

TIED NERVES

Headaches, sleeplessness and tired nerves are the result of a lack of the essential nerve food. Dr. Chase's Nerve Food is the only food that builds up the nerves and restores the system to its normal state.

Dr. Chase's Nerve Food

ROUMANIA

Balkan Power's Dilemma in the World War.

Like Bulgaria Rumania is only indirectly affected by Italy's entrance into the European war, though indirect effects sometimes have far-reaching consequences. Rumania's position is much like that of the traditional ass between the two bales of hay. To the west of her lies Austro-Hungarian Transylvania, to the east Russian Bessarabia, both of these provinces inhabited predominantly by Roumanians. Of course Rumania would like them both, but since this is impossible she has been to see which appeared the safer prey.

Last winter, when the Roumanians seemed about to overrun Hungary, Rumania was stirred for a spring at Transylvania. Later on, the Teutonic victories at her very gates gave her pause. To-day she is closely watching the effect of Italy's slaughter upon Austria-Hungary. She is also interested in possible happenings at the Dardanelles.

Rumania, like Bulgaria, would greatly dislike to see Russia at Constantinople. She would then lie squarely in Russia's overland path, and also in the Balkan highway to a Black Sea port. Rumania, even though she is a Slav, is not a Slav. Of course there are strong internal cross-currents which may modify her decision. But, looking at the matter from the standpoint of purely foreign policy, we may expect something like this: If Constantinople falls and the Teutonic allies fall in their stroke against Russia, Rumania will almost certainly strike for Transylvania. If Constantinople stands and Russia completes up in Galicia and Poland, Rumania will almost certainly strike for Bessarabia. In any other event Rumania will probably continue her present neutrality, though, as I have said, there are internal factors which may tip the scales one way or the other.

Such are the main political possibilities involved in Italy's entrance into the European war. They are, as we have seen, both far-reaching and complex. Which the actual results will be, only time and the fortune of the Italian arms can disclose. —From "Italy and Her Rivals," by Dr. Ivan Vojtechovitch, in the American Review of Reviews for July.

STARVED INTO GOODNESS.

Why Crime is Rare Among the Caribs of South America.

In the whole world there is not a class of people to be found who inflict severer punishment upon themselves than the Caribs of Central America.

Their religion, which is one of the most peculiar of all, demands self-punishment for sins intentionally or unintentionally committed. The punishment takes the form of starvation and close confinement. If the sin be in the form of a lie, no matter whether it is calculated to injure another or not, the sinner goes without either food or drink for three days, at the end of which it is believed that the offender has paid the penalty for his or her sin. Blaspheming and using bad language are punishable by absolute starvation for two days. Assault, drunkenness and other serious sins call for four days' starvation for the second week and one day's starvation for the third week and one day's starvation for the fourth week.

All sins are punished with starvation. For that reason crime is very low among the Caribs, who are among the best behaved and most truthful people in the world. —London Telegraph.

The Return Courtneys.

Justice Day was a "hanging judge" and when on circuit expedited business in a summary manner. On one occasion the trial of a prisoner concluded at dusk, and the judge ordered candles to be lighted so that he might try another case that night.

O'Connor, a noted Irish barrister, defended, and in support against night work exclaimed, addressing the court: "What, my lord, try men by night? What will men say? That justice is not done by Day?"

He obtained his end, and at the next sitting the accused was acquitted. —London Mirror.

Soiled Photographs.

Photographs which have not been protected with glass and have become soiled either by dust or fly specks may be cleaned very easily by wiping them off with absorbent cotton dampened with pure alcohol. —Woman's Home Companion.

POWER OF RAINBOWS.

Excesses Electrical Energy Wasted in Heavy Shower.

There is a certain amount of power in a falling raindrop, as may be demonstrated by any one who will so dispose a small water wheel that the drop may strike it at a proper angle. Such a drop is, indeed, an infinitesimal waterfall. Its energy is easily to be measured.

Multiply this bit of energy by the number which designates all the drops of a shower, and you have more power, the power of a very considerable waterfall. If, again, the shower be supposed to last for a period of hours, he who takes the trouble to estimate the energy exerted by its falling drops combined may acquire at least a faint idea of the energy in nature that is quite unavailable as yet for the use of man.

A severe rain storm suggested these thoughts to an English man of science, who forthwith proceeded to calculate the amount of power that was wasted in the downpour, at least so far as human purpose was concerned. The problem was one of no great difficulty, inasmuch as all the elements were known.

The full force of the rain endured for ten hours. It affected a territory of approximately ten square miles. The entire rainfall amounted to exactly 4.17 inches, according to the accurate measurement of the weather department men. The average height of the rain clouds was 5,000 feet.

With these facts known it was a simple matter of arithmetic to find that in the ten hours of the storm something like 10,000,000,000 gallons of water had fallen over a distance of 5,000 feet.

That was a majestic cataract, for the time being at least, comparing very favorably in volume and height with any that exists upon earth. In energy, as the scientist figured, it was equivalent to no less than 15,000,000 horse-power hours.

That power, converted into electricity, would light a considerable city for a period of 425 days.

Ten square miles is but an infinitesimal portion of the earth's surface, hardly a pin point on the map. A single rain storm, no matter how great the precipitation, is but the merest fraction of the vast annual fall of water from the skies. What, then, must be the energy in the whole vast volume of water that pours down from above in the course of an entire year?

And what as the scientist himself asks, would be the effect upon the industries of the world could all this power be economically harnessed to the use of mankind?

No Girl Need Have

A Blotched Face

Whether it be in capturing the heart of man, or making her way through the world by the toll of her hands, a charming and pretty face gives any girl a big advantage. Poor complexion and rough, sallow skin are caused by blood disorders. The cure is simple. Just see Dr. Hamilton's Pills—a reliable family remedy that has for years been the foremost blood remedy in America. That soft glow will return to the cheeks, the eyes will brighten, appetite will improve, strength and endurance will come because sound health has been established. Get a 25c box of Dr. Hamilton's Pills today. Sold everywhere.

CAVALRY HORSES.

The Loads They Have to Carry in the Armies of Europe.

The British cavalry is armed with the short Lee-Enfield rifle, the magazine of which holds ten rounds; the sword, which is carried by all ranks except signallers, and the revolver, carried by warrant officers, staff sergeants, sergeants, trumpeters and drivers. Each trooper carries 100 rounds of ammunition in a bandolier over the left shoulder. Lance regiments carry the lance. Each cavalryman, like the infantryman, carries an emergency and the "iron" ration and a ration for his horse. Then there is the kit. Altogether the British troop horse carries about twenty stone (280 pounds).

The regular Russian cavalry are armed with sword, rifle and bayonet, and each man carries 40 rounds of ammunition. There are the two days' rations and hay ration, a cloak and an trenching tool. The cavalryman's kit, two days' rations, spare horse shoes, horse blanket, canvas bucket and a mess tin go to form the complete equipment and weigh altogether about 170 pounds. The Cossack pony carries about seventeen stone. The average weight carried by the Indian trooper when ready for war is about nineteen stone. The Austrian troopers carry a weight of between twenty-one and twenty-two stone, and the average in the French and German armies is about the same. —Manchester Guardian.

Minard's Liniment Cures Garget in Cows.

The Turkish navy of the past owed almost its existence to an English sailor, Hobart Pasha, a bold buccaner of the Elizabethan period, who by some strange perversion of fate was born into the Victorian age. He retired from the English navy in 1863, and during the American war he became a blockade runner with hair-breadth escapes innumerable. After the war he entered the Turkish service, suppressed the Cretan rebellion by intercepting the supplies from Greece and then re-organized the Turkish fleet so well that the Sultan appointed him, marshal of the empire. Hobart Pasha also enjoyed the unique distinction of being twice struck off the British navy list for breach of the foreign enlistment act and twice reinstated there. And he died in 1886 with the rank of a British vice-admiral. —London Globe.

What's in a name? The civil engineer doesn't always shine in polite society.



AN ICE CREAM BRICK

Solves the Difficulty.

CITY DAIRY ICE CREAM put up in attractive boxes is as popular with the guest as it is convenient for the hostess. It is the ideal summer dessert.

For sale by discriminating shopkeepers everywhere.

City Dairy

TORONTO.

We want an Agent in every town.

With the Child.

They are such dear, familiar feet that go along the path with ours—feet fast or slow. And trying to keep pace; if they mistake or tread upon some flower that we should take. Upon our breast, or bruise some reed, or crush poor hope until it bleeds. Not turning quickly to impute blame; have such a little way to go—can be together such a little while along the way. We will be patient while we may.

So many little faults we find. We see them, for not blind. Is love, we see them, but if you and I. Perhaps remember them, some by and by. They will not be. Faults then—grave faults—to you and me. But just odd ways—mistakes or even less. Remembrances to bless. Days change so many things—yes hours. We see so differently in sun and show. Mistaken words to-night. May be so cherished by to-morrow's. We must be patient; for we know. There's such a little way to go. —George Kingsley in Christian Advocate.

LIQUOR AND MORPHINE HABITS

Are diseases, not vices, and therefore curable. Patients are under treatment in ordinary hospitals as ordinary medical cases.

D. H. ARNOTT, M. D.
226 Queen's Ave., London, Ont.

THE FARM VACATION.

(Detroit Free Press)

Seriously, the farm vacation is an enjoyable one, of course. But the lazy, idling vacation is not a good thing for the average man or woman. Change of employment such as comes to the city worker who grows narrow walls to work in the open field beside a farmer, is invaluable to the individual, even if it does result in some sore and stiffened muscles. So, coax your farmer friend for permission to help him in the hay and grain fields. He'll give it.

Minard's Liniment Cures Distemper.

THE PLAY INSTINCT.

(St. Catharines Standard.)

No normal man ever gets wholly away from the instinct. Play is absolutely necessary in the growth of a healthy child, group, or nation. You may call it relaxation, variation from the details of work, or something else, but the principle is unchangeable. Men who are wholly given to one thing grow narrow, caribid, and unhealthy. It is not medicine or doctor's advice they need to make them common sense that will cause them to get some variation in their work. Join in some sport and play, whether it is golf, bowling, tennis, riding or just croquet, so long as they play it.

Closefist—Yes, I have been operated on for appendicitis. Wigwag—Was the operation painful? Closefist—Not until I got the bill.

2 IN 1 COMBINATION COOKER & HEATER

The most efficient and economical stove made. Will burn coal, wood, coke, corn cobs or anything burnable. Fitted with Duplex Grate, Hot Blast Tube and Screw Dampers. Will hold fire over night Cook, boil and bake equal to the largest range. Has a fine oven of heavy steel sheets closely riveted together. Body of polished steel. If your dealer has not a sample for your inspection, send direct to

HAMILTON STOVE & HEATER CO., LIMITED
Successors to HAMILTON CO., LTD.
THE GURNEY TRADER CO., Canada's Oldest Stove Makers.

A TRANSITION TIME.

(Richmond Post-Express)

It is a time of soul hunger, of passionate yearning for something that shall be satisfying, and there never was less worth and leads to. Like him who gained the whole world and lost his and is now to learn as we may hope, that only when life is lived according to the great law shall everything else be added to it, and that thus only is it to be enriched beyond our imaginations with contentment and joy.

Must Keep the Curtains Up.

"In London it is strictly against the law for the driver of any public conveyance to allow the curtains of his vehicle to be pulled down," said a man who has visited the English petropolis. "By day or night the windows of cabs, hansoms, carriages, or what not, whether drawn by horses or propelled by electric power, must be so open to public inspection as to allow a plain view of those occupying the interior. A closed rig wouldn't get a block before a London policeman would nab its driver and hale him to a magistrate's office, where he would get no mercy. The law is based on the theory that closed vehicles lend themselves easily to the commission of robbery or murder and that they may also assist a criminal to make his escape."

Reaching a Conclusion.

Hotel Manager—I see you have given our finest suite of rooms to a man named Bilkins. Are you sure he can pay the charges? Clerk—Yes, he's rich enough. Manager—How do you know? Clerk—He is old and ugly, and his wife is young and pretty.—Exchange.

Making a Distinction.

"What is the difference, asked the teacher, between caution and cowardice?" "Johnny, who observed things carefully for so youthful a person, answered: "Caution is when you're afraid, and cowardice is when the other fellow's afraid."—Ladies' Home Journal.

Used to Growing.

Mrs. Myles—What has become of that nurse you used to have for your pet dog? Mrs. Styles—Oh, she's married. Mrs. Myles—She ought to get along all right. She's used to growing.—Tonkers Statesman.

Nothing of the Kind.

"I understand your husband lost his suit on a technicality, Mrs. Nurich." "Pardon me, sir; I'll have you understand that my husband pays cash for his clothes."—Buffalo Express.

CALL FAILED

Why the Moslems Did Not Rally Against the Allies.

The men in the government saddle at Constantinople last November issued a call to Moslems everywhere to rally in revolt against their alien rulers. The call was lost in the air. It met with response nowhere. The frantic effort failed utterly. It is important for us, if it be possible, to find the real meaning of this outcome of a plan from which so much was hoped.

We have been accustomed for many years to see on the part of the Moslems of Turkey, of Egypt, and of India an acceptance of aid from Christian nations in material things accompanied by a firm attitude of fidelity to their ancestral faith, and with a revulsion from our religion.

Very few even of the most intelligent among them have been able in the past to understand Christian teaching or to appreciate the constituent elements of truly Christian character.

The events now taking place in Europe have intensified Moslem revulsion from European Christianity and deepened their conviction of the supreme excellence of their own religion.

Why, then, have Moslems who are subjects of Christian governments turned a deaf ear to the call of the Caliph and remained loyal to the governments under which they live?

We may interpret their loyalty to their rulers of Moslems under the dominion of England, France, and Russia as meaning that they know that listening to Turkey's appeal would imperil their material interests. Yes, but is this a sufficient explanation? It is very far from sufficient.

Men of the East have from time immemorial been accustomed to governmental administration and to judicial procedure that made more of personal claims and money inducements than of the demands of right and justice, where, therefore, the rich had every advantage over the poor.

The rich men and men of rank in India and Egypt have of late years often been dazed at finding that neither rank nor wealth could move a judge a hair's-breadth from the law and equity demanded. This has not made them love their western rulers, but it has made them respect and trust them.

Their experience under just government has now for two generations profoundly penetrated their thought and life. From "Moslems and the War," by Rev. George F. Herriek, D. D., in the American Review of Reviews for July.

SUNBURN BLISTERS SORE FEET

Everybody now admits Zam-Buk best for these. Let it give YOU ease and comfort.

Zam-Buk

Druggists and Stores everywhere

Teakwood.

The fact that teakwood is coarse-grained, easy to the touch and possesses an offensive odor kept it in disrepute with English shipbuilders until 1897, when British shipbuilding and railway interests began to recognize the value of Indian teak. During the next seven years all the shipbuilding countries in the world joined in an ever-increasing demand for this timber until its prices were forced up to a figure much beyond their normal rates. It has practically become the staple of the great part of the Indian continent. Teak is being freely planted by the Indian forestry service in the important civil stations all over India, even as far north as Saharanpur, Dehra Dun and Lahore. —Argonaut.

Lachute, Que., Sept. 25, 1905.

Minard's Liniment Co., Limited.

Gentlemen,—Ever since coming home from the Boer war I have been bothered with running fever sores on my legs. I tried many salves and liniments; also doctored continually for the blood, but got no permanent relief, till last winter, when my mother got me to try MINARD'S LINIMENT, the effect of which was wonderful. Two bottles completely cured me, and I have since worked every working day since. Yours gratefully, JOHN WALSH.

Putting the K in Kant.

Kant, the Scotch-German, began his name with an alien "k" on the same principle that caused Murdoch, the Scottish coal gas discoverer, to bring his to an end with a "k." If you turn to Murdoch's biographers you find them explaining that Murdoch with a "k" is the English form of Murdoch with an "h." But the great gas man himself explained that he made the change in spelling "to oblige the English, among whom he lived." He found that they had a difficulty in giving "the full guttural pronunciation" to the last syllable, and so he made things easy. —London Chronicle.

HONEST MANUFACTURERS.

(Ottawa Citizen)

The Canadian manufacturer is, on the whole, an honest producer of goods. To prove this it is only necessary to review the quality of Canadian-made goods and the quality of Canadian-made goods and the quality of Canadian-made goods. There are some dishonest contractors, some dishonest and some tricky individuals in all lines of commercial life, but it is likewise true that most people know of these firms and dealers and know them for what they are. That in itself is commendation and proves once more that honesty alone pays.

ISSUE NO. 29 1915

FRAMERS' ATTENTION!

BUTTER, EGGS AND POULTRY
We warrant highest prices paid for first quality produce. The Ryan Program Co., 225 College Street, Toronto, Ont.

GREAT SHIPS OF OLD.

Noah's Ark About the Size of Modern Ocean Liner.

It is generally agreed that Noah's ark measured about 450 feet in length, 75 feet in breadth, and 45 feet in depth. It is interesting to note that the proportions of these dimensions are practically the same as those of the great modern ocean liner.

The Greeks and the Romans constructed several large vessels measuring upwards of 500 feet. These were built for the emperors or rulers, and were little more than enormous scows, without any means of propulsion.

A vessel 420 feet in length, was built by Ptolemy, which was propelled by 500 rowers, arranged in five banks, using oars 57 feet in length.

The fame of the Thalamagus still lives. This boat, which measured 300 feet in length, 40 feet in breadth, and 60 feet in depth, was said to have been the most beautiful craft in antiquity, and was used exclusively by the Emperor.

A king of Syracuse is also credited with having built a very palatial boat, whose cabins were hung with costly silks and decorated with rare statues. After the decline of the Roman Empire no great ships were constructed for more than 1,000 years.

BETTER THAN SPANKING

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. A. Summers, Box W. Windsor, Ont., will send free to any mother her successful home treatment. Just as an excellent instruction manual money but write her to-day if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults who are aged people troubled with urine difficulties by day or night.

THE PEOPLE TO BLAME.

(Richmond Post-Express)

In the last analysis it is the people who must blame themselves for misgovernment. The worst possible grafting and incompetent administration is possible under the best charter that can be written, if bad and inefficient men are elected. Just as an excellent instruction manual money but write her to-day if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults who are aged people troubled with urine difficulties by day or night.

Minard's Liniment Cures Colds, Etc.

Genuine Wit.

Benjamin Moore, the second bishop of New York, as a man noted in his day for his ready wit, a quality that his wife apparently shared with him. A dinner was given by some one of Gouverneur Morris' friends, when he was about to depart for Europe. Bishop Moore and his wife were of the party. In the course of the conversation Mr. Morris observed that since he was going abroad he had made his will and, turning to Bishop Moore, said to him:

"My reverend friend, I have bequeathed to you my complete stock of impudence."

Bishop Moore replied: "Sir, you are not only very kind, but you are very generous. You have left me by far the largest portion of your estate."

Mrs. Moore immediately added, "My dear, you have come into possession of your inheritance remarkably soon." —Youth's Companion.

Minard's Liniment Cures Diphtheria.

Prudence and Shaving.

The classic case of a king who knew better than to let anybody else shave him is that of Dionysius the Elder, tyrant of Syracuse, who appears to have been unable to shave himself, for he is said to have resorted to the uncomfortable device of singeing off his beard with hot walnut shells. We may suspect that Napoleon's was another case of the kind. Rogers asked Talleyrand whether Napoleon shaved himself. "Yes," replied Talleyrand; "one born to be a king has some one to shave him, but they who acquire kingdoms shave themselves." That way of putting it pleasantly emphasizes the practical superiority of the parvenu to the helpless spoiled child of heridity, but prudence probably entered into the matter also. —London Standard.

Paper Bullets.

Bullets of paper or tallow have been found to be productive of far greater damage than metal ones when used for short distance firing. During some experiments in this direction it was proved that, whereas a metal bullet penetrated a deal plank an inch in thickness and left a neat hole, a pasteboard bullet had a far greater destructive effect upon the target. A paper bullet passing through six pieces of tin placed at a distance of a foot apart buckled them up completely, whereas a metal bullet merely left a small round hole.

WEAR FLEET FOOT SHOES

For Every Sport and Recreation

Sold by all good shoe dealers. Worn by every member of the family.

Many of them are able to communicate lies in French or Italian, but they know that their death.

Here is the little. Except where others men are privates:

J. Trainer, C.M. Lee, corporal, A. J. Anderson, Harry F. J. Biny, G. C. Cameron, W. G. Carr, G. Davidson, F. Deio, R. Evans, Goldsmith, H. P. H. Parker, W. H. K. Night, S. Math, G. McDowell, J. son, J. Rankin, S. H. Templeman, L.

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