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"I tried all kinds of blood remedies which failed to do me any good but I have found the right thing at last. My face was full of pimples and blackheads. After taking Cascarets they all left. I am continuing the use of them and recommending them to my friends. I feel fine when I rise in the morning. Hope to have a chance to recommend Cascarets." Fred C. Witten, 76 Elm St., Newark, N. J.

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CANDY CATHARTIC
THEY WORK WHILE YOU SLEEP

Pleasant, Palatable, Potent. Taste Good. Do Good. Never Sicken, Weaken or Gripe. 10c. 25c. 50c. Never sold in bulk. The genuine tablet stamped C C C. Guaranteed to cure or your money back.

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Black and all colors, at all dealers. 10c. and 25c tins. 18x

"Baby's Own" Soap

—keeps its delicate fragance to the very last fragment, and it is so well made that it will wear to the thinnest wafer.

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—safest regulator for baby. Prevents colic and vomiting—gives healthful rest—cures diarrhoea without the harmful effects of medicines containing opium or other injurious drugs. 42

Cures Diarrhoea 25c.—at drug-stores. National Drug & Chemical Co., Limited, Montreal.

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CANADA'S COMMERCE

IT SHOULD BE CULTIVATED SAYS PAPER.

Preparations Should Be Made For Still Greater Possibilities—Trade Between Canada and United States.

Detroit News.

A very large part of the gray matter of the Washington statesmen is supposed to be expended in devising plans for the extension and increase of the foreign trade of this country. At least much of the eloquence on the floors of congress and of the reports made by the committee deal with that subject. For some years past the great minds have been directing their attention to Asia as the source of a vast foreign trade to be secured by arrangements to be made with China and Japan, which would greatly exceed that with India which made Great Britain so rich. There is a good deal of glamor about Asiatic trade. It fills the imagination more than the purse. A little consideration of details should convince a student of the subject that it is not all it is painted. In the first place, the inhabitants of Asia—especially the Indians, Chinese and Japanese—are miserably poor, and consume very little of the things our costly labor produces. They cannot afford to pay for either our food or our manufactures, and they do not need them. Whatever they may want of ours which they have not yet learned to make, they will not be long in learning, and when they have done so, they will be apt to sell to us rather than buy.

An illustration lies right at our door. We have been trading with the Asiatics since a considerable time before the revolution. We began trading with Canada only yesterday, so to speak. Yet to-day the six millions of Canada buy from us and sell to us more than twice as much as the whole eight hundred millions of Asia. We are not aware, either, that the Washington government sits up nights devising means of extending our trade with our immediate neighbors, but, on the contrary, throws all possible obstacles in the way of tariffs along the border to interrupt and embarrass it. A neighbor's trade is always more valuable than that of people at a distance, for it costs less for transportation. Canada's trade with the United States, omitting raw cotton from consideration, is now next to that with Great Britain. Before many years, should the present rate of increase be maintained, it will be the first in importance and amount. The Dominion's total foreign trade has increased in the past ten years to $612,652,107, from $257,168,862, or 138 per cent., a trade of $100 per head for every man, woman and child, including Indians, in the country. With the same per capita our own foreign trade would be over eight billions, instead of a little over three.

It is evident to any rational mind that carefully considers the matter, that our future trade with the Dominion, as that country grows to greatness, will be worth all our other foreign trade, for it will be greater in volume and more profitable. Wise statesmanship on both sides of the border should prepare for such possibility by removing the artificial barriers now along the borders instead of increasing them. To remove the tariffs between the two countries would be a vastly greater benefit to commerce than to build a tunnel under Detroit river or a bridge over it.

Facts About The Ocean.

The oceans occupy three-fourths of the surface of the earth. A mile down in the sea the water has a pressure of a ton to every square inch. If a box six feet deep was filled with sea water, which was then allowed to evaporate, there would be two inches of salt left in the bottom of the box. Taking the average depth of the ocean to be three miles, there would be a layer of salt 440 feet thick covering the bottom in case all the water should evaporate. In many places, especially in the far north, the water freezes from the bottom upward.

Waves are deceptive things. To look at them one would gather the impression that the whole water travelled. This, however, is not so. The water stays in the same place, but the motion goes on. In great storms waves are sometimes forty feet high, and their crests travel fifty miles an hour; the base of a wave (the distance from valley to valley) is considered as being fifteen times the height of the wave. Therefore a wave twenty-five feet high would have a base extending 375 feet. The force of waves breaking on the shore is seventeen tons to the square inch.

Where's Mother?

Bursting in from school or play,
This is what the children say:
Trooping, crowding, big and small,
On the threshold, in the hall—
Joining in the constant cry,
Ever as the days go by,
Where's mother?"

From the weary bed of pain
This same question comes again;
From the boy with sparkling eyes,
Bearing home his earliest prize;
From the bronzed and bearded son,
Perils past and honors won;
Where's mother?"

Burdened with a lonely task,
One day we may vainly ask
For the comfort of her face,
For the rest of her embrace;
Let us love her while we may,
Well for us that we can say,
Where's mother?"

Mother with untiring hands
At the post of duty stands,
Patient, seeking not her own,
Anxious for the good alone
Of the children as they cry,
Ever as the days go by,
Where's mother?"

"How poor are they who have no patience! What wound did ever heal but by degrees?" Who is the author of the above? It is not important whether you can remember the author if you can soberly accept the lesson taught.

Not a drop of Alcohol

Doctors prescribe very little, if any, alcohol these days. They prefer strong tonics and alteratives. This is all in keeping with modern medical science. It explains why Ayer's Sarsaparilla is now made entirely free from alcohol. Ask your doctor. Follow his advice.

We publish the formulas of all our preparations. J. C. Ayer Co., Lowell, Mass.

SCHOOL CHILDREN DULL.

There Are Physical Defects Among Them.

No doubt public sentiment will be considerably stirred by the report which has just been presented relative to the physical defects of the school children of the United States, more particularly in the larger cities. In Canada we are probably of opinion that no similar condition of affairs exists, due to the high average of living which exists among us, and yet in coming to any such conclusion we would be assuming too much. There are physical defects among children of the well-to-do, as well as of the poor, which interfere with the progress educationally of those so afflicted, and there are thousands of cases where children are backward and dull who could be made perfectly normal by just a little attention to ailments of which parents are ignorant.

The New York Evening Post places in evidence a few facts and figures. In New York, in 1906, some 78,401 children were examined. Among them were 29,177 cases of enlarged anterior glands, 1,096 cases of cardiac diseases; 17,028 of defective vision; 39,597 of neglected teeth; 18,306 of hypertrophied tonsils. The total number found to require medical treatment was 56,259, or about 72 per cent. of those examined. Moreover, the great majority of these children who suffered from physical disability were backward in studies—from one to five years behind the grade in which their age would naturally place them. The statistics for New York, The Post says, cannot be very far different from those for Boston, Philadelphia and Chicago.

Arguing from the admitted facts The Post says:

Evidently this is a serious business for educators. We are fully committed to generous maintenance of public schools. The general diffusion of intelligence is—we are fond of saying on Fourth of July—the very cornerstone of this republic. As a logical extension of principle of public education, many cities and towns now furnish text-books free. To conserve the physical welfare of the children is a step in the same direction, but not a longer one. Physical defects, the experts assure us, are the real troubles in most cases which we inaccurately call stupidity, inattention, indifference to study, ill-temper, sullenness, malicious disobedience, and truancy. What the child who fails to keep up, who drops out, and takes to the streets and to crime—what he often needs is not extra tasks by way of punishment, the birch, or the discipline of a reformatory, but glasses to correct astigmatism, the removal of adenoids, or the services of a dentist. That he may obtain such medical attendance, it is neither necessary nor desirable to incur the heavy expense of enlarging our hospitals and dispensaries and increasing their staffs. Children are allowed to suffer, not so much because medical treatment is costly as because parents are ignorant. We are persuaded that, if every school system had its physicians to report cases needing attention, much would be done by private initiative to relieve the sufferers from eye-strain and from disorders of the digestive tract and of the respiratory organs, much to improve the discipline of our schools and increase their general efficiency, much to accomplish true ends of public education—train the true ends of public education—training our youth to become intelligent and useful members of the commonwealth.

In the United States medical inspection is comparatively new, but when introduced it has had surprising effects. In Great Britain and in Germany much greater progress has been made, and the reader who seeks further enlightenment will be fully informed on this subject if he will become possessed of a copy of "The Children of the Nation," by Sir John E. Gorst. That gentleman has been particularly active in looking after children who are underfed or improperly fed, but he has displayed almost equal interest in all the problems of children, including juvenile ailments, child labor, etc. Among the children's ailments found most prevalent in the schools are diseased glands, including "adenoids," which is an enlargement of the glandular tissue at the back of the nose. Some children are born with it. It is prevalent in all classes of society, rich as well as poor. It produces mouth-breathing, with all its attendant evils, contracted chest and stunted growth. It is a very common cause of deafness, and is easily removed. Tubercle is a deadly and dangerous disease, very common amongst neglected, ill-nourished children. In its early stages, and especially in a child patient, it is now considered to be almost always curable. There are probably few schools in which there are not children suffering from this terrible disease, unsuspected by parents or teachers, but capable of certain detection by a medical expert. A diseased condition of the heart is very commonly found amongst young children in the schools. Taken in time and treated while the organs of the body are still capable of vigorous growth, it is in some cases curable, but it is an ailment that neither parent nor teacher is likely to discover; it requires the examination of an expert. Children who are suffering from any affection of the heart are quite unfit to go through the ordinary physical exercises of the school. If there were no other ground on which to require medical inspection for school children, the absolute necessity for children to pass the doctor before being allowed to perform some of the physical exercises prescribed in the school course would of itself furnish one. Rickets is also a disease very prevalent among children. Dr. Hall, in Leeds, found 50 per cent. of the children in a poor Gentile school suffering from rickets; in a poor Jewish school 7 per cent., and in the good schools, frequented by the children of well-to-do artizans, 8 per cent. During the year 1903, at the Manchester hospital, 901 infants and young children were admitted as out-patients suffering from rickets in the early stages, and in addition to them 539, mostly children over 3 or 4 years of age, were admitted for various deformities, such as knock-knees and bow-legs, the result of rickets. If these rickety children are picked out by medical inspection when they first come to school a great number of them could be cured of the mischief done to them in the early years of life, and would grow up healthy men and women.

Defective vision, defective hearing and defective teeth are among the more prevalent diseases which inspection serves to cure. The British Dental Association made, a short time ago, an investigation into the teeth of school children. It had an examination made of the teeth of upwards of 10,000 school children, and found amongst them only 1,508 sets free from decay, or 14.2 per cent. There were upwards of 37,000 unsound teeth in the mouths of those examined.

In view of what we have above outlined, and of a vast array of statistics easily obtainable as to the beneficial effects of medical inspection of schools where enforced, it would be idle to contend that there is no need for anything of the kind in Ontario. True, there may not be the same urgency, because of differing conditions, as in the case of the urban schools of Great Britain or of the United States, but there is nevertheless abundant need, and with the changing character of our population this must increase.

A "Hecla" Furnace

will always keep your home warm and comfortable, and provide in addition a system of ventilation that will always keep the air fresh and pure and free from gas, smoke or dust.

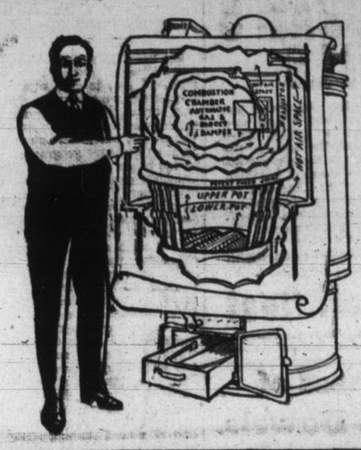
Hecla Fused Joints guarantee this purity of atmosphere, because they are made by fusing the iron and steel of the *Hecla* together at a white heat in such a way as to make a joint that is absolutely tight for all time. In all other furnaces, this joint is made with bolts and cement, and the difference in the ratio of expansion between iron and steel soon strains the bolts and loosens the cement, leaving openings for the escape of gas and dust. *Fused Joints* are everlasting.

Sectional Fire Pots.

I make *Hecla Fire Pots* in sections to prevent cracking in the centre where most fire pots give way. I provide for expansion and contraction in such a way that there is no strain on Hecla Fire Pots. The flanges, cast on Hecla Fire Pots, add 50% to the heating surface.

Triangular Grate Bars

keep the fire clean with less trouble than any other grate bars made; one turn of the crank clears out the ashes, removes clinkers and leaves a bright, clean fire.



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or installing a heating system, you should know why the *Hecla* is the most sanitary, the most efficient and most economical furnace made. See our nearest agent or write the Clare Furnace Builder for the latest catalogue and a free estimate.

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PRACTICE PERFECT WALK.

Short, Indolent Gait is Not Exercise.

The perfect walk must be straight. Each step should measure the length of the foot apart.

Do not take short, choppy steps. Remember that a short, indolent gait is not exercise, in fact, you are repeating little more than a minor action that takes place from the knee down.

No exercise is more health-producing than a long walk, governed by certain rules that must necessarily be observed. With the step draw in a deep breath, slowly exhaling.

The value of walking as an exercise and for graceful carriage depends entirely upon assuming the correct position and in taking deep, chest-expanding breaths.

First of all, see to it that your shoulders drop straight back.

Lift your feet neatly. Some women shuffle along and never seem to lift their feet at all.

Walking, which goes with household work, that done during the hours when in the shop or office, when the brain is occupied, is not true walking.

About the same may be said of the kind of walking in which the feet feel as heavy as lead and the mind is concerned with every care and woe of the passing moment.

Regulate the length of your step by your height.

Success Succeeds.

Washington Star.

Oscar Hammerstein said of a theatrical question recently in New York:

"Some of our managers get heated over theatrical questions. We let personal things—rage, joy—influence us. This is wrong. To succeed in business one must be as cool and calm and far-seeing as the young lady of Oshkosh."

Mr. Hammerstein laughed heartily. "This young lady," he resumed, had thrust upon her one night the disagreeable duty of refusing a young man, a poor young man, a hopeless young man, an eight-dollar-a-week clerk in a dry goods store.

"The young man took his refusal hard.

"'You spurn me,' he cried bitterly; 'but you will live to rue this day. I will go out into the great marts. I will strive, I will win. My name shall be known, my millions envied—'

"'Then come and try me again,' the young lady interposed."

She Knew.

Youth's Companion.

A Washington public school teacher was quoting to her pupils the sayings of various wise men touching the value of science on certain occasions, when she gave them the proverb to the effect that we have one mouth and two ears, in order that we may listen twice as much as we speak.

A day or so after the instruction, the teacher, to see how well the lesson had been learned, asked a girl pupil the question, as above.

Little Mabel had forgotten the philosophers' maxim, but the question did not seem a difficult one to answer.

"Because," said she, "we should not have room in our face for two mouths and we should look too crooked if we had only one ear."

"No, Mabel," said the teacher, "that is not the reason. Perhaps Rosalie can tell us."

"Yessum," responded Rosalie, "It's that way so we can let what we hear go in at one ear and out at the other-!"

Personal Work For Laymen.

Elder, in Christian Observer.

I am sure from observation that ninety per cent. of our laymen are what would be called dead wood in any other calling, so far as their personal Christian work is concerned. Less than ten per cent. of the professing Christian men of our denomination do any personal Christian work and not over twenty-five per cent. of the officers do anything like personal Christian work. They seem to think that they pay their pastor, and that is all God calls them to do, but if I read the word correctly our Lord gives the command directly "Go in my vineyard and work to-day." There is nothing about paying some one else to do it.

Little things should not be despised. Many straws united will bind an elephant.

WEAK, SICKLY PEOPLE

Find New Strength Through Use of Dr. Williams' Pink Pills.

A great many young men and women are suddenly seized with weakness. Their appetite fails them; they tire on the least exertion, and become pale and thin. They do not feel any specific pain—just weakness. But that weakness is dangerous. It is a sign that the blood is thin and watery; that it needs building up. Dr. Williams' Pink Pills will restore lost strength because they actually make new, rich blood—they will help you. Concerning them Alfred Lepage, of St. Jerome, Que., says: "For several years I have been employed in a grocery and up to the age of seventeen I had always enjoyed the best of health. But suddenly my strength began to leave me; I grew pale, thin and extremely weak. Our family doctor ordered a complete rest and advised me to remain out of doors as much as possible, so I went to spend several weeks with an uncle who lived in the Laurentides. I was in the hope that the bracing mountain air would help me, but it didn't, and I returned home in a deplorable state. I was subject to dizziness, indigestion and general weakness. One day I read of a case very similar to my own cured through the use of Dr. Williams' Pink Pills, and I decided to give them a trial. After taking four boxes of the pills I felt greatly improved, so continued their use for some time longer and they fully cured me. I am now able to go about my work as well as ever I did and have nothing but the greatest praise for Dr. Williams' Pink Pills."

The blood—good blood—is the secret of health. If the blood is not pure the body becomes diseased, or the nerves shattered. Keep the blood pure and disease cannot exist. Dr. Williams' Pink Pills make rich, red blood—that is why they cure anaemia, rheumatism, indigestion, headache, backache, kidney trouble and the secret ailments of girlhood and womanhood. Sold at 50c. a box or six boxes for $2.50, by all medicine dealers or by mail from The Dr. Williams' Medicine Co., Brockville, Ont.

Woman In Siam.

London Chronicle.

Next to King Chulalongkorn, the most powerful personality in Siam is undoubtedly the queen, a capable and energetic woman, and altogether a remarkable personage. The position of women in Siam contrasts favorably with that among other oriental peoples. The ordinary woman possesses such a robust physique and erect bearing that a stranger easily mistakes her for a man, especially as her hair is short cropped and the dress of both sexes very similar. In the general business of life the average Siamese woman is often superior to the man; she understands thoroughly economic as well as domestic household affairs, and enjoys a considerable share of freedom. Polygamy is fast dying out in the lower classes, and gradually decreasing among the rich. What is peculiarly hopeful is the attitude of both government and society toward female education.

People talk about "different temperaments," when they really mean different tempers.

The man who is old enough to know better is usually old enough to die.

D&A CORSETS

FREE TO YOU—MY SISTER

FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AILMENTS.

I am a woman.
I know woman's sufferings.
I have found the cure.

I will mail, free of any charge, my home treatment with full instructions to any sufferer from women's ailments. I want to tell all women about this cure—you, my reader, for yourself, your daughter, your mother, or your sister. I want to tell you how to cure yourselves at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better than any doctor. I know that my home treatment is a safe and sure cure for Leucorrhoea or Whitish Discharges, Ulceration, Displacement or Falling of the Womb, Profuse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also pains in the head; back and bowels, bearing down feelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, weariness, kidney and bladder troubles where caused by weakness peculiar to our sex.

I want to send you a complete 10 days' treatment entirely free to prove to you that you can cure yourself at home, easily, quickly and surely. Remember, that it will cost you nothing to give the treatment a complete trial; and if you should wish to continue, it will cost you only about 12 cents a week, or less than two cents a day. It will not interfere with your work or occupation. Just send me your name and address, tell me how you suffer, if you wish, and I will send you the treatment for your case, entirely free, in plain wrapper, by return mail. I will also send you free of cost, my book—"WOMAN'S OWN MEDICAL ADVISER" with explanatory illustrations showing why women suffer, and how they can easily cure themselves at home. Every woman should have it, and learn to think for herself. Then when the doctor says—"You must have an operation," you can decide for yourself. Thousands of women have cured themselves with my home remedy. It cures all, old or young. To Mothers of Daughters, I will explain a simple home treatment which speedily and effectually cures Leucorrhoea, Green Sickness and Painful or Irregular Menstruation in Young Ladies. Plumpness and health always result from its use.

Wherever you live, I can refer you to ladies of your own locality who know and will gladly tell any sufferer that this Home Treatment really cures all woman's diseases and makes women well, strong, plump and robust. Just send me your address, and the free ten days' treatment is yours, also the book. Write to-day, as you may not see this offer again. Address:

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