

Dr. Slocum's Great Tonic and Disease Destroyer

PSYCHINE

(PRONOUNCED SI-KEEN)

Used in Thousands of Homes in Canada

THOSE WHO don't know what Psychine is and what it does are asking about it. THOSE WHO do know what Psychine is and what it does are using it. They regard it as their best physician and friend.

THOSE WHO use it are being quickly and permanently cured of all forms of throat, chest, lung and stomach troubles. It is a scientific preparation, destroying all disease germs in the blood and system. It is a wonderful tonic and system building remedy, and is a certain cure for

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| COUGHS, | Bronchial Coughs, |
| LA GRIPPE, | Chills and Fever, |
| Cold, | Difficult Breathing, |
| Pneumonia, | General Weakness |
| Bronchitis, | Female Troubles, |
| Catarrh, | Fickle Appetite, |
| Weak Voice, | Hemorrhages, |
| Sleeplessness, | Night Sweats, |
| Nervousness, | Consumption, |
| Malaria, | Catarrh of the |
| Anaemia, | Stomach. |

All these diseases are serious in themselves, and if not promptly cured in the early stages are the certain forerunners of Consumption in its most terrible form. Psychine conquers and cures Consumption, but it is much easier and safer to prevent its development by using Psychine. Here is a sample of thousands of voluntary and unsolicited statements from all over Canada:

Dr. T. A. Slocum, Limited:
Gentlemen,—I feel it my duty to advise you of the remarkable cure effected by your Psychine and Oxomulsion, which have come under my personal observation. Three men, well known to me, Albert Townsend, Hazel Hipson and John McKay, all of Shelburne County, were pronounced by the best medical men to have consumption, and to be incurable and beyond the reach of medical aid. They used Psychine and Oxomulsion and they are now in good health. I feel it a duty I owe to suffering humanity to state these facts for the benefit of other sufferers from this terrible disease.

Yours very truly,
LEANDER MCKENZIE, J.P.
Green Harbor, N.S.

Psychine, pronounced Si-keen, is for sale at all up-to-date dealers. If your druggist or general store cannot supply you, write Dr. T. A. Slocum, Limited, 179 King Street West, Toronto.

MEETING OF YARMOUTH COUNTY, N. S. AGRICULTURAL SOCIETY.

Address of F. D. Sterritt of Yarmouth, N. S., on Dairy Cattle.

MR. PRESIDENT AND GENTLEMEN:—Your Secretary has been kind enough to ask me to prepare a paper in defence of the Holstein breed of cattle. A fairer way to put that question would be "Why did you introduce the Holstein breed at Harbor View Farm?" That is a question I can answer by the following simple statement of facts. After deciding to start a herd of milk cows on my farm, the next question came what breed of cows will best serve my purpose, and being entirely ignorant on the subject, I consulted those of my friends who had evidently given the subject considerable thought and attention. So I put the question to a number of them with the following results:

Friend A. advised me to start with Jerseys. Said he, "Don't bother with any other breed; they stand first always. Friend B. said: "That's all nonsense. A is crazy, he doesn't know what he is talking about, for the Guernsey is best, because they can produce a pound of butter a steenth part of a cent per pound cheaper than any other breed." That sounded all right, but I wasn't going to make butter, so I consulted C, and he advised the Ayrshires, as being the best all-round cow living. "Why," he said, "down in your country you could turn them out on the beach and they would make milk out of seaweed."

At first that certainly was tempting, but I was afraid the milk might have a fishy flavor, and some of my customers accuse me of feeding lobsters out of season. So I went to friend D. and he said, "If you want a cow that combines the best qualities of all the other breeds, then, my boy, you get the Holsteins." Now how was a poor devil like myself going to decide when these friends all had different ideas, and all of them gifted with more than ordinary intelligence. It set me to thinking for myself, and I commenced by analyzing the situation something like this: I am going to sell milk at retail, therefore the breed I want is the one that will produce a "quart of milk" the cheapest. So I commenced a study of the different breeds, their origin, the success of the people who started them, and which was the most popular by reason of numbers. My study of the Holsteins brought to light the following fact, and I am indebted to Prof. H. E. Alvord, Frederick L. Houghton, and Geo. W. Clemons, of Ontario, for the greater part of my information.

Tradition has it that two ancient tribes located on the shore of the North Sea before the beginning of the Christian era. One possessed a race of pure white cattle, and the other a race of pure black. These two tribes became amalgamated, forming the people and herds which for centuries have occupied that

region. Holland has for more than two thousand years been noted for dairy products, and the great bicolored animals with which their reputation has been gained, have been slowly but surely developing their present form of dairy excellence. And that they have remained pure through these centuries is demonstrated beyond all doubt, even during the Roman dominion, although they brought improvement in draining and diking, in methods of cultivating and cattle breeding, yet no mixture of blood occurred with the inhabitants or in their herd. Mr. Houghton ably puts it as follows: "The preservation of these people and their continued adhesion to cattle breeding for thousands of years, is one of the marvels of history. Always few in numbers they have remained in or near their original home, continuously following their pursuits."

These few facts I think will demonstrate to you that the Holstein breed is the oldest pure bred cattle living, and in this respect must be classed first.

In size the Holsteins are the largest of all the dairy breeds; the big, bony frames are well filled out. It is difficult to prevent the males from becoming too fleshy, and the females, when not in milk, take on flesh rapidly and soon become full in form. The cows range from 1000 to 1500 pounds, and the bulls often above 2500 pounds in weight. The udder is large, filling the space between legs set well apart, extending high behind and well forward, and the teats are large and well placed. In temperament they are quiet and docile, bulls exceptionally so. They have great constitutional vigor. The calves are large at birth, always strong and thrifty, grow fast and fatten easily. They mature early, heifers reaching their full height in two and a half years. Animals of both sexes can be turned into very good beasts for slaughter at any age. In these respects I think you must admit that again our favorites are first. But it is not their ancient lineage, nor their beef advantages that puts them on a pedestal by themselves. It is their great capability for milk production. There is not a gentleman in this room tonight but will admit that for milk production there is no breed that equals the Holsteins, therefore we will not argue that point nor go into facts and figures which prove the average production of this breed to be 9000 pounds per cow per year. But, I hear some one say, "how about the quality of this great amount of milk?" Well, it is nothing uncommon for whole families of the breed to average 20 to 25 pounds of butter per week, and single animals are numerous that have made over 30 pounds per week.

But, as I said in the beginning, butter making was not my intention. I was going to sell my milk at retail and in so doing I wanted to supply the best article of food that it was possible to produce. And to discover which was the best, would I go to the advocates of the different breeds? Certainly not; I went to the scientists with the question, "Which is the best food milk for human beings?" And I learned that the Holstein milk is the nearest in chemical composition and mechanical make-up to human milk that can be found. Why? Because its butter fat is put up in fine globules that facilitate emulsion, digestion and assimilation in the human system. Its other solids are so proportioned to the butter fat that the milk is a perfectly balanced ration for the infant as well as the adult. Therefore, again, our favorites are first in producing a perfect food milk.

Now let us sum up all the facts that have been presented, and we find:

- 1st. The Holstein breed is the oldest in existence.
- 2nd. The Holstein breed, which being recognized as a strictly dairy breed, still leads all other dairy breeds in beef production.
- 3rd. That they lead all other breeds in milk production.
- 4th. That they hold the world's record for butter making.
- 5th. That they produce the best food-milk.

I will not ask you to accept these statements on my own say-so. Neither will I bore you with a mass of statistics, but will quote a few authorities to prove these five points of excellency.

Let us consult our encyclopedia and see what that says about the homeland of this noble breed, and we learn that Friesland is a province of 1253 square miles, and that your home country, England, annually imports from this little province the enormous amount of almost five million pounds of cheese and 30 million pounds of butter. Think of it, farmers of Yarmouth county, that a province only a little larger than your own country exports this tremendous quantity while you with greater advantages as to climate and location, do not raise enough cheese and butter to supply your own people, but actually import both butter and cheese from other countries and other provinces. Is it the fault of the farmer? Not at all, but it is blind adherence to a breed of cattle, for the farmer of Nova Scotia is as intelligent and thrifty and as hard working as the farmer of Friesland. But he has not got the backing of that noble animal, the Holstein cow.

But some of the Nova Scotia farmers are waking up to the possibilities of this breed,

for instance, Logan Bros., of Amherst Point, have a rich strain of Holsteins, and Mr. Clark, of Victoria, P. E. I., gives the record of one of his cows, bought of Messrs Logan. She gave him 11,449 pounds of milk which produced 515 pounds of butter and he figures the cost of her keep at \$40.55. What would such a cow do for any one of the farmers in Yarmouth county? Simply this: 515 pounds of butter at 22 cents per pound equals \$113.30. Add to this the skim milk at 20 cents per hundred pounds, or \$20.25, making a total of \$133.55. Deduct from this the cost of her keep, and you have yet to credit \$93, and if you call the calf worth \$7.00, and there is not a man present but would give \$50 for a heifer calf from such a mother, you would have a cow netting you \$100 per year. The scales and the Babcock test are the only means of judging a cow and yet how many of you have used them? To illustrate: A gentleman was in my barn the other day looking over the stock, and the language he used about my black and white beauties isn't fit to put on paper, and pointing to one of them he said he would not give one of a certain other breed for a dozen like her, and yet the scales and Babcock test showed me last year that she had produced 8756 pounds of 4 per cent. milk, and had netted me \$103.00 from her milk alone, and you could not buy her calf for \$50.

What is the use of criticising unless you actually know by weighing and testing which are the best cows. If you will do that you will have the same results that I have had and some of all breeds will be sent to the butcher, but fewest of all will be the Holstein.

Leading Slowly to Paralysis.

NERVOUS DISEASES CAN BE EARLY DETECTED AND CURE BROUGHT ABOUT BY USING

Dr. Chase's Nerve Food.

It is customary to consider paralysis, insanity and other diseases of the nerves as afflictions which come upon a person without warning and which are, therefore, unavoidable.

As a matter of fact such results are preceded by months, if not years, by symptoms which point to an exhausted condition of the nervous system. These symptoms are such, however, that many pass them by as not being of serious concern and thinking that they will wear away of themselves.

Sleeplessness, nervous headache, indigestion, bodily weakness, fainting spells, twitching of the nerves, inability to concentrate the thoughts and loss of memory are among the most common indications of a run-down, nervous system. It is sometimes only a step from such symptoms to prostration, paralysis, locomotor ataxia or insanity.

Stimulants and narcotics, though sometimes affording temporary relief, only hasten the exhaustion of the nerves. Dr. Chase's Nerve Food, on the other hand, reconstructs and restores the wasted and depleted nerve cells.

Naturally, gradually and certainly the great medicine instills into the blood and the nervous system the life-sustaining principles which replenish the nerve force in the body and so effect lasting benefit.

Mrs. Robert Bustard, Maxwell, York Co., N. B., writes,—"I can say that Dr. Chase's Nerve Food entirely cured me of what I believe was the beginning of locomotor ataxia or paralysis. My nerves were very bad and at night I could not sleep at all, nor could I control my arms or legs. They seemed to fairly jerk me off the bed."

"For six months I was this way and cannot describe what I suffered, but now I am entirely cured, thanks to Dr. Chase's Nerve Food. It is a pleasure to recommend this great medicine to anyone suffering as I did from nervous disease."

Dr. Chase's Nerve Food, 50 cents a box, at all dealers or Edmansson, Bates & Co., Toronto.

Not The Right Kind.

Professed politicians who have reduced public office to an exact science find the independent voter a sad stumbling-block—a fact which is amusingly disclosed by a story found in the recent life of the late George Monro Grant, the eminent Canadian educator and clergyman.

Toward the end of Sir John Macdonald's life he and Principal Grant, then the head of Queen's College, met at dinner at the house of the premier's brother-in-law, Professor Williams.

"How I wish," the premier said to the principal, "that you would be a steady friend of mine."

"My dear Sir John," the principal replied, "I have always supported you when you were right."

The premier's eyes twinkled, and he laid his hand upon the shoulder of the principal. "My dear man," said he, "I have no use for that species of friendship."

Does Coffee disagree with you? Probably it does! Then try Dr. Shoop's Health Coffee. "Health Coffee" is a clever combination of parched cereals and nuts. Not a grain of real coffee, remember, in Dr. Shoop's Health Coffee, yet its flavor and taste matches closely old Java and Mocha Coffee. If your stomach, heart, or kidneys can't stand Coffee drinking, try Health Coffee. It is wholesome, nourishing and satisfying. It's safe even for the youngest child. Sold by all Dealers.

Do You Weigh Enough?

Everyone of average intelligence knows something of the immense value of Cod Liver Oil and Iron as remedial agents. Consequently no one would be surprised to hear that very satisfactory results had followed from giving "FERROL" (a perfect emulsion of Cod Liver Oil, Iron and Phosphorus) in cases where Iron and Oil appeared to be needed.

But, when we ask people to believe that in an actual and scientific test made by an eminent and well-known physician, twenty-five bottles of

FERRROL

were given to ten patients and the result was a net increase in weight of ninety-five pounds, we are aware that we are asking a great deal; nevertheless we are prepared to prove that this is an absolute fact, by evidence that no reasonable person can reject. Moreover, this is no isolated instance, but only one of many equally remarkable.

Very few people properly appreciate the importance of maintaining their normal weight.

There is no surer indication of approaching disease than a considerable loss of weight and even where this is not the case, a man whose weight is not up to the average is always in danger of contracting any of the germ diseases which are unfortunately so prevalent. On the other hand, while his weight is well maintained, a man is practically proof against attack, and if disease is already present, the fact that the weight is being increased is proof positive that the disease is being overcome.

The desirability of maintaining the weight should therefore be apparent. In view of this we can confidently recommend "FERROL" as the surest, speediest and most effective medicine by which the weight may be maintained or restored.

It cannot be too clearly stated, for the statement is beyond any qualification or contradiction, that never since the Muskoka Free Hospital for Consumptives was opened in 1902, has a single applicant been refused admission, because of his or her poverty.

More, perhaps, than any other charity in Canada the

MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES

is dependent upon the contributions of the Canadian public for its maintenance.



ADMINISTRATION BUILDING—MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES

Private philanthropy has erected the buildings, providing accommodation to-day for 75 patients, and which the trustees are prepared to extend, if circumstances warrant it, to 100 beds.

These beds are for those in any part of Canada, without means, who are suffering from this terrible disease in the incipient stage.

There is no large endowment, as in some public institutions, the interest of which will go a long way to pay the running expenses.

The monthly bills, covering cost of administration, salaries of medical men, nursing, clerical and domestic staff, besides the heavy expenditure for maintenance of each patient, are dependent for payment almost entirely on the contributions that come to the treasurer from kind friends throughout the Dominion.

Could Not Pay—Has Young Wife and Child.	Destitute.
DR. G. F. CAMPBELL, GRAND VALLEY, ONT.:—I have a patient, 26 years of age, with tuberculosis. His circumstances are not such that he could pay, as he has a young wife and child to support. Could you make room for him at the Sanitarium? I think he might improve. Let me know what you would advise.	J. AUSTIN, KINMOUNT, ONT.:—We have a man, unmarried and destitute, afflicted with lung trouble, whom we wish to send to the Muskoka Free Hospital for Consumptives. Please let me know what we have to do to gain admission for him.

Where Will Your Money Do More Good?

Contributions may be sent to SIR WM. R. MEREDITH, Kt., Chief Justice, Osgoode Hall, Toronto, or W. J. GAGE, Esq., 54 Front Street, W., Toronto.

Applications for admission and any other information from J. S. ROBERTSON, Secretary National Sanitarium Association, (Saturday Night Building), 28 Adelaide Street W., Toronto, Canada.

Butter Parchment For Sale at The Dispatch Office.