

## Does Your Back Ache?

If You Have Bladder or Urinary Troubles and Weakness of the Kidneys—Read Below.

Your back aches and fairly groans with the distress of kidney trouble. You're discouraged, but you mustn't give up. The battle can be quickly won when Dr. Hamilton's Pills get to work. These kidney specialists bring new health and vitality to young and old alike. Even one box proves their marvelous power. Continue this great healer, and your kidneys will become as strong, as vigorous, as able to work as new ones.

Remember this: Dr. Hamilton's Pills are purely vegetable; they cure liver, bladder and kidney trouble. They will cure you, or your money back. Price 25c per box, at all dealers.

### INDOOR AIR AND HEALTH.

Dr. Luther H. Gulick, of the Russell Sage Foundation, New York, calls attention to the need of further study of the effects of indoor air upon health. "This air," he says, "is somehow not as good for us, even under the best conditions of ventilation, as the open air." He quotes Dr. Thompson and Dr. Brennan, of New York, as thinking that we ought to do away with all systems of ventilation, and use simply natural ventilation—open windows. On the other hand, Dr. Leonard Hill, of England, finds the Plenum system of ventilation superior in its effects to open windows. But Dr. Gulick holds that present conditions are not right, and that it still remains to discover what must be done to make indoor air healthy as outdoor living.

## PILES CURED AT HOME by New Absorption Method

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment, and will also send some of this home treatment free for trial, with references from your own locality, if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write to-day to Mrs. M. Summers, Box P. 8, Windsor, Ont.

### WAYS OF THE MORE ORDERLY.

An industrial commission appointed by Congress was conducting certain investigations with reference to the operation of mills and factories in various parts of the country, and the members became especially interested in the working of one mill in a Southwestern State. The investigators were in one room when the whistle blew for noon. The operators put up their tools and vanished as if by magic.

"Do all the workmen drop their tools the instant the whistle blows?" asked one of the commission.

"No, not all," answered the man who was acting as guide. "The more orderly have their tools all put away before that air."

## Queen's University

KINGSTON, ONTARIO.  
ARTS, EDUCATION  
THEOLOGY, MEDICINE  
SCIENCE, including  
ENGINEERING.

The Arts course may be taken by correspondence, but students desiring to graduate must attend one session.

ARTS SUMMER SESSION  
July 3rd to August 11th.

For Calendar write the Registrar,  
G. Y. CHOWN, Kingston, Ontario.

### A GENTLE REMINDER.

(Tit-Bits.)

It was midnight. The burglar had entered the house as quietly as possible, but his shoes were not padded, and they made some noise. He had just reached the door of the bedroom when he heard someone moving in the bed as if about to get up and he paused. The sound of a woman's voice floated to his ears. "If you don't take your boots off when you come into this house," it said, "there's going to be trouble, and a whole lot of it. Here it's been raining for three hours, and you dare to tramp over my carpets with your boots on! Go down stairs and take them off this minute!" He went down stairs without a word, but he didn't take off his boots. "In-again, and the 'pat' who was waiting for him saw a tear gladden his eye. "I can't rob that house," he said. "It reminds me of home."

### ALAS! THE WORKING—JAN.

(Catholic Standard and Times.)  
"Poor woman! She works as hard all day and then she's up nearly all night with the babies!"  
"What's the matter with her husband? Why doesn't he help her?"  
"Oh, he puts in all his time agitating for an eight-hour day for the working men."

## Dissolves Quickly

While it is unsurpassed in appearance, color and taste, at the same time the most quickly dissolved Sugar is

# St. Lawrence Sugar

Granulated is made in all sizes—grains, being in coarse, medium and fine, and put up in barrels and 25 lb. and 100 lb. bags.

It is unequalled in giving satisfaction to all. Try it yourself.

THE ST. LAWRENCE SUGAR REFINING CO., LIMITED, MONTREAL.

### A KINGLY FASHION.

(New York Herald.)  
It is reported that King George appeared at the race course recently wearing a high white hat and carrying in his hand a gold-headed cane. The late King Edward set many fashions, not a few of which were excellent ones. He is said to have invented the cane topped with a ball of gold, and in his later years he did much to popularize the straw hat and other informal and comfortable articles of summer apparel. It is largely owing to him that the silk hat, once an object of idolatrous worship in the eyes of the English, is now nothing more than a head covering, and not a universal one either. If the complaints of the haters are well founded, among other things that he helped to make popular in England were Americans and some of their easy-going customs.

King George's tastes differ in many respects from those of his lamented father, and perhaps the high white hat and gold-headed cane are forerunners of reforms of the greater austerity and formality of Victoria's time. It remains to be seen whether his influence will extend to this side of the water. The last high white hat disappeared with the straw in the horse cars and among the few canes carried nowadays the gold-headed one is a rarity. To be without the cane of the high hat should be brushed the wrong way. In that state it was always worn during the reading of the Declaration of Independence on the Fourth of July.

### A MOTHER'S PRAISE

#### OF BABY'S OWN TABLETS

Mrs. Allen Mason, Carleton, N. B., writes: "I have used Baby's Own Tablets ever since I have had children and that is going on fifteen years. I have always found them entirely satisfactory for all the ailments of little ones and feel that I cannot praise them too highly." Mrs. Mason's praise is just that of thousands of mothers who consider Baby's Own Tablets the only safe and sure remedy to keep in the house for their little ones. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### GUARD YOUR IDOLS.

How true it is that without a vision people perish, says Orion Swett Marden, in "Success Magazine." Where the pursuit is the all-absorbing ambition to make money, everything that is finest, cleanest, and most beautiful in life evaporates; the nature coarsens. This is the threatening picture of American character today.

The vast resources and great commercial prizes of this country are so tempting, so fascinating, that by the time they are ready for active life our youth are so saturated with commercialism, so ambitious to coin every bit of their ability, their education, their influence, their friendships, almost everything into dollars, that all else is neglected.

They lose their ideals, which are the true test of character.

At the Yarmouth Y. M. C. A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, and immediate relief for colic and toothache.

ALFRED STOKES,  
General Secretary.

### BREAD CAST ON THE WATERS.

When the conductor came to collect the young lady's fare she discovered that she had left her pocketbook at the office where she works as stenographer. It is a predicament not uncommon with city dwellers, but the rest of the story as told takes a new and agreeable turn. "Why, I'm afraid I haven't any money with me," she said, looking very much embarrassed. The conductor said nothing, but stood there and waited. "I guess I'll have to get off," said the girl. "I have left my pocketbook at the office." "Here, lady," said a boyish voice coming from across the aisle. "I got a nickel. I'll lend you."

She looked at the boy and took the nickel. "Thank you," she said. "I'll pay you back if you'll give me your name." "Don't worry about that," he replied. "I'm the kid you gave the half dollar to last Christmas when you seen me selling papers down by the Savoy. I ain't forgotten you. I'm selling papers there yet." She smiled at him when he left the car and he was about the proudest boy in town. —Denver Times.

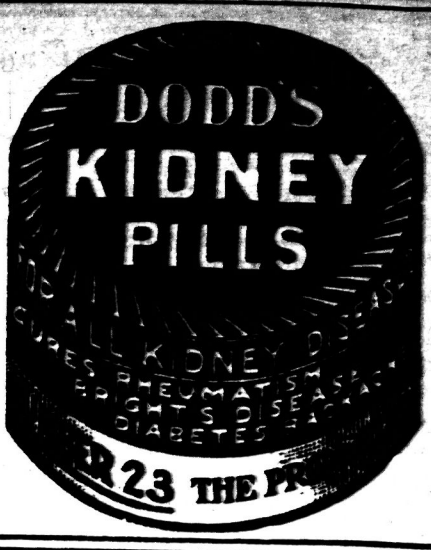
### TRY URINE EYE REMEDY

For Red, Watery, Watery Eyes and GRANULATED EYELIDS.  
MURINE EYE REMEDY—Soothes Eye Pain  
Murine Eye Salve, in Ampoules, Tubes, 25c, 50c.  
EYE BOOKS AND ADVICE FREE BY MAIL.  
Murine Eye Remedy Co., Chicago.

### GIRLS RUN THE ELEVATOR.

Milwaukee boasts of something new—girl elevator operators, duly licensed by the municipal inspector and certified to be competent not only to run lifts but to make ordinary repairs on them. There are two of them and they have solved a problem for the Young Women's Christian Association managers, who stacked up against a combination of a building with elevators and a rule against men employees. As "the used of men" was not allowed "to set foot" in the Young Women's Christian Association, the officials had the two young women take a course in elevator running and repairing, and now everything is lovely. —St. Louis Times.

"Love makes the world go round," quoted the Wise Guy. "Yes," assented the Simple Man, "provided you have enough rocks for ballast."



### THEY ONLY WEPT LIKE PENITENTS.

A typical old-time "circuit rider" died recently in Alabama—a man whose godly, unselfish life will long be remembered. Many were the eccentrics of this rugged old man, and many anecdotes are current among the Methodist ministers of the State concerning him. He was noted for two things: his renunciation of sin in no uncertain tones and the familiarity with which he addressed the Lord in prayer.

On one occasion he had been preaching in a log meeting house in the pine woods of North Alabama. There were several young fellows on hand who had been celebrating by patronizing a still hard by. After a long fiery sermon, the preacher made a call for mourners, and soon the rude altar was filled mostly by the old man looked over for a moment, and with keen intuition felt that it was perhaps a "lark" on the boys' part, but he knelt to pray.

"Oh, Lord," he began, "there's a crowd of young fellows kneelin' round your altar. They've been cussin' and swearin' and drinkin' their time in riotous livin'; but they've come up here seemin'ly penitent. They look like penitents, Lord, and I hope they are. They were like penitents, Lord, and I hope you'll forgive 'em if they are; but, oh, Lord, they don't smell like penitents!"

### The Public Too Often Faked.

Inscrupulous dealers, actuated by large profits, often recommend corn cures, as good as Putnam's. There is only one genuine Corn Extractor, and that is Putnam's Painless Corn and Wart Extractor, which in twenty-four hours cures warts, corns, callouses and bunions. Putnam's is a miracle of efficacy and promptness. Try it. 25c a bottle.

### ACIDULOUS MARGARET FULLER.

Margaret would fain please those whom she held worthy or whose woes she could relieve, but for the multitude of both sexes who had a head an indifference which often accumulated into scorn or compassion, neither of which she could understand. She was therefore only, after an interval of preliminary eversion, apparently, that those who were afterward her friends became such; while to those whose vanity she had deeply and not always unconsciously wounded, she appeared a harsh vision sometimes, and they only waited (as Lowell did) an opportunity to repay indifference with malice.

Lowell must have known that Margaret was not a dull or tiresome person, yet he chose so to represent her in a satire written at the time it was published. He once told me, as doubtless he said to others, that it was not her attack on poets which he resented, but that she ought to have spared so good natured and generous a person as Longfellow.

This was true; so she ought; but if she had, I fancy Lowell would have felt that it was a disgrace. —From an address by F. B. Sanborn.

### If allowed to roam over your house those few innocent-looking house flies may cause a real tragedy any day, as they are known to be the principal agents for the spread of those deadly diseases, typhoid fever, diphtheria and smallpox.

### LESSER OF EVILS.

The late Phil May delighted in telling how he turned the tables on a friend at a time when he was "on his uppers" in a small town in Australia. To prevent starvation he was in a fourth employment as a waiter in a fourth-class eating house. One day a man who had known the famous Black and White artist in London dropped in and took a seat at one of the tables. When May went to take his order, mutual recognition followed.

"Phil May!" the visitor exclaimed. "And compelled to work in a hole like this!"

"That's true," replied the artist. "I have sunk pretty low, I'll admit, but I haven't yet got so far down that I have to eat here." —Metropolitan Magazine.

### Keep Minard's Liniment in the house.

### A FAMOUS FISHING WELL.

Near Boston, Spa, in Yorkshire, England, there is a so-called fishing well, which is probably nothing else than a survival of pagan tree worship. The place is called St. Helen's Well, and has been so named ever since the days of the Romans, but those who introduced Christianity into these islands frequently re-baptized the pagan shrines which they found on their path.

The legend runs that people visiting this dried up well to offer up prayers will have their wish granted if they leave an offering in the shape of a shroud of their own clothing and observe strict secrecy in regard to the nature of their demands.

Not only lovers and superstitious country folk make pilgrimages to St. Helen's Well; the grove is frequented in summer time by quite serious people, who do not hesitate, when the backs of their companions are turned, to furtively tie some scrap from their clothing to the twisted roots and murmur their heart's desires. —Wide World.

### A HARD ONE.

"Of what famous novel are you reminded by the extra charge rich people are willing to pay for the privilege of riding on a special fier?"

"Go, that's too continuous for me. What's the answer?"

"'Vanity Fair,' of course." —St. Louis Post-Dispatch.

When you are struck with an idea, don't have a fit. Other men and women have had the same experience.

## AN AUTO FEAT.

Motor Jumping Extraordinary in British Columbia.

(Victoria Colonist.)

One of the most remarkable accidents in the annals of motoring occurred during a race at the Brooklands tracks recently, when a car dashed up the embankment at the rate of ninety miles an hour and cleared a ravine forty feet wide. The driver, Mr. G. Wilkinson, was seriously hurt, his skull being fractured.

Mr. Wilkinson was driving a 27 h.p. Benz car, owned by Mr. A. T. Craig, and he had just the post at the end of the seventh race when, to the dismay of the onlookers, instead of slowing down his car he tore up the side of the banking, which at its highest point is sixty feet from the ground.

It was obvious that the clutch had jammed and that Mr. Wilkinson, an experienced motorist, was helpless.

Arrived at the top of the track the car leaped into the air, and taking its direction from the upward slant of the banking, shot upward with a momentum which carried it over the telegraph wires, which are ten feet above the top of the track, and over a chasm sixty feet deep and forty feet wide. With the driver still clinging to the wheel the car cleared an iron railing on the other side of the ravine, and then plunged into a mass of crotches, tearing away branches and twigs.

One of the boughs swept Mr. Wilkinson's head, and he fell twenty feet, thirty feet on to some broken logs and soft soil. He was unconscious, with a cut chin and a fracture at the base of the skull.

Finishing its parabola the motor-car came to earth twenty feet beyond, pitching on to its radiator, and turning a complete somersault. It was found on its left side imbedded in the soft sand among the trees, its wheels and metal body a shapeless mass. Considering the weight of the fall it is remarkable that the chassis itself was little damaged.

### ACCORDING TO SIZE.

(Exchange.)

The pronouncement by an English medical authority that a physically big man is less likely than a small man to become particularly prominent in any sphere of this world's work will, perhaps, be received by the public with some relief. The question of that has been repeatedly raised, but perhaps a medical explanation for the success of the short as opposed to the tall man. It is said that the heart of the latter is not developed in proportion to that of the former. Those who have grown to a height of six feet must realize that, relatively, with men of five feet, their brains are handicapped because their brain and lungs have not grown correspondingly in size.

### Minard's Liniment used by Physicians.

#### LITTLE MISS SIX O'CLOCK.

Just at the edge of the night and the morning.  
Little Miss Six O'Clock comes to my bed.  
A sweet laugh is her musical warning.  
That day time is here and the night time is fled.  
And I am so sleepy and I am so weary  
I want to doze on for an hour or two  
But Little Miss Six O'Clock, bright-eyed and cheery  
Has come to announce that the sleep time is o'er.  
Little Miss Six O'Clock, that's what I call her,  
As brim full of fun as a rose is of dew;  
And as sweet as a rose, only plumper  
And taller,  
Comes to announce that the night time is through.  
Smiles that are brighter than May sun-beams dancing  
Already out there on the velvet lawn.  
Over the counterpane, bounding and prancing  
Little Miss Six O'Clock heralds the morn.

"Wake up, lazy daddy! wake up, it is day!"

She shouts in my ear as she tickles my nose.

"Wake up, lazy daddy, it's morning and play time!"

Then she tickles my ribs with her little plastic fingers.

For a minute or more I pretend to be sleeping.

Then her face comes the traces of a pout.

And Little Miss Six O'Clock shows signs of weeping.

Then "O, my goodness, is that you?" I shout.

We bounce and we roll and bump and jump.

And under the covers I hide away.

And I pretend I'm asleep and I'm fast asleep.

Out in the woods where the fairies play.

I've forgotten that I was a tired old dad.

Who wanted to sleep, and I'm trouble free.

And every morning my heart is glad.

When Little Miss Six O'Clock comes to me.

### ALL'S WELL.

He had full many theories about the cause of all disease, he felt convinced that he could cure all his that mortal ills.

He felt that were he so inclined some new contrivance he could find to reach the highest mountain peaks and through the air serenely soar.

The thought he often revolved in that he could reach the top of the world in many other ways could banish want from off the earth.

A book he thought that he could write that would bring wisdom in a night—he thought the world would value it at more than libraries were worth.

He thought it was an easy thing to teach a rabbit how to sing; he had no doubt that he could make a rose's fragrance years remain.

It would not be so great a feat to turn pork into turkey meat, and with little effort he could make bear taste just like champagne.

Some magic potion he'd prepare to cover bald heads thick with hair, and for a person's sustenance one meal a fortnight would suffice.

He would not find it very hard to change a prosper to a bard, and he a parent had in mind to write an epic in a trice.

No doubt you think that men were quick to say the fellow made them sick, that he was called a crank and fool and other names that you may guess. No doubt you think that he was sat with all the theories he had, that he was weeping bitter tears and buried in unhappiness.

But he was gayest of the gay and happy all the livelong day; he cuddled all his fancies queer and hugged the joys they brought about.

The prospect seemed in no way dim for he knew what he wanted, and he kept his notions to himself and never worked his problems out.

—Nathan M. Levy.

NOT FOR LONG.

The lion and the lamb may lie down together at night, but there's only one to be called in the morning.

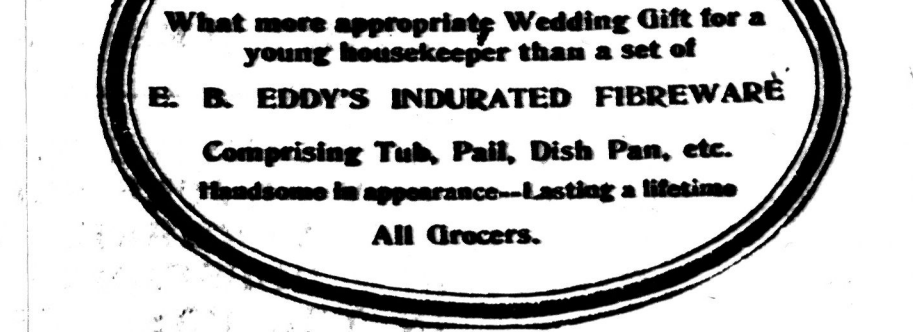
## NA-DRU-CO LAXATIVES

are new and entirely different from ordinary preparations. They accomplish their purpose without causing the rest of the system, and are therefore the ideal laxative for the nervous system, as they do not affect the child.

Compounded, like all NA-DRU-CO preparations, by expert chemists. If unsatisfactory we'll gladly return your money.

25c. a box. If your druggist has not yet stocked them, send 25c. and we will mail them.

National Drug and Chemical Company of Canada, Limited, Montreal.



### AMERICAN RAINFALL.

A vivid picture of the amount of rain that falls upon the United States in the course of a year is given by President C. R. Van Hise. It is equivalent to ten Mississippi Rivers flowing constantly. Otherwise measured, it equals thirty inches of water for the entire area, making a total volume of 152,000,000,000,000 cubic feet. But this is only half the amount that would be necessary to maintain the full productivity of the soil of the whole country. One-third of this amount runs down to the sea in rivers. The problem for engineers is to utilize to the utmost the supply that nature furnishes.

### Minard's Liniment Lumblerman's Friend.

#### UNCONVENTIONALITIES.

"Yes, I'll go to the theatre with you, Mr. Goovins; that will be pleasant than to have to stay here and spend the evening talking."

"That's a good cigar, Rivers; who gave it to you?"

"Thank you, Binks, for telling me the name of your tailor. I'll try some other one."

"Ethel, I love you, but to save my life I can't tell you any reason why."

"The missus says she isn't at home to-day, Mrs. Kowler, to anybody except her friends."

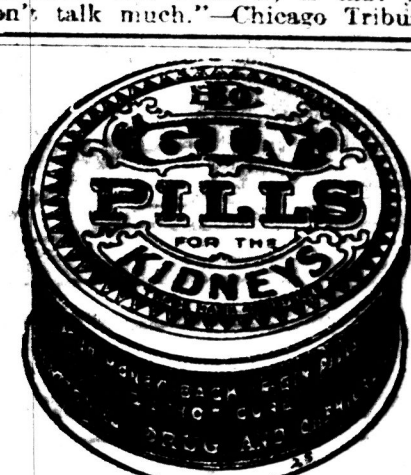
"If ever we've met before sir, your memory is a thundering sight better than mine."

"I could not say this bill to-day just as well as not, young man, but I'm not going to do it. I want to make a small bet on the election."

"Yes; I'll marry you, Mr. Smiggle; you're positively my last chance."

"Sir, we return this contribution to you, because you sent a stamp with it. Otherwise we should have thrown it in the waste-basket."

"The thing I like about your conversation, Mr. Pickelrel, is that you don't talk much." —Chicago Tribune.



Send for free sample to Dept. H. L. National Drug & Chemical Co., Toronto.

### POWER OF NIAGARA.

A recent estimate of the amount of energy derived from Niagara Falls places it at 274,140 horse-power, divided in its applications as follows: Electro-chemical industries, 128,000; railway service, 56,200; lighting, 34,400; various industrial purposes, 55,540. The total energy of the falls is estimated at 5,900,000 horse-power, so that not much more than 5 per cent. is at present utilized.

### Ask for Minard's and take no other.

#### A HURRY CALL.

(National Monthly.)  
The political boss of a small western city drove his hackboard at top speed down the main street on the morning of election.

"Hey, Johnnie," he yelled to his son, "get down to the fourth ward quick! There's people down there voting as they blame please!"

### THE CANADIAN ACCENT.

"One of the most irritating accents of all is the Canadian, which is the nearest thing there is to utter negation of account. There are types of Canadians who talk very fast and very insistently on a monotonous note, which to a sensitive ear is simply maddening."

### PART OF THE GAME.

"But why do you put your friend's things in the dining room?"  
"Oh, he is so used to restaurants that he won't enjoy his dinner unless he can watch his hat and coat." —Housekeeper.

## YOUR HOUSE!



We want to help you to make it bright and prettier. Let us tell you how. The greatest beautifier and preserver for house and home is paint. We mean

RAMSAYS PAINTS

You should learn all about these great paints, how they are made, how easy, how cheap, comparing quality with the others. We shall send you the prettiest and most useful Booklet ever issued, telling you in about thirty pages how to paint your house, if you will write us for Booklet B. D. You should have a copy. It is free.

.. A. RAMSAY & SON CO., LTD. VICTORIA, BRIT. COLUM.

Montreal.

## Sunday So

LESSON XII—June 18,

The Downfall of Samaria

25-26.

Commentary.—I. The reign of Hoshea. Hoshea, the son of Imnah, was a man of the tribe of Ephraim, and means "salvation." He had conspired against Pekah, and had slain him (2 Kings 17:6). He reigned over the kingdom of Israel for one year and four months (2 Kings 17:7). He was a man of great power, and he was a man of great wisdom. He was a man of great courage, and he was a man of great faith. He was a man of great love, and he was a man of great mercy. He was a man of great kindness, and he was a man of great gentleness. He was a man of great patience, and he was a man of great endurance. He was a man of great strength, and he was a man of great courage. He was a man of great wisdom, and he was a man of great faith. He was a man of great love, and he was a man of great mercy. He was a man of great kindness, and he was a man of great gentleness. He was a man of great patience, and he was a man of great endurance. He was a man of great strength, and he was a man of great courage.

II. The Assyrian yoke. The Assyrians were a powerful nation, and they were a man of great power. They were a man of great wisdom, and they were a man of great faith. They were a man of great love, and they were a man of great mercy. They were a man of great kindness, and they were a man of great gentleness. They were a man of great patience, and they were a man of great endurance. They were a man of great strength, and they were a man of great courage. They were a man of great wisdom, and they were a man of great faith. They were a man of great love, and they were a man of great mercy. They were a man of great kindness, and they were a man of great gentleness. They were a man of great patience, and they were a man of great endurance. They were a man of great strength, and they were a man of great courage.

III. The fall of Samaria. The Assyrians were a powerful nation, and they were a man of great power. They were a man of great wisdom, and they were a man of great faith. They were a man of great love, and they were a man of great mercy. They were a man of great kindness, and they were a man of great gentleness. They were a man of great patience, and they were a man of great endurance. They were a man of great strength, and they were a man of great courage. They were a man of great wisdom, and they were a man of great faith. They were a man of great love, and they were a man of great mercy. They were a man of great kindness, and they were a man of great gentleness. They were a man of great patience, and they were a man of great endurance. They were a man of great strength, and they were a man of great courage.

IV. The captivity of the Israelites. The Assyrians were a powerful nation, and they were a man of great power. They were a man of great wisdom, and they were a man of great faith. They were a man of great love, and they were a man of great mercy. They were a man of great kindness, and they were a man of great gentleness. They were a man of great patience, and they were a man of great endurance. They were a man of great strength, and they were a man of great courage. They were a man of great wisdom, and they were a man of great faith. They were a man of great love, and they were a man of great mercy. They were a man of great kindness, and they were a man of great gentleness. They were a man of great patience, and they were a man of great endurance. They were a man of great strength, and they were a man of great courage.

V. The return of the Israelites. The Assyrians were a powerful nation, and they were a man of great power. They were a man of great wisdom, and they were a man of great faith. They were a man of great love, and they were a man of great mercy. They were a man of great kindness, and they were a man of great gentleness. They were a man of great patience, and they were a man of great endurance. They were a man of great strength, and they were a man of great courage. They were a man of great wisdom, and they were a man of great faith. They were a man of great love, and they were a man of great mercy. They were a man of great kindness