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This clearly explains why, as a medicine, Dr. Shoop's Restorative has in the past done so much for weak and ailing Hearts. Dr. Shoop first sought the cause of all this painful, palpitating, suffocating heart distress. Dr. Shoop's Restorative—this popular prescription—is alone directed to these weak and wasting nerve centers. It builds; it strengthens; it offers real, genuine heart help.

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Some Good Rules for Conduct.

The principle that underlies courteous treatment treatment of others is simply that of doing unto others as you would they should do unto yod. Words are only one means of expression. Manner is quite as important. Therefore, remember that a kindly and gracious manner is not only the sign and mark of a self respering man, but is to your words what oil it to machinery, in making them move effectively to their purpose.

True courtesy is no respector of persons. It remembers that "a man's a man for a that," and gives the civil word and the helping hand quite as readily to the ill clad stranger as to an other.

Courtesy is not only something the public have a right to expect of you but it pays.

It pays in the friends it makes you; it pays in minimizing the friction of your life; it pays in the personal satisfaction resulting from having done the right and kindly thing by your neighbor.

It isn't so difficult to strengthen a weak Stomach if one goes at it correctly. And this is true of the Heart and Kidneys. The old fashioned way of dosing the Stomach or stimulating the Heart or Kidneys is surely error. "Go to the weak or siling nerves of there organs," said he. Each inside organ has its controlling or "inside nerve." When these nerves fail then those organs must surely falter. This vital truth is leading druggists everywhere to dispense and recommend Dr. Shoop's Restorative. A few days test will surely tell! Sold by All Dealers.

Sun as Source of Future Power

Prof. J. J. Thomson, in his presidential address to the British Association at Winnipeg, referred to the fact that under a high sun and clear sky, the solar heat falling upon the earth is equivalent to about 7,000 horsethe slightest doubt that engineers would eventually discover how to utilize this enormous supply of power. "When coal is exhausted and our water-power inadequate, it may be that this is the source from which we shall derive the energy necessary for the world's work. When that time comes about, our centers of industrial activity may be transferred to the burning deserts of the Sahara, and the value of land determined by its suitability for the reception of traps to catch sunbeams."

Read the formula on a box of Pink Pain Tablets. Then ask your Doctor if there is a better one. Pain means congestion-blood pressure somewhere. Dr. Shoop's Pink Pain Tablets check head pains, womanly pains, pain anywhere. Try one, and see! 20 for 25c. Sold by All Dealers.

Exercise for Proper Breathing

A German gymnastic instructor has point ed out the fact that many girls leading a sedentary life, breath from bottom to top of the lungs, says Health. Now, in order to breath from top to bottom try this physician's exercises as practiced with the "breathing rod." An ordinary broomstick, rubbed smooth and shortened a little, serves for the apparatus. Take the "down" position by hanging the arms straight down at the sides, hands, with palms inward, grasping the stick.

Next raise the rod to the second or "up' position, in this way expanding the chest lengthwise. For the third position pase the rod behind the neck, strongly bending the elbows. If you find this at first a little difficult, persovere, for by this act you will perform a "most important part of the business of breathing." You are imitating that natural breather, the baby, as he takes his fill

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THE RUBICON

I. One other bitter drop to drink, And then-no more!

One little pause upon the brink,

And then-go o'er! One sigh-and then the lib'rant morn,

Of perfect day, When my free spirit, newly born, Will soar away!

One pang-and I shall rend the thrall

Where grief abides, And generous Death will show me all

That now he bides: And, lucid in that second birth,

I shall discern What all the sages of the earth Have died to learn.

One motion-and the stream is crossed,

So dark, so deep! And I shall triumph or be lost In endless sleep.

Then, onward! Whatso'er my fate. I shall no care!

Nor Sin nor Sorrow, Love nor Hate Can touch me there.

-William Winter.

Tickling, tight Coughs, can be surely and quickly loosened with a prescription Druggists are dispensing everywhere as Dr. Shoop's Cough Remedy. And it is so very. very different than common cough medicines. No Opium, no Chloroform, absolutely nothing harsh or unsafe. The tender leaves of a harmless, lung healing mountainous shrub, gives the curative properties to Dr. Shoop's Cough Remedy. Those leaves have the power to calm the most distressing Cough and to soothe and heal the most sensitive bronchial membrane. Mothers should, for safety's sake alone, always demand Dr. Shoop's. It can with perfect freedom be given to even the youngest babes. Test it yourself and see! Sold by All Dealers.

Should Fight

If Eagland should win. Germany would be left powerless for offence, and perhaps her shipyards also could be reached. If Germany should win, there might be left only wrong! Dr. Shoop first pointed out this the landing and the march on London, and perhaps but one land battle-another Hast-

That is conceivable, but not probable; not so probable as that the first shoe would set all Europe aflame; not so probable as that once again a German army, this time quite the greatest the world ever saw, would start for Paris, the Emperor taking the field, and that France-all France-would fling herself upon it with such a shamed ferocity as no man's hatred but only a twice-trampled woman's could be compared to. Austria Hungary and Russia, lately aggrieved by power per acre, and added that he had not Germany's backing Austrian rapacity in the near East, would stand ready to leap at each other's throats; and doubtless only Japan's joining England, and possibly not even that would hold the, Slavs back from the Balkans Constantinople, perhaps Vienna. Southern Africa would take fire quickly, and we should see if the Boer's new-found loyalty to their conquerors, strengthened as it is by England's superbly wise moderation in the recent reconstruction, would avail against a new and tempting challenge to the old grudges and to the pride of a very proud and strong and independence-loving race. Ireland would doubtless once again, as always in such emergencies, stir and murmer and threaten, possibly rise. Europe and Africa being thrown thus into epic turmoil, would even Asia hold to her long quietude? Once let the tide flow strongly against England and English eyes would turn with supreme apprehension to India. The ruinous overthrow of the greatest modern empires might awaken to a new and incalculable life-a life of which some stirrings are already manifest -the most mysterious and splendid of all the ancient civilizations now in anywise extant. If Turkey and Persia were yesteaday capable of self-transformation, why not India change tomorrow? Why may not the flame and light leap across even the Himalayas, and all Asia suddenly find herself and shake herself erect, and bring her immemorial strength to bear upon this too long impertinent modern world, which for some centuries has been pestering her sleep?—Harper's Weekly.

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