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# FOR COLDS, COUGHS AND BROM-CHIAL AFFLICTIONS, FOR STIFF

MUSCLES, SPRAINS AND STRAINS AND NUMEROUS OTHER AILMENTS COMMON TO MAN AND BEAST, THERE SE NOTHING SUPERIOR TO THAT OLD TRIED AND BELIABLE REMEDY. DI THOMAS'

ECLECTRIC OIL **SEVEN SENTENCE SERMONS** 

Circumstances are beyond the control of man, but his conduct is in his own power.-Disraeli. The highest of characters is his who

is as ready to pardon the moral errors of mankind as if he were every day guifty of the same himself, and at the same time as cautious of committing a fault as if he never forgave one-Pliny the Younger.

Life up your eyes, be glad, be strong, The whole wide sky is fair, And evermore be this your song We are in our Father's care.

the unrighteous man his thoughts; some land is good and some land is and let him return unto the Lord, and stony or wet. He is told anything and he will have mercy upon him; and to everything except what he wants to

If on our daily course our mind Be set to hallow all we find, God will provide for sacrifice.

thou woulst not; thy duty, too, to leave plained the exact reference to the undone what thou wouldst do .- Tho- "They," and the exact meaning of the

#### AN IRISH LETTER

It was in the West of Ireland that | Protestant, long resident in the West British rule first broke down under of Ireland, was more explicit on the the attacks of Sinn Fein. It was in subject. "Do you know," he said, "the Western Ireland that were made the price you will pay for farm land here?" last efforts of De Valera's republican and on being answered "No," "You Irregulars to resist the rule of the will pay your life," he said. He went Free State Government. Today peace on to tell how an unwritten illegal sinexists in Western Ireland, but it is ister ban exists in Western Ireland on peace of a peculiar and rather precar- the purchase or ownership of farm ious type. The Irregulars are for the land by Protestants and strangers. Boy moment quiet and not openly active, cott, terrorism, and murder are still but they have not ceased to exist. used to enforce this ban. Free State soldiers say that secret Two years ago in the district in drilling of the Irregulars is still going question a Roman Catholic cattleman on, just as secret drilling of the Sinn employed by a Protestant refused to Feiners went on in the days of British abandon his employer's service, when rule, and that these Irregulars have the latter was forced to flee from his plenty of arms. Occasional raids and land. The cattleman remained on the searches for these arms were carried land looking after the absent owner's out by the Free State troops but they interest. At the door of his little cothave little success. It is interesting tage he was shot dead. The local Cato see how completely all signs of bit- tholic priest denounced the crime terness and hostility towards the Bri- from the altar as murder, and the same tish have died out in these Free State night the windows of the priest's troops. British visitors to the coun- house were smashed, and a warning try can count on being treated with conveyed to him that he would do well friendly courtesy by soldiers and po- to restrain his tongue in such matters, lice, and in fact there are now increas- or he too would meet with an "acciing numbers of British paying holiday dent." Only a few weeks ago in the visits to the famous beauty spots or same district another Roman Catholic the fishing rivers of Western Ireland. farm hand who refused to abandon his On the other hand, there is no love Protestant employer's land, had his lost between the soldiers and the Ir- two-roomed cottage fired into at night regulars, whom the soldiers contemp- time. The assailant's knew exactly the tuously refer to as the "Bolshies." spot in the cottage where was placed So completely has feeling changed the bed in which his wife and daugh-

with regard to the British that it is be- ter slept, and they aimed their shots ing said in private conversation that it carefully so that the bullets, fired from is a great pity that the British have both sides of the house, should pass left and that it would be an excellent close over the heads of these women, thing if they came back. Probably a who had no means of shelter, since good deal of this is due merely to the there were windows on each side of Irish habit of contradictoriness, and the cottage. The men who did these even more of it is due to the heavy fin- things are known beyond question ancial loss to shopkeepers and traders throughout the district, yet they go generally resulting from the with- about freely, unchallenged by any. If drawal of the British troops, but the therefore, it is said that agrarian outchange does exist. whatever its cause. rages have ceased in Western Ireland, A visitor to the West recently who that cattledriving and similar lawless was told of it was inclined to be ex- deeds no longer, take place, and that tremely sceptical on the subject but peace has been established in the counthe very next day when making some try, the comment may perhaps fairly small purchases in a shop he happened be made that this has been done by to ask the woman who kept the shop something akin to the method of makabout the state of business in the town, ing a desert and calling it peace. and was surprised to hear her launch out into a denunciation of the distur- land does not seem to be marked by a bances and depression which have been high degree of success. The city of prevalent since the British left. "We Cork, like Dublin itself, has had its have never had peace or good times," popularly elected council suspended she said, "since the British went away by the Free State Government on acand most of the people, if they spoke count of corrupt inefficiency, and is what is in their minds, would be glad now under the rule of a nominated to see the British back again, only commission. The town of Galway has they do not dare to say so." Yet this had no municipal election for seven woman was an Irish Roman Catholic, years owing to the disturbed state of who went on to speak with regret of the country. The existing council has the compartment and, as soon as the the loss of respect for the priests a- had its term of office prolonged from mong the young men of the district, time to time until better conditions though she evidently failed to realize should be established. The attendance how much that loss is due to the un- of the councillors has been and is anydoubted encouragement given by the thing but regular, a quorum is got with priests to rebellion, outrage and mur- difficulty, and the dominant figures in conducting its anti-British campaign. said without unkindness that neither

Local government in Western Ire-

intellectual nor educational eminence

is their distinguishing characteristic.

Under their regime the town's local

rates reached a level a short time ago

Farmers In Bad Way.

conditions are bad. The farmers of

Ireland, like those of most countries,

ther of this summer has hit them ex-

tremely hard, and in the West parti-

cent times at any rate, were not made

in vain. Now, however, the Free State

trigue, and with no money to spare,

has shown an inclination to turn a

affected by it merely as a convincing

ment is nothing but the unconfessed

agent and creature of the ancient op-

pressor England. The latter gets still

giving relief in the past, she encourag-

ed the Irish to depend on it, and now has abandoned them to the callous

neglect of her traitorous Irish flunkeys

Home Industries.

home industries of the type of rug-

making and knitting are being foster-

ed with some success, and if these can

be really established, they may be of

substantial assistance to making a pov-

erty stricken country at least self-sup-

porting, but it is to be feared that the

ingrained lack of energy and drive,

which has left so much potentially

will be a severe handicap against the

successful development of home in-

dustries in these days of highly or-

Improved education might do much

for the country. At present the stan-

ganized world-wide manufacture.

good land undrained and waterlogged

In some parts of the West small

in Dublin.

Outside the towns, in the country,

Under Curb of Fear.

The suggestion that the people are to some extent at least under the curb of 25-6 in the £ though they have of fear is borne out by enquiries in since been reduced to about 16s, in the other directions. A stranger who tries £. to ascertain the selling value of farm -Margaret Sangster land in Western Ireland is met by a curiously persistent evasion of his When we ask God to direct our foot questions. He is told that it will desteps, we are to move our feet .- Anon. pend on the quality of the land (a somewhat obvious point), that it is not are in a bad way. The deplorable wea-Let the wicked forsake his way, and easy to say what the price is, that cularly, where much of the soil is our God, for he will abundantly pars know. A hint at the cause of this was the farmers have little or no reserve the compartment belonged to one or given by a worthy Irishman, a Catho- resources to fall back on, the depres- other of the secret societies with in his district, evaded the question in his turn: "Are you thinking of buying Donegal, has had in the past almost his speaking to his companion in Irish New treasures still, of countless price, land here yourself?" The stranger reregular crises when appeals were ad- and for his use of the deaf and dumb plied that he was. "Then you had betdressed to the British Government in -John Keble. ter take care that they don't start on Dublin for help of various kinds to tastic but that it should be made at all It is thy duty oftentimes to do what you," said the Irishman, and left unexavert starvation, appeals which, in re-"Start on you." An old Scotsman, a

of an unfortunate tendency on the part of Irishmen to distrust their own countrymen and look upon them with jealous eyes. It is again a possibly significant thing that these examiners have not been without experience of occasional "influence" being brought to bear on them, even from ecclesiastical quarters, to look with leniency on candidates for examinations whose educational qualifications are not so high as is expected of them. It seems hard to believe that improved standards of education would not reflect themselves before long in improved standards of cleanliness in the streets and houses of Western Ireland.

Housing Conditions Deplorable. It is not overstating the case to say

that the housing conditions both in the farms and towns of Western Ireland are deplorable. Low, often thatchedroofed dwellings, dark and smoky, with doors of the "half" pattern familiar in stables and smithies, opening direct from the crowded main living room into streets which appear to receive all the household refuse in their uncleaned gutters-these things, whatever their cause, must surely be changed before a people really healthy in body and mind can be brought into existence. Many British manufacturing towns are ugly and sordid enough, but there is a combination of poverty dirt, and sloveliness about these houses in Western Ireland, which is singularly depressing, and which more than neutralizes the clean, healthy smell of the burning peats and the fresh winds from the Atlantic that blow over the hills and through the streets of Western Ireland.

Suggestion of Distrust.

As în Dublin, so in Western Ireland, the suggestion of distrust is in the air. Secret brotherhoods, underground influences, unspoken menaces are too many to allow of a really comfortable atmosphere. Of such an uncomfortable character is this incident. The Limited mail from the West of Ireland to Dublin on a recent day stopped at a small fown on its route. In one of the compartments were four men, two Irish, two British, occupying the corners of the compartment. Amongst those who got into the corridor of the carriage were two men, one of whom came into the compartment in question. His companion opened the door and asked him in English to come along to another compartment, but the first man replied in a language which was presumably Irish and remained where he was. The Irish railways have a broader gauge than those of Great Britain, and the carriages are therefore wider and more roomy. Yet the newcomer deliberately and quite needlessly seated himself train started, stealthily nudged him with his elbow. The Britisher looked at him, and suspecting from his rather strange manner and look that he was either unbalanced or slightly drunk, der in the years when Sinn Fein was the council are men of whom it may be hands were moving restlessly, clasping and unclasping spasmodically, but gradually these movements became regular until they took shape in the deaf and dumb alphabet, in which he "talked" for a minute or two. None of the other men in the compartment took any notice, and suddenly the newcomer stood up, put his hat on, and without saying a word went out of the compartment and along the corridor to join his friend. After he had gone, the man beside whom he had been sitting and who, though British, has much experience of and travels widely in Ireland, hazarded the suggestion that the meaning of his besion is acute. The North-West of the which Southern Ireland is honeycomb-Free State, including the county of ed, and that this accounted both for

> ing prevailing in the Free State. Government, harassed by political in-Free State Sentries, deaf ear to these appeals, and to inti-It is said that crime of the ordinary mate that the annual starvation 'stunt' kind other than that due to politics or which worked with a wealthy and fool religion is not prevalent in Western ishly credulous English government Ireland, but the presence at the doors will not do with intelligent Irishmen, of the banks in some at least of the and that the North West must develop towns of Free State soldiers with fixthe instincts of self-nelp-a healthy ed bayonets seems to indicate appreand stimulating attitude on the part of hension that some of the lawless elethe Free State Government, which, ments might try to fill in their time however, is apt to be regarded by those during the present interval of com-

alphabet. The suggestion may be fan-

under the circumstances is some indi-

indication that the Free State Govern- Germs of Catarrh further blamed on the ground that by Sore Healed in Breathing



reathe in the soothing vapor of CA-TARRHOZONE. Once its healing niney essences strike the bronchial tubes, you realize that a powerful

parative political peace by raiding the banks in their own interest. These Free State sentries are not models of smartness. Usually they appeared to be leaning against the wall of the bank doorway, their hands deep in their greatcoat pockets, and their rifles carelessly supported in the hollow of an arm, while they chatted pleasantly with one another or with civilian

friends. Prospective handits would hardly have a very difficult task to "get the drop" on these rather bored investments. and indifferent guardians of the country's wealth. The Ulster boundary question re-

ceives little attention for the moment in Western Ireland, where the people are tired of political discussion. Yet the men who know the feeling of the country say that the fires are not out but only smouldering, and that if "incidents" take place on the borderand the deliberately provoked double arrest of De Valera in Ulster is exactly the sort of incident suggested-or a calculated agitation is begun, these fires will swiftly leap into flame. If that happens, the difficult and tedious task of economic reconstruction will be abandoned for the far more con-

cation of the troubled and dubious feel- the North," (To be continued)

genial and exciting occupation of a

war against "the Black Protestants of

### Wonder Spots of the Empire

No. 8-THE HIMALAYA MOUN-TAINS, INDIA.

This range of mountains, the highest on the planet, crosses numerous countries in its stretch from east to west. The mountains commence in Tibet, cross Bhutan, then Make Sore Throat run through Sikkim and Bengal through the centre of Nepal and Crusts in Nose Quickly then again into Empire territory in Alps, and then to witness some of these is the Khyber, leading into passed into the discard. alayas, two points of interest will come at once to his mind. In the Aisiatic range there are no foothals. The condition might better be described as an absence of the smaller ranges that surround the Rockies and the Alps. Like Kipling's Road to Mandalay, the Himalayas rise up like thunder from the plains of Bengal. Towering peaks with rugged walls that have been cut and scarred by raging torrents greet the visitor with a suddenness that is inspiring.

A second outstanding feature in comparison with our western range treatment is at work. Irritation can't is the complexity of vegetation. live in the throat of a person inhaling Tropical trees, plants and flowers Catarrhozone. It is so soothing, so interspersed with tea and spice garunfortunately just where it ought to be warming, so full of concentrated heal- dens, fill many of the valleys. Above best—in the secondary schools form—ing power that you get relief at once. are forests of forests of tropical ing the link between primary educa— Catarrhozone strengthens the weak hardwoods that blend into specition and the universities. It is a some-what surprising thing to find that un-weeksity to clear the throat, makes and above all is the eternal snow. what surprising thing to find that under the Free State Government the external examiners for the Free State universities are taken from Great British and not from Ireland. This may be an indication, on the one hand, of the Free State of the Free State universities are taken from Great British, nothing in the family could be better than the complete dollar outfit. Small size 50c. All dealers, or by mail not yet been explored by white man. an enlightened policy of the Free from The Dr. Hamilton Pill Co., 311 not yet been explored by white man, State Government, or, on the other, Notre Dame West, Montreal, and very few of the peaks have

- and in/2lb VACUUM (AIR-TIGHT)



# 

The Tobacco of Quality

#### FRAUD THRIFT EDUCATION

By S. W. Straus, President American Society for Thrift...

enough.

Commendable organized educational efforts now are being made to safeguard individuals against losses through fraudulent

Current events emphasize the need for more intensive thrift

education through the press as well as in the school room. There are thousands who have made the start by saving money, but unfortunately their thrift education has gone no further. As a result one reads in the papers almost daily of the exposure of individuals who have

despoiled the cherished savings that grew penny by penny through the years. No greater tragedies appear on the pages of fiction than many of the stories of these misguided persons whose lifetime accumula-

tions are swept away. It is unfortunate that in much of the so-called thrift work in this country encouragement has been given only to the saving of

money. One cannot, of course,

say aught of such advice, except-

As much attention should be given to teaching prudent methods of spending and investing money as is given to the teaching of correct methods of saving it.

It is a matter of gratification that more thought is now to be given to the processes of safeguarding what has been saved.

ing that it does not go the

Let the nation learn the word

of Lincoln that "economy begin

with saving money," but let u

emphasize the fact that Lincoln

of thrift.

Saving money

only the beginning

Judging by

newspapers from

reports in

day to day,

seems safe in a

suming that there

is a rising tide of

unscrupulous prac-

tices based on in-

sufficient popular

understanding o

personal eco-

made use of the word begin

The questions of earning, saving and spending are of equal

been accurately measured. There Afghanistan, Most of the passer are many geographers who think have been used by armies and carapeaks exceeding thirty thousand tory. the Kashmir, Punjab and the North Everest of its glory. Although

that time will reveal numerous vans since the dawn of human his-

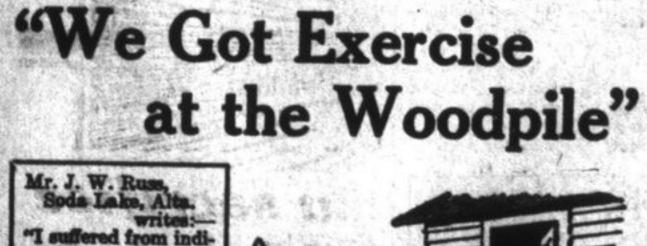
Eccentric accessories have lost inthreaded by scores of mighty rivers terest for the best dressed women has been privileged to behold the the passes through the Himalayas and fussy gloves, many-strapped Canadian Rockies and the Swiss are very few. The best known of pumps and elaborate handbags have



Proved safe by millions and prescribed by physicians for

Headache Neuralgia Colds Toothache Neuritis

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gestion and very bad kidneys. Everything I ate hurt me so that at last I was forced to live on bread and milk. Two boxes of Dr. Chase's Kidney-Liver Pills made me once more, eating anything I want and enjoying it."

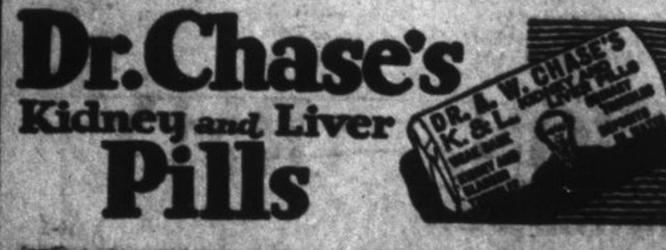


INDIGESTION is the great bug-bear of the modern business and professional man.

If we had the old woodpile to tussle with we might keep the liver active without using medicine.

But we neglect to take exercise and the best substitute is Dr. Chase's Kidney-Liver Pills. They arouse the action of liver, kidneys and bowels and entirely overcome indigestion, constipation, biliousness, backache and similar

You can prove this to your own satisfaction with a single box of this popular medicine.



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