Could Not Sleep Heart and Nerves Were So Bad

Mr. Geo. Meek, Windsor, Ont., writes:—"I suffered with my heart and nerves and could not sleep at night for pains in my head. I managed to keep at my work somehow, until I began to have dizzy spells which got so bad I could not go to my work. I was afraid to go out any place, for often I would stagger on my feet, everything in front of me would turn black and fade away. While I was home sick a friend told me to take MILBURN'S HEART AND NERVE PILLS. I got four boxes and by the time I had used them the pains and noises in my head ceased and I was able to get a good night's rest. Although that was six years ago I have never been troubled with that complaint again."

Price 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

SOME REASONS WHY

There is no need whatever to send away for any SEEDS listed in Our Seed CATALOGUE for 1927. An edition of 8,000 copies has been recently mailed to the FARMERS and GARDNERS of P. E. Island.

Carter's Reliable Seeds

will be for sale by upwards of 200 ofthe best Merchants in P. E. Island. We guarantee the quality of the Seeds sold by them bearing our name to be the same as sold at our SEED STORE, CHARLOTTETEOWN.

Carter's Seeds Grow

They are carefully selected for PURITY and GERMINATION and adaptability to SOIL and CLIMATE.

CARTER'S SEEDS are much cheaper than those listed in the Catalogues of the other Provinces in Canada.

CARTER'S SEEDS are selected as to their growing qualities, most suitable to soil and climate, from ENGLAND, CANADA and the UNITED STATES, long experience has taught us where to look for the best, and only the best.

If you have not received a SEED CATALOGUE an addressed Post Card will bring you one.

CARTER & CO LIMITED.

Seedsmen to the People of P. E. I.

Stout theatrical person (engaging room): Window's a bit small Shouldn't be much use to me in an emergency.

Landlady: There ain't goin' to be no such emergency. My terms for actors is weekly in advance.

First commercial traveller: As a salesman, I get only two kinds of orders.

Second commercial: What are they?

First: Get out and stay out.

The Building Up Of Public Opinion

Splendid Address by Mr. Percy Pope at the Rotary Club.

At the Rotary Club yesterday, the speaker was Mr. Percy Pope who gave an interesting and timely address on Public opinion.

Mr. Pope said: Speaking last Monday Colonel J. O. Fallis, in an address that we will not soon forget, sought to impress upon us the three essential characteristics of a good Rotarian; these were, first Knowledge, second, A Sympathetic Heart, and third, An active and Well-trained Will. It was not a sermon, not merely an intellectual treat, but rather a heart to heart talk, man to man, upon what was required if we aimed at being good Rotarians.

It is along the line of trying to add a little to our humble store of knowledge that I venture to address you.

There is a force that effects our lives most powerfully, which we, ourselves, call into action and to the building up of which we devote too little attention. We call it Public Opinion. It is ever changing, it has hundreds of phases but it is all powerful.

Each Nation, each Province, each Community has ideas as to what is right, what is fitting, what is allowable, these are very capricious but they, as they are carried into action, are the main factors in forming our characters. It is putting it too strongly to say that the most potent influences in shaping our lives is the effective censorship exerted by Public Opinion, particularly in the little acts of daily life. This is true of every class and it applies to all ranks, for each has its own ideas which it strives to enforce and, in a general way, always succeeds in doing so. A man may have little compunction in ignoring Divine Law, he may evade, as far as he can, the Statutory Laws of his country but he will hesitate before he incurs the comdemnation of the Public. In childhood, in youth, in early manhood it is the dread of appearing singular or ridiculous, that exerts the greatest influence over our actions. Have you ever tried to persuade your young son to wear a style of clothes or do some action to which his companions objected. You found it difficult did you not? You were up against the Public Opinion of their crowd. Nor is this tendency to conform to Public Opinion confined to youth. Take the matter of clothes. Glance over the fashions of the past fifty years. To us they may seem absurd but they were accepted as admitting of no choice no matter what inconvenience they involved. And in the matter of conduct the rule was just as arbitrary. There were certain things that could be done, certain others that could not. Are we not today similarly controlled? Many of us would not hesitate to infringe the moral code, provided our offence did not involve social ostracism, but we would blush with shame if we betrayed ignorance of the customs of our set. Bad form is a greater offence than bad morals. Public Opinion demands obedience to its rules outwardly at least.

Now what effect has this upon human development? As other peoples opinions of us are formed not so much by what we are as by what they think we are, naturally we assume a social mask. We tend to conform outwardly at least, to recognize standards and our thoughts and actions tend to crystalize into character. We pride ourselves that our ideas in matters of Religion, Morality. Laws are the result of our own convictions but we do not realize as fully as we should that our convictions were practically imposed upon us by others, by the influence exerted upon us by our parents and the ideas prevalent in the social set to which we belonged. Does any one doubt that we are Protestant, or Catholic, Jew or Turk mainly because our parents started us with a bias towards their particular views? Their teachings dominated our growth in the most formative part of our lives. These social frameworks, upon which humanity is everywhere bidden to grow, are of every type, are part of the machinery of life. Public Opinion in its many phases rules everywhere. In every Nation every town, every class, every set, every coterie it is active. Each has its own standards, each its own unwritten laws. Yet these must meet and blend. The ties which link them together, the points of contact which make us aware of their differences are becoming ever more potent. The ease of communication, the frequency of social intercourse, the degree to which magazines and newspapers are permeating the masses, the Movie Picture Show which is presenting life in other places and in all its phases, these are breaking down narrow parochialism and gradually broadening the type. We cannot discern the exact degree of influence the new ideas are exerting but we can detect the general movement as it reveals its self in action.

Our Inspiration

Fifty years ago we mainly drew our guidance from the ideas of the Motherland. There an aristocracy of culture and breeding governed the Nation. Englishmen were not as a body strongly intellectual but they had gained through long experience, a firm grasp of the principles of government. Their predominant characteristic was an ardent love of liberty, and this was displayed in every rank of society. Each possessed, to a degree that we have lost today, the courage of his own convictions. He did not wait until he had learned what was the popular idea but he dared to stand alone. Too often we wait until we learn what the crowd thinks. But Englishmen had also another characteristic which protected them from this being carried to extremes—namely a deep Community Interest. They were ready to subordinate their individual interests to that of their country and they firmly enforced this principle in their laws. This combination was the source of England's greatness and thus was developed one of the sanest forms of government that the world has yet seen.

Thank God we still possess, woven into the structure of our Laws and Institutions a measure of that Public Opinion which we inherited but other and native factors are modifying it. We are not, today, transplanted Britons but, in increasing degree, we are becoming Canadians. Not only here, but also in the Old Country, Democracy, as Society develops, discerns most clearly the unfair assumption of privilege which characterized the development of an Upper Class. It became inspired with a spirit of revolt. This was fully justified in so far as the process was constructive not destructive, but in striving to remove one evil more serious ones are introduced: Anarchy, Selfishness, License and lack of Sanity which the older Public Opinion did something to keep under.

If we collectively have gained a greater measure of social freedom, if we carry larger possibilites is there no danger of our losing that most important of all needs—leadership by the best? Is there not a tendency to overlook the higher and finer issues of life. Do not the Money Market, the Social Round, and Sensuous Pleasures absorb too much attention? Is not Idealism rather frowned upon as likely to produce discomfort? Is there no tendency to make sure of present pleasures and take long chances on the future? Is not the idea of Success, in Religion, in Science, in Literature and Art most generally measured in dollars? Does not the power to indulge in luxuries appeal to us more than the possibility of acquiring graces of character? Are we not losing our grasp of the fundamentals of life? Does not Ruskin voice a truth even though he puts it too strongly, when he says:

"The chief cause of this unhappy age is the universal gabble of its fools and the flocks that follow them, rendering the quiet voices of the Wise Men of all ages inaudible."

Conditions change and we cannot depend wholly upon the wise men of the the past. But do we utilize the measure of understanding, which they gained through long and often bitter experience to inspire us to still clearer vision? Our opportunities are greater but the enormous number of new ideas that are offered to us today confuse us. They are poured upon us in such quantity that we cannot fit them into a Theorum of Life, as Carlyle styled it and unless we possess some definite perception of Life's fundamental purpose we will have no central thought around which to build.

Present Conditions.

Let us try to picture the present conditions of affairs. Every family, every city, every nation is wrapped in its own thought atmosphere. The quiet voices of the wise men are ever active, deep within, like leaven but it is only as the clouds begin to clear that our vision opens. Yet meanwhile this body of thought, confused though it be, is determining our actions and hence our lives and characters. Nineteen hundred years ago Christ began to teach in the humble village of Nazareth. The ideas and perceptions which he set free, his love, his humility, his insight into life, his knowledge of the possibilities of the human soul, as the perception of them germinated in the souls of his followers have leavened the whole thought—atmosphere of the world tending to bring it, as it finds expression in law and social usage, into conformity with his ideals. For it is only as ideas set forth by preacher and teacher find expression in action, and only in so far as such actions harmonize with his principles that Christ's teachings truly express themselves. Creeds and Laws are necessary but it is as means to an end. Only as they become potent in the life of an individual and find expression in collective public opinion do they become valuable. Every man in his own place and station helps by his deeds to form Public Opinion and thus far he consciously or unconsciously helps to mould the most important formative influence in human life. Occasionally you hear the remark made: "Oh, what I do does not matter; I am only one and my life here is so poor and mean and there is so little in it to inspire one that I simply try to escape as much friction as possible. Does it occur to such a one that if life is ignoble it is because he and others find in it poor and ignoble expression. In the light of experience the unforeseen possibilities of human life are infinite. There is no limit to what one man may effect. Peter, the Hermit, brought the Crusaders into being and transformed Europe though he did not realize it. We have examples every day of what unthought of things the efforts of one man can bring about, and even the weakest men can do something. Why do we not play our parts more manfully? Goethe gives a reason. (Apart from the need of making a livelihood:—)

"Men are so inclined to content themselves with what is commonest and the senses grow so easily dead to the impressions of the beautiful and the perfect that everyone should study by all methods to nourish in his mind the faculty of feeling these things. For no man can bear to be entirely deprived of such enjoyments. It is only because they are not used to taste of what is excellent, that the generality of mankind take delight in silly and insipid things, provided they be new."

Means of Uplift.

It seems beyond question that we can only really lift ourselves by helping others and we can do this in no surer way than by striving to raise the tone of the environment in which we live. The best men of all the churches are owning the sacredness, not of things to save themselves as their chief objective, but to make this present world better: Creeds are important, but deeds can alone effect this. And it is not the deed itself so much as the emotion that finds expression through it and the manner in which it is done that counts. A dole, grudgingly flung to a brother in need, carries little of good and much that is evil. It is not our reputed sins that drag us down, but the want of will to conquer self and obtain a mastery over it and to live for and through others. The wages of God are tersely stated. The joy of labour and the joy of giving, these alone provide the food and exercise that the soul requires.

Is it not possible for us to realize something of this and to bring it to bear upon our lives. Not merely by talking about it, words are cheap and are daily losing their force. We must live our creed not talk about it and when we transfer our vision from words to deeds the little incidents of daily life take on new significance each can be made to reveal beauty and beauty and goodness are actually one. Beauty of Body—Beauty of Mind—Beauty of Soul—Do we realize the need of developing them together? A perfect body with a perfect carriage. A Mind that will lift its possessor and those with whom it comes into contact to ever higher vision; a Soul that by its unselfish devotion will reveal the Divine; how these would elevate Public Opinion. Slovenliness, Commonness in speech, Selfishness, how these lower it. And the immediate result is not all, they will bear their bitterest fruit in the next generation. Is it not then our duty to weave this sense of beauty into the fabric of our lives?

Matthew Arnold's definition of Culture reads:—

Pursuit of our total perfection by means of getting to know, on all matters that most concern us, the best that has been thought and said in the world: and through this knowledge turning a stream of fresh free thought upon our stock notions and habits, which we now follow staunchly but mechanically, vainly imaging that there is a virtue in following them staunchly, which makes up for the mischief of following them blindly.

Faith Essential

Amiel presents another phase of the subject:—"Every life is a profession of faith and exercises an inevitable propaganda. As far as it lies in its power it tends to transform the Universe and Humanity into its own image. Every man is a center of perpetual radiation like a luminous body; he is, as it were, a beacon which entices a ship upon the rocks if it does not guide it into port. Every man's conduct, is an unspoken sermon which is for ever preaching to others spiritual poison. Sin would only be an evil for him who commits it, were it not a crime towards the weaker brethren, whom it corrupts."

"What is threatened today is moral liberty, conscience, respect for the soul, the very nobility of man. To defend the soul, its interests, its rights, its dignity is the most pressing duty for whoever sees the danger. What the writer, the teacher, the pastor, the philosopher has to do, is to defend humanity in man, the true man, the ideal man; such should be their motto, their rallying cry. War to all that debases, deminishes, hinders and degrade him, protection for all that fortifies, enobles and raises him. The test of every religious, political or educational system is the man it produces. If a system injures the intelligence it is bad; if it injures the character it is vicious; if it injures the conscience it is criminal."

Let each man seek out, in his own place and station, that which he honestly deems worth while and, be the action ever so commonplace or apparently trivial there will gradually grow up a Public Opinion which will transform this old world of ours and make it a much better expression of the Divine.

Sir William Jones gives us a lead in his noble lines:

"What constitutes a State?
Not high-raised battlement or laboured mound,
Thick wall or moated gate;
Not cities proud with spires and turrets crowned;
Not bays and broad-armed ports,
Where laughing at the storm, rich navies ride;
Not starred and spangled courts,
Where low-browed baseness wafts perfume to pride;
No: Men, highminded men,
With powers as far above dull brutes endued,
In forest, brake or den,
As beasts excel cold rocks and brambles rude—
Men who their duties know
And knowing dare maintain."

Garden Fresh

—Just as tea is shipped from the gardens in lead lined chests as the sole way to retain its strength and flavor, so it is delivered to you in metal packages when you buy

Rakwana Golden Orange Pekoe

First for thirst

Loosen Up That Cold With Musterole

Have Musterole handy when a cold starts. It has all of the advantages of grandmother's mustard plaster without the burn. You feel a warm tingle as the healing ointment penetrates the pores, then a soothing, cooling sensation and quick relief.

Made of pure oil of mustard and other simple ingredients, Musterole is recommended by many nurses and doctors. Try Musterole for bronchitis, sore throat, stiff neck, pleurisy, rheumatism, lumbago, croup, asthma, neuralgia, congestion, pains and aches of the back or joints, sore muscles, sprains, bruises, chilblains, frosted feet, colds of the chest. It may prevent pneumonia and "flu."

The Musterole Co. of Canada, Ltd. Montreal

MUSTEROLE WILL NOT BLISTER

Better than a mustard plaster

Boudoir and Bedroom Rugs of New Design and Color

THERE is something indescribably fresh and dainty about the latest BARRYMORE RUGS for boudoirs and bedrooms. The colors are the very newest—delightful apple greens, mulberries, silver greys and fascinating chintzy effects, such as you have never before seen in rugs.

These BARRYMORES open up entirely new schemes of upper-floor decoration. They are precisely what thousands of women have been seeking, for in some magical manner they endow otherwise plain bedrooms with a new and chic individuality.

You may see BARRYMORE Guaranteed RUGS in sizes and patterns suitable for every room in the home on exhibit in the rug departments of leading housefurnishing stores. You will be pleased at the moderate prices asked, for BARRYMORES are excellent value. They are splendidly woven of the purest wool and worsted yarns, dyed with fast dyes and fully guaranteed.

Write for a free copy of our new book, "The Importance of the Rug in the Decorating Scheme," to

TORONTO CARPET MFG. CO., Limited
Toronto *Established 1891* Canada

Designers and Weavers of

BARRYMORE Guaranteed RUGS

WILTON + AXMINSTER + SAXONY

Ask the rug salesman to show you the BARRYMORE *guarantee label affixed to the back of the rug.*

FOR MEN ONLY

It's a wonderful thing for women,
The popular permanent wave.
Now it's up to some struggling inventor
To get out a permanent shave.

ATHLETES!

Minard's will limber up stiff muscles and sore joints. Use it for a rub down.

MINARD'S "KING OF PAIN" LINIMENT

Proved safe by millions and prescribed by physicians for

Colds	Neuralgia
Pain	Neuritis
Headache	Lumbago
Toothache	Rheumatism

DOES NOT AFFECT THE HEART

Safe

WARNING! Beware of Counterfeits

There is only one genuine "ASPIRIN" tablet. If a tablet is offered as "ASPIRIN" and is not stamped with the "Bayer Cross"—refuse it with contempt—it is not "ASPIRIN" at all! Don't take chances!

Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer manufacture of Monoaceticacidester of Salicylicacid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

We carry a complete stock of The Celebrated Barrymore Axminster and Wilton Rugs.

Compare our prices with Catalogue house prices and you will be convinced of the superiority of this magnificent line shown here in all sizes.

Prowse Bros Limited