

An Awful Fear Caused Nervous Breakdown.

Mrs. S. J. Carman had, as her letter discloses, wit enough to see that fear engenders worry, and worry affects health and results in a general breaking up of the nervous system.

"The first winter I spent in Canada weakened my system and left me with a sore throat, I suppose the doctor did not intend to convey the impression that I was threatened with tubercular throat, but that idea got into my mind. Before the next winter I was almost a invalid wreck. Fear and dread had worn me to a shadow. But all was quickly changed when used Ferrocine. It had strengthened me right up. After Ferrocine had been studied by Dr. Phillips, it has been said by The Scientific American, that he is the greatest of the great bark canes, riding high because it was lightly loaded. Its ten or twelve carmen at the height at which they sat could not dig their paddles deep, but they dug away with energy and rhythmic regularity, throwing obliquely behind them at each stroke a shower of foamy water little cascades into the bosom of the stream. They passed with friendly halls and grunts, looking like a sudden vision from the sixteenth century. □

Flow of Sand in Tubes.

The flow of sand through tubes has been studied by Dr. Phillips. This makes me think that some or tender threat is just an outcome of weakness. In three months I gained nearly eight pounds in weight—my blood was made rich and red—my nerves so strong that nothing troubles me now."

Mrs. Carman, who is well known for miles around her home town of Port Hope, is the opinion of everyone that she has used Ferrocine. It is to give you strength, certain to bring you robust health, unfailing in maintaining a reserve of vigor that defies weak tissues, nervousness, insomnia and poor health. Try one or two tablets, at meals, 50¢ per box, six boxes for \$2.50, all dealers. It's Catarhozene Company, King ton, Canada.

A SHIPYARD FOR CANOES.

Where the Canadian Indians Built Their Birch Bark Vessels.

A party of New Yorkers hunting in the far Canadian wilds came upon an Indian shipyard where had been built and launched such craft as the voyagers use in travelling the rivers and lakes of that region even as far as Hudson's Bay. Noise of hammer and hiss of white hot bolt had never been heard in that shipyard and it had neither drydock nor high slanted and greasy ways. Hidden in the deep grass were long and wide rolls of birch bark, thousands of feet, turned and all about were shavings of the cedar while the charred remnants of the fires used to melt and purify some of the shipbuilding material still shone black in a little pile.

Here the season before and perhaps for many seasons in succession the Indians had built their birch bark canoes.

Bits of the long and pliant but tough root which the Indians pull from its shallow burrow to make binding thongs were found here and there. This root when split has about the thickness of the wire used in weaving chair bottoms and the deft needlework of the Indians make it serve as a nicely for sewing the seams of the birch bark with which their canoes are covered. From strips of cedar two inches wide and hardly more than a quarter of an inch thick are made the ribs. Over this frame is laid with nice fit the birch bark in pieces of suitable size and the joints are secured with long strips of the same root.

Persons reduced by acute sickness, or by severe mental or physical strain, or by loss of sleep, are frequently victims of neuralgia, but the most common is a general run-down condition of the system discovered of this cause reliable statistics indicate that the new treatment for neuralgia, which consists in building up the general health by the tonic treatment and so disposing of the cause of the trouble.

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