Take lesson from the rattleanake. A vile and squarming for. That gives the man a signal Helore it strikes a blow.

LIBERTY.

They tell us, sir, that we are weak, unable to cope with reformidable an adversary. Ital shall we be atrongery Will it be the next week or the next year? Will it be when we are totally disarmed and when a British guard shall be stationed in each house? Bhall we guther strength by Irresolution and Inaction? Hhall we acquire the means of offective resistance by lying supinely on our lacks and hugging the delusive phantom of hope until our enemies have tound us hand and foot? Hir. we are not wook if we make a proper use of those means which the God of nature both placed in our power. Three millions of people, armed in the hely cause of therty and we possess, are invincible by any force which an enemy can send against us. Resides, sir, we shall not tight our buttles nione. There is a just that who presides over the destinies of untions and who will rulse up friends to fight our battles for us. The luttle. sir, is not to the strong alone. It is to the vigitant, the active. the brave. Resides, sir, we have no election. If we were hase enough to desire it. It is now too late to retire from the contest. There is no retreat but in subintasion and stavery. Our chains are forged. Their clanking may be heard on the plains of theton. The wor is thevitable, and tet it como! I repeat it. sir. let it come!-Patrick Henry.

### CANADA'S INVISIBLE WEALTH

but especially in Britain, France and Can- convenation, and all the next day be posada, is the invisible wealth of the matter | ford upon it. He decided it was better They have been constrained to study and to have the other unimals fear bim than to practice thrift, and they have done it to five hissail is constant fair. He the rab lonel loans have been put upon the market and tried to roar like a Lion. and the people have been asked to selectibe they have gladly done on. The old stock- glaste by his roar, hopped on to the Hall liament lug, as some have described the recess of bit and ate him up. the people's money, his contained an amis. lay amount and mostly of the colo that use to alvertise it. Julya. does not depreciate. Hat the hillen resources had to be tapped, and the tapping was done through the newspapers. There | laway's Corn Cure, and it can be said with to no dashe of that. When the first han of out desger of injury. 850,000,000 was Boated the Canadian Press Association suggested to the Finance Mintotar the advantage of advartising it. He ging at the heartstricge when the salut has had only to notice how the brokers made a long face. their proposals known, and he imitated thing. There was nothing of the war of justice to other lives. participation is this appeal. It was seemulitical and it was a great success fir Thomas White unticed this. A reputation of the experiment had not to be present. Hir Thomas was ready to act bimself this time, and sixels he has been conviced that is paye to advertige. - Kingston Whig.

A Pill for Brale Workers.-The man who works with his breiss is more liable. to direntification of the digitalive system than the man who works with his bamle, because the one calls upon his nervine saway while the other applies only his museu. lar streetich. Brain fag begets irregular itles of the streeth and liver, and the best remaily that can be used to Parcialee's Vegetable Pilla They are specially compounded for such cases and all those who the them are certify to their superior pow-

### THAPPING A BLACKER

He had no stomach for the army, but had presented himself for examination with a "sure trick" up blaslieve to "work bla ticket." He was physically perfect, but his eye sight was shooking-so bad, is laded, that the sergeant thought the doctor should see blus.

"Vired class physically," pronounced the doctor, but when the medical man applied the eye tests the would be recruit's sight appeared much worse then when the sergeent had blus in band.

"No no my man; with sight like that you're so use for the army" said the medico. "But you ought to get glames. Btay, I've a pair like microssopes and if you see with

them you can have them." The speciacies were produced and fitted on, the recruit at once cried, "Ob. I see

enlandidly !" "Do you now?" said the doctor, with saveasm. "Take bles along, sargeant, and get him sworn in. There's no glass in the

unsotsoles."

### Children Ory FOR FLETCHER'S CASTORIA

A Household Medicine. - They that are acquainted with the starling properties of Dr. Thomas' Eclastric Oil in the treatment of many allments would not he without it In the house. It is truly a household madloine and as it is effective in dealing with many ordinary complaints it is chesper than a doctor. Bo keep it at hand, as the call for it may come most unexpectedly.

### AS ONE MAN

We should like to priet this story letters of gold. It is of a colonel on the British front who wanted twenty men to face almost pertain death. He called the loss for you to try to hold converse with whole company together, and made the the ordinary citizen. situation clear to them. Then he saked

for twenty volunteers to advance one pane. He loved his men, and it was almost more than he could bear. He closed his eyes to keep keep back the tears, and when he opened them the men stood in exnotly the same formation. He waspained. "Is there not one volunteer T", he saked, and a little sergeant stopped forward at salute. "Everyone has advanced one pace, | about that woman. He Neither can I



### A DISADVANTAGE

The Germans will be immensely hated ufter this war, They will be the parishs. of the future. Already we see signs of German hatred overywhere. At a reception the other

night in a unutral city the guest of bonor said to a man who had just been presented to her t "You are a foreigner, are you not Where do you come from ?"

"From Borlin, ma'ant," he unswered. The lady stared at him through her lorg-

"Dear me," she said. "Couldn't you go back and come from somewhere clast"

### UNSIGHTLY PIMPLES COVERED HIS FACE.

B. B. B. Cured Him. All diseases and blemishes of the \*kin

are caused by the blood being in an impure condition The best blood cleansing medicine on the market to-day is Burdock Blood Bitters, a medicine that has been in use for over 40 years, so you do not experiment when you buy it. Mr. Lennox D. Cooke, Indian Puth, N.S., writes: "I am writing you a few lines to tell you what Burdock Blood feeling exists among medical mon that, while there is a markedly favorcovered with pimples. I tried different kinds of medicine, and all seemed to fail. was one day to a friend's house, and there they advised me to use D. B. B. so I purchased two bottles, and before I had them taken I found I was getting better. I got two more, and when they were finished I was completely cured. I find it is a great blood purifier, and I recommend it to all." B. B. B. is manufactured only by THE T. MILEURY Co., LIMITED, Toronto,

### A PABLE OF ADVERTISING

The Lion was telling the Laspard wh he roared in the jungle when going about hunting. "Dolog business spealy and with pleaty of advartislag," the Line said, "le what made my reputation. I got my characterization as 'King of Beat' by blowing my lora. Always let the other fallow know you are around, and they wil respect and fear you."

A Rabbit, biding and shivering to The surprise of the war in every country, clump of pumpes green, overheard this advantage. The result is that when nat- lift filled his lungs with a great breath and

> A Coyote, learning of the reliate where If you haven's got the goals, there is no

There is no poleosous ingredient in Hai

There is almost sure to be seen ale tag

Heaven massures wealth by the lave we

### CASTORIA Vor Lafante and Children In Use For Over 30 Years Abraya harra

CLEAR ENGUER IS IT WOT?

It would seem that the Allies' left to trying to move kround the German's right, give relief, though for thirteen years he the Christa's right is the storing around the Allied left. Now if the left of suffering may be prevented by unlar this the German's right moves around the tight of the Allies' left, then what is left of the trouble. Its use is simple its over is slight Cleresian's right saust he right where the said is can be purchased shaced saywhere Allies' left's right was right before the Alliai' lait, than the laft is laft right where the right was right before the laft's right left the right's left. - Exchange.

### WAS TROUBLED WITH HER LIVER

FOR PIVE YEARS. When the bowels become constipute the stomach gets out of order, the liver does not work properly, and then follows the violent sick beadsches, the sourcess of the stomach, belching of wind, bourtburn, water brash, billousness, etc.
Keep your howels regular by using
Milburn's Laxa-Liver Pills. They will clear away all the effete matter which collects in the system and thus do away with constinution and all its allies

Mn. John Pitzgeruld, Brittunia Bay, Ont., writes: "I have been troubled with my stomach and liver for the past five years, and have had constination causing headache, backache and dizzy spells, and cometimes I would almost fall As a vermicide there is no preparation down. I tried all kinds of remedies that equals Mother Graves' Worm Exter-

without obtaining any relief.

I commenced using Milburn's Laxa-Liver Pills and they have cured me. I have recommended them to many of my friends, and they are all very much pleased with the results they have obained from their use." Milhurn's Laxa-Liver Pills, 25c. a vial. vints for \$1.00, at all dealers, or malled direct on receipt of price by Tus T. Minutes Co., Linivan, Toronto, Oat.

If you don't goalp about your troubles, probably you won't trouble the goalpa. Every rock we burl at a good man is torm from the foundations of our own reputa-

The life that is full of work gives the woods small chance to start. There are no great opportunities for those who regard any of them small. The applient that some people would have done well to avoid is the socident of

Unless you can apeak baseball it is hope-

### Children Cry FOR FLETCHER'S CASTORIA

Bbe-Bo you are engaged to Miss Bagge. I'm sure I can't see anything attractive wee it, but it's in the banks all right.

# HOW TO KEEP WELL

BY JOHN W. S. MCONTACOUGH, M.D., D.P.H., CHIEF OFFICKIE

OF THE PROVINCIAL BOARD OF HEALTH. 

HEAT/TH AND ALCOHOL.

TOW THAT PROMIDITION of the use of Alcohol in Ontario is force it might be of interest to discuss the relation of its use to the health of the community. What is the opinion of those qualified to know, upon this subject? Porhaps av good an authority as any are the life insurance companies.

The mon who manage these companies are hard-headed business men. Their business is to sell life insurance at so much per annum either for life or for a given period of years. Insurance men obviously do not want to take any greater risks than they can avold. What is the attitude of insurance companies to the user of ulcoholy

Recently the actuary of the New York Life lunurance Company obtained the opinions of seven of the leading life companies upon the following (1) Are total abstainers considered favorable risks for insurance? (2) The basard on lives of men who drink moderately each day but

who never take alcohol to excess?

(3) Deer a long-lived family history, a healthful occupation, other favorable features offset a fairly free use of alcohol dally? (4) What is the longevity of those who trink moderately each day. but who occasionally drunk to excess several years ago! (5) What is the expectance of persons who have taken cure for alcobollans severas years ago and have been total abstainers since that time? The ropile, indicate that at stainers from alcohol have from 10 to 30 per cent. lower mortality than non-abstainers. American statistics corre-

borate the Il dinh in this respect. On the question of the life expectancy of men who lave taken the cure and have beet, total abstainers for yours, it was found that there is an oxtra mortulit, of 70 per cent. Men who had cured themselves had an extra mortality of 32 per cent. The steady free users of alcohol had, compared with unrighers, a mortality of 85 per cent. The principal organic disease which results from drinking alcohol is

cirrhouls of the liver. The rate from this disease among drinkers as compared with alstainers was increased 500 per cent. A moderate drinker who occusionally drank to excess ten or more years before insuring would be regarded in a hazardous risk and would be charged an extra premium. The company would take into consideration the man's age and his family In regard to the third question the New York Life actuary ways: "The

able effect or longevity through a first-class family history it is not an offset to a habit of three glasses of whickey a day, which is likely to be

exceeded in the future in a good percentage of cases." HEALTH OFFICERS AND CLEAN CITIES. In visiting an urban contro it is simost possible to judge of the ability and character of the Medical Officer of Health by the cleanliness and general tidy appearance of the streets, fance, market, and general environs. On a recent visit to one of the entaller cities in Onlario the writer had the pleasure of observing a spleadid turmers' market. A long double line of horses and wagons occupied the area about the market ball. The vendors arrived early: they were a clean, well dressed, smart-looking collection of farmer, and farmers' wives, sone and daughters. The market was ovidently an established affair, for the city housewives were on hand early; many had their baskets, and after careful selection made their purchases and departed. By cleven o'clock scarcely a single vehicle was left. The

tarm products were sold and the vendors had lutt for their homes. The dining-room of the hotel where I stayed overlooked the street. The windows were unscreened yet not a fly was to be seen in the room. What a contrast to the dining-room of a nearby city where I had dined the previous day' In the letter the room, which ha not even the excuss of en adjacent marke' filled with horse-driven vobicles, swarmed with fles. They were on the walls, the tables, the food-on everything. It was dis-

On my complimenting the manager of the hotel upon the neatness of his place and of the adjoining market, he said: "Oh, Dr. - (the Medical Officer of Health) would take our beads off if things were left in dirty condition." Further evidence of the generally efficient character of this office, was obtained from others. I made enquiry as to what was the coni to the city for this efficient health officer, and found it to be but a small -uiu. Yet, he is doubtless worth thousands to the citizens, for so one knows how much illness and doubt his dutly vigilance may have pretunted This city is to be envied for baving such a faithful officer.

### AND HEATE IT

Progler Asquith to sa intelerent of interruptions to his family circle as he is in Per-

Recently he was lauchless in his own bours with three presentations of Asquithe, when a smill voice from serois the tible called out, "Grandpa !" But Mr. Acquich was busy to discussing

politics and sating saled at the cause time, and he southerland to reply. "Oranipa !" ertal the value ageta. Rull

so recourse. And when for the third than the shrill tradle piped service the talle, the child was received by his minther that little boys, whis allowed the privilege of lumbing with their chier should be seen but set beard. Whereupon he relapsed

Vive minutes later, housear, the Prime Mishater, having Salabal his talk and bla saled, released, and limiting across to his grandehild said bladly, "New, little wan

white wie it you willied." "Ok, it's too late now," came the same. "Thire wie a slig 6e your lettuce."

Proless this Arthur Residy. A grateful user of Dr. J. D. Kelling's Arbina Ready flade it the caly receily that will wooderful remaily as the first warning of

# POTENT LOVE CHARM

A young woman who thought the wes louing her husband's affection went to seventh daughter of a seventh daughter for a love powder. The mystery woman told

"Gat a raw place of band, out flat, about an lach thick. Blice an calca to two and rub the mest on both sides with it. Pet on pappar and salt, and toast it on each alde, over a red soul fire. Drep on it three lumps of butter and two spring of parelsy. and get blus to est it."

The young wife did so, and her husband oved her ever efter. It's slow business carrying a crooked arddick on the straight road

The trust wisdom, in general, is a resoute determination. The small courtesies sweeten life : the vrester ennoble it.

As a versicule there is no preparation minator. It has saved the lives of count

Plirt and the world flirts with you marry and you alt at home.

### If you cannot trust your friends you cannot be trusted with friendship.

WAS WEAK and RUN DOWN SUFFERED WITH "NERVES."

Many women become run down and worn out by their household cares and duties never ending, and sooner or later find themselves with shattered nerves and weak bearts. When the heart becomes weak and

the nerves unstrung it is impossible for a woman to look after her bousehold or social duties. On the first sign of any weakness of either the heart or nerves, take Milburn's Reart and Nerve Pills, and you will find that in a very short time you will become

strong and well again. Mrs. J. A. Williams, Tillsonburg, Ont., writes: "I cannot speak too highly of Milburn's Heart and Nerve Pills: I so weak and run down, I could not stand | bearty laughter and lovel orving. Their the least excitement of any kind. believe your Heart and Nerve Pills to be father went up to find the cause. a valuable remedy for all sufferers from nervous trouble." Milburn's Heart and Nerve Fills are

BOC. per libx, 3 hoxes for \$1.25, at all

after help of cestor oil or any purgetive to complete their thoroughness, because they | Hospital, Toronto. all children, will end the worm trouble by W. D. Allan, D.H.O. making the stomach and townle, untenable the powders will be martale to exact these beside influences in the diguitive or-

### PRALERS MYFK

"I have daulgue so your eas," eald the

frank and rather attractive young woman "Well," graved the startled parent, "Ye sot this rather sillie! How about it! Are you a new woman coming to sak my "Not exactly. I swe talling sried, and

he have't pute see for the stationale designed I worked on blosse."

# WHOOPING COUGH

# The Infant's Most Dangerous Disease.

Whooping Cough, although specially a disease of childhood, is by no means confined to that period but may occur at any time of life. It is one of the most dangerous discass of infancy, and yearly causes more draths than scurlet fever typhold or diphtheria, and is more common in female than in male children. Whooping Cough starts with saccing watering of the eyes, irritation of the throat, feverishmen and cough. coughing attacks occur frequently but are generally more severe at night.

On the first sign of a "whoop," Dr. Wood's Norway Pine Syrup should be administered, and weeks of suffering prevented, as it helps to clear the bronchial tubes of the collected mucous unc

Mrs. Nellie Barley, Amberst, N.S. writes: "I have much pleasure in saying that there is no cough syrup like Dr. Wood's Norway Pine Syrup. By little girl took whooping cough from a little girl who has since died with it. I tried lots of things but found 'Dr. Wood's' to give the greatest relief. It helped her to raise the phicem, and she is now better. My young brother is also taking the cough, and I am getting 'Dr. Wood's' to

Dr. Wood's Norway Pine Syrup the trude-mark; price 25c. and 60c. Refuse substitutes. Manufactured only by YES Y. Mit-

A DECENT GERMAN BOCTOR As Mr. Philip Glabs reports it from the British lines, the truth must be in it. captured German doctor busy under shall fire with British wounded is speaking ; "I am not a fighting man. I did not help to make this war. My work is for humanity, and your wounded are the same to me as our poor suffering men needing

my help, which I am glad to give." Has anything finer been uttered in war? Hes anything finer been done in the war on either side? till be had started; she know he was a great man; she rejoiced in his prosperity.

### Children Cry FOR FLETCHER'S CASTORIA

A BLUNDER

It was bathing time and from the bad hearty laughter and loud crying. Their "What's the matter up here ?" he in

The laughing twin pointed to his weep dealers, or mailed direct on receipt of ing brother, "Nothing," he giggled, price by Tun T. MILBURN Co., LIMITED, "only nurse has given Alexander two baths and hasn't given me any at all."

NEWS TOPICS OF THE WEEK

Important Events Which Have Occurred liero and There

HATURDAY. Lieut.-Governor McKeen of Nova

Heatin is reported to be very werlously ill. It is officially announced that the total sum given to the British Red Cross by Toronto was \$740,000. The Veterans of 1866, at a meeting held in Toronto, declared themselves in favor of compulsory military sor-

John H. Simons proposed to a girl Toronto, and when she refused him he cut off her hair with a pair of shears. President Wilson has polled a plurality of 400,000 votes over his

pponent, so the Democratic officers have announced. It is reported that 70 seroplanes took part in a single battle on the Western front, and that the British obtained the mastery. The business men of Chatham hold a mosting to discuss the best

way of organizing to meet condi-

tions after the war. Major George Haven Putnam, the New York publisher, said that Great Britain had safeguarded the Monroe Doctrine in the present war. Germany makes a threat that relations may be terminated with Norway on account of the strong stand taken by that country regarding

aubmarines. Both Belgians and Runs were killed in riots in Brussels when it was announced that the unfortunate citizens of Belgium were to be deported as the slaves of their conquerors. Three motorists who ran down and

killed people on the street were sent

to fall for terms of from six to twelve months at Toronto. Judge Latchford said the public had to be safeguarded. Canadian Covernment has passed the Order-in-Council which enables them to handle the rising cost of living and control the prices

raise them. MONDAY. More men and guns were captured

whenever combines sudeswor to

the Italian troops. Eight more steamers have been sunk by Yauton torpedoes. Two Canadian Vessels have been purchased by American interests. The latest demands of the Allies have been met by the Greek Govern-

A closer medical inspection of viators going to England is to be The Duke and Duchess of Davonthire and party arrived at Malifax on a British warship. Trade between Canada and Ausralla has more than doubled during the past twelve months. Wounded soldlers aroused much

nthusiasm by escabing at a reruiting meeting at Loaw's Theatre, John Purdy, High County Cosafter breakfast at his home in Kingston towaship. Corporel H. G. Miller, of the

114th Hattalion and a former realdent of Caledonia, died ut the liane are thorough in themselves. One does of A notable tribute of respect was them, and they will be found palalable by paid by Toronto citizens at the milltary funeral of the late Lieut.-Col. Wm. Heston of Owen Sound, to the paresites. And not cally this, but Clark of the Yownship of Derby for 51 years, died, suddenly while sit-

ting chatting with his son-in-law. Dissatisfaction with the Ottawn order-in-Council for high cost of living inquiries is expressed by Mayor Church, Yoronto, and other public Mr. O. A. Warburton, Chairman of the Executive. Committee of Oas Hundred, returned from a world tour in the interests of the Y. M.

It was reported at Cleveland that the Canadian Ocversment had arranged for 11,000,000 bushels of grain to be sent forward by way of Bullalo. TUINDAY.

Haveral Garman torpado craft were sunk in a raid in the Gulf of Fin-Three more Drittsh eleamers were reported destroyed by Tunton tor-Last year the United States De-

The Toronto Property Committee ordered that the jall be closed on The York county authorities are aking staps to compel the attendance

of all children at schools. All Dinar of the Egyptian Rudan was killed and bis army of rebels smashed by Mritish troops. Peter Gener, of the Welpole Isand Heserve, died at the age of one bundred and fourteen years. The funeral of Dr. Alexander Belth oldest practising physician in the town, took place at Howmanville. A statement as to the benefit of

probibition to soldiers at Exhibition Camp was made by the Provost Mar-Raveral more Canadian battalions and drafts of medical, engineer, and naval forces have safely reached Eng-Windsor City Council voted \$10.

100 to the British Railors' Hallef. following an appeal by W. T. Vennell Counsel for the city informed the Ontario Rallway Board that care, not more tracks, are needed to lessen overcrowding. Mr. W. V. Maclean, M.P., in an ad

dress before the Canadian Club, favored Government ownership of all the rellways in Canada. Wm. Stokes, a former patient in he Eastern Hospital at Brockville murdered his wife and committed suicide in the home of her employer A. St. George Hawking, Dominion immigration Oricer for Northern Ontario, and a prominent resident of Listowel, died suddenly in Cochrane. Their Excellencies the Duke and Duchess of Devoushire and their daughters, Lady Maud Louise Emms

Cavendish and Lady Blanche Kath-

erine Cavendish, arrived in Ottawa

and took up their residence in it

THE METURN TICKEY A young man was about to leave his home in Erin's lale for a trip around the world, whereat his mother was greatly troubled. She held her peace, however,

but she way inconsolable as soon as he was out of sight. "I'm afraid he hasn't the money to get bank," she said, weeping. "He's got the money to go round the world all right, but how will he ever ges back ?"

GREAT DETECTIVE

Detective-Ab, I see you have a new cook, my doar? His wife-How do you know it! Great detective-I noticed the imprint of a strange thumb on my soup plate.

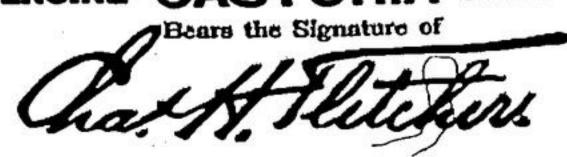
Children Cry for Fletcher's

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his per-Carff Fletchie Sonal supervision since its infancy. All Counterfelts, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

# What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregorle, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colle, all Toothing Troubles and Diarrhood. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and oatural sleep. The Oblidren's Panacca-The Mother's Friend.

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Look over this Assortment of Fancy Bread

> RAISIN LOAF-Made with Sun-Maid Raisins and Citron Peel. This is a new loaf and a good big seller.

MILK LOAF-Made with malt and fresh sweet milk 12 ounce loaf, &c. ROUND QUAKER LOAF with a thin,

crispy crust, 12 ounce loaf, &c. COFFEE CAKES Sc. CINNAMON ROLLS IIc. doz. ICED BUYS 12c, doz. DOUGHNUYS IOC. doz.

These are made fresh every day and are sure to please you. Get them from our driver or at the store.

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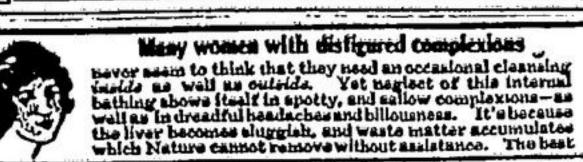
The only College in Canada teach-

ing all Typewriter Keyboards. SIX MONTH'S COURSE DAY \$40, NIGHT \$20,

Expert instruction in Pitman's Shorthand, Typewriting, Bookkeeping, and all other subjects necessary to equip you with a thorough business education.

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remedy is Chumberlain's Stomuch and Liver Tablets, which stimulate the liver to healthy activity, remove formentation, gently cleanse the stomach and bowels and tone the whole digestive system. Eure, safe and reliable, Take one at night and you feel bright and sunny in the morning. Get Chamberlain's today—druggists 25c., or by mail from

Chamberlain Medicine Company, Terento



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zee branches in Canada. Extending from the Atlantic to the

Pacific. Farmers business solicited and money loaned for the pur-

R. L. Whitman

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