

Dr. A. W. Chase's
Calendar
1908
Almanac



. . 1908 . .

Dominical Letters	E D	Solar Cycle	13
Epact	27	Roman Indiction	6
Lunar Cycle or Golden Number	9	Julian Period	6,621

The year 5669 of the Jewish Era commences at sunset on September 25th, 1908.
 The year 1326 of the Mohammedan Era or the Era of Hegira begins on the 4th of February, 1908.
 The 8th year of King Edward's reign begins 22nd January, 1908.
 The 42nd year of the Confederation of the Canadian Provinces begins July 1st, 1908.
 The 133rd year of the Independence of the United States begins July 4th, 1908.
 The 1st day of January, 1908, is the 2,417,942nd day since the commencement of the Julian period.

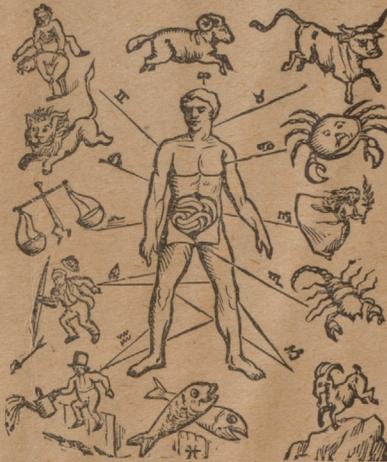
Zodiacal Signs

♈ Aries, Head and face

The Seasons

Sun enters Aries—Spring begins, March 20 7 p.m.
 Sun enters Cancer—Summer begins, June 21 3 p.m.
 Sun enters Libra—Autumn begins, September 23 6 a.m.
 Sun enters Capricornus—Winter begins, December 21 1 a.m. Standard Time.

♊ Gemini, Arms
 ♌ Leo, Heart
 ♎ Libra, Reins
 ♐ Sagittarius, Thighs
 ♑ Aquarius, Legs



♉ Taurus, Neck
 ♋ Cancer, Breast
 ♍ Virgo, Bowels
 ♏ Scorpio, Loins
 ♐ Capricornus, Knees

♓ Pisces, the Feet

Eclipses

In 1908 there will be three Eclipses of the Sun and one of the Moon.
 I. A total eclipse of the Sun, January 3rd, invisible.
 II. An annular eclipse of the Sun, June 28th, visible as a partial eclipse.
 III. A penumbral eclipse of the Moon, December 7th, middle of eclipse 7h. 4m. 55s. p.m.
 IV. An annular eclipse of the Sun, December 23rd, invisible.

Festivals, Anniversaries, Etc.

New Year's Day	January	1	Victoria Day	May	24
Epiphany	"	6	Ascension Day, Holy Thursday	"	28
Accession of King Edward VII.	"	22	Birth of Prince of Wales	June	3
Proclamation	"	24	Pentecost, Whit Sunday	"	7
Septuagesima Sunday	February	16	Trinity Sunday	"	14
Quinquagesima, Shrove Sunday	March	1	Corpus Christi	"	18
St. David	"	1	St. John Baptist—Midsummer Day	"	24
Ash Wednesday	"	4	Dominion Day	July	1
Quadragesima, 1st Sunday in Lent	"	8	Labor Day	September	1
St. Patrick	"	17	St. Michael	"	29
Annunciation, Lady Day	"	25	Birth of King Edward VII.	November	9
Palm Sunday	April	12	1st Sunday in Advent	"	29
Good Friday	"	17	St. Andrew	"	30
Easter Sunday	"	19	Birth of Queen Alexandra	December	1
St. George	"	23	Conception	"	8
Low Sunday	"	26	St. Thomas	"	21
Rogation Sunday	May	24	Christmas Day (Friday)	"	25

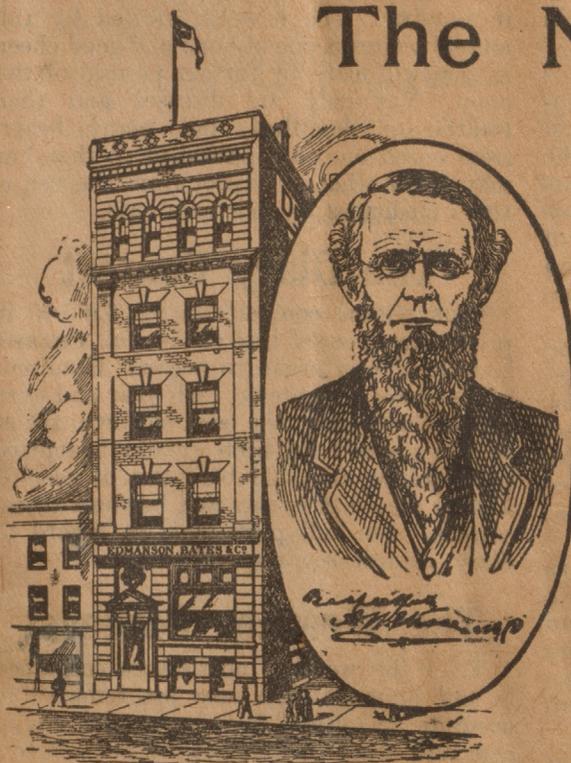
Morning and Evening Stars

VENUS will be an Evening Star to July 5th, afterwards Morning Star.
 JUPITER will be a Morning Star to January 29th, Evening Star to August 17th, afterwards a Morning Star.
 MARS an Evening Star to August 22nd, afterwards Morning Star.
 SATURN will be an Evening Star to March 21st, a Morning Star to September 30th, then Evening Star.
 MERCURY will be visible in the Morning about March 27th, July 25th and November 13th, and in the Evening about February 13th, June 7th and October 4th.
 VENUS at its greatest brilliancy May 29th, August 11th.
 JUPITER'S Satellites invisible July 18th to September 16th.

The New Home

OF THE

Dr. Chase Laboratories



After graduating from the Eclectic College of Medicine, Cincinnati, Ohio, and from the State University at Ann Arbor, Mich., Dr. Chase travelled throughout the greater part of the United States and Canada gaining wonderful experience and invaluable information, before he settled down to make his home at Ann Arbor, Mich. His success in private practice, his scientific investigations in search of better treatments, his work of collecting all the most successful prescriptions known to the profession, the publication of his now world famous Receipt Book, the discovery of the great family medi-

The year just passed has been as a sort of land mark in the history of the Dr. Chase Medicine Co., not only because more of these well-known family medicines were used than ever before but also because of the handsome new laboratories which have been erected in Toronto.

In view of these circumstances, it seems only suitable that, in presenting you with this 1908 edition of DR. CHASE'S CALENDAR ALMANAC, we should review the history of this business as well as the career of the celebrated physician and author who founded it. The story is an interesting one and especially so to all who find pleasure in tracing great establishments back to their small beginnings.

Dr. Alvin Wood Chase was born in the County of Cayuga, N.Y., and spent his boyhood in the vicinity of Buffalo, where he received his early education in a log school house. Even then it is said he outstripped his fellow students and entertained the desire to study medicine.

cines and the perfecting of them by tests made in his own practice, all these are incidents in a busy life of work for the benefit of humanity.

Dr. Chase became one of the most prosperous and well-to-do citizens of Ann Arbor, and was noted for his large gifts to education and benevolent enterprises. News of his remarkable success in treating kidney and liver disorders, nervous troubles and other forms of serious disease soon spread abroad and brought appeals for help from all over the United States and Canada. He began sending medicines to persons at a distance, but soon found it impossible to keep up with the demand on his time, and so resolved to put up his greatest prescriptions in convenient form for home treatment and to place these in the hands of local dealers.

Though Dr. Chase's practice extended into Canada as early as 1867, at which time Mr. G. W. Parish, Sturgeon Bay, Ont., writes us that he went to the doctor for pills for kidney disease, it was not until

1884 that the doctor made arrangements for the manufacture of his medicines in Canada.

For ten years the business was carried on in a small way, and was practically confined to a few counties, and in 1894 the first great step forward was taken, when the company moved to Toronto and began extensive newspaper advertising and distributing in order to make known the merits of the great prescriptions which Dr. Chase had so thoroughly tested in his practice before giving them to the public.

It was in 1897 that the rights for the United States were acquired by the Canadian company, and offices and laboratories established in Buffalo, N.Y. Soon after the demand from the British Isles and Europe necessitated the opening of offices at 21 Cockspur Street, London, England.

To-day Dr. Chase's Medicines, as well as his famous Receipt Book, are known where ever the English language is spoken, and orders are received at these offices from such far-away points as Tasmania, New Zealand, British Guiana, Arabia, Nyassaland, Central Africa, and Assiout, Egypt.

Some idea of the enormous development of business during late years may be obtained from the following comparison of sales:—

In 1894 the total sale of DR. CHASE'S KIDNEY-LIVER PILLS was 48,120 boxes, whereas at the present time the sales of a single year in Canada alone reach 360,000 boxes, or one box for every third home.

This rapid expansion of business has demanded largely increased space and the result is the erection of the handsome, five story, stone and brick building, a good illustration of which appears on the back cover of this book. These new laboratories are equipped with all up-to-date facilities for the manufacture of Dr. Chase's medicines and have every modern means of protection from fire.

Dr. Chase's Almanac

No small amount of space in the new building is taken up with the mailing department from which DR. CHASE'S CALENDAR ALMANAC is sent to every home in

Canada, about one million and a quarter in number. The message carried by this annual visitor is one of hope and good cheer, as you will learn by further perusal of this copy. Not only are diseases and their treatments described, but many letters from cured ones are published so that you may know what to expect from the use of these medicines in your own case.

The Diary Contest

THIS annual competition for \$200.00 in prizes has aroused interest in DR. CHASE'S ALMANAC from ocean to ocean. Hundreds of almanacs are entered each year and even persons who have not been so fortunate as to win prizes have been greatly benefitted by acquiring the valuable habit of keeping a daily record of events and business transactions. For full particulars in regard to diary contest see page 27.

The Weather Forecast

THAT the weather predictions contained in this almanac each year are remarkably accurate and useful to farmers, civil engineers and others is attested by such letters as the following. Mr. G. W. Winckler, Associate Member of the Institute of Civil Engineers of England, residing at Collingwood, Ont., writes:—"I want to state how singularly correct as a rule the weather prognostications were as compared with actualities. The earlier months especially were remarkably true and I began to shape my movements accordingly."

THE ENGLISH LANGUAGE

Irish Lady: "I'd loike a fine comb, please."

Clerk: "Yes, madam. A fine-tooth comb?"

Lady: "No, sor! I want it for me hair."

Pat: "What be yer charge for a funeral notice in yer paper?"

Editor: "Two dollars an inch."

Pat: "Good heavens! An' me poor brother was six feet high."

WHAT ATTRACTED HIM

"Stop!" commanded Miss Nurox, with a disdainful sniff. "The idea of your proposing to a lady in my station of life! You ought to know better!"

"Well," replied Mr. Hunter, "I do know better, but no richer."

The Elements of Healthy Blood

On the purity and richness of the blood health and even life itself depends. So long as the quality and quantity of the blood is maintained the heart throbs away with untiring energy, forcing the life-giving blood through the body and by means of the same all essential blood, repairing its own waste.



When the blood of a healthy person is analyzed it is found to contain various elements of Nature which under proper conditions are derived from the food we eat. Unfortunately, however, by reason of various forms of indigestion and because of the artificial life we live, more especially in the winter season, the blood becomes thin and watery and quite lacking in the ingredients which go to create nerve force and rebuild the wasted cells and tissues of the body.

By supplying these elements of Nature, of which rich blood is composed, in an easily assimilated form, DR. CHASE'S NERVE FOOD brings about natural and gradual restoration of health and strength. True, it is not in any miraculous way but by the only means which nature has provided for the formation of new rich blood and the revitalizing of the whole human system.

Not only for all diseases of the nerves, but also as a restorative after fevers, la grippe or other debilitating diseases, and as a spring medicine to invigorate the system and ward off disease, it would be difficult to imagine a treatment more admirably suited than this great medicinal food cure.

There is not an organ in the human body, or for that matter a cell or tissue, but must be benefitted by this treatment as it is carried by the blood through all its channels of circulation. Weakness, fatigue, irregularity of action must everywhere disappear before the vigor and vitality instilled by DR. CHASE'S NERVE FOOD. Not that it is in any sense a cure-all, but because of its extraordinary influence through the mediums of circulation of the blood and the various branches and fibres of the nervous system.

"All the little boys and girls who want to go to Heaven," said the Sunday school superintendent, "will please rise."

All rose but Tommy Twaddles.

"And doesn't this little boy want to go to Heaven?"

"N-not yit."

WRONG FRAME OF MIND.

"Caroline, aren't you ever going to join the church?"

"Of course I am, Aunt Rachel, some day. But you ought to know better than ask me to do it when I'm right in the midst of this dratted house-cleaning."

Gained Ten Pounds

MRS. H. A. LOYNES, nurse, Philipsburg, Que., writes:—"I was all run down and could not do my own work. Everything I ate made me sick. In nursing others I had seen the good results of DR. CHASE'S NERVE FOOD and resolved to try it. As a result of this treatment, I have gained ten pounds, do my own work alone and feel like an entirely different person.

"I have received so much benefit from this medicine that I am glad to recommend it to others. I have a copy of Dr. Chase's Receipt Book and would not part with it for \$50.00 if I could not get another."

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Jan. 1908		Moon's Phases.		Ontario.	Mar. Prov.	Ont., Que. and Mar. Provinces.			
						d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Rises	Moon Rises
1	We.		Month							7.54	4.50	5.04	5.07
2	Th.		opens							7.54	4.51	6.20	6.28
3	Fr.		mild							7.54	4.52	sets	sets
4	Sa.		but							7.54	4.53	6.56	6.51
5	Su.		temp'r							7.54	4.54	7.10	7.05
6	Mo.		ature							7.53	4.55	8.25	8.22
7	Tu.		falls,							7.53	4.56	9.44	9.50
8	We.									7.53	4.57	10.57	10.56
9	Th.		severe							7.53	4.58	a.m.	a.m.
10	Fr.		cold							7.52	4.59	0.07	0.08
11	Sa.		for							7.52	5.01	1.12	1.14
12	Su.		some							7.51	5.02	2.18	2.21
13	Mo.		days							7.51	5.03	3.22	3.25
14	Tu.		with							7.51	5.04	4.24	4.28
15	We.		light							7.50	5.05	5.24	5.28
16	Th.		snow							7.50	5.07	6.21	6.26
17	Fr.		falls,							7.49	5.08	7.18	7.17
18	Sa.									7.49	5.09	rises	rises
19	Su.		milder							7.48	5.10	6.15	6.19
20	Mo.		with							7.47	5.12	7.15	7.18
21	Tu.		sleet							7.47	5.13	8.15	8.17
22	We.		and							7.46	5.14	9.16	9.17
23	Th.		heavy							7.45	5.16	10.18	10.19
24	Fr.		snow							7.44	5.17	11.22	11.21
25	Sa.		falls,							7.43	5.19	a.m.	a.m.
26	Su.									7.42	5.20	0.26	0.24
27	Mo.		clear							7.41	5.22	1.33	1.80
28	Tu.		and							7.40	5.23	2.43	2.39
29	We.		very							7.39	5.25	3.55	3.50
30	Th.		cold.							7.38	5.27	5.05	4.59
31	Fr.									7.37	5.28	6.13	6.08

Pale and Bloodless

"My daughter was very nervous and seemed to have no strength. Her appetite was bad, and she looked pale and bloodless. Since she has been using Dr. CHASE'S NERVE FOOD there has been a marked change in her appearance. She now has a splendid appetite, and seems to be stronger and healthier in every way. I am well pleased with the results obtained from the use of this medicine, and think that it is a splendid treatment for growing girls."—Mrs. GOODSON, 104 Sebastopol Street, Montreal, Que.

A MAN OF HIGH PRINCIPLES.

Scotsman up for the week end (who has been asked by his friend to go to a music hall)—"Na, na, man! D'ye no ken I never visit a music hall on th' Saturday—for fear I should laugh in th' kirk on th' Sawbath?"

Weak and Nervous

"My daughter was troubled last spring and summer with tired, listless feelings. She seemed to have no energy, was very pale, had no appetite, and became very nervous and weak. We were much alarmed about her, as nothing seemed to do her any good. It was not long, however, after beginning the use of Dr. CHASE'S NERVE FOOD until we began to see a marked improvement in her condition. Her color got better, she gained in weight and vigor, and her whole system seemed to be built up. She is quite well now, and we join in strongly recommending Dr. CHASE'S NERVE FOOD."—Mrs. NOORAN, 19 Sullivan street, Halifax, N.S.

Medical student: "What did you operate on that man for?"

Eminent Surgeon: "Five hundred dollars."

Medical student: "I mean, what did he have?"

Eminent Surgeon: "Five hundred dollars."

St. Vitus' Dance

"Some time ago I began to fail in health and strength and became very badly run down, until finally the trouble developed into St. Vitus Dance. Though I was under the doctor's care for some time there did not seem to be any improvement, and reading about similar cases being cured by Dr. CHASE'S NERVE FOOD, I decided to try it.

"I was suffering a great deal from sleeplessness and severe headaches and did not seem to be able to control my hands and feet. However, when I had finally finished the fourth box of Dr. CHASE'S NERVE FOOD I was completely cured and cheerfully recommend this treatment to persons suffering as I did."—Miss MABEL SAMONS, Dundonald, Ont

Youth is Not a Matter of Years

A little girl skipping on the street was asked if her father could skip. "No," she said, "but my grandfather can." The father was old at thirty-five and the grandfather young at sixty.

Youth is not a matter of years but when your energy and ambition begin to fail,



when you lose interest and sympathy, when you become irritable and impatient, when the duty of the day is accomplished with difficulty and there is suffering from indigestion, headaches, bodily pains and tired, languid feelings, you are growing old.

The blood is thin and watery and vitality

is running low and because Dr. CHASE'S NERVE FOOD actually forms rich blood and restores snap, vim and energy to the system it is of the greatest assistance under these circumstances. By the building up process which this great food cure sets in motion the ills and weaknesses which tell of decline and approaching collapse are entirely overcome. Many persons of advancing years have written to us in regard to the benefits they have obtained by the use of Dr. CHASE'S NERVE FOOD.

Palpitation of the Heart

"For a long time I had the palpitation of the heart so bad that I was unable to do my work. Hearing of Dr. CHASE'S NERVE FOOD, I decided to try it and after having taken six boxes of this food cure, I was completely cured."—Mrs. M. O'BRIEN, L'Avenir, Que.

The Beauty and Wonder of the Human Body

The well rounded form, the graceful movement, the healthy glowing complexion, the workings of the heart, the complexity of the nervous system, the wit and brilliancy of the mind—these are the beauties and wonders of the human body which are only emphasized when we consider the terrible ravages of disease.

It should be the aim of every sane man and woman to retain, so far as possible, the strength, health and vigor of mind and body and fortify the system against the attacks of disease. For this purpose the use of DR. CHASE'S NERVE FOOD is suggested, because this treatment is above all else a builder up of cell and tissue, an enricher of the blood, a creator of nerve force and a preventative of disease.

Weakness, whether from thin blood, disease, or old age, is overcome by this great restorative treatment, and the vital organs of the body are strengthened and encouraged in the performance of their functions, thus removing the cause of headaches, indigestion and a legion of bodily ills.

WASTE OF TIME.

Parvenu Hostess (to stable boy, attired as waiter for the occasion of a dinner party): "James, why do you not fill Mr. de Gluttonne's glass?"

James: "Lor' ma'am, what's the use? He empties it as fast as I fill it."

Nervous Headaches

"I am very glad to be able to state that I have received great benefit from the use of DR. CHASE'S NERVE FOOD. It has cured me of nervous headache from which I used to be a great sufferer and I am no longer troubled with the twitching of the nerves in the arms and legs that I used to have as soon as I went to bed. I am grateful for this cure and shall always recommend DR. CHASE'S NERVE FOOD to anyone suffering as I have."—MRS. GEORGE FULLER, Lakeland, Man.

Female Troubles

"I have used DR. CHASE'S NERVE FOOD as a means of building up the nervous system and improving the health generally and have also found it a good remedy for female troubles.

"We have used DR. CHASE'S OINTMENT as a household remedy for all kinds of sores and cuts and think it a splendid ointment."—MRS. W. CHAPPEL, Barrie, Ont.

INFORMATION OF VALUE.

Chief Constable—"What do you want to see the prisoner for?"

"I want to ask him how he managed to get into the house and go up stairs without waking my wife."

Victims of Surgical Operations

The great advance that has been made in surgery during the past generation has aroused a great interest in this department of medical treatment. Many doctors seem to have a mania for operations and just as soon as there is any derangement of the bodily organs they look for a chance to use the knife.

This is especially true in reference to diseases of the feminine organs and as a result there can be no doubt that thousands of lives are sacrificed and untold suffering caused where patient treatment would have brought about a restoration to health. Dr. Chase always opposed operations in cases of this kind and maintained that when the system was restored to normal condition that derangements and irregularities of the feminine organs would disappear.

That he was right has been proven again and again. DR. CHASE'S NERVE FOOD has cured scores of hundreds of women who had been told by physicians that nothing short of an operation would save their lives, and it would be impossible to estimate the number who have through the influence of this treatment been saved from coming to this condition of health. Have a mind of your own and instead of undergoing the risk, expense and suffering of a surgical operation, make yourself well by using DR. CHASE'S NERVE FOOD.

The Value of Good, Red Blood

As the Foundation of Health, Strength and Beauty

THE cry of the human system is for good, red blood. Not that the blood is necessarily so impure as many suppose, but rather, that it becomes thin and watery and lacking in the elements which go to build up new tissues and create vim, force and energy to run the machinery of the body.

Instead of the well-rounded form there is thinness and angles. Instead of the healthful glow to the complexion there is pallor and sallowness. Instead of the snap and vigor of health there is the languor, irritability and depressed spirits which are sure to accompany weakness.

Other indications of weak blood may be loss of appetite, impaired digestion, headaches, dizziness and fainting spells, heart palpitation and weaknesses and irregularities of the vital organs of the body.

Good, red blood is necessary to overcome these conditions, and because DR. CHASE'S NERVE FOOD is composed of the most powerful blood-forming elements of nature, it is the most satisfactory restorative treatment obtainable.

DR. CHASE'S NERVE FOOD

By the use of this great restorative the blood in the human system is naturally and gradually increased in quantity and improved in quality. The nervous system is invigorated, the heart throbs more strongly, the vital organs resume their functions, new tissues are built up, the form is rounded out, the color returns to the wan cheeks and strength and vigor are fully restored. You can prove

the results of this treatment by noting your increase in weight while using it.

Mrs. G. M. BROWN, Cobourg, Ont., states:—"I was completely run down in health last spring and could not do one day's work without being laid up for about two days afterwards. I felt weak, languid and miserable most of the time, and was often blue and discouraged because of my continued ill-health. When in this state I was advised to try DR. CHASE'S NERVE FOOD, and did so with most satisfactory results. It built up my system wonderfully, strengthened and restored my nerves and took away all my feeling of languor and fatigue."

Mrs. C. BROOME, 298 Ferguson Avenue North, Hamilton, states:—"For five years I suffered from nervousness and pains in my side and was so irritable that I could not bear the children to make the least noise, and found it almost impossible to sleep at nights. After taking a number of boxes of DR. CHASE'S NERVE FOOD the pains in my side left me, and now I am real strong and well again. I sleep well and the children's noise does not seem to affect me."



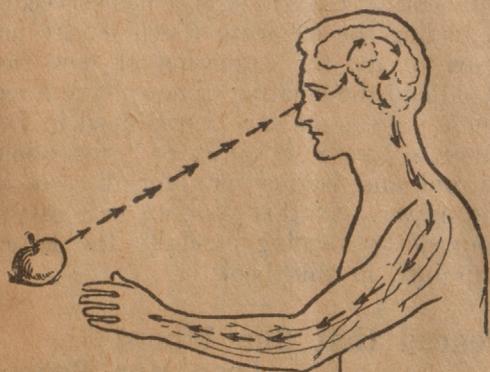
DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ontario		Mar. Prov.		Ont., Que. and Mar. Provinces.					
				● New Moon	☾ First Quarter	☉ Full Moon	☾ Last Quarter	d. h. m.	d. h. m.	Rises h. m.	Sets h. m.	Moon Rises h. m.	Moon Rises h. m.		
				2 3 36	8 11 27	17 4 5	24 10 24	2 4 36	9 0 27	17 5 5	24 11 24				

**Feb.
1908**

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Ont.	Que.	Ont.	M.P.
1	Sa.		Temperatures a little higher	7.36	5.30	7.12	7.08
2	Su.		panied by light snow	7.34	5.31	sets	sets
3	Mo.		falls, turns very cold and remains so for several days,	7.38	5.32	7.16	7.14
4	Tu.		turns very cold and remains so for several days,	7.31	5.33	8.33	8.32
5	We.		turns very cold and remains so for several days,	7.30	5.35	9.50	9.51
6	Th.		turns very cold and remains so for several days,	7.29	5.36	11.00	11.01
7	Fr.		turns very cold and remains so for several days,	7.28	5.38	a.m.	a.m.
8	Sa.		turns very cold and remains so for several days,	7.27	5.39	0.07	0.08
9	Su.		turns very cold and remains so for several days,	7.25	5.40	1.13	1.16
10	Mo.		turns very cold and remains so for several days,	7.24	5.41	2.18	2.21
11	Tu.		turns very cold and remains so for several days,	7.22	5.43	3.17	3.21
12	We.		turns very cold and remains so for several days,	7.21	5.44	4.16	4.20
13	Th.		turns very cold and remains so for several days,	7.19	5.45	5.08	5.13
14	Fr.		turns very cold and remains so for several days,	7.18	5.47	5.56	6.00
15	Sa.		turns very cold and remains so for several days,	7.16	5.48	6.37	6.41
16	Su.		turns very cold and remains so for several days,	7.15	5.49	7.13	7.17
17	Mo.		turns very cold and remains so for several days,	7.13	5.50	rises	rises
18	Tu.		turns very cold and remains so for several days,	7.12	5.52	7.08	7.07
19	We.		turns very cold and remains so for several days,	7.10	5.53	8.11	8.10
20	Th.		turns very cold and remains so for several days,	7.09	5.54	9.13	9.13
21	Fr.		turns very cold and remains so for several days,	7.08	5.55	10.17	10.18
22	Sa.		turns very cold and remains so for several days,	7.03	5.57	11.22	11.24
23	Su.		turns very cold and remains so for several days,	7.04	5.58	a.m.	a.m.
24	Mo.		turns very cold and remains so for several days,	7.03	5.59	0.30	0.33
25	Tu.		turns very cold and remains so for several days,	7.01	6.01	1.39	1.42
26	We.		turns very cold and remains so for several days,	6.59	6.02	2.49	2.42
27	Th.		turns very cold and remains so for several days,	6.58	6.04	3.55	3.59
28	Fr.		turns very cold and remains so for several days,	6.57	6.05	4.66	5.00
29	Sa.		turns very cold and remains so for several days,	6.55	6.06	5.49	5.53

Some Mysteries of the Nervous System Explained

There is so much mystery associated with the nerve force, which controls the organs of the human body, that it can best be likened to electricity, of which we know so very little and yet make such varied uses.



Cut No. 1

By referring to the accompanying illustration we want to point out some things that are known in regard to the workings of the nervous system and emphasize the necessity of keeping up the supply of nerve force in order that the various organs of the body may perform their functions and health be maintained.

There are two sets of nerves in the human body. Those which have to do with external objects and control seeing, hearing, feeling, moving, etc., and those which control the action of the vital organs as the heart, lungs, stomach and bowels.

Cut No. 1 shows how at sight of an apple the message is carried by the optical nerve to the brain, which receives, thinks and decides on some form of action and then sends out its command through the nerves which lead to the hand.

You cannot even brush a fly from your forehead without this process being carried out, though the frequency with which the

act is performed lessens the amount of thought required.

Simple as it may seem to see and pick up an apple this act cannot be properly carried out if there is anything wrong with any of the nerves involved.

Injury to the optical nerve means defective sight or blindness, disease of the brain may mean paralysis of the nerves which control the movement of the arm or even the tiny nerves of the fingers may be defective so that the fingers are not under control of the brain.

The brain is the source of all nervous energy, for here it is that blood is converted into nerve force and for this purpose fully one fifth of all the blood of the human body is consumed. This explains the necessity of looking to the condition of the blood at the first sign of nervous trouble and shows how it is that DR. CHASE'S NERVE FOOD, the great blood-builder, is so remarkably successful in curing diseases of the nerves.

Now, when we turn to the great Sympathetic Nervous System, (cut No. 2) by which are operated the vital organs of the body, we find conditions somewhat different, for who, by taking thought, can cause his heart to beat or his stomach to digest food.

These acts must continue in unconsciousness as well as consciousness if life is to be preserved, and consequently Nature has provided store houses or nerve centres throughout the body where the nerve force manufactured in the brain is held in readiness for immediate use.

The heart, the lungs, the stomach, the liver, the kidneys, the excretory and reproductive organs are all dependent for motive power on the Sympathetic Nervous System, and when these organs are

weak or irregular in action it is only natural to infer that the supply of nervous force is becoming exhausted.

To be more definite let us consider, for example, the stomach, the nervous derangement of which is described as nervous dyspepsia or indigestion. In the illustration the small darts show how the nerve force passes along the sympathetic nerve to the stomach.

The stomach is a regular network of nerves, some of these report to the brain the sensations of hunger, others keep up the peculiar churning motion of the stomach and again others control the flow of the all-essential gastric juices by which digestion is brought about.

A considerable quantity of nerve force is necessary for this work and, as the amount in the human body at any one time is limited, the stomach is one of the first of the vital organs to suffer when the supply fails.

Excessive mental effort, worry, intense emotion and disease consume enormous quantities of nerve force in the brain and by thus robbing the stomach bring about nervous dyspepsia or indigestion.

DR. CHASE'S NERVE FOOD cures nervous indigestion by actually supplying to the brain an abundance of pure, rich blood, the material from which alone nerve force can be manufactured.

The same explanation applies to derangements of the other vital organs, for every throb of the heart, every breath of air taken into the lungs as well as every action of the liver and kidneys, etc., is dependent on the power supplied by the nervous system.



Cut No. 2

Because exhaustion of the nervous system leads slowly but surely to nervous prostration, locomotor ataxia, paralysis and even to insanity, it is most important that effective treatment be used just as soon as warning symptoms appear such as sleeplessness, nervous headaches, nervousness and irritability, indigestion, weakness and irregularity of the vital organs, feelings of depression, discouragement and general loss of energy and ambition.

After generations of searching and experimenting, medical science has succeeded in finding the elements which nature has provided for the formation of new rich blood and the creating of new nerve force. These ingredients are so combined in DR. CHASE'S NERVE FOOD as to bring about natural and lasting cure for diseases of the nerves. Of this you can best satisfy yourself by reading carefully the letters contained in this book.

Feared that She Would Lose Her Reason

"For twenty-five years prior to the fall of 1903 I was a victim of nervousness, heart and stomach trouble. I was so bad at times I was in fear that I would lose my reason. I tried doctors and all kinds of medicines but got no relief until I used DR. CHASE'S NERVE FOOD, when a few boxes caused the old troubles to entirely disappear and I was again in good vigor and able to do my housework. I shall always praise DR. CHASE'S NERVE FOOD for it alone cured me after years of misery during which time death seemed to be staring me in the face."—MRS. LEWIS WAGNER, Welland, Ont.

Fell to the Floor Stricken With Paralysis

"In February, 1903, I was stricken with paralysis, fell helplessly on the floor and had to be carried to bed. The doctor pronounced it a bad case as I had no power in my tongue and left leg. I remained in that condition for six months without obtaining benefit from the doctor's prescriptions or other medicines.

"My husband advised me to try DR. CHASE'S NERVE FOOD and by the use of this treatment all symptoms of the disease disappeared. I can now talk plainly, my leg is all right and I can do my housework. I am grateful to be cured by so wonderful a remedy."—MRS. W. R. SUTHERLAND, St. Andrew's, Man.

The Tired Spring Feelings

Are Due to the Thin, Watery Condition of the Blood and Consequent Lack of Nerve Force, Vigor and Energy.

“**W**HY should there be tired feelings in the spring more than at any other season of the year?” This question comes to your mind when you feel scarcely able to drag yourself about to attend to the necessary work of the day, and for an answer you must look to the condition of the blood.

So much, after all, depends on the quality of the blood in the human system. In the spring the blood is almost sure to be thin and watery. The result is a

starved condition of the nervous system and derangements of the vital organs of the body. The heart's action is weak,

digestion is impaired, the filtering process is carried on by the liver and kidneys in an indifferent way, the

excretory organs are slow in removing the poisonous waste from the body, and hence the pains and aches, the sleeplessness and irritability, the depressed spirits and tired, languid feelings of spring.

To overcome this run-down and worn-out condition of body and mind restorative treatment such as is found in **DR. CHASE'S NERVE FOOD** is absolutely necessary.

Not only is such treatment necessary for your comfort and happiness, but because in such a run-down condition you stand a ready prey to all forms of germ diseases.

In the spring the very air is filled with germs which lurk in myriads wherever winter refuse has been left to thaw and ferment, and the only resistance against disease germs is good, red blood.

DR. CHASE'S NERVE FOOD

is above all else a builder of good, red blood, and hence a restorative of the very highest class. For this reason its effects on the system are of substantial and lasting benefit. Gradually and certainly it forms new, firm flesh and tissue, puts new vigor and energy into the nervous system, improves digestion and restores health and strength. Note your increase in weight while using this great food cure.



DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ontario	Mar. Prov.	Ont., Que. and Mar. Provinces.						
						d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Rises	Moon Rises			
				● New Moon	☾ First Quarter	☽ Full Moon	☾ Last Quarter	h. m.	h. m.	h. m.	h. m.			
1	Su.		Begins		2	1 57 p.m.	2	2 57 p.m.	6.58	6.08	6.33	6.36		
2	Mo.		cold						6.52	6.09	sets	sets		
3	Tu.		and						6.50	6.11	7.22	7.21		
4	We.		st'rmy.						6.49	6.12	8.36	8.36		
5	Th.								6.47	6.13	9.48	9.49		
6	Fr.		milder						6.45	6.15	10.57	10.59		
7	Sa.		with						6.44	6.16	a.m.	a.m.		
8	Su.		a little						6.42	6.17	0.05	0.08		
9	Mo.		rain,						6.40	6.18	1.09	1.18		
10	Tu.								6.38	6.19	2.09	2.18		
11	We.		fine						6.37	6.20	3.04	3.09		
12	Th.		and						6.35	6.22	3.52	3.57		
13	Fr.		warm,						6.34	6.23	4.36	4.40		
14	Sa.		slight-						6.32	6.24	5.23	5.27		
15	Su.		ly						6.30	6.26	5.46	5.49		
16	Mo.		colder						6.28	6.27	6.15	6.17		
17	Tu.		with						6.26	6.28	rises	rises		
18	We.		some						6.24	6.29	7.05	7.05		
19	Th.		snow,						6.22	6.30	8.10	8.11		
20	Fr.								6.20	6.31	9.15	9.16		
21	Sa.		strong						6.19	6.33	10.22	10.25		
22	Su.		winds,						6.17	6.34	11.31	11.35		
23	Mo.		a						6.16	6.35	a.m.	a.m.		
24	Tu.		succes-						6.14	6.37	0.40	0.44		
25	We.		sion						6.12	6.38	1.47	1.52		
26	Th.		of						6.10	6.39	2.49	2.53		
27	Fr.		fine						6.08	6.40	3.41	3.45		
28	Sa.		and						6.06	6.41	4.28	4.32		
29	Su.		warm						6.04	6.42	5.07	5.11		
30	Mo.		days.						6.02	6.43	5.40	5.42		
31	Tu.								6.00	6.44	sets	sets		

Symptoms of Nervous Exhaustion

Headache.
Neuralgic pains.
Sparks before the eyes.
Buzzing in the ears.
Vertigo, faintness and dizziness.
Inability to concentrate the mind.
Irritable temper.
Tendency to fear and anxiety.
Sleeplessness.
Jerking of the limbs.
Grinding of the teeth during sleep.
Despondency and gloom.
Impairment of memory.
Muscular weakness and trembling.
Twitching of the muscles and nerves.
Flushing and pallor of the face.
Inability to stand exertion.
Easily fatigued by mental work.
Coldness in the limbs and body.
Weak heart action.
Palpitation of the heart.

His Doctor Treated Him For Locomotor Ataxia

But it remained for Dr. Chase's
Nerve Food to cure him.

MR. JOHN BEST, Thamesville, Ont., could not walk a step when he began using DR. CHASE'S NERVE FOOD, could scarcely feed himself, could not read, was very hard of hearing, had pains in his back and sides. His doctor treated him for locomotor ataxia, but told him he could never get better. He could not feel the needles the doctor stuck into his legs.

Three months after beginning the use of DR. CHASE'S NERVE FOOD, Mr. Best wrote as follows:—"I am glad to tell you that I have been wonderfully benefitted by the use of DR. CHASE'S NERVE FOOD. I can now walk all over without crutch or cane, can sleep and eat well, and do lots of work about the farm. In fact I am the wonder of the neighborhood where I live for I never expected to be able to walk again. Thanks to God and your wonderful medicine I am around again and tell every one what it has done for me.

"I used nine boxes of DR. CHASE'S NERVE FOOD and intend to use a few more. You can use my name in praise of this great medicine if it will help any one who suffers as I did."

Dr. Chase's Nerve Food

An explanation of why DR. CHASE'S NERVE FOOD is called a *food* will also lead to an understanding of the principle underlying this great medicine and the reason for its extraordinary success in the cure of all diseases arising from watery blood and exhausted nerves.

Previous to the discovery of this treatment the old method of using opiates, narcotics and stimulants for such symptoms as headache, sleeplessness and nervousness, were in vogue and the nerves were soothed and deadened or whipped into unnatural effort, affording temporary relief only at a terrible expense to the human system.

The fact that the source of all nerve force is in the nourishment contained in the blood seems to have been overlooked by the medical men and to distinguish this new treatment from the old fashioned medicines from which it differed so radically, it was called a food for the nerves, DR. CHASE'S NERVE FOOD.

This food cure is not in any sense a quick cure but it is a natural and certain one. Every dose goes to the formation of a certain amount of pure rich blood—the foundation of all health and strength. Feeble nerve cells are aroused to new vigor, wasted tissues are reconstructed, organs which were feeble and irregular in action assume their responsibilities with renewed effort, and the following diseases and symptoms of disease are positively cured:—Nervous headache and indigestion, nervous prostration and exhaustion, locomotor ataxia, partial paralysis, anæmia or bloodlessness, weaknesses and irregularities peculiar to women, dizziness or vertigo, palpitation of the heart and weak heart action, fainting spells, shortness of breath, brain fag and loss of memory, sleeplessness, irritability, restlessness, general debility and loss of vigor, energy and ambition.

The Real Cause of Nervous Troubles

All nervous diseases can be traced to lack of nerve force. It may be headache or indigestion, prostration or paralysis, but the real source of trouble is always the same, viz.: an insufficient supply of nerve force.

The results obtained by use of DR. CHASE'S NERVE FOOD are bound to be satisfactory because this treatment follows Nature's laws and cures by the building up process—by actually supplying the elements of nature which go to form new rich blood and nerve force.

By means of this great food cure the nerves which regulate the appetite and control the flow of gastric juice are strengthened and invigorated, digestion is improved, the heart's action is strengthened, the lungs, the stomach, the liver, the kidneys, the bowels, and all vital organs perform their functions thoroughly and well. The weight increases, the form is rounded out to good proportions, the complexion regains its healthful glow, the mind learns to look upon the bright side of things and there is restored the joy of full and vigorous health.

A POINT IN FAVOR.

Si Medders—"Trolley cars are a great blessin', Josh."

Josh Kornkrib—"They be thet. They be th' only things around here thet an automobile is afraid of."

ONLY SOLUTION POSSIBLE.

"Her husband never gives her the least cause to worry, and she always knows where he is at night!"

"But I didn't know she was a widow!"

Terrible Headaches

"When I began the use of DR. CHASE'S NERVE FOOD, my nervous system was all run down and I suffered terribly with nervous headache and sleeplessness. Sometimes I could not sleep for three or four nights in succession. By the use of several boxes of DR. CHASE'S NERVE FOOD these troubles were entirely overcome and I consider this preparation an excellent nerve tonic."—MISS MARY LEITCH, Coulson, Simcoe, Co., Ont.

A Nervous Wreck

Weak, Down-hearted and Discouraged—
Had Heart Trouble and Indigestion.

Mrs. JOHN ARMSTRONG, Heather Brae, Alta., was in very poor health for over four years after the birth of her first child. She was what might be called a nervous wreck, weak, down-hearted and discouraged. Writing for her, Mrs. D. D. Burger, her aunt, of the same place, states:—

"Mrs. Armstrong had great weakness, heart trouble and indigestion. In fact she was run down in every way and seemed to lose all hope of ever getting well again. She was scarcely able to drag herself about.

"The persistent use of DR. CHASE'S NERVE FOOD has proven of marvellous benefit to her. She feels real well now, is looking fine and fleshing up so that one would hardly take her for the same person. You may use her name in recommendation of DR. CHASE'S NERVE FOOD for we are all very grateful for what it has done for her, and never lose an opportunity of saying a good word for it."

"For myself I may say that I was entirely cured of chronic dysentery by using DR. CHASE'S KIDNEY-LIVER PILLS."

"Why did Jack give up singing? Was he losing his voice?"

"No, his friends?"

Headache

Headache is not a disease in itself but rather a symptom and is one of the first indications of exhausted nerves.

About one-fifth of the blood used in the human system is consumed by the brain in the manufacture of nerve force as you will see by a study of the preceding pages.

Once the blood becomes deficient in quality or quantity the lack of nourishment causes the nerve cells of the brain to become depleted and shrivelled up and the result is pain in the head.

Headache powders and quick cures can not possibly do more than afford temporary relief and that only at great expense to the system. Cure must be brought about by building up the nervous system with such treatment as DR. CHASE'S NERVE FOOD. This is the rational, natural method of restoring vigor to the nerve cells and making the cure thorough and lasting.

The Doctor Said Nervous Prostration

But After Weeks of Effort He Could Not
Help Me and I Was Cured by
Dr. Chase's Nerve Food

"Two years ago last November I was run down and did not know what was wrong. I could not sleep or eat, and at last my nervous system gave way entirely, and I had to go to bed. The doctor told me I had nervous prostration, and, though he doctored me for some weeks, I did not get any better.



"I then began the use of DR. CHASE'S NERVE FOOD, and by the time I had used six boxes I was completely cured. People remarked how well I looked, and I said, 'Yes, and I feel well, that is the best of it, and DR. CHASE'S NERVE FOOD did it.'—MRS. ALF STEVENS, Burgessville, Oxford County, Ont.

Almost in Despair

"My wife had been ill for some time with nervous prostration and we had two of the best doctors we could get but neither of them did her any good. She gradually became worse and worse, could not sleep and lost energy and interest in life. She was almost giving up in despair when a friend advised a trial of DR. CHASE'S NERVE FOOD.

"From the first box of this preparation my wife used we noticed an improvement and after using six boxes she is completely cured and as well as she ever was, eats well, sleeps well, and feels fully restored. I cannot say too much in praise of this valuable medicine and am satisfied that my wife owes her life to the use of DR. CHASE'S NERVE FOOD."—MR. WM. GRAHAM, Atwood, Ont.

This cure is certified to by Mr. C. H. McFarlane, druggist, Atwood, Ont.

"I Was Like One Paralyzed"

Could not work or sleep and had no
appetite—Best physicians could
not help—Is now cured.

"I am happy to be able to give a recommendation for DR. CHASE'S NERVE FOOD for this preparation has done me a great amount of good. My nervous system was run down to such an extent that I suffered a great deal from weakness of the nerves and sciatic rheumatism, and at times was like one paralyzed. I could not work, was unable to sleep and had no appetite. This condition lasted for six years and in the meantime I had treatment from the best physicians and tried all kinds of medicines.

"Nothing seemed to build up my nerves until I made use of DR. CHASE'S NERVE FOOD. After having used about \$12.00 worth of this medicine I feel like a new man. I can walk all right, do a great deal of work, have a good appetite and what is even better can sleep well every night.

"I consider that DR. CHASE'S NERVE FOOD has been a great blessing to me and no doubt it would be the same to any one else under the same circumstances."—MR. ALEX. ETHIER, Jr., Clarence Creek, Russell Co., Ont.

She (reflectingly): "Let me see—red is love, green is jealousy, blue is fidelity, yellow is envy, black is mourning, white is innocence—and what is brown?"
He: "Beer!"

ONLY A SAMPLE.

"Waiter, bring me a steak," he requested as he seated himself at a table in a small cafe.

The waiter disappeared and returned in some minutes with a sliver of meat. The diner took the bit of steak on his fork, turned it round, and gazed at it critically.

"Yes, that's the kind I want," he remarked.
"Bring me some."

Paralysis of the Throat

"I write to tell you of the great benefit I found in the use of DR. CHASE'S NERVE FOOD. I had diphtheria so bad that after I got over it I was left with paralysis of the throat, hands and legs. I was completely disabled and could do no work whatever. I had some of the best doctors in St. Thomas but they were not able to cure or even relieve me.

"The use of DR. CHASE'S NERVE FOOD has cured me completely, the paralysis has entirely left, my nerves are strengthened and my system generally built up so that I feel as well as I ever did and can recommend DR. CHASE'S NERVE FOOD to anyone suffering from weakness of the nerves and paralysis."—MRS. FRANK SNYDER, St. Thomas, Ont.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ontario	Mar. Prov.	Ont., Que. and Mar. Provinces.					
				● New Moon	○ First Quarter	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets	Moon Sets		
April 1908				● New Moon	○ First Quarter	1 0 2 a.m.	1 1 2 a.m.						
				○ Full Moon	☾ Last Quarter	8 11 31 a.m.	8 0 31 p.m.	16 11 55 a.m.	16 0 55 p.m.	23 2 17 p.m.	23 3 17 p.m.		
				● New Moon		30 10 33 a.m.	30 11 33 a.m.						
1	We.		Clear					5.58	6.45	7.23	7.24		
2	Th.		and					5.56	6.46	8.36	8.38		
3	Fr.		cold					5.55	6.48	9.46	9.49		
4	Sa.		during					5.53	6.49	10.52	10.56		
5	Su.		first					5.51	6.51	11.58	12.02		
6	Mo.		week,					5.50	6.52	a.m.	a.m.		
7	Tu.		temp'r					5.49	6.53	0.54	0.58		
8	We.		ature					5.47	6.54	1.47	1.52		
9	Th.		rises,					5.46	6.55	2.38	2.37		
10	Fr.		gener-					5.44	6.56	3.12	3.16		
11	Sa.		ally					5.42	6.58	3.46	3.50		
12	Su.		fair					5.40	6.59	4.17	4.20		
13	Mo.		with					5.39	7.00	4.44	4.46		
14	Tu.		occa-					5.37	7.02	5.08	5.09		
15	We.		sional					5.36	7.03	rises	rises		
16	Th.		sh'wers					5.34	7.04	7.05	7.06		
17	Fr.		warm'r					5.32	7.05	8.18	8.15		
18	Sa.		and					5.30	7.06	9.23	9.26		
19	Su.		more					5.28	7.07	10.34	10.33		
20	Mo.		spring-					5.26	7.08	11.41	11.45		
21	Tu.		like,					5.25	7.09	a.m.	a.m.		
22	We.							5.23	7.10	0.43	0.43		
23	Th.		cool					5.22	7.11	1.39	1.43		
24	Fr.		again					5.20	7.12	2.27	2.31		
25	Sa.		and					5.19	7.14	3.07	3.10		
26	Su.		season					5.18	7.15	3.40	3.42		
27	Mo.		back-					5.16	7.16	4.10	4.11		
28	Tu.		ward,					5.15	7.17	4.38	4.38		
29	We.		warm-					5.13	7.18	5.05	5.04		
30	Th.		er.					5.11	7.19	sets	sets		

Anæmia

You cut your finger. It bleeds more profusely than you think it should, and seems a long time in healing. You notice that your lips and gums are pale and bloodless, and the inner eyelids without color.

What can be the matter? You are anæmic. There is a deficiency in the quality or quantity of the blood in your body. The tissues wasted by worry, over-exertion or disease are not being replaced, and you are gradually losing in flesh and weight.

When you come to think of it, there are other symptoms of failing health. Loss of appetite, lack of interest in the affairs of life, feelings of languor and fatigue, impaired digestion, shortness of breath, dizziness and fainting, cold hands and feet, heart palpitation and weaknesses and irregularities.

Women and girls are especially subject to this ailment. The feminine organism demands an immense amount of blood in carrying out its functions, and unless the system is strong and well nourished there is likely to follow a bankruptcy in the blood supply.

To be healthy there must be a sufficiency of blood. DR. CHASE'S NERVE FOOD is successful in the treatment of anæmic and similar exhausting and debilitating diseases of women, because it is taken immediately into the blood stream and fills the shrunken arteries with an abundance of life sustaining tissue-building blood.

Facts About Man

The average height of an Englishman is 5 feet 9 inches, weight 150 lbs.; of a Frenchman, height 5 feet 4 inches, weight 135 lbs.

A man breathes about 20 times a minute and takes in 18 pints of air during that time.

The average pulse in infancy is 120 beats per minute; in manhood, 80; at 60 years of age, 60.

All Run Down

"I used five boxes of DR. CHASE'S NERVE FOOD last winter, and it did me more good than any medicine I ever took. It is difficult to describe my case, but I felt all run down and out of sorts. I had headache and backache and dull pains through the lungs. I was so discouraged that I didn't seem to care what became of me.

"I hadn't finished the first box of DR. CHASE'S NERVE FOOD before I felt a lot better, and it continued to build me up until I became strong and well and was restored to good health and spirits. As I was once cured of a severe attack of kidney disease by DR. CHASE'S KIDNEY-LIVER PILLS I can strongly recommend these two great preparations." —Miss MINNIE J. SWEET, Collingwood Corner, Cumberland county, N.S.

Mistress—"Jane, I saw the milkman kiss you this morning. In the future I will take the milk in."

Jane—"Twouldn't be no use, mum. He's promised never to kiss anybody but me."

IDEAL AND REAL.

"Don't you just feel the call of spring?" asked the enthusiastic young person.

"Hadn't noticed it," replied the practical man, "but come to think about it, Maria has begun to give the children sulphur and molasses."

The Best Guarantee

Sometimes we are asked if Dr. Chase's medicines are guaranteed to cure the ailments for which they are recommended and would only say that we do not wish you to class these medicines with quack nostrums which are put up by people who know nothing at all about the effect of drugs and are ready to promise anything in order to effect a sale. No reputable doctor will guarantee to cure you. No doctor knows for a certainty that he can cure you.

Now while Dr. Chase's medicines are not guaranteed to cure every case, they are, we believe, the most effective treatments that you can possibly obtain for the diseases for which they are prescribed. This statement is backed not only by the evidence of thousands of persons who have proven this statement to be true but also by the reputation of DR. A. W. Chase as a physician of undoubted integrity, remarkable skill and long experience.

The Work of the Kidneys

In Removing the Uric Acid Poisons
from the Blood—Dr. Chase's
Kidney-Liver Pills

The weight of blood circulating in the body is about 23 lbs. and during one hour this blood passes through the kidneys three times in order that the poisonous waste matter—uric acid—collected throughout the system, may be filtered from the blood.

Under ordinary circumstances the kidneys perform this work without difficulty, but when the liver becomes torpid and sluggish in action, and by failure to attend to its portion of the filtering process throws double work upon the kidneys, there is sooner or later a breakdown.

Pains in the back, headache, aching limbs, pain and smarting in passing water, scanty, highly colored urine—these are some of the early symptoms of kidney disease and later there comes dropsical swellings and the terrible pains of Bright's disease and stones in the kidneys and bladder.

But kidney disease is usually preceded by biliousness, liver complaint, stomach troubles and constipation, which goes to show that the trouble usually begins with the liver. It was in view of this fact that DR. CHASE'S KIDNEY-LIVER PILLS were prepared so as to have direct and specific action on both the liver and kidneys, and to this combined action is no doubt due the remarkable success of this great medicine even in the most complicated cases.

By invigorating the action of the liver DR. CHASE'S KIDNEY-LIVER PILLS take much of the burden off the deranged kidneys and also strengthen the kidneys in their work of filtering the blood. Gradually the whole filtering and excretory systems are restored to healthful action and the pains and aches, the inconveniences and sufferings are entirely overcome.

Bent Nearly Double With Bright's Disease

MR. JAMES DELLIHUNT, a much respected resident of Consecon, Ont., writes:—"I was a sufferer from Bright's disease for several years, and at times the tortures of mind and body were almost beyond endurance. The pains were in my head, between the shoulders and down the whole spine, concentrating across the kidneys, where I was never entirely free from pain. When I got up in the morning I went about bent over nearly double. It gave me great pain to urinate, and at times the water was very scanty. Medicines seemed to have little or no effect in my case, until I began the use of DR. CHASE'S KIDNEY-LIVER PILLS. The first dose relieved me, and five boxes have entirely cured me. I have no pains in my kidneys, and can do as good a day's work as I ever could."

MR. J. J. WARD, J.P., of Consecon, certifies that he knows Mr. Dellihunt's statement of his cure to be correct and true and without exaggeration.

MILLIE AND TILLIE.

"I feel in my bones," declared Millie,
I shall never marry, alas!"

"But not in your wish-bone!" said Tillie;

And now they don't speak when they pass.

A Helpless Sufferer

MR. WM. CRAFT, JR., Burk's Falls, Ont., writes:—"In the spring of 1901 I was laid up with pains in the back resulting from kidney disease and was so bad that when I lay down I could not get up without help. Hearing of DR. CHASE'S KIDNEY-LIVER PILLS I procured a box and before this was all used I was doing my work about the farm and was as well as I ever was. As this old trouble never returned, I can say that DR. CHASE'S KIDNEY-LIVER PILLS are not only a prompt, but also a lasting cure."

REAL HEART-BREAK.

Binks—"He died of broken heart."

Finks—"Love?"

Binks—"No; dynamite."

Cured After Twenty Years

MRS. CASWELL REID, Ottville, Muskoka, Ont., writes:—"For nearly twenty years I was troubled with kidney disease and have recently been completely cured by using three boxes of DR. CHASE'S KIDNEY-LIVER PILLS. I have tried a great many remedies, but never seemed to get anything to do me much good until I used these pills."

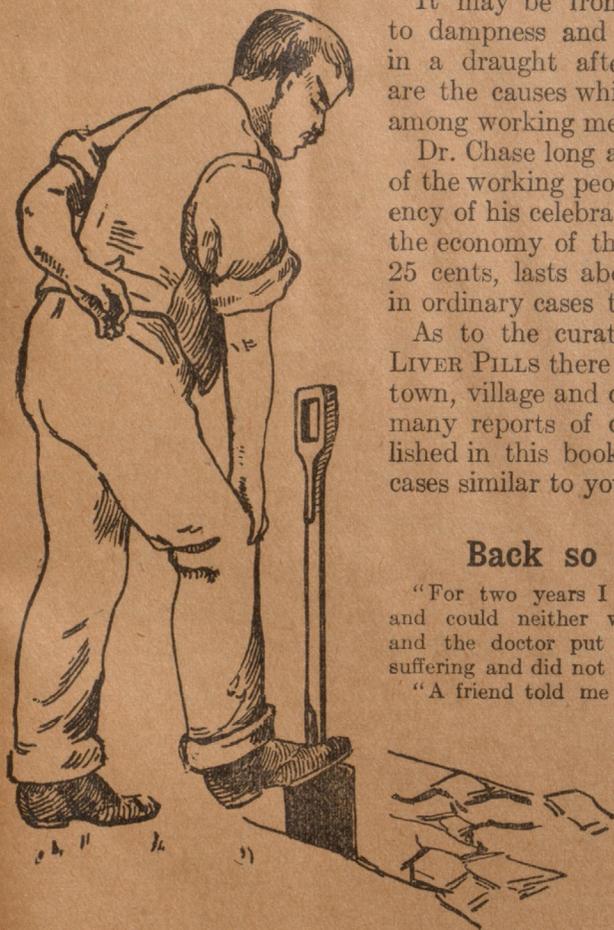
Backache That Tells of Kidney Derangements

PAINS in the back just over the kidneys, as indicated by the man in the illustration, weak back, lame back, aching back—these are the most marked and persistent symptoms of kidney disease, which is fully described on page 23.

It may be from straining at work, from exposure to dampness and cold or from sitting with the back in a draught after getting warm at work, for such are the causes which make kidney disease so prevalent among working men.

Dr. Chase long ago won the good-will and confidence of the working people, not only by the remarkable efficiency of his celebrated KIDNEY-LIVER PILLS but also by the economy of this treatment. A single box, costing 25 cents, lasts about one month and is often sufficient in ordinary cases to effect a complete cure.

As to the curative value of DR. CHASE'S KIDNEY-LIVER PILLS there is evidence to be had in almost every town, village and country neighborhood in Canada. As many reports of cures as we have space for are published in this book and by reading these you may find cases similar to your own.



Back so Lame Could Not Walk

"For two years I was completely laid up with lame back, and could neither walk nor ride. I tried many treatments and the doctor put on a fly blister which only increased the suffering and did not do me the slightest good.

"A friend told me about DR. CHASE'S KIDNEY-LIVER PILLS, and I had not finished the first box before I was completely cured. I have never had a lame back or kidney trouble since, and it has been the means of selling dozens of boxes of DR. CHASE'S KIDNEY-LIVER PILLS. We are never without them in the house and think there is no medicine like them."—MR. GEO. TRYON, Westport, Leeds Co., Ont.

Dr. Chase's Kidney-Liver Pills

So far as we have been able to find out there is no treatment obtainable which so quickly and so thoroughly removes the cause of backaches and bodily pains as DR. CHASE'S KIDNEY-LIVER PILLS. The kidneys are set right, the uric acid poisons are eliminated from the body and there need be no further dread of Bright's disease, diabetes, dropsy or stones in the bladder.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ontario.	Mar. Prov.	Ont., Que. and Mar. Provinces.					
				(○	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets	Moon Sets		
				First Quarter.....	○	7 6 23 p.m.	7 7 23 p.m.	h.m.	h.m.	h.m.	h.m.		
				Full Moon.....	○	15 11 32 p.m.	16 0 32 a.m.						
				Last Quarter.....	○	22 7 17 p.m.	22 8 17 p.m.						
				New Moon.....	●	29 10 14 p.m.	29 11 14 p.m.						
1	Fr.		Fine					5.09	7.21	8.35	8.38		
2	Sa.		and					5.08	7.22	9.41	9.45		
3	Su.		warm.					5.08	7.23	10.48	10.47		
4	Mo.							5.05	7.24	11.39	11.44		
5	Tu.		b'com's					5.03	7.26	a.m.	a.m.		
6	We.		cloudy					5.02	7.27	0.29	0.34		
7	Th.		and					5.01	7.28	1.11	1.15		
8	Fr.		rather					5.00	7.29	1.47	1.51		
9	Sa.		cool,					4.58	7.30	2.19	2.22		
10	Su.		freq'nt					4.57	7.31	2.46	2.48		
11	Mo.		sh'wers					4.56	7.32	3.12	3.13		
12	Tu.		and					4.55	7.33	3.35	3.36		
13	We.		w'rm'r,					4.54	7.34	3.57	3.56		
14	Th.		thund'r					4.53	7.35	4.23	4.22		
15	Fr.		storms					4.52	7.36	rises	rises		
16	Sa.		and					4.51	7.37	3.19	3.23		
17	Su.		heavy					4.50	7.38	3.29	3.33		
18	Mo.		rain,					4.49	7.39	10.37	10.41		
19	Tu.							4.48	7.40	11.37	11.42		
20	We.		fine					4.47	7.42	a.m.	a.m.		
21	Th.		and					4.47	7.43	0.28	0.32		
22	Fr.		bright					4.46	7.44	1.09	1.13		
23	Sa.		for					4.45	7.45	1.44	1.46		
24	Su.		several					4.44	7.45	2.18	2.14		
25	Mo.		days,					4.43	7.46	2.38	2.39		
26	Tu.							4.42	7.47	3.06	3.05		
27	We.		more					4.42	7.48	3.34	3.33		
28	Th.		rain					4.41	7.49	3.59	3.57		
29	Fr.		and					4.40	7.50	sets	sets		
30	Sa.		cooler.					4.40	7.51	3.30	3.34		
31	Su.							4.39	7.52	3.31	3.36		

Symptoms of Kidney Disease

Have you pains in the back over the kidneys?

Is the urine scanty and highly colored?

Are there brick dust deposits in the urine after standing?

Is the urine cloudy or milky?

Is there a frequent desire to urinate?

Is there pain and smarting when passing water?

Do you suffer from severe headaches, dizziness and defective eyesight?

Are you pale, losing flesh and do you start up suddenly from sleep?

Is the skin dry and harsh?

Have you shortness of breath and general weakness?

Do your feet and legs swell and are the eyelids puffed up?

Do you have rheumatic pains and stiffness in joints and muscles?

Are you overcome with feelings of weariness and despondency?

A study of these symptoms will enable you to decide if the kidneys are deranged and will point to the advisability of using DR. CHASE'S KIDNEY-LIVER PILLS before a more painful and fatal stage of this dreadful disease is reached.

"Do you find it more economical to do your own cooking?"

"Yes, indeed. My husband doesn't eat half as much now as he did."

Could Scarcely Walk

MISS DELLA McDERMOTT, 373 Main St., Moncton, N.B., writes:—"For some time my mother could not walk across the floor or stoop over because the pains in her back just over the kidneys were so severe. She had severe headaches, backache, spells of blindness and dizziness and tried many medicines without obtaining relief. The doctors of our town said that the trouble was due to the turn of life.

"A lady friend advised mother to try DR. CHASE'S KIDNEY-LIVER PILLS and by the time she had used two boxes of this great medicine she was perfectly cured and the old trouble has never returned."

Doctors Tried for 8 Years to Cure Me

There is a remarkable cure described in this letter which should prove of vital interest to anyone suffering from derangements of the kidneys.

"I desire to acknowledge the benefits I have received from DR. CHASE'S KIDNEY-LIVER PILLS. I was troubled with kidney disease for eight years and doctored with several doctors to no avail until my husband got me DR. CHASE'S KIDNEY-LIVER PILLS, and I began using them. Altogether I used ten boxes, and can truthfully say I would have been dead long ago only for DR. CHASE'S KIDNEY-LIVER PILLS. Words cannot express my praise for them, for I believe there is no medicine so good for kidney and liver disorders."—MRS. DAVE W. McCALL, Lombardy, Leeds Co., Ont.

A NICE DISTINCTION.

"I've got the stupidest kitten," said my small cousin. "You can pinch her or kick her or maul her about anyway, and she won't do a thing, not even peep."

"That kitten," I remarked, "is a Christian."

"Tain't," emphatically returned the wise little one; "she's a fool."

AS USUAL.

"Oh doctor, could I only die!"

The suffering patient cried.

The doctor said: "I'll do my best;"

And soon the patient died.

Uric Acid Stones

The passing of stones or gravel, as the uric acid formation is called, from the kidneys through the ureters to the bladder probably produces the most terrible pain that human being was ever called upon to bear. In the case described in this letter, lasting cure was effected six years ago by the use of DR. CHASE'S KIDNEY-LIVER PILLS.

MRS. WALTER HORN BROOK, Cody's, Queen's Co., N.B., writes:—"I was a great sufferer from kidney disease which the doctor described as the uric acid stones passing from the kidneys to the bladder. I heard of similar cases being cured by DR. CHASE'S KIDNEY-LIVER PILLS and sent for some. Altogether I used seven boxes and was completely cured. That was six years ago and I have never had a pain in my kidneys since. We are never without DR. CHASE'S KIDNEY-LIVER PILLS in the house."

Symptoms of Biliousness and Liver Complaint

Is the tongue coated?

Does the head ache?

Is there nausea, vomiting and disgust for food?

Are there feelings of fulness and weight about the liver and stomach?

Is there looseness of the bowels alternating with constipation?

Is the complexion sallow and muddy and the eyeballs yellow?

Have you dull pains under the shoulders and aching limbs?

Is the temper irritable and are you nervous and easily excited and worried?

Is the urine highly colored and scanty?

Are you subject to dyspepsia or indigestion and is there wind on the stomach?

You can scarcely expect to have all these symptoms at one time but by asking yourself these questions you will be able to recognize biliousness and liver derangements if you have them and will know that you require DR. CHASE'S KIDNEY-LIVER PILLS, one pill a dose at bedtime, as often as is necessary to keep the bowels regular.

REPORT TRUE.

She—"Soldiers must be frightfully dishonest fellows."

He—"I say, how do you make that out?"

She—"Well, I hear it's a nightly occurrence for a sentry to be relieved of his watch."

Sick Headaches and Biliousness

Sickness is to some extent a habit. This is especially true of biliousness and constipation. So long as you neglect treatment or merely use medicines to move the bowels, the old trouble returns.

Isn't it worth while to follow up a treatment that has positively cured these ailments in thousands of cases?

"I have used DR. CHASE'S KIDNEY-LIVER PILLS for liver complaint, biliousness and terrible sick headaches and have found that they are more effective than any other treatment I ever tried. They cleanse the system thoroughly, remove the cause of pains and aches and make you feel fresh and strong again. DR. CHASE'S KIDNEY-LIVER PILLS are also excellent for stomach troubles."

—MRS. JAMES MONTEITH, Saurin. Simcoe Co., Ont.

THEIR POWER.

Manager—"I can't do a thing with Smith, the new clerk, I've had him in three departments, and he sleeps all day long."

Proprietor—"Put him at the pajama counter and fasten this card on him: 'Our night clothes are of such a superior quality that even the assistant who sells them cannot keep awake.'"

Failing Eyesight Was Caused by Torpid Liver

To persons who have not considered the relationship of eyesight to general health this letter will prove especially interesting.

"I write to tell you how highly we think of DR. CHASE'S KIDNEY-LIVER PILLS, for they are unsurpassed for torpid liver, constipation and kidney troubles. My husband derived great benefit from DR. CHASE'S KIDNEY-LIVER PILLS a couple of years ago when he was feeling depressed and regularly out of sorts. His eyesight was failing and the lamplight hurt his eyes so he could not read at all and had made up his mind to see an oculist.

"I advised him to try DR. CHASE'S KIDNEY-LIVER PILLS, thinking he was suffering from torpid liver. He did so and after using less than two boxes his eyesight entirely returned and he felt quite well again. We would never be without these pills in the house and I cannot speak too highly of them."—MRS. A. R. PRICE, Nose Creek, Calgary, Alta.

Their Place in the Home

It is interesting to notice how many people say, "we are never without DR. CHASE'S KIDNEY-LIVER PILLS in the house to be used in case of biliousness, constipation or kidney troubles" or "We could scarcely keep house without DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE to cure croup and colds." This proves beyond question the confidence people have in these well-known medicines.

Relieves Diabetes

"I have been taking DR. CHASE'S KIDNEY-LIVER PILLS and must say they have done me a lot of good. I have been a great sufferer from diabetes and I can say to all who are afflicted with this disease that DR. CHASE'S KIDNEY-LIVER PILLS will do them good. I cannot say that I am entirely cured but I have been greatly benefitted by this medicine."—MR. WM. COOK, Moosomin, Sask.

Used Up With Lame Back and 60 Tons of Hay to Pitch

MR. J. W. OUGHTRED, farmer, Marbleton, Wolfe Co., Que., writes:—DR. CHASE'S KIDNEY-LIVER PILLS deserve to be recommended. I was lame all through my back, legs and arms, and had a continual dull pain in my bowels. Every little thing I did required great effort I was so sore and lame.



I took lots of other pills but they only made me sick. When haying time came on I had sixty tons of hay to pitch, and felt that I could not possibly do it.

“Just at this time DR. CHASE'S KIDNEY-LIVER PILLS came to my notice and did me so much good that I worked at the haying and did lots of other hard work with ease. I sent

and got five boxes and gave away one box to a neighbor, who was suffering so badly with backache that he could not do any work. He afterwards told me that they were the best pills he ever used, and is now real well. I found that by taking two a week they kept me feeling well. Other pills give me sick headache, but DR. CHASE'S KIDNEY-LIVER PILLS cure sick headache and suit me better than any others.”

MEANT WHAT HE SAID.

She—“When I accepted Jack, he said he felt as if he was in the seventh heaven!”

He—“I can well believe it. He has been engaged six times before.”

On the Prairies

MRS. THOS. SHIELDS, Stoughton, Sask., writes: “We have used nearly all of Dr. Chase's Medicines in our family with splendid results, and send direct to you for them because we live twenty miles from a drug store.

“In DR. CHASE'S KIDNEY-LIVER PILLS we found a cure for constipation, biliousness and kidney disease.

“I used several boxes of DR. CHASE'S NERVE FOOD for nervousness from which I had been a great sufferer and it built me up and strengthened me wonderfully.

“Some years ago I had an ulcer on my ankle and though I tried many treatments of one kind and another, could get nothing to heal it until I tried DR. CHASE'S OINTMENT, which I have also found an excellent cure for itching piles. We would scarcely know how to get along without Dr. Chase's Medicines.”

Unhappy Victim of Severe Kidney Trouble

Cure Certified to by Minister

MR. J. A. BUCHNER, Port Robinson, Ont., writes: “For many years I was the unhappy victim of kidney trouble, rheumatism and constipation, which became so bad as to make life a burden. I was a constant sufferer and at times completely unfit for anything. The appetite was fickle and I became thin and emaciated. I could not sleep and would arise in the mornings languid and enfeebled. I was so long in this condition, using all sorts of medicines to no purpose, that I grew discouraged and down-hearted.

“A friend advised the use of DR. CHASE'S KIDNEY-LIVER PILLS and I am thankful that they fell into my hands when I was in such a miserable condition. The first box gave relief and hope and I continued to use those pills until the time came when I was again enjoying my former good health and vigor. It took about eight boxes to make the cure complete and I shall always recommend DR. CHASE'S KIDNEY-LIVER PILLS as an ideal medicine, I am giving this testimony for the benefit of other suffering as I did.”

REV. W. D. MASSON, Methodist Minister, writes:—“Being personally acquainted with Mr. Buchner I can say I believe he would not make a statement knowing it to be in any way misleading or untrue.”

NEVER HAD EXPERIENCE.

“There are lots of men able to govern women.”
“Yes, and they're all bachelors.”

THE BACHELOR'S SOLILOQUY.

To wed, or not to wed;
That is the question.
Whether 'tis better
To remain single,
And disappoint a few women—
For a time;
Or marry,
And disappoint one woman—
For life?

Rheumatism

MR. HUGH MCGILLIVRAY, Antigonish, N.S., writes:—“For eight years I have suffered from rheumatism. Five years ago I began using DR. CHASE'S KIDNEY-LIVER PILLS and though they have not entirely cured me I find that they are a great help and I would not be without them for any money.

“I take from one to two pills a week and they keep me in good condition and regulate my system. We are never without them in our house.”

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	June 1908		Moon's Phases.		Ontario	Mar. Prov.	Ont., Que. and Mar. Provinces.			
						d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun	Sun	Moon	Moon
								Rises	Sets	Sets	Sets		
1	Mo.		Warm							4.38	7.53	10.22	10.27
2	Tu.		and							4.38	7.54	11.08	11.13
3	We.		remains							4.38	7.54	11.47	11.51
4	Th.		fine							4.37	7.55	a.m.	a.m.
5	Fr.		fol-							4.37	7.56	0.19	0.23
6	Sa.		lowed							4.37	7.56	0.43	0.51
7	Su.		by a							4.36	7.57	1.14	1.16
8	Mo.		rainy							4.36	7.57	1.83	1.89
9	Tu.		period.							4.36	7.58	2.01	2.01
10	We.		fine							4.36	7.59	2.25	2.24
11	Th.		grow-							4.35	7.59	2.51	2.49
12	Fr.		ing							4.35	8.00	3.20	3.17
13	Sa.		we'ther							4.35	8.00	3.55	3.51
14	Su.		con-							4.35	8.01	rises	rises
15	Mo.		tinues							4.35	8.01	9.26	9.30
16	Tu.		sh'w'y.							4.35	8.02	10.22	10.26
17	We.		several							4.35	8.02	11.09	11.13
18	Th.		days							4.35	8.02	11.47	11.50
19	Fr.		of							4.36	8.03	a.m.	a.m.
20	Sa.		fine							4.36	8.03	0.19	0.21
21	Su.		warm							4.36	8.03	0.47	0.48
22	Mo.		weath-							4.36	8.03	1.12	1.12
23	Tu.		er,							4.36	8.03	1.39	1.38
24	We.		thund'r							4.36	8.04	2.05	2.03
25	Th.		storms,							4.37	8.04	2.33	2.30
26	Fr.		slight-							4.38	8.04	3.03	3.04
27	Sa.		ly							4.38	8.04	3.46	3.42
28	Su.		cooler,							4.39	8.04	sets	sets
29	Mo.		very							4.39	8.03	9.03	9.03
30	Tu.		fine.							4.39	8.03	9.46	9.50

Prize Winners in Diary Contest

Results of the Annual Competition in Which \$200 in Gold is Given For the Best Diaries kept in Dr. Chase's Almanac.

Every year adds to the popularity of this annual competition and as a result many are learning the usefulness of the diary feature of Dr. Chase's Almanac.

It is not only the chance of winning a prize, although fifty or one hundred dollars is worth trying for, but you also form the valuable habit of keeping a record of business transactions which may make your almanac worth its weight in gold for future reference.

At time of writing the 1907 contest is still going on, and we therefore give you a list of the prize winners for 1906 which has already been published in the principal newspapers of Canada.

First, \$100 in Gold

Mr. and Mrs. Sanford Hoar, Scott Road,
Petitecodiac, N.B.

Second, \$50 in Gold

Mrs. Joseph H. Cook, Beachville, Ont.

Third, \$25 in Gold

Rev. Jos. H. Chant, Newburgh, Ont.

Fourth, \$5 in Gold

Mrs. Joseph Halliday, Williamsford, Ont.

Fifth, \$5 in Gold

Mrs. Lucy A. B. Smith, 322 Cambie Street,
Vancouver, B.C.

Sixth, \$5 in Gold

Mr. James Arthur, North Rustico, P.E.I.

Seventh, \$5 in Gold

Miss Eunice Watts, Waterville, King's Co., N.S.

Eighth, \$5 in Gold

Mrs. John Ranks, Makinak, Man.

Ninth, \$5 in Gold

Madame Marie Louise Patenaude, St. Marc,
Vercheres Co., Que.

The same amount, viz., \$200.00, will be awarded in prizes for the best memorandum of events kept in this almanac during 1908. Any one who keeps such a record in DR. CHASE'S ALMANAC is eligible for a prize, but preference will be shown for the diary which is most likely to prove useful, such as dates of births and marriages, of receipt and payment of money, of promissory notes or notable purchases, of time of planting, of hiring help, of setting hens or when the mare is expected to foal, etc.

This competition will be closed on January 15, 1909, and it will therefore be necessary for your almanac to reach our offices on or before that date.

The awarding of prizes will be entrusted to a committee of three well-known newspaper men and the names of the winners announced in the newspapers throughout Canada.

It is not necessary to write a letter but address your almanac as follows:—

EDMANSON, BATES & CO.,
Diary Contest. TORONTO, ONT.

Be careful to write plainly and enter your name and address below.

Name

Address.....

If you desire it we shall return your almanac at our expense as soon as the competition is closed.

When mailing your Almanac to us remember that as it contains writing it is necessary to pay letter rate of postage.

Digestion and the Bowels

The important functions of the bowels seem to be lost sight of in the common belief that they are merely passages through which the waste material of the body finds exit from the body. Such an idea is entirely at variance with the facts, for it is in the bowels that the most difficult part of digestion (that of meats, etc.) takes place and here it is that assimilation (the absorption by the blood of the nutrition obtained from the food) is accomplished.

When there is constipation or clogging up of the bowels with waste matter, poison, as well as nourishment, is taken up by the blood and pains and disease arise in various parts of the body. Constipation only comes when the course of the food through the bowels is unduly delayed and Nature has guarded against this by sending the bile with its cathartic influence into the intestines to assist in digestion and keep the bowels regular and active.

It is just here that the value of DR. CHASE'S KIDNEY-LIVER PILLS come to be realized, for the liver is very liable to become torpid and sluggish and to fail in supplying the all important bile, and DR. CHASE'S KIDNEY-LIVER PILLS, by their direct and specific action on the liver, entirely overcome this condition of affairs.

Medicines which merely effect a movement of the bowels cannot possibly prove of more than temporary assistance. On the other hand DR. CHASE'S KIDNEY-LIVER PILLS get at the very root of the trouble and by enlivening the action of the liver not only bring quick relief but also positively cure constipation and all its attendant ills, such as indigestion, liver complaint, biliousness, headache, pains in the back and sides, cramps and rheumatic pains.

The whole digestion and excretory systems are cleansed and invigorated by the

influence of this great medicine. The blood is purified by the filtering processes of the liver and kidneys. The food is properly digested and assimilated and health and vigor are restored to the body.

Constipation

MRS. R. LOCKLEY JONES, Mount Tolmie, B.C., writes:—"I have used DR. CHASE'S KIDNEY-LIVER PILLS for some years and always have them handy in the house. They are the only pills that relieve me from constipation and liver troubles and I say this after having tried nearly all kinds without benefit. I would not be without them and have recommended them to my friends, many of whom can bear testimony to their great value in liver and kidney complaints. I am satisfied that DR. CHASE'S KIDNEY-LIVER PILLS are unequalled as a family medicine."

THE FIRST OFFENSE.

Tommy (who has been punished): "Mamma, did your mamma whip you when you were little?"

Mother—"Yes, when I was naughty."

Tommy—"And did her mamma whip her when she was little?"

Mother—"Yes, Tommy."

Tommy—"And was she whipped when she was little?"

Mother—"Yes."

Tommy—"Well, who started it, anyway?"

Cramps in Stomach and Bowels

MRS. HORATIO SCRATCH, Kingsville, Ont., writes:—"I feel it a duty as well as a pleasure to tell of the benefits received from the use of DR. CHASE'S KIDNEY-LIVER PILLS and OINTMENT. One year ago I was a great sufferer from cramps in my stomach and bowels and sometimes had to call in the doctor I was so bad. The use of DR. CHASE'S KIDNEY-LIVER PILLS completely overcame this trouble.

"We used DR. CHASE'S OINTMENT on a young baby for chafing and skin irritation and nothing could have given better satisfaction."

Stomach Trouble

MR. PATRICK DE COURCEY, Midgell, Lot 40, P.E.I., writes:—"For some time I had stomach trouble and was scarcely able to do anything at all. I was treated by doctors but they did not seem to do me any good. Friends advised me to try DR. CHASE'S KIDNEY-LIVER PILLS and I did so to very great advantage, for my old troubles had disappeared and though past middle age I feel young and hearty again. I have great confidence in Dr. Chase's medicines."

The Despair of the Dyspeptic

Who has sought in vain for cure from mere stomach treatments and neglected the liver and bowels

ALL is blackness and despair to the sufferer from indigestion and liver troubles. He can see only the dark side of things, and looks for failure in business as well as in health. The cares of the office or workshop are taken into the home, and irritability of temper, one of the most pronounced symptoms of dyspepsia, makes his home-coming anything but pleasant for the wife and little ones.

The real serious forms of indigestion and dyspepsia arise from the fermentation of the food in the intestines, where the most difficult part of digestion takes place. The result is the formation of gas, causing pain, rifting of wind, choking sensations in the chest, pains about the heart, feelings of heaviness and drowsiness, irritability of temper, discouragement and despondency.



The bowels are sometimes constipated and again too loose. There is headache and dizziness, coated tongue, bad taste in mouth, foul breath, loss of appetite, pain and rumbling in the bowels, and a poisoning of the system from the food, which has fermented instead of being properly digested.

It is in these serious and complicated derangements of the digestive system that

Dr. Chase's Kidney-Liver Pills

show their remarkable control over the organs of digestion and excretion, and cure where mere digestive tablets and stomach treatments fail.

The flow of bile resulting from their quickening influence on the liver hastens the course of the food along the alimentary canal, prevents fermentation and ensures good digestion and assimilation. Indigestion, biliousness and constipation are speedily and thoroughly cured and vigor and health are fully restored.

Persons of sedentary habits are sure to suffer more or less from sluggish action of the liver and bowels and consequent stomach troubles, but there is cure in the use of DR. CHASE'S KIDNEY-LIVER PILLS—not merely relief, but cure, thorough and lasting cure.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	July 1908		Moon's Phases.		Ontario.	Mar. Prov.	Ont., Que. and Mar. Provinces.			
				(○	○	○	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets	Moon Sets
				First Quarter.....	6 3 25 p.m.	6 3 25 p.m.	6 3 25 p.m.	h.m.	h.m.	h.m.	h.m.	h.m.	h.m.
				Full Moon.....	13 4 48 p.m.	13 5 48 p.m.	13 5 48 p.m.						
				Last Quarter.....	20 7 2 a.m.	20 8 2 a.m.	20 8 2 a.m.						
				New Moon.....	28 2 17 a.m.	28 3 17 a.m.	28 3 17 a.m.						
1	We.		Dry					4.40	8.03	10.21	Ont.	M.P.	10.25
2	Th.		and					4.41	8.03	10.51			10.54
3	Fr.		very					4.41	8.03	11.17			11.19
4	Sa.		warm,					4.41	8.03	11.40			11.41
5	Su.							4.42	8.02	a.m.		a.m.	
6	Mo.		thund'r					4.42	8.02	0.04			0.05
7	Tu.		storms					4.43	8.02	0.29			0.28
8	We.		and					4.44	8.01	0.50			0.49
9	Th.		slight					4.45	8.01	1.18			1.18
10	Fr.		ly					4.46	8.00	1.50			1.47
11	Sa.		cooler,					4.47	8.00	2.27			2.22
12	Su.		Very					4.48	7.59	3.14			3.08
13	Mo.		pleas-					4.48	7.58	rises		rises	
14	Tu.		ant					4.49	7.58	9.00			9.04
15	We.		summ'r					4.50	7.57	9.48			9.46
16	Th.		w'ther,					4.51	7.56	10.19			10.21
17	Fr.		ex-					4.52	7.56	10.49			10.50
18	Sa.		treme					4.53	7.55	11.16			11.16
19	Su.		heat					4.54	7.54	11.43			11.42
20	Mo.		and					4.55	7.53	a.m.		a.m.	
21	Tu.		very					4.56	7.52	0.09			0.07
22	We.		dry,					4.57	7.51	0.39			0.36
23	Th.		thund'r					4.58	7.50	1.10			1.06
24	Fr.		storms					4.58	7.49	1.45			1.41
25	Sa.		but					5.00	7.48	2.27			2.22
26	Su.		little					5.01	7.47	3.14			3.09
27	Mo.		rain,					5.02	7.46	4.08			4.03
28	Tu.		fine					5.03	7.45	sets		sets	
29	We.		and					5.04	7.44	8.51			8.54
30	Th.		very					5.05	7.43	9.21			9.22
31	Fr.		warm.					5.06	7.42	9.45			9.46

Why People Have Appendicitis

No person who has regular and healthful movement of the bowels need fear appendicitis. It is only when the bowels become constipated and clogged that a small portion of waste matter is forced into the appendix and there sets up inflammation or appendicitis.

Prevention is worth while when you think of the risks involved in operations. By their influence on the bowels and other excretory organs, DR. CHASE'S KIDNEY-LIVER PILLS positively prevent appendicitis as well as other dreaded diseases which arise from constipation.

Dr. Chase Their Doctor

"My mother has kept DR. CHASE'S KIDNEY-LIVER PILLS in the house as long as I can remember, and as a result we are well acquainted with their merits. I have used them for kidney and liver disorders and they always helped me. Mother has had DR. CHASE'S RECEIPT BOOK for twenty years and I tell you that it is a good one. I intend to send for one before long."—MR. JOHN MILLER, South Saltspring, B.C.

Wigg—"The last I saw of you, Youngpop was talking you to death about his baby. How did you get rid of him?" Wagg—"O, some fellow came along who had just bought an automobile, so I introduced them and made my escape."

The Lady—"You're a smart little girl. What's your name?" The Little Girl—"My name's K. K. K. Katherine Hawkins." The Lady—"What do all those K's stand for?" The Little Girl—"O, nothing. Only the minister who christened me stuttered."

Entirely Cured Dyspepsia

"I wish to say that DR. CHASE'S KIDNEY-LIVER PILLS are the best medicine I ever used, as they entirely cured me of dyspepsia. I suffered something awful with dyspepsia and had to be very careful of what I ate and to diet myself so much that life was scarcely worth living. The use of DR. CHASE'S KIDNEY-LIVER PILLS seemed to remove the cause of any trouble for they have completely cured me. I can recommend them most highly as a cure for dyspepsia."—MR. WM. ROGERS, carpenter, Deseronto, Ont.

Chronic Dyspepsia

"I have great confidence in Dr. Chase's medicines and believe that DR. CHASE'S KIDNEY-LIVER PILLS saved my life. I was a great sufferer from chronic dyspepsia and entirely unable to do anything. Two boxes of DR. CHASE'S KIDNEY-LIVER PILLS cured me and I have recommended them to many people.

"My husband was cured of liver complaint by using these pills and we would not think of being without them in the house."—MRS. JAMES LAWRENCE, West L'Ardoise, C.B.

Stomach Troubles

"When I wrote to you for DR. CHASE'S KIDNEY-LIVER PILLS I was a sufferer from kidney disease, stomach troubles, and liver and bowel disorders. By using one pill at bedtime every night my health has gradually improved until I can say that I am in better health than I have been for twenty years. All other medicines failed but DR. CHASE'S KIDNEY-LIVER PILLS have cured me."—MR. WM. G. PURDY, Bridgetown, N.S.

Cautious—"Now, be careful how you drive, cabby, and go slowly over the stones, for I hate to be shaken. And mind you pull up at the right house and look out for those dreadful railway vans."

"Never fear, sir; I'll do my best. And which 'orspital would you wish to be taken to, sir, in case of an accident?"

Mrs. Jubb—"Wake up, John. I'm sure a burglar is down in the pantry, and he's eating all my pies." Mr. J.—"Well, I don't care, so long as he don't die in the house."

COMFORT OF AGE

The tendency of the kidneys to play out as age advances and give rise to bodily pains and aches is often discouraging to old people and instead of obtaining the comfort that could as well be theirs by the use of DR. CHASE'S KIDNEY-LIVER PILLS they are inclined to suffer on with the idea that there is no help for them.

This great kidney medicine is especially prized by the old people because of the prompt relief it brings from backache, lumbago, rheumatism, pains in the sides and limbs and all suffering caused by derangements of the kidneys. DR. CHASE'S KIDNEY-LIVER PILLS not only prolong life but put comfort and happiness into the declining years.

Nothing to Fear From Legislation

There is nothing to hide about Dr. Chase's medicines and nothing to fear from any legislation which is fair and just. For years we have given a standing invitation to doctors to visit these offices and investigate the formulæ of Dr. Chase's medicines, and whenever doctors have looked into these prescriptions their comments have always been favorable, and in many cases highly enthusiastic in their praise.

Few doctors, these days, have the extensive practice and varied experience of Dr. A. W. Chase and probably none ever have such opportunities for the study of prescriptions as he had when travelling and collecting the material for his world-famous Receipt Book. Dr. Chase's family medicines are the favorite prescriptions sifted from half a century of experience and it is therefore little wonder that they are about as perfect as human knowledge can make them.

As to the ingredients of DR. CHASE'S KIDNEY-LIVER PILLS, their purity and medicinal value, we know of no better authority to vouch for them than the well-known analytical chemists, Thomas Heys & Sons, of Toronto, who have thoroughly analyzed them, and compared their analysis with our formula:—

ANALYSTS' CERTIFICATE.—“We have made a careful examination of DR. CHASE'S KIDNEY-LIVER PILLS, and find them to contain ingredients in quantities large enough to make them of reliable medicinal value, also to be free from any injurious drug, such as morphia, etc.”

(Signed) THOS. HEYS & SON,
Toronto, July 20, 1904. Analytical Chemists.

“Typographical errors,” said William Dean Howells, “are always amusing. When I was a boy in my father's printing office in Martin's Ferry, I once made a good typographical error. My father had written ‘The showers last week, though copious, were not sufficient for the millmen.’ I set it up ‘milkmen.’”

Make This Test

Put some urine in a bottle or a tumbler and let it stand for twenty-four hours; if there is a sediment in the bottom at the end of that time, or if it is discolored, milky, cloudy or stringy, your kidneys are out of order and not doing their work properly.

These are certain indications that you need just such help as is best supplied by DR. CHASE'S KIDNEY-LIVER PILLS, the most reliable and most thoroughly tested medicine extant.

Lady (with pet)—“Barber, I want my dog clipped and shaved.”

Barber—“Pardon me, madam, I'm no skyscraper.”

Kidney Disease

“For many years I was troubled with headache, indigestion and kidney disease and tried a great many treatments. The only medicine which did me any good was DR. CHASE'S KIDNEY-LIVER PILLS and they affected a cure where the others failed. I can recommend DR. CHASE'S KIDNEY-LIVER PILLS to any one similarly affected and wish you every success in your work.”—MR. J. M. MACDONALD, Williamstown, Glengarry Co., Ont.

“Ah! proud beauty!” exclaimed little Sniffkins, “you spurn my love now, but, let me tell you, I will not always be a clerk—I—

“That's so,” interrupted the heartless girl, “you may lose your job.”

Went to Dr. Chase in 1867

For over a third of a century the great prescriptions of Dr. A. W. Chase, the famous Receipt Book author, have been on trial by the public, and as proof of this we quote a letter from a man who bought DR. A. W. CHASE'S KIDNEY-LIVER PILLS from the doctor himself in 1867:

“In the year 1867 I was very bad with my kidneys. I could not work on account of my back being lame, sore and painful all the time. Though I carefully followed the directions of our family doctor he was unable to do me much good. At this time Dr. A. W. Chase was becoming known as an especially successful physician, and on the advice of my uncle, Charles Williams, I went to Dr. A. W. Chase at Ann Arbor, Michigan, and he gave me a box of his pills for kidney disease.

“You can scarcely imagine how much good they did me. They helped me so much that I went back to the doctor and bought a dozen boxes. In my mind there is not a medicine half so good as DR. A. W. CHASE'S KIDNEY-LIVER PILLS for kidney trouble and headache. We always keep them in the house as a family medicine, and I would not think of using any other.”—MR. G. W. PARISH, Sturgeon Bay, Ont.

The Persistent Symptom of Eczema is Itching Skin

DAYS of discomfort and agony, nights without rest or sleep—constant itching, this is the dark picture which presents itself to the sufferer from chronic eczema and all eczema tends to become chronic and spread over the whole body, even though it has its begining in a poisoned scratch or a neglected skin irritation.

Nearly all itching skin diseases come under the heading of eczema and though there are many varieties of this distressing ailment, the common symptom is itch, itch, itch. Without some soothing treatment it is impossible to keep from scratching which only increases the irritation and aggravates the disease.

In the great majority of cases DR. CHASE'S OINTMENT brings relief from the very first application, but where there is morbid growth to be removed the ointment may seem to irritate at first until the tissues are cleansed and prepared for the healing process. Cure is then a matter of patient and persistent treatment, for naturally and gradually the raw, flaming sores are soothed and healed, and a new, soft skin is formed.

Mrs. Edwin W. Cossitt, Sydney, N.S., writes:—"It truly gives me great pleasure to say a good word for DR. CHASE'S OINTMENT. About eight years ago I had a sore come on the top of my foot near the ankle and it turned to eczema and became raw like beefsteak and as large as the palm of my hand.

I tried three different remedies but it grew worse and the itching became intense. Hearing about DR. CHASE'S OINTMENT I began using it and it worked like a charm—five boxes making a complete cure. I have recommended it to my friends as the best ointment ever made. It allays itching at once."

DR. CHASE'S OINTMENT

There is no case of eczema too severe for DR. CHASE'S OINTMENT to cure, as you will learn by reading letters published in this book. On this fact rests its world-wide reputation. But at the same time wisdom suggests the advisability of treating every skin irritation or eruption, every case of poisoned skin or chafing, every sore or wound before eczema with its distressing, agonizing itching sets in.



DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Aug. 1908		Moon's Phases.		Ontario d. h. m.		Mar. Prov. d. h. m.		Ont., Que. and Mar. Provinces.			
				☾	☽	☾	☽	☾	☽	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.	Moon Sets h.m.	Ont. M.P.	
1	Sa.	♈	Con-									5.07	7.41	10.07	10.08
2	Su.	♈	tinues									5.08	7.40	10.29	10.29
3	Mo.	♈	fine									5.09	7.38	10.53	10.52
4	Tu.	♈	and									5.10	7.37	10.17	11.15
5	We.	♈	warm									5.11	7.36	11.46	11.43
6	Th.	♈	a									5.12	7.35	a.m.	a.m.
7	Fr.	♈	little									5.13	7.33	0.21	0.17
8	Sa.	♈	cooler									5.15	7.32	1.02	0.57
9	Su.	♈	for									5.16	7.30	1.54	1.43
10	Mo.	♈	some									5.17	7.29	2.57	2.51
11	Tu.	♈	days,									5.18	7.27	rises	rises
12	We.	♈										5.19	7.26	8.18	8.16
13	Th.	♈	temp'r-									5.20	7.24	8.46	8.43
14	Fr.	♈	ature									5.21	7.23	9.17	9.18
15	Sa.	♈	rises									5.22	7.21	9.44	9.44
16	Su.	♈	again,									5.23	7.20	10.10	10.09
17	Mo.	♈										5.25	7.18	10.39	10.37
18	Tu.	♈	thund'r									5.26	7.17	11.10	11.07
19	We.	♈	storms									5.27	7.15	11.48	11.44
20	Th.	♈	and									5.28	7.14	a.m.	a.m.
21	Fr.	♈	moder-									5.29	7.12	0.30	0.25
22	Sa.	♈	ate									5.30	7.11	1.16	1.11
23	Su.	♈	rain,									5.31	7.09	2.06	2.01
24	Mo.	♈										5.33	7.08	3.00	2.56
25	Tu.	♈	pl'sant									5.34	7.06	3.58	3.54
26	We.	♈	weath-									5.35	7.04	sets	sets
27	Th.	♈	er,									5.36	7.02	7.49	7.51
28	Fr.	♈	fine,									5.37	7.00	8.12	8.13
29	Sa.	♈	warm									5.39	6.58	8.35	8.35
30	Su.	♈	and									5.40	6.57	8.57	8.56
31	Mo.	♈	dry.									5.41	6.55	9.22	9.21

Granulated and Inflamed Eyelids

Redness and inflammation of the eyelids, a tendency of the lids to stick together in the mornings, a feeling as though particles of sand were in the eyes—



these are symptoms of granulated eyelids. Cure is obtained by the use of DR. CHASE'S OINTMENT, which allays the irritation and inflammation at once and positively

removes the granulation. Wash the lids with warm water at nights and apply the ointment.

MADAME CHARLES SIROIS, St. Angele de Rimouski, Que., writes:—"In reply to your letter I am happy to tell you that Dr. Chase's medicines bring about some wonderful cures. DR. CHASE'S OINTMENT has cured two of my family of very serious inflammation and granulation of the eyelids. It also cured a friend of mine whose case had lasted ten years and was considered incurable. DR. CHASE'S OINTMENT is also an excellent treatment for piles or hemorrhoids."

Almost Covered With Eczema

"My father was almost covered with salt rheum or eczema and though he doctored and tried almost everything he could hear about he only got worse. Some one advised DR. CHASE'S OINTMENT, which he used, and to his surprise and relief after using three boxes he was cured and has never had it since.

"My wife was also cured of salt rheum on her hands by the use of DR. CHASE'S OINTMENT, after other treatments had failed."—MR. WM. ANGUS, postmaster, Logoch, Man.

Skin Eruptions

"For two years I was troubled with eruptions on the face and neck and tried various ointments and blood mixtures with no benefit. Soon after beginning the use of DR. CHASE'S OINTMENT the eruptions began to disappear and my face is now completely better. I have recommended this ointment to a friend who suffers from a similar complaint."—MR. P. BROOKE, High River, Alta.

Chafing and Baby Eczema

MRS. GEO. H. SIMSER, Grant, Russell Co., Ont., writes:—"When visiting in Montreal my children caught a sort of eczema and were a pitiful sight, for the sores were in their hair, on the hands and all over the body. The doctor treated them for a time but could do them no good so I began the use of DR. CHASE'S OINTMENT and it cured them up like magic, healing the sores and leaving the skin soft and natural.

"My babies are very fat and no powder will keep them from scalding and chafing but I find that DR. CHASE'S OINTMENT keeps their skin in perfect condition and saves them much distress. I also know of many cases of granulated eye-lids which have been cured by this OINTMENT. For the itching peculiar to women DR. CHASE'S OINTMENT is a splendid treatment. In fact I have never known it to fail to heal and cure any itching or soreness and I cannot be silent in regard to its merits."

Barber's Itch

Barbers hate the very mention of this disease because they know that many a man shuns the barber shop from fear of coming in contact with this form of skin trouble.

It is now customary, however, for barbers to assure their clients that there is nothing to fear from this ailment if DR. CHASE'S OINTMENT is used, for it stops the itching like magic and soon heals and cures the small sores. Rub



in the ointment after shaving.

MR. CHAS. A. DUXBURY, engineer in Perry's tannery, Meaford, Ont., states:—"While out in the North-West I caught barber's itch, and though probably not a dangerous disease, anyone who has had it will admit that it is not at all pleasant. It began on my neck below the skin, and spread until I became alarmed. It itched so bad that I had to scratch it, and that only made it worse.

"A friend of mine told me to use DR. CHASE'S OINTMENT, and I did so. The application of this ointment gave prompt relief to the itching, and it was not many weeks until I was entirely freed of this annoying ailment. I can highly recommend DR. CHASE'S OINTMENT."

Baby's Suffering from Itching Skin

"I would not care if I could bear the suffering myself," said an anxious mother, "but for the poor innocent baby to be in agony from the dreadful, itching eczema is more than I can bear."

Fortunately there is in DR. CHASE'S OINTMENT soothing and healing for baby's skin troubles. While remarkably quick and effective in action, DR. CHASE'S OINTMENT cannot possibly prove otherwise than beneficial to the most tender skin.

While teething is often blamed for such troubles, attention should be given to diet, for poor quality of food is one of the most frequent causes. If nursing, the mother should consider her own condition. Too frequent bathing or irritation in drying should be avoided as well as the use of pore-clogging powders.

Eczema Covered Baby's Face

"My little girl, three years old, had her face covered with eczema and it was spreading over her body. I tried many different ointments and the doctor could not do her any good. A friend of mine advised me to try DR. CHASE'S OINTMENT and she was completely cured by one box. I cannot praise DR. CHASE'S OINTMENT enough for the good it has done her."—MRS. M. McCANN, 4 Short St., St. John, N.B.

Carrying Them Out.—"I sent you some suggestions telling you how to make your paper more interesting. Have you carried out any of my ideas?" Editor—"Did you meet the office boy with the waste basket as you came up the stairs?" "Yes?" Well, he was carrying out your ideas!"

Terrible Time With Eczema

"Our little boy, aged three years, broke out with eczema all over his face, hands and back and we had a terrible time trying to relieve his suffering. It was so bad that when he scratched it would almost make the blood flow. The use of DR. CHASE'S OINTMENT quickly brought relief and made a thorough cure as there has never been any return of this disagreeable ailment. We always keep Dr. Chase's medicines in the house and find them very useful."—MR. WM. CRAFT, JR., Burk's Falls, Ont.

Helpless with Salt Rheum

MR. LUDGER DUGUAY, Pidgeon Hill, Que., writes:—"The experience which my wife has had with DR. CHASE'S OINTMENT for eczema and salt rheum is of very great importance because for many months she was not able to serve herself with her hands. Since having used DR. CHASE'S OINTMENT she has been entirely cured."

Violent Eczema

MR. OAKLEY W. BEAMER, Boyle, Ont., writes:—"For two years I suffered from eczema in violent form and was perfectly disfigured about the head and face. I tried doctors in vain, but five boxes of DR. CHASE'S OINTMENT completely cured me."

A Chicago mother was trying to get her little boy to go to bed. "Run along, Johnny," she said, "and get into your bed. The little chickens have all gone to bed." "Yes, mother, I know," said the little tot, with a quivering lip; "but the old hen went to bed with 'em."

Eczema For 20 Years

MR. JOHN PRATT, Blyth, Ont., writes:—"I was troubled with eczema for twenty years and was treated by three doctors to no avail. DR. CHASE'S OINTMENT has cured me completely and I have not had the slightest return of the disease."

PROVE IT AT OUR EXPENSE

We know that DR. CHASE'S OINTMENT will cure eczema, piles and other torturing skin diseases and are so sure that you will be pleased with it that we are willing to send you a sample box free provided you send a two cent stamp to pay packing and postage. No matter what disappointments you may have had in the past or how many treatments or operations may have failed, there is hope for you in DR. CHASE'S OINTMENT. Send this coupon with your name and address on.

COUPON

We have such confidence in DR. CHASE'S OINTMENT that we want you to try it at our expense and will mail you a sample box on receipt of this coupon, and a two cent stamp to pay postage. Address:

EDMANSON, BATES & Co., Toronto, Ont.

Name

Address

State here for what wanted 8

To Have a Beautiful Skin

Pore-clogging powders must be avoided and the pores kept healthful and active by using Dr. Chase's Ointment.

ABOUT one-sixth of all the waste matter discharged from the human body passes out by way of the pores of the skin and if the skin is to be kept beautiful attention must be given to keeping the pores in healthful condition.

The first essential is cleanliness, and this is where the benefit of the bath comes



in, for whatever treatment may be advised it must be preceded by thorough cleansing of the skin if the complexion is to be kept clear and fresh. But of what use is frequent bathing if powders are then applied to clog up the pores of the skin and to prevent it from fulfilling its mission as an excretory organ. If the skin is to be beautified and a healthful natural complexion restored the first condition must be the giving up of the regular use of such treatment.

Instead of being satisfied with merely covering up the roughness and redness of the skin, the pimples, chafings and irritations by use of powders, apply DR. CHASE'S OINTMENT and cure these troubles.

DR. CHASE'S OINTMENT is healing, soothing and antiseptic in action and consequently allays inflammation (which causes redness), soothes itching and burning and heals up pimples, sores and ulcers. Being quickly absorbed it does not interfere with but rather promotes the healthful action of the skin.

DR. CHASE'S OINTMENT

is pure, clean and creamy, pleasant to use and unrivalled as a beautifier of the skin. It positively cures pimples and blackheads, and all forms of skin irritation and itching skin disease and leaves the skin soft, natural and velvety.

In the lady's toilet as well as in the home generally, DR. CHASE'S OINTMENT is indispensable once its merits become known. You will realize this more fully when you read the letters on other pages, and you will probably be sufficiently interested to send for a sample box, for which you will find coupon on the preceding page.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ontario		Mar. Prov.		Ont., Que. and Mar. Provinces.							
						d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets	Moon Sets				
				Sept.	First Quarter.....	3	3	51	p.m.	3	4	51	p.m.				
				1908	Full Moon.....	10	7	23	a.m.	10	8	23	a.m.				
					Last Quarter.....	17	5	33	a.m.	17	6	33	a.m.				
					New Moon.....	25	9	59	a.m.	25	10	59	a.m.				
1	Tu.		Month							5.42	6.58	9.47	9.45				
2	We.		opens							5.48	6.51	10.18	10.15				
3	Th.		fine							5.44	6.49	10.55	10.51				
4	Fr.		and							5.45	6.47	11.42	11.37				
5	Sa.		warm,							5.48	6.45	a.m.	a.m.				
6	Su.		show-							5.47	6.44	0.37	0.81				
7	Mo.		ery							5.48	6.42	1.43	1.87				
8	Tu.		with							5.50	6.41	2.58	2.54				
9	We.		some							5.51	6.39	rises	rises				
10	Th.		th'nd'r,							5.52	6.37	7.14	7.15				
11	Fr.		light							5.53	6.35	7.43	7.43				
12	Sa.		frosts							5.54	6.33	8.10	8.09				
13	Su.		at							5.55	6.31	8.39	8.37				
14	Mo.		night							5.56	6.29	9.09	9.06				
15	Tu.		but							5.57	6.28	9.48	9.39				
16	We.		bright							5.58	6.26	10.22	10.18				
17	Th.		warm							6.00	6.24	11.05	11.00				
18	Fr.		days,							6.01	6.22	11.55	11.50				
19	Sa.									6.02	6.20	a.m.	a.m.				
20	Su.		rainy							6.03	6.19	0.50	0.45				
21	Mo.		spell							6.04	6.17	1.45	1.48				
22	Tu.		and							6.05	6.15	2.50	2.46				
23	We.		then							6.07	6.13	3.51	3.48				
24	Th.		warm							6.08	6.11	4.50	4.49				
25	Fr.		again,							6.09	6.09	5.52	5.51				
26	Sa.									6.10	6.07	sets	sets				
27	Su.		cooler							6.12	6.05	7.24	7.23				
28	Mo.		with							6.13	6.03	7.49	7.47				
29	Tu.		high							6.14	6.02	8.19	8.16				
30	We.		winds,							6.15	6.01	8.52	8.48				

Piles or Hemorrhoids

The source of keenest misery to thousands who dread an operation and do not know of Dr. Chase's Ointment.

Not only on account of the excruciating burning, stinging pains which accompany an attack of piles but also because of the serious and oftentimes fatal developments which follow, we desire that everybody should become familiar with the symptoms of piles and also with the equally important fact that piles can always be cured by DR. CHASE'S OINTMENT.

Piles or hemorrhoids are divided into three classes according to the most pronounced symptoms, **itching, bleeding and protruding** of the pile tumors from the rectum.

You may become a victim of piles for considerable time before the tumors bleed or become so swollen or inflamed as to protrude or cause severe pain by burning and itching. The early indications are a feeling of fullness or distention of the rectum as if some foreign substance were present.

CAUSE OF PILES

Piles are sometimes hereditary and usually come to women before and after childbirth. Inflammation may be brought on by diarrhoea, exposure to cold, the use of coarse paper in toilet, the excessive use of alcohol, tobacco or spiced foods, etc.

All persons afflicted with piles assume a care-worn appearance, deteriorate in health and become anaemic and emaciated.

The loss of blood becomes serious and sometimes fatal, especially to anaemic and tubercular patients. There is also great danger of the development of abscess or fistula.

THE CURE

That DR. CHASE'S OINTMENT is the most effective and satisfactory treatment that was ever recommended for piles is now generally conceded and the proof of this statement is added to almost every day of

the year by unsolicited letters received from persons who have been cured of piles after suffering for periods extending over ten, twenty or thirty years.

The day of the surgical operation for piles is about over, though some physicians still resort to this cruel, expensive and risky method only to find the tumors develop anew.

RELIEVES AT ONCE

Usually from the first application DR. CHASE'S OINTMENT brings relief and it is sold under a positive guarantee to give satisfaction as a treatment for each and every form of piles.

Along with each box of DR. CHASE'S OINTMENT is enclosed a circular giving full particulars as to its use and we would only caution you not to discontinue the treatment as soon as relief is obtained but to cleanse the parts and continue the application of the ointment until the tumors entirely disappear.

A little Scottish boy was reading in his history an account of the battle of Bannockburn. He read as follows: "And, when the English saw the new army on the hill behind, their spirits became damped." The teacher asked the boy what was meant by "damping their spirits." The boy, not comprehending the meaning, simply answered, "Puttin' water in their whusky."

Dreadful Itching Piles

"For the first year after I was married I was troubled dreadfully with itching piles and could scarcely sleep at night because of the terrible itching. After my first baby was born I suffered worse than ever and was treated by our doctor. Then I decided to try DR. CHASE'S OINTMENT and by this treatment was completely cured. I am the mother of three children now and have never been bothered with piles since."—MRS. ANDREW STEPHENS, Fairville, St. John, N.B.

Suffering Was Intense

"I can truly testify that DR. CHASE'S OINTMENT is the best remedy for piles for it has cured both my daughter and myself. My daughter was so bad that she could scarcely walk across the floor and her suffering was intense. She had not used more than half a box of DR. CHASE'S OINTMENT when she was cured."—MRS. WM. SPRY, Bowmanville, Ont.

Delighted With Cure After 30 Years of Piles

"I have been afflicted with piles for more than 30 years and have tried various remedies, in most cases with very unsatisfactory results. None of them affected a permanent cure. Six months ago I decided to give DR. CHASE'S OINTMENT a trial, and was surprised and delighted with the result. A few applications only were necessary when the trouble disappeared, and there has been no return thus far. I don't much care to have my name appear in print in connection with any patent medicine, still I would like to tell everyone who is afflicted as I was to try DR. CHASE'S OINTMENT, and if they do, and don't find it to be all that is claimed for it I miss my guess.

"For many years I had severe itching on my arms and legs, especially during the winter months. The OINTMENT drove it away like magic."—MR. G. A. SWAYZE, Copenhagen, Elgin Co., Ont

Itching Piles for Years

"I can recommend DR. CHASE'S OINTMENT to every one that has piles. I suffered from piles for years and tried all kinds of ointments in vain until I used DR. CHASE'S OINTMENT and it cured me entirely."—MR. W. R. HENNESSY, Blackville, Northumberland Co., N.B.

To ascertain the age of a woman it is necessary to ask her, and to ask her best friend. She will say thirty, the friend will say forty, and then you take the average

Editor's Servant Maid (announcing the advent of a baby to the father)—"Herr Doctor, just come in and see what the stork has brought you."

Editor (without looking up)—Stork? Stork? Oh, I don't want to see it. Throw it into the waste basket."

Cured by Half a Box

"I was troubled for years with itching piles and was completely cured by half a box of DR. CHASE'S OINTMENT."—MR. FRANK MOORE, Engineer, 392 Claremont St., Ottawa, Ont.

Itching, Protruding Piles

"It is with much pleasure I state that I have used DR. CHASE'S OINTMENT for itching, protruding piles of many years standing and it has completely cured me. I had previously tried many other remedies but they did me no good. I would strongly recommend this ointment to those suffering from this complaint for it is a good and genuine cure."—CAPT. WM. SMITH, Revelstoke, B.C.

Ulcerated, Bleeding Piles

"For twenty years I have been a great sufferer from ulcerated bleeding piles and have tried nearly all ointments and medicines recommended as a cure for this torturing ailment.

"DR. CHASE'S OINTMENT has been the only treatment to bring me relief. I could not get along without this preparation and can most strongly recommend it for the relief of piles."—MR. CHAS. P. ALLEN, Port Elgin, Westmoreland Co., N.B.

LIBERAL

Wife—"I dreamt last night that you lent me a fiver."

Hubby—"Good, little woman, you can keep it."

Almost too Much to Bear

"I was troubled with piles for two years and at times the suffering was almost too much to bear. Three doctors treated me but with no benefit. One day I read in DR. CHASE'S Almanac about the success of DR. CHASE'S OINTMENT and sent for two boxes. It did not take quite all of these two boxes to make a complete cure."—MR. D. P. GRANSTORM, Ohlen, Sask.

Blind, Itching Piles

"I was troubled with blind, itching piles for over two years and could get nothing to cure me. Reading of how others were cured by DR. CHASE'S OINTMENT I decided to try it and am pleased to say that I have been completely cured by the use of six boxes. I can highly recommend DR. CHASE'S OINTMENT to any suffering as I did.

"We have also used DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE for la grippe and coughs, obtaining prompt relief and cure."—MR. A. C. VAN ORDER, Kingston, Ont.

Confined to Bed with Protruding Piles

"It is with pleasure that I write to you in praise of DR. CHASE'S OINTMENT. Two years ago I was taken with a severe attack of protruding piles and became so bad that I had to keep my bed and could lie in no position except on my stomach. Doctors could give me no help and the various oils and ointments used proved of no avail.

"One Saturday night when I was suffering untold agony my husband went to the drug store for a box of DR. CHASE'S OINTMENT which I had heard of as a cure for piles. Although I had almost given up hope, to the wonder of those around me, I was able to be up on Monday and have had no difficulty from piles since. As a treatment for all kinds of sores and burns, DR. CHASE'S OINTMENT works like magic."—MRS. CAPT. CLINANSMITH, Salvation Army, Essex, Ont.

Dr. Chase's Liver Cure

Is a Specific for Diseases of the Liver and is only Recommended for Ailments arising from Derangements of this Organ. As a Cure for Liver Complaint, Biliousness, Jaundice and Torpid, Sluggish Liver it Stands without a Rival.

UPON the liver more than upon any other organ of the body depends the general health. Physicians are accustomed to call the liver the governor of the body, so important is its controlling influence. Once the liver fails to filter the poisonous bile from the blood there is a clogging and poisoning of the whole system of circulation and digestion. The more fully you realize the importance of the liver the more you will appreciate the far reaching effects of DR. CHASE'S LIVER CURE.

DR. CHASE'S LIVER CURE is not recommended as a cure for any disease that is not the direct result of a disordered liver. If, however, your liver is sluggish or defective, if you have a yellow complexion, pain under the shoulder, oppression about the stomach, bitter taste in the mouth, sick headache, liver spots, cold hands or feet, irregular bowels, or depressed spirits, DR. CHASE'S LIVER CURE will perfectly regulate the liver and thoroughly cure you.

The bile which the healthy liver filters from the blood is nature's cathartic and ensures regular and natural action of the bowels. By setting the liver right DR. CHASE'S LIVER CURE affords a lasting cure for constipation which is the cause of probably nine-tenths of the disorders of the digestive system. You can therefore readily understand that while this treatment is recommended particularly for liver derangements it is far reaching in its effects and by setting the liver right removes the cause of many symptoms.

DR. CHASE'S LIVER CURE may be considered old fashioned by some because it is in liquid form, put up in large bottles and is a little bitter to the taste, but it has worked its way into public favor solely on its merits and has been instrumental in bringing about many extraordinary cures.

DR. CHASE'S LIVER CURE is sold in a large bottle containing 100 doses for 50 cents. As an invigorating and regulating medicine for the liver it is unapproached.

Torpid Liver

"For about eighteen years I suffered with torpid liver which resulted in general debility and extreme weakness. My doctor said I could not live for six months. I was advised to try DR. CHASE'S LIVER CURE, and did so because it is one of the few medicines which is advertised that is not claimed to be a cure for everything. Several bottles taken during the last few months have restored me to health and strength, and I take great pleasure in testifying to its sterling character. People around here consider my case a miracle, as when I took bad I would lie like a corpse for days at a time."—MISS MARY D. TAPLEY, Lakeville, N.B.

Biliousness

"I have used DR. CHASE'S LIVER CURE and five or six boxes of his KIDNEY-LIVER PILLS, and can say that this is the only treatment that I ever got to do me any good. For eight or ten years I was a terrible sufferer from biliousness and liver trouble, and though I went to a doctor until I was tired and discouraged he could not do me any good. I can truthfully say that I believe DR. CHASE'S LIVER CURE has saved my life. I found it a little strong at first, but was very glad to get a cure."—MRS. H. S. MOAR, Montague Bridge, P.E. Island.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ontario.	Mar. Prov.	Ont., Que. and Mar. Provinces.			
				(First Quarter.....	Full Moon.....	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets	Moon Sets
1	Th.		Cool	3 14 a.m.	9 4 3 p.m.	3 14 a.m.	3 24 a.m.	6.16	5.59	9.35	9.30
2	Fr.		and	9 4 3 p.m.	16 10 35 p.m.	9 5 3 p.m.	9 5 3 p.m.	6.18	5.57	10.27	10.22
3	Sa.		pleas-	16 10 35 p.m.	25 1 47 a.m.	16 11 35 p.m.	16 11 35 p.m.	6.19	5.56	11.26	11.21
4	Su.		ant,	25 1 47 a.m.		25 1 47 a.m.		6.20	5.54	a.m.	a.m.
5	Mo.		a					6.21	5.52	0.37	0.33
6	Tu.		week					6.22	5.51	1.52	1.48
7	We.		of					6.24	5.49	3.10	3.08
8	Th.		warm					6.25	5.47	4.39	4.28
9	Fr.		weath-					6.26	5.45	rises	rises
10	Sa.		er,					6.27	5.43	6.39	6.38
11	Su.		some					6.29	5.42	7.04	7.01
12	Mo.		rain,					6.30	5.41	7.36	7.32
13	Tu.							6.31	5.39	8.16	8.12
14	We.		clear					6.33	5.37	8.58	8.53
15	Th.		again					6.34	5.35	9.47	9.42
16	Fr.		with					6.35	5.33	10.41	10.36
17	Sa.		frosts,					6.36	5.31	11.40	11.36
18	Su.		high					6.37	5.29	a.m.	a.m.
19	Mo.		winds					6.38	5.28	0.39	0.35
20	Tu.		pre-					6.39	5.26	1.40	1.37
21	We.		vail,					6.41	5.25	2.40	2.33
22	Th.		rainy					6.42	5.23	3.44	3.43
23	Fr.		spell					6.43	5.22	4.43	4.43
24	Sa.		fol-					6.44	5.20	sets	sets
25	Su.		lowed					6.45	5.19	5.52	5.51
26	Mo.		by					6.47	5.18	6.23	6.20
27	Tu.		clear					6.48	5.17	6.54	6.50
28	We.		fine					6.49	5.15	7.34	7.29
29	Th.		weath-					6.51	5.14	8.21	8.16
30	Fr.		er.					6.52	5.12	9.13	9.13
31	Sa.							6.53	5.11	10.25	10.20

Health for the Lungs In the Groves of the Pine

Turpentine has long been recognized as a specific for bronchitis, asthma and severe chest colds but was little used because of its unpleasant taste and disagreeable effects until prepared as it is in DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE.

The turpentine used in this great medicine is not the turpentine of commerce but is extracted from the gums of the tamarac and spruce and is so combined with linseed or flaxseed, glycerine and other ingredients as to be at once pleasant to the taste and wonderfully effective.

Turpentine is antiseptic, stimulating and healing in its action on the inflamed and ulcerated surfaces of the bronchial tubes and lungs. As a sedative to the nerves it affords wonderful relief from the coughing spasms of bronchitis and asthma.

Dr. Chase's Syrup of Linseed and Turpentine

owes its great popularity in the first place to its remarkable effectiveness as a cure for such ailments as croup, whooping cough, bronchitis and asthma; and in the second place to the fact that it is composed of simple vegetable ingredients of undoubted value.

It is made up of the very elements which Nature has given man as a cure for the ills so prevalent in this cold northern country.

It gladdens the heart of the mother whose babe is a victim of croup.

It cures the severe chest colds which so often lead to consumption or pneumonia.

It relieves the victim of bronchitis and asthma from the dreadful paroxysms of coughing and choking which slowly wear out the body.



Inflammation of the Lungs or Pneumonia

Woman Lingered For Three Days Between Life and Death and Her Doctor Was Powerless to Help Her

"My wife was taken with chronic inflammation of the lungs, and for three days was hovering between life and death," writes Mr. Fred. Hawkins, of 14 Young Street, Hintonburg, Carleton Co., Ont. "The doctor was prescribing for her all the time, but none of his medicines were doing her any good, and I was afraid I would lose her.

"I heard about DR. CHASE'S SYRUP OF LINSEED and TURPENTINE, and got it, unknown to the doctor. The first night she used a whole bottle, and the next morning the doctor pronounced her much better. She kept on with this treatment until she was completely cured, and the doctor was surprised at her rapid recovery. He thought his medicine was curing her, but she got nothing but DR. CHASE'S SYRUP OF LINSEED and TURPENTINE.

"This medicine is indispensable in every home, and I, for one, will never be without it. I cannot say enough in its praise, for no one can imagine what my wife suffered before using it."

Such cases as this have proven DR. CHASE'S SYRUP OF LINSEED and TURPENTINE to be far more than a mere cough mixture. They illustrate the thorough and far-reaching action of this treatment in the cure of the most serious diseases of the throat, bronchial tubes and lungs.

WORTH IT.

One Little Girl in the Slums: "Wot yer say she died of?"

The Other One: "Eating a tuppenny ice on the top of 'ot pudding."

The First Mentioned: "Lor,' what a jolly death!"

OPPOSITE EXTREMES.

She (pensively): "Ah, well! What is wealth, after all, but the mere difference between income and expenditure?"

He: "So is debt."

Could Not Speak

Above a Whisper

"My husband had a very severe cold on his chest and got so bad he could not speak above a whisper. The cough medicines he tried seemed to have no effect and reading about DR. CHASE'S SYRUP OF LINSEED and TURPENTINE I sent for a bottle. In two days he was cured and is very grateful for such a medicine. He says we will never be without this medicine in the house."—MRS. A. BARNUM, Ingersoll, Ont.

Had Not Slept for Three Nights

"I wish to state my gratitude for DR. CHASE'S SYRUP OF LINSEED and TURPENTINE which cured me of a cold which a friend said would soon put me in my grave. I had not slept for three nights and would cough until I almost strangled to death. The very first night it eased the cough and instead of coughing and irritating my throat and lungs I had a good night's rest. If I had not had the experience myself I could not have believed that any medicine could do so much good as this has done me."—MRS. S. M. MOORE, Shortreed, B.C.

ONE BETTER.

"Madam," briskly spoke up the gent in the check suit, when the lady of the house appeared at the door, "I have here an invaluable invention for daily domestic use—a combination of useful utensils no housekeeper should be without, combining, as it does, in one compact tool, a corkscrew, a paper-cutter, a tin-opener, a nut pick, a bodkin, a shoe-buttoner, a——"

"No, thank you," she answered curtly; "I have all the hairpins I need."

The next moment the door was slammed in his face.

Baby Was Choking

With Gold in Chest

"My sister's little baby, Albert McDermott, four months of age, was so bad with a cold on the chest that we were afraid he would choke to death. DR. CHASE'S SYRUP OF LINSEED and TURPENTINE was obtained, and I am happy to say that it brought relief almost at once.

"The baby was completely cured by the use of three bottles, and my sister and her husband are very grateful for this cure. We shall all recommend this great medicine."—MR. W. F. SMITH, 364 Nepean Street, Ottawa, Ont.

Cold on the Lungs

"We have seven children and have used DR. CHASE'S SYRUP OF LINSEED and TURPENTINE for every one of them and with good results. We get four bottles at a time and find it a good remedy to break up cold on the lungs."—MRS. R. D. TURNER, Broadview, N.W.T.

If you don't want to get consumption don't live, work or sleep in rooms where there is no fresh air and don't fail to promptly cure every cold by using DR. CHASE'S SYRUP OF LINSEED and TURPENTINE.

When a Cold Becomes Serious

When the cold is moving towards the lungs, when there is pain and tightness in the chest, when you are threatened with bronchitis or pneumonia there is no time to experiment with untried medicines.

Under such circumstances you are not in a humor to accept substitutes or imitations but remember the exceptional merits of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE and insist on having it.

It is because of its success in the cure of serious cases of croup, bronchitis, whooping cough, asthma, coughs and colds that DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE has attained to first place among medicines recommended for such diseases and it is every day proving its right to this position.

A FAIR INFERENCE.

She—"That Mr. Scarcy is the most chicken hearted fellow I ever met."

He—"Possibly he was an incubator baby."

Pat Shaughnessy, hearing that the bank in which he kept his savings had failed, rushed around with his bank-book and demanded all his money. The paying teller straightway began to count it out. "Oh, ye've got it, have ye?" said Shaughnessy, with a sigh of relief. "Kape it, then. Oi don't want it as long as ye have it."

Cold on the Lungs

"I had a dreadful cold on my lungs last winter and a friend advised the use of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE. I was cured by two bottles of this medicine and will never think of being without it in this house."—MRS. W. H. YEATES, Amherst, N.S.

Coughed All Night

"Last winter my two boys were so bad with colds on the chest that they coughed all night and we could get no sleep or rest. Several cough remedies were tried to no avail until I was told about DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE and this treatment soon cured them. It is invaluable as a cure for colds on the lungs and bronchitis."—MR. JAMES F. THOMPSON, Yonge Mills, Leeds Co., Ont.

Nasty Bronchial Cough

"DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE has proved a friend to me in times of colds with my little ones. I have tried many others, but have found none just as good. My little boy, about a year old, had pneumonia, and was left with a nasty bronchial cough, but DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE is helping him wonderfully, and I am sure it will cure him.

"We have also used DR. CHASE'S KIDNEY-LIVER PILLS with splendid results, and have great faith in all of Dr. Chase's medicines."—MRS. WALTER HARKER, Sydenham, Frontenac County, Ont.

Coughs and Colds

"I have used DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE for very severe coughs and colds and found it a great benefit when doctors' medicines had failed. Our whole family have great faith in Dr. Chase's Medicines."—MRS. LEE, 37 Taylor St., Toronto, Ont.

Sore Throat

"I am glad to be able to tell you that I find DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE a grand medicine for cough, colds and sore throat. I had a very sore throat and used it as a gargle, swallowing it afterwards and it took the soreness away very quickly. I also like it for the children as they take it without trouble, which is not the case with other remedies I have used."—MR. ARTHUR FINCH, Powassan, Parry Sound, Ont.

The Indian's Lessons For the White Man

The Indian mother makes her baby keep its mouth closed and breathe through its nose, even strapping its jaws together, when necessary. From the very nature of his outdoor life, the Indian also becomes accustomed to breathing deeply.

Deep, healthful breathing through the nose is one of the most valuable habits a child can acquire. It prevents taking cold, develops the lungs and purifies the blood. Of equal importance is the habit of promptly curing every cold by using DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ontario		Mar. Prov.		Ont., Que. and Mar. Provinces.			
						d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets	Moon Sets
				Nov. 1908									
				☾ First Quarter	1 9 16 a.m.	1 10 16 a.m.							
				☽ Full Moon	8 2 58 a.m.	8 3 58 a.m.							
				☾ Last Quarter	15 6 41 p.m.	15 7 41 p.m.							
				● New Moon	23 4 53 p.m.	23 5 53 p.m.							
				☾ First Quarter	30 4 44 p.m.	30 5 44 p.m.							
1	Su.	♏	Clear				6.55	5.09	11.37	11.33			
2	Mo.	♏	and				6.56	5.08	a.m.	a.m.			
3	Tu.	♏	frosty,				6.58	5.06	0.58	0.50			
4	We.	♏					6.59	5.05	2.07	2.05			
5	Th.	♏	cold				7.01	5.04	3.24	3.23			
6	Fr.	♏	rains				7.02	5.02	4.40	4.41			
7	Sa.	♏	and				7.03	5.01	5.53	5.54			
8	Su.	♏	sleet,				7.04	5.00	rises	rises			
9	Mo.	♏					7.05	4.59	6.03	6.04			
10	Tu.	♏	keeps				7.06	4.58	6.48	6.43			
11	We.	♏	cloudy				7.08	4.57	7.35	7.30			
12	Th.	♏	and				7.09	4.56	8.27	8.22			
13	Fr.	♏	very				7.10	4.55	9.25	9.20			
14	Sa.	♏	windy,				7.12	4.54	10.27	10.23			
15	Su.	♏					7.13	4.53	11.27	11.24			
16	Mo.	♏	clear				7.14	4.52	a.m.	a.m.			
17	Tu.	♏	and				7.15	4.51	0.29	0.27			
18	We.	♏	fine,				7.17	4.50	1.29	1.23			
19	Th.	♏	cloudy				7.18	4.49	2.30	2.29			
20	Fr.	♏	again				7.19	4.49	3.34	3.35			
21	Sa.	♏	with				7.20	4.48	4.37	4.38			
22	Su.	♏	light				7.22	4.47	5.43	5.45			
23	Mo.	♏	snow				7.23	4.46	sets	sets			
24	Tu.	♏	flur-				7.24	4.46	5.31	5.27			
25	We.	♏	ries,				7.25	4.45	6.16	6.11			
26	Th.	♏	cold				7.26	4.45	7.11	7.06			
27	Fr.	♏	and				7.23	4.44	8.17	8.12			
28	Sa.	♏	very				7.29	4.44	9.23	9.24			
29	Su.	♏	fine.				7.30	4.43	10.43	10.40			
30	Mo.	♏					7.31	4.43	11.57	11.55			

Catarrh is in the Air of this Cold Northern Country

IF there is such a thing as a National disease in Canada it is undoubtedly catarrh, for it is sometimes stated that about 90 per cent. of the people suffer more or less from this disagreeable and obstinate ailment which in turn so frequently leads to consumption.

From incipient catarrh or cold in the head to chronic catarrh is only a step, only the matter of a little neglect and a little time. Sneezing, running at the nose, hawking and spitting, watery eyes, catarrhal headache, deafness, choked up air passages, foul breath, droppings in the throat, and later, stomach troubles are the usual symptoms of catarrh.

By means of the improved blower, which is given free with every box of DR. CHASE'S CATARRH CURE, this medicine is sent direct to the diseased parts, where with its soothing, healing properties, it brings relief from irritation and inflammation, heals the catarrhal ulcers and cures catarrh.



"See, Bessie, you put the glass to your nose, the rubber to your mouth and give one good blow and away she goes. This is what cured me of catarrh."

Dr. Chase's Catarrh Cure

Clears the choked up air passages, relieves the pressure on the brain which causes headache, counteracts foul breath, cures catarrhal deafness and overcomes all the distressing symptoms of this treacherous disease. The remarkable promptness with which this treatment brings relief from "cold in the head" and catarrh comes as a surprise to most people and the cures which its persistent use brings about are none the less extraordinary.

IT SAVED OUR BOY FROM AN OPERATION

"I can strongly recommend DR. CHASE'S CATARRH CURE to all who suffer from Catarrh, having had experience with this treatment for one of my children. Our family doctor after a careful examination said that the child would have to be taken to the hospital for a surgical operation. I did not like this idea

and decided to try DR. CHASE'S CATARRH CURE. My boy was only three years old and one box of this preparation entirely cured him and took away the disagreeable symptoms of catarrh. He is now eight years old and has never had any further trouble of this nature"—MRS. F. X. AUBIN, St. Jerome, Que.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ontario.	Mar. Prov.	Ont., Que. and Mar. Provinces.			
						d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets	Moon Sets
				○ Full Moon.....	☾ Last Quarter.....	7 4 44 p.m.	7 5 44 p.m.	h.m.	h.m.	h.m.	h.m.
				● New Moon.....	☽ First Quarter.....	15 4 12 p.m.	15 5 12 p.m.				
						23 6 50 a.m.	23 7 50 a.m.				
						30 0 40 a.m.	30 1 40 a.m.				
1	Tu.		Cold					7.32	4.42	Ont. a.m.	M.P. a.m.
2	We.		rains					7.33	4.42	1.11	1.10
3	Th.		pre-					7.34	4.42	2.23	2.23
4	Fr.		vail					7.35	4.42	3.37	3.38
5	Sa.		grad-					7.36	4.42	4.49	4.51
6	Su.		ually					7.37	4.42	6.01	6.04
7	Mo.		clear-					7.38	4.42	rises	rises
8	Tu.		ing,					7.39	4.42	5.24	5.19
9	We.		fine					7.40	4.42	6.14	6.09
10	Th.		and					7.41	4.42	7.11	7.08
11	Fr.		frosty,					7.42	4.42	8.10	8.08
12	Sa.		.					7.43	4.42	9.12	9.08
13	Su.		some					7.44	4.42	10.13	10.10
14	Mo.		rain					7.44	4.42	11.14	11.12
15	Tu.		and					7.45	4.42	a.m.	a.m.
16	We.		sleet,					7.46	4.43	0.17	0.16
17	Th.							7.46	4.43	1.16	1.16
18	Fr.		milder					7.47	4.43	2.19	2.20
19	Sa.		for					7.47	4.43	3.23	3.25
20	Su.		a few					7.48	4.44	4.30	4.33
21	Mo.		days,					7.48	4.44	5.40	5.44
22	Tu.							7.49	4.44	6.50	6.54
23	We.		light					7.49	4.45	sets	sets
24	Th.		snow					7.50	4.45	6.01	5.56
25	Fr.		flur-					7.50	4.46	7.13	7.09
26	Sa.		ries,					7.51	4.46	8.29	8.25
27	Su.		fine					7.51	4.46	9.44	9.42
28	Mo.		and					7.52	4.47	11.01	11.00
29	Tu.		very					7.52	4.47	a.m.	a.m.
30	We.		cold.					7.53	4.48	0.13	0.12
31	Th.							7.54	4.49	1.23	1.29

Doctors Advised An Operation

To remove Catarrhal growth in Nose—
Cure by Dr. Chase's Catarrh Cure.

MRS. JAMES CAMPBELL, Samson, Ont., writes:—"I feel it my duty to write to you in regard to DR. CHASE'S CATARRH CURE. I have had terrible spells of sneezing, so bad that my friends thought that I would never get over them. On consultation different doctors told me that it resulted from a growth in the head and that an operation was necessary. I started using DR. CHASE'S CATARRH CURE and it has entirely cured me. Please accept this as a token of gratitude."

Very Greatly Benefitted

"I wish to say that I used DR. CHASE'S CATARRH CURE with very great benefit. Before using this I tried many well-known remedies, but the only one I shall ever use, should occasion require, is DR. CHASE'S CATARRH CURE, as it is my unbiased opinion that this is the best on the market. I have recommended this medicine to my friends."—MR. CHARLES H. STEVENS, Clondeboye, Man.

Every woman who has to get up mornings and build the fires feels that her husband shows each time how little he cares for her, when in fact he is loving her all the more for it and just lying all cuddled up warm, thinking what a fine wife he has out there in the cold

Build up the System, Cure the Catarrh

Because Catarrh ravages the whole system, saps strength from the blood and nerves, ruins digestion and leaves its victim weak and emaciated we recommend the use of DR. CHASE'S NERVE FOOD along with DR. CHASE'S CATARRH CURE in all cases of long standing. While the Catarrh Cure is overcoming the symptoms of catarrh, the Nerve Food enriches the blood, tones up the system, and rebuilds the wasted tissues.

MISS AGNES O. GORMAN, St. Giles, Que., writes:—"I had catarrh in the head for nine years and was weak, nervous, run down, easily fatigued and suffered from those terrible night sweats. The combined use of DR. CHASE'S CATARRH CURE and NERVE FOOD has done wonders for me and I now consider myself entirely cured.

"Mother has used DR. CHASE'S KIDNEY-LIVER PILLS and says they are the most satisfactory medicine she ever used."

Guaranteed Pure

DR. CHASE'S CATARRH CURE is the most successful remedy for catarrh ever offered for sale, but it does not contain a single grain of cocaine or any injurious drug, as is evidenced by the following certificate of purity from Dominion Analyst Heys:

"I have made an examination of DR. A. W. CHASE'S CATARRH CURE for Cocaine and any of its compounds, from samples purchased in the open market, and find none present."

(Signed) THOMAS HEYS,
Analytical Chemist, 114 Bay St., Toronto.

Cold in the Head

"I have used DR. CHASE'S CATARRH CURE and would not be without it. Anyone troubled with cold in the head should try it. They will get immediate relief. I cannot prize it too highly and recommend it to everyone."—MRS. EDWARD STEWART, New Richmond, Que.

Chronic Catarrh

"I can scarcely find words to express my thank for what DR. CHASE'S CATARRH CURE has done for me. For two years I was troubled with catarrh in the head and have derived very great benefit from the use of three boxes of this preparation. I can recommend it most highly to anyone suffering from this disease."—MR. PERCY HAYDEN, Upper Ramouche, N.B.

Speaking with a young lady, a gentleman mentioned that he had failed to keep abreast of the scientific advance of the age. "For instance," he said, "I don't know at all how the incandescent electric light is produced." "Oh, it is very simple," said the lady. "You just press a button, and the light appears at once."

Could Only Breathe Through His Mouth

"My little boy, nine years old, took catarrh two years ago. A crust seemed to form in his nose and he could only breathe through his mouth. When I was on the way to the doctor with him a friend advised the use DR. CHASE'S CATARRH CURE. Two boxes of this remedy entirely cured him to our great delight. I cannot recommend it too highly."—MRS. GEORGE BEATTIE, Carr's Brook, Colchester Co., N.S.

PRICES OF Dr. Chase's Medicines

- Dr. A. W. Chase's **Kidney-Liver Pills**, one pill a dose, **25 cents a box**, 5 boxes for \$1.00.
 Dr. A. W. Chase's **Ointment**, **60 cents a box**.
 Dr. A. W. Chase's **Nerve Food (Pills)** **50 cents a box**, 6 boxes for \$2.50.
 Dr. A. W. Chase's **Catarrh Cure**, **25 cents a box**, blower free, 5 boxes for \$1.00.
 Dr. A. W. Chase's **Syrup of Linseed and Turpentine**, **25 cents a bottle**. Family size, three times as much, 60 cents. Can only be sent by express at buyer's cost.
 Dr. A. W. Chase's **Liver Cure**, **50 cents**. Can only be sent by express at buyer's cost.
 Dr. A. W. Chase's **Backache Plaster**, **25 cents each**, 5 for \$1.00.

EDMANSON, BATES & CO.,

Cor. Adelaide and Duncan Sts., TORONTO, ONT.

About Testimonials

Next to personal experience with a medicine, the most satisfactory evidence of its value is obtained from some person who has used it in a case similar to your own and this is why so many letters are published in this almanac.

The original letter in each case is signed by the person using the medicine and is kept on file in these offices as a guarantee of the genuineness of the published statement. Under no circumstances do we use testimonials which are not properly signed or from persons who are not respectable and reliable.

Most persons who have used Dr. Chase's medicines are enthusiastic in their praise and will gladly give full particulars of their case to any enquirer. We want you to investigate the cases which interest you. If you cannot call personally on these persons, write to them, enclosing stamp for reply, and you will no doubt obtain the information you desire.

"I can marry a rich girl whom I do not love, or a penniless girl whom I love dearly. Which shall I do?"

"Follow your heart, man, and be happy. Marry the poor one. And, say—er—would you mind introducing me to the other?"

HOW TO ORDER BY MAIL

When you cannot procure Dr. Chase's Medicines from your Dealer.

DR. CHASE'S MEDICINES are so thoroughly well known in every district of Canada and the United States that nearly every dealer keeps them in stock. If you cannot get them from your dealer, or live at a distance from town, write direct to these offices, enclosing the price for the medicines you want, and they will be forwarded postpaid to your address. Always send money by postal note, express order or registered letter and we will guarantee that the medicines ordered will reach you.

SPECIAL NOTICES

Some people seem to think that by increasing the dose they will be cured more quickly. This is a mistake. Whether you are using a doctor's prescription or other medicines you will obtain the best results by following the directions closely. It is not large doses, but persistent and regular use which brings about the desired results.

If on account of exposure to dampness, or other causes not under our control, any of DR. CHASE'S remedies reach you in a damaged condition, you will confer a favor by returning same to our offices, when we shall gladly replace them at our expense with similar goods in proper condition.

Dr. Chase's Backache Plaster



CHEST PAINS

IN this plaster the most powerful drugs are so combined as to promptly eradicate the worst pains and aches and at the same time not injure the most delicate skin. Because most frequently used for pains in the back and weak or lame back, kidney pains, lumbago, and rheumatism, the fact must not be overlooked that DR. CHASE'S BACKACHE PLASTER is equally effective as a conqueror of pain in every part of the body.



PLEURISY

Bronchial Troubles

"Nearly every winter I am laid up with contraction of the bronchial tubes. This winter I have used DR. CHASE'S BACKACHE PLASTERS on my chest and by so doing have escaped the bronchial trouble entirely."—MR. W. J. CRAVEN, Shelburne, Ont.

Stomach Troubles

"The DR. CHASE'S BACKACHE PLASTER which you sent me last week was applied at once as I was suffering intense misery from stomach trouble. It brought relief in a short time and was of more benefit than anything I have used for a long-time, for which I am very grateful."—MRS. A. R. SHILSON, Ruscom, Essex Co., Ont.

Backache

"I was troubled with severe backache for six years and after having used two of DR. CHASE'S BACKACHE PLASTERS the pain entirely disappeared. I had previously tried many remedies without avail."—MRS. A. DICK, St. Ouens, Man.



RHEUMATISM

DR. CHASE'S BACKACHE PLASTER relieves and cures—Backache, lumbago, pains over the kidneys, weak, lame back, sciatica, rheumatism, stiffness and soreness of joints and muscles, stomach pains and cramps, pleurisy, sore throat, chest pains, and pains and aches wherever located. Full directions for use are found on the wrapper of each plaster, 25 cents each, 5 for \$1.00, at all dealers, or EDMANSON, BATES & Co., Toronto.

Pains in the Side

"For three years I suffered from a bad pain in my side and could get no relief. The plaster took the pain away entirely and it has never returned."—MRS. VICTORIA GRAVELLE, Box 439, Brockville, Ont.

Injured Back

"I got a severe blow on my back near the left lung and though I tried other plasters they did not seem to do me any good. Last week I put on a DR. CHASE'S BACKACHE PLASTER and I believe it is the strongest plaster made for it soon took away the dull pain."—MR. JAMES MCINNES, Mayfield, N.S.

Lame, Aching Back

"Having suffered for over a year with lame, aching back and finding it difficult to do any work, I used DR. CHASE'S BACKACHE PLASTER. I tell you it was not long before all the pain was gone and I felt a changed man. I cannot recommend this plaster too highly."—MR. PETER RENNIE, Farmer, Pomquet, Antigonishe Co., N.S.



BACKACHE



4167991

108 9932579