

THE HALF-SPEED MAN AND WOMAN

What It Means When You Feel "All Out of Sorts."

You know that it means to feel "all out of sorts." Most people have felt this way at some time. Nerves out of order, irritable, languid, depressed. An aching head, a lagged brain, appetite bad and digestion weak. With some people this condition comes and goes; with others it is chronic; they can't shake it off. It interferes with business, spoils recreation and robs life of all its joys. These men and women are only able to live and work at "half speed."

Half-speed people have lost that abundant natural vitality which enables them to go "full-speed-ahead" through life. Their energy and nerve power have evaporated—they cannot work long without breaking down. The trouble is nerve weakness and is caused by poor, watery blood. You can begin to improve your condition today by taking Dr. Williams' Pink Pills. They make rich, red blood once more pulse through your veins, and your nerves thrill with fresh vigor. Here is convincing evidence that new strength and full health can be had through the use of Dr. Williams' Pink Pills. Mr. Newton Mayhew, North Tryon, P.E.I., says: "I am a farmer and naturally have to work very hard. The result was that I found myself very much run down. My blood became thin and watery, and my muscles flabby. I took doctors' treatment but it did not help me and I grew so weak that I could scarcely work at all. As I found the medical treatment was not helping me I decided to try Dr. Williams' Pink Pills, and in these I found the medicine I needed, as in a short time I was restored to my old health and vigor. I shall always recommend these pills to all sufferers."

Dr. Williams' Pink Pills are sold by all medicine dealers, or will be mailed, post free, at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

HUGE COAL OUTPUT.

Year's Production in Canada Exceeded All Former Records.

The production of coal in Canada in 1912 exceeded that of any previous year, the total production being reported as 14,512,829 short tons valued at \$36,019,044 and constituting nearly 27 per cent of the total value of the mineral products of Canada during the year. Compared with 1911, in which year the production was 11,323,398 short tons valued at \$29,667,646, an increase is shown of 3,189,441 tons, or 28 per cent in quantity and \$9,351,393, or 31 per cent, in total value.

The largest previous year's output was in 1910, when the production was 12,909,152 short tons, valued at \$30,909,779, compared with which 1912 shows an increase of 1,603,677 tons or 12 per cent, and \$5,100,265 or over 11.6 per cent in total value.

In Nova Scotia there was an increased production in 1912 of 779,465 tons or 11 per cent, over 1911. This province produced nearly 54 per cent of the total in 1912 as against 62 per cent in 1911. The production in New Brunswick is quite small in proportion to the other provinces and amounted to only 44,750 tons in 1912, a decrease of nearly 20 per cent from 1911. In the west for the first time on record Alberta has the largest production amounting to 3,240,577 tons, the production in British Columbia being 3,208,997 tons. The latter province would have had a higher production had labor troubles not prevented a normal output. The production in that province, while in British Columbia the greatest production was attained in 1910.

SKIN CLEARED

By Simple Change in Food. It has been said by a physician that most diseases are the result of indigestion. There's undoubtedly much truth in that statement, even to the cause of many unsightly eruptions, which many suppose can be removed by applying some remedy on the outside.

By changing her food a Western girl was relieved of an eczema which was a great annoyance to her. She writes: "For five months I was suffering with an eruption on my face and hands which our doctor called eczema and which caused me a great deal of inconvenience. The suffering was almost unbearable.

"The medicine I took only gave me temporary relief. One day I happened to read somewhere that eczema was caused by indigestion. Then I read that many persons had been relieved of indigestion by eating Grape-Nuts.

"I decided to try it. I liked the taste of the food and was particularly pleased to notice that my digestion was improving and that the eruption was disappearing as it by magic. I had at last found, in this great food, something that reached my trouble.

"When I find a victim of this affliction I remember my own former suffering and advise a trial of Grape-Nuts food instead of medicines."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs. "There's a Reason."

PRISON HORRORS OF RUSSIA

MEN OF THREE NATIONS TO UNITE IN PROTEST.

Perjured Evidence Is Greedily Accepted by Russian Authorities.

"Since the Czar's manifesto of October, 1905, promising liberty to the people of Russia, over 400,000 persons have been sentenced for political offences. Of these 3,000 were executed and more than 10,000 thrown into the horrible "Katorga" (hard labor) prisons.

Rooms Overcrowded. "Packed in overcrowded rooms, which are devoid of the simplest hygienic equipment and cleanliness, the unfortunate prisoners are almost deprived of any medical assistance and become the victims of all kinds of epidemics. Scurvy, typhus and tuberculosis decimate their ranks. In some prisons the death rate has reached 12 per cent. Very often these prisons become a centre of infection for the surrounding district. Those sentenced to long terms of imprisonment—chiefly political—are in actual fact condemned to a cruel form of slow death.

Most tragic is the fate of those tens of thousands of political exiles, of whom most are deported to Siberia without trial, but simply by the arbitrary action of the administration. Most of them are sent to a frozen waste, where, unable to obtain the necessary food, clothing and housing, they perish.

The above is a quotation from the recent international protest against the treatment of political prisoners in Russia, signed by many of the most prominent public men in France, Germany and England. In the minds of many people such statements savor of exaggeration, writes a St. Petersburg correspondent.

Actual Conditions.

Do prison horrors really exist in Russia, or are the thousands of otherwise well-informed men and women who claim so, simply soft-hearted and soft-brained humanitarians, led astray by designing agitators in the Czar's realms?

At the prison of the ancient city of Czensochova, where is the famous Pauline monastery and the miraculous picture of the Virgin, now being kept on bread, water and frequent applications of the rod. The gaolers in charge are nearly always drunk, but do not let their victims drink even water. The cells defy description, so filthy is their state.

There is now between 3,000 and 4,000 exiles in Siberia under direct police supervision. These do not include the prison inmates. The government has sent them to the very worst part of Siberia for various political offences, such as keeping schools where children and grown-ups were taught, for holding political meetings in their houses, for criticizing the government—in short, for doing the things which everybody can do with impunity in Canada. The upkeep of these 4,000 amounts, according to budget returns, to \$350,000 a year, or \$87.50 per head. This sum includes the food, lodging and clothing of the unhappy exiles. They are forbidden to work, because it is a well-known fact that people are happier when they have something to do, and also because the pittance they could earn on colonists' farms during the short summer would buy them a little more food than the \$87.50 can.

Innocent are Punished.

The following is a fair example of what goes on, almost daily, in Russia: Charles Maminski and John Trzaski, two decent workmen, employed in the foundry of Wloch, have been doing hard labor for five years, though innocent. In 1907 a policeman and a Cossack were wounded near the foundry. A few days later a woman, Mme. Macisewska, well known to the police as a receiver of stolen goods and a white slave traffic agent, went to the police station and said she knew who attacked the two wounded men. She pointed out Maminski and Trzaski. They were arrested, tried by court martial and, solely on the woman's evidence, condemned to be hanged! The Czar commuted the sentence to 20 years' hard labor for Maminski and 15 years for his comrade. Their employers' declaration that both were quiet, honest men, and their own protestations that the woman gave evidence against them because they prevented her from getting two young girls into her clutches, made not the slightest difference. They were thrown, chained into a cell with the scum of a Russian prison; their wives and families were left to starve; they were sent in chains across the Urals and put to work in the mines.

After Four Years.

After four years the police began to hear from different sources that the two men were innocent. For a long time they took no notice. At last, however, one of the lawyers who had acted as "prisoners' friend" at the court martial, spent some spare time in looking up the men's friends and relatives. He found that the woman's own son had shot at the policeman and the Cossack. After a year and much trouble, he made the central court martial of Warsaw look into the case.

While Maminski and Trzaski worked on in the Ural mines, jailers used the lash on them with impunity, for were they not there for trying to kill the police? Their food was moldy bread and cabbage soup.



Princess Sophia, wife of Prince Eitel Fritz, the Kaiser's second son, who, it is reported, has left her husband and is now residing in Paris.

At night they lay on wooden bunks, built against the walls of a wooden hut. When they had time they used to try and destroy the vermin by throwing boiling water over it. They were not allowed to write to their families or get letters from them.

One night, after work, they were told to go to the inspector, who, after satisfying himself that they were Maminski and Trzaski, told them they were free. You can imagine their joy.

Good-Bye, Old Backache, Nerviline Will Fix You!

Stiffness is Rubbed Right Out; Every Sign of Pain Disappears.

Get white-think of it! No more stomach-aching necessary to cure your lame back. Every trace of lameness, every bit of stiffness, every sign of weakness in the back's muscles can be rubbed away for all time to come by good old "Nerviline." No other liniment can do the work so quickly, can penetrate so deeply, can bring ease and comfort to the back-wearer so fast as Nerviline invariably does.

Backache isn't the only malady Nerviline is quick to cure. For lumbago, sciatica you would go far to find relief so speedily as Nerviline gives. For chronic rheumatism there are pain-destroying properties in Nerviline that give it first rank. The way it limbers up a stiff joint and takes sorrows out of strained or rheumatic muscles is simply a wonder. If you have an ache or a pain anywhere, a stiff joint, a strained muscle—if you have a congested chest or sore throat, just try Nerviline. Rub it on plentifully—it won't blister, it can't do anything but cure you quickly. The large 50c. family size bottle is the most economical, of course, but you can, from any dealer, also get the 25c. small size of Nerviline, the king of all pain-relieving remedies.

DOCTORS IN BRITAIN.

Punishment in Case of Betrayal of Professional Conduct.

Medical men very rarely indeed figure in divorce cases in Europe. Especially in this case in Great Britain. There is a reason for this, which is not generally known, that the General Medical Council maintains a strict watch over the conduct of the members of the medical profession in the United Kingdom, and that if it can be shown that a doctor has availed himself of the privileged position due to his calling to misconduct himself, his name is removed from the Statutory Register of medical practitioners, which is the medical equivalent for the disbarment of a lawyer.

Thus, Dr. Thomas Francis Roche, of Kingston-on-Thames, a physician of some eminence, has just been publicly disciplined in this fashion, as the aftermath in Great Britain of Stuart versus Stuart in which he figured as co-respondent.

Had Dr. Roche been merely a friend of the Stuart family and not their medical attendant, the General Medical Council would have taken no notice of the case. But the General Medical Council took the ground that, being in professional attendance on the Stuart family, he had taken improper advantage of the confidence reposed in his calling and therefore expelled him. For a doctor to have his name struck off the Statutory Register of medical practitioners spells professional ruin. For it means that he can no longer grant medical appointments nor even practice medicine unless he makes it quite clear to his patient that he is not a statutorily qualified medical practitioner. Moreover, he is unable to sue for fees.

Minard's Liniment Cures Distemper.

Approaching That. "Don't you think women are getting too daringly original in the matter of dress?" "Original! They are getting positively aboriginal!"

DODD'S KIDNEY PILLS
CURES ALL KIDNEY DISEASES
BRIGHT'S DISEASE
DIABETES
23 THE PR
ED. 4. ISSUE 3-14.

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 going all the way, and eating was pain and fullness, 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. Today 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, or The Catarthozone Co., Kingston, Ont.

ELECTRICITY ON THE FARM.

Most Profitable Use is in Chicken Rearing.

A paper of more than ordinary interest was read before the British Royal Society of Arts by Mr. G. Thorne Baker. The subject was "The Application of Electricity to Agriculture and Life." Mr. Baker said he considered the most profitable application of electricity to the farm was in chicken-rearing. Chickens weighing a few ounces only and about twelve weeks old fetched a remunerative price in the market. Such chickens could be grown under electric stimulus at about double the rate, this doubling the output of a chicken farm, and halving the food bill per chicken.

On Mr. Randolph Meech's poultry farm at Poole, an intensive chicken house, consisting of six flats, each large enough to accommodate seventy-five chickens, was electrified. The current was applied for ten minutes every hour during the day. Six chickens only out of a total of 400 died, showing a mortality of only 1.5 per cent.—in the ordinary way the mortality was often as much as 50 per cent. in the summer months—and the chickens were ready for market despatch in five weeks as against three months.

The vitality of the treated chickens was remarkable. Instead of running away when one put a finger to the netting, they would rush and peck vigorously. During the treatment they were so highly charged with electricity that quite a distinct shock was felt in the fingers on touching them, although the birds themselves were supremely unconscious of anything. The sparks which flew from their beaks on their pecking one's finger did not appear to be felt in the least by them.

Experiments with radio-active earth were also dealt with by Mr. Baker, who stated that the growth of plants had been shown to be enormously increased. He was fortunate in a position to announce that the supply of radium in the near future on a comparatively large scale would be assured, owing to the successful nature of two new processes, one in this country and one in Austria.

SMITH GOT WISE.

A sore corn, he said, was bad enough, but to have it stepped on was the limit. He invested in a bottle of Putnam's Painless Corn Extractor, and now wears a happy smile. Corn is gone enough said. Try Putnam's Extractor, 25c. at all dealers.

Minard's Liniment Cures Colds, Etc.

FOREST FIRE LOSSES, 1913.

Dominion Forestry Branch Reports Remarkably Small Loss.

The lowest level of forest fire loss on record in Canada was reached last year on Dominion Forest Reserves in Western Canada. From the first of April to the end of September several of these reserves escaped without a single fire over ten acres in extent, the small fires that did occur being extinguished by the rangers before occasioning any damage to standing timber. On the Rocky Mountain Forest Reserve, which has an area of 13,373,836 acres, the fire-loss amounted to but 1,150 acres of young timber of only potential value and \$150 worth of mature timber. The total area burnt over, more than half of which was cut-over or grass land, was but 3,010 acres, representing only 0.02 per cent of the area of this reserve. On the Dominion Forest reserves in British Columbia, which have a total area of 2,420,000 acres, not a single fire succeeded in spreading over a larger area than ten acres, and the only green timber injured by fire was four acres of young lodgepole pine. The records are not yet complete for Saskatchewan and Manitoba, but the available figures compare favorably with the ones cited. The above figures also compare favorably with corresponding ones on the National Forests of the United States, where the area burned in 1913, although the smallest in recent years, was somewhat over 0.3 per cent of the total reserved area.

In the Fire Districts on Dominion Crown Lands in the west, patrolled by Dominion fire rangers the loss occasioned by forest fires last season is also remarkably small, nor is this due wholly to the large amount of rain which fell last summer in the west, for there were also several dry spells when frequent fires oc-

KEEP YOUR SCALP CLEAN



CUTICURA SOAP

Frequent shampoos with Cuticura Soap, assisted when necessary by gentle anointings with Cuticura Ointment, afford the purest, sweetest and most economical method of freeing the scalp of infants and children from minor eruptions, itches and scalings and of establishing permanent hair health.

Cuticura Soap and Ointment are sold throughout the world. A liberal supply of soap with 25-cent bottles on the care and treatment of the skin and scalp, sent post-free. Address: Potter Drug & Chem. Corp., Dept. 818, Boston, U. S. A.

CANADIAN HAIR RESTORER

Restores Gray Hair to original color. Two might use from same bottle, hair of one becomes black, the other blond or other color as they were in youth. Stops Falling Hair, Dandruff, Itching. Cures all Scalp Diseases, Produces New Growth. Satisfaction guaranteed or money back. Price 75 cents or two for One Dollar (postage paid). Not Sold in Stores. CANADIAN HAIR RESTORER CO., Windsor, Ont.

DO YOUR STOPPING? RHINOK. No other liniment can do the work so quickly, can penetrate so deeply, can bring ease and comfort to the back-wearer so fast as Nerviline invariably does.

Minard's Liniment Cures Diphtheria.

Not to Her Taste. Art Dealer—This is a beautiful scene from "Hamlet." Mrs. Newrich—I don't care for hamlets. Show me a good-sized city.

LIQUID SULPHUR

is Nature's own remedy for RHEUMATISM, ECZEMA and kindred troubles, arising from impure blood. It has no equal as a blood purifier. Price 50 cents a bottle. All druggists, or SULPHUR PRODUCTS LIMITED, 158 Bay Street, Toronto.

Host's Youngest.

"Don't your shoes feel very uncomfortable when you walk, Mrs. Nuryche?" Mrs. Nuryche—"Dear me, what an extraordinary question! Why do you ask, child?" Youngster—"Oh, only cos pa said the other day since you'd come in to your boots you'd got too big for your money."

Minard's Liniment Cures Coughs, Etc.

His Mite.

She—What have you ever done for humanity? He—Saved at least one man from a terrible fate. She—When was this? He—When I married you!

Try Murine Eye Remedy

If you have Red, Weak, Watery Eyes or Granulated Eyelids. Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c. Murine Eye Salve in Aseptic Tubes, 25c, 50c. People Books Free by Mail. An Eye Tonic Good for All Eyes that Need Care. Murine Eye Remedy Co., Chicago.

Minard's Liniment Cures Coughs in Cows.

The Care-Free Servants.

"Isn't it a fright what wages servant girls expect nowadays?" "It certainly is. It's got to the point where it is hard to tell whether our servant girl is working for us or whether we're just working for our servant girl."

ZAM-BUK

MRS. A. SAICH, of Cannington Manor, Sask., Writes:—"My brother suffered severely from eczema. The sores were very extensive, and burned like coals into his flesh. Zam-Buk took out all the fire, and quickly gave him ease. Within three weeks of commencing with Zam-Buk treatment, every sore had been cured."

ECZEMA

WHAT NEXT?

Make Your Exercise Light Up the House.

Light your home by doing your daily gymnastic stunt. Utilize the energy developed in exercising for health by making it operate a dynamo and storing up electricity to be turned on as light. Such is the idea of a Frenchman, who has invented the apparatus that will do this very thing.

He has combined a bicycle with a dynamo and storage battery in such a way that each member of a family can, by taking a brief ride before breakfast, store up enough electricity to light several lamps. One hour's pedalling is enough. The machine is made in two sizes, one to work with a storage battery of twelve volts and twelve amperes for the use of ordinary purposes, the other for use with a storage battery of twelve volts and twenty-five amperes, for strong persons.

The Scientific American remarks that one advantage of this machine is that if the lighting of the home be dependent upon the electricity derived from it, it will give a stimulus to the use of the machine for exercise and tend to prevent the daily gymnastics from being neglected.

Everywhere. Wanted: Glad and sunny people. All along the way. Just to make it fair and mellow. As a summer's day. Just to speak a word of greeting. And to give a smile. That shall make each splendid purpose. Still the more worth while.

Minard's Liniment Co., Limited.

Gentlemen—Last winter I received a great benefit from the use of MINARD'S LINIMENT in a severe attack of La Grippe, and I have frequently proved it to be very effective in cases of inflammation.

W. A. HUTCHINSON.

Not to Her Taste. Art Dealer—This is a beautiful scene from "Hamlet." Mrs. Newrich—I don't care for hamlets. Show me a good-sized city.

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A Legal Tangle.

The day was drawing to a close. Judge, jurors, witnesses and lawyers were growing weary. Finally the counsel for the prosecution rose to examine the defendant.

"Exactly how far is it between the two towns?" asked the lawyer in a weary voice. The defendant yawned, and replied, "About four miles as the cry flows."

Cause for Anger.

Mr. Wilkins was near the exploding point when his neighbor met him on the street. "That man Tomkins," he burst out, "has more nerve than anyone I ever met."

"Why?" asked his neighbor curiously. "He came over to my house last evening and borrowed my gun to kill a dog that kept him awake nights."

"Well, what of that?" "Why," shouted Mr. Wilkins, "it was my dog he killed."

Clark's
A nourishing, tasty, economical meal. A time and money saver. A strength producer.

H. W. DAWSON, Ninety Colborne Street, Toronto.

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H. W. DAWSON, Colborne St., Toronto.

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NURSERY STOCK. STRAWBERRIES, RASPBERRIES, FIFTY Varieties. Free Catalogue. McConnell & Son, Grovesend, Ontario.

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We will pay you \$120.00 to distribute religious literature in your community sixty days' work. Expenses not required. Man or woman. Opportunity for promotion. Spelling time may be used. International Bible Press, 192 Spadina Street, Toronto.

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THIS CONCERNS MAPLE SYRUP MAKERS

Better be on the safe side and place your order now, instead of risking disappointment during the March rush. Write for free booklet. Spelling time may be used. International Bible Press, 192 Spadina Street, Toronto.

St. Lawrence Sugar

Buy St. Lawrence Sugar in original packages. Un-touched from refinery to your cupboard, you are sure of sugar absolutely free from contamination or impurities of any kind.

St. Lawrence granulated white pure cane sugar is packed in three sizes of cans—two, medium and coarse, in 10 lb., 25 lb. and 20 lb. sealed bags and 5 lb. and 2 1/2 lb. cartons. All first class dealers can supply it so insist upon having St. Lawrence Sugar.

ST. LAWRENCE SUGAR REFINERIES LIMITED, MONTREAL. 25-16-13

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BLACK KNIGHT
STOVE POLISH
A CANADIAN KNIGHT
DISTINGUISHED SERVICE ORDER
COMPANION OF THE RANGE
A PASTE | THE F. D. ALLEY CO. LTD. | NO DUST
NO WASTE | HAMILTON CANADA | NO RUST

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ON THE OCEAN FRONT.
ATLANTIC CITY, N. J.

A magnificent ten-story, fire-proof addition is just being completed, making this famous hospitality the newest and most up-to-date of Atlantic City Hotels. A new feature is the unusual size of the bed rooms, averaging 35 feet square. Every room commands an ocean view, both attached with sea and fresh water. Chevaliers in every chamber. Temperature regulated by thermostat, the latest development in steam heating. Telephone in every room. Golf privileges. Capacity 600. Write for illustrated booklet.

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