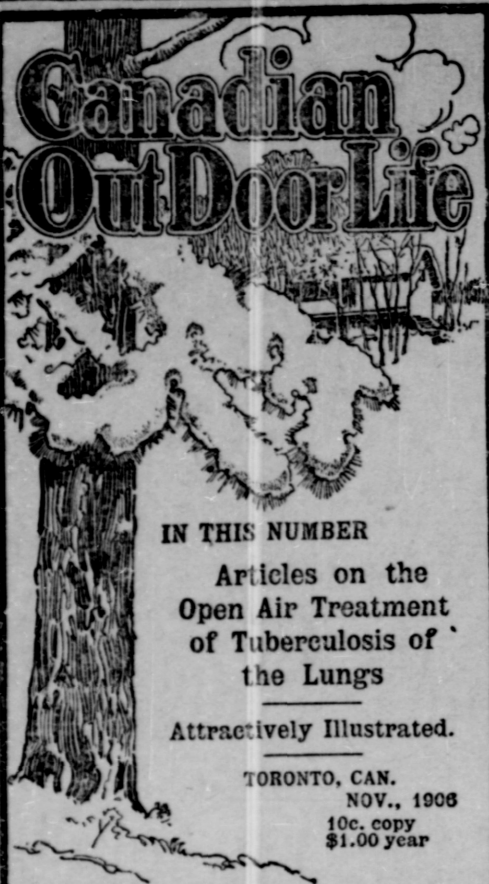


NOT A SINGLE APPLICANT HAS EVER BEEN REFUSED ADMISSION TO THE MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES BECAUSE OF HIS OR HER POVERTY



## FORWARD STEP

IN THE INTERESTS OF  
Muskoka Free Hospital for  
Consumptives

The National Sanitarium Association of Canada has undertaken to publish a monthly magazine devoted to the Outdoor Treatment of Tuberculosis, and the inculcation of Hygienic Methods of Living for the people generally. The first number was issued in November, 1906.

All profits from this magazine — from subscriptions and advertising—will go to the maintenance of patients at the Muskoka Free Hospital for Consumptives.

Any one contributing one dollar a year, or more, to the funds of the Hospital will become a subscriber to CANADIAN OUT-DOOR LIFE for one year.

IN THIS NUMBER  
Articles on the  
Open Air Treatment  
of Tuberculosis of  
the Lungs

Attractively Illustrated.

TORONTO, CAN.  
NOV., 1906  
10c. copy  
\$1.00 year

Facsimile Cover Page (reduced in size) new Monthly Magazine of The National Sanitarium Association. Full size of page 10x7.

### No Father, No Mother, No Home—Worse Than a Prisoner

GARFIELD BRACEY, BERLIN, ONT.: Enclosed please find doctor's certificate and examination papers. Hope you will secure me a place in your Sanatorium. You will notice that my circumstances is a hard one; no father, no mother, no home—worse than a prisoner. Nobody wants me on account of my disease. Hoping you will have the charity and consider my position, and give me a position at once in your Sanatorium, I ever pray.

### An Orphan, without Home or Means

DR. A. E. HANNA, PERTH: I have a patient here, a young fellow in whom I am greatly interested. He has tuberculosis. He is a poor young fellow, an orphan, out of home, without any means. If we sent him up would you take him in and do the best you can for him? I know how difficult it is to accommodate all who require treatment, but this is a special case.

It is always encouraging to have a letter from friends who kindly contribute. For the convenience of those who have not time to write, the following blank may be used:

#### SUBSCRIPTION BLANK.

Dear Sir,

I have pleasure in enclosing the sum of..... (\$.....), as a contribution to the maintenance of the MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES.

Name.....

Address.....

#### CONTRIBUTIONS MAY BE SENT TO

HON. SIR W. R. HERBERT, Kt., Chief Justice, Vice-President Nat. San. Association, Toronto, or W. J. GAGE, Esq., Chairman Executive Committee, Toronto.

All Subscriptions received will be acknowledged in the Toronto "Globe" and "News." Anyone subscribing one dollar or more becomes a subscriber to the Canadian Outdoor Life for one year.

"I WAS SPECIALLY PLEASSED WITH THE ATTENTION PAID TO CONDUCT THE INSTITUTION LIFE FULLY AND ECONOMICALLY."—Dr. R. W. Bruce-Smith, Government Inspector Hospitals and Clinics.

No. 1

### Evening Gowns of Winter

Midwinter in New York is the season when elaborate gowns and wraps are most in demand. It is at the opera that one gains the fullest view of these elegant gowns. On a gala night the audience affords a spectacle no less interesting than the stage, although in quite a different way. The gowns are royal in magnificence, gleaming with gold and silver and copper; their beauty accentuated by the jewels that flame in the hair of the wearers and flash on the corsage. The color effects strike a stronger note than during recent years. White is in evidence, but it is overbalanced by gowns of sky blue, of rose pink and yellow. Here and there a vivid scarlet, a black jetted net relieved by a front panel of flamingo velvet, and stately pompadour brocades add their richness to the rest.

The décolletage, obedient to the Empire influence now prevalent, runs uncompromisingly straight across the figure, leaving the entire shoulder bare at the throat, save for the narrow strap that join the back and front of the waist. Sometimes, instead of straps, a bit of velvet is drawn through a jeweled buckle. Again strings of pearls are used for this purpose.—Helen Berkeley Loyd in the January Delineator.

### JUST WHERE THE DANGER LIES

In many catarrh snuffs, cocaine is the largely used ingredient; in consequence the drug habit may be formed. To be really cured of catarrh, to do so quickly, safely and pleasantly, doctors say Catarrhazone is superior to any other remedy. It heals sore places, stops discharge, prevents hawking, spitting and bad breath—does this by first destroying the cause of the disease. Catarrhazone is no experiment, it is a tried and proven cure that is guaranteed for bronchial, throat, nose and lung catarrh. Two sizes, 25c and \$1.00 at all dealers.

### La barbe a moitié faite

Le comédien Legrand voyageait avec son camarade La Thorillière. Ce dernier ne s'était pas fait raser depuis quinze jours, par rapport à une affreuse fluxion qu'il avait eue. Apercevant un château où demeurait une femme que cet acteur avait connue, la fantaisie d'aller la voir, malgré les prières que lui faisait Legrand de continuer leur route. La Thorillière, inébranlable, descend dans un cabaret et demande un barbier. On l'envoie chercher pendant qu'il prépare un habit et du linge. Legrand, voulant se venger, fit la leçon au frater, qu'il soudoya très bien. Ce dernier se mit en état de raser son homme. Durant l'opération, La Thorillière lui demanda: "Y a-t-il beaucoup de voleurs aux environs?"—Quantité, et en y met bon ordre; j'en ai fouetté et marqué deux avant-hier, pendu hier trois que je suis en train de disséquer, et demain je dois rompre". Il n'eut pas le temps d'en dire davantage. Le comédien, qui prit véritablement le barbier pour un bourreau, le repoussa durement, et monta en voiture la barbe à moitié faite.

### YOUR WISEST COURSE

If you are caught in the wet, get sore throat, neuralgia or muscular pain, don't wait for worse troubles. Begin prompt treatment with Polson's Nerviline. It drives away all trace of cold, eases rheumatism, neuralgia and pain, saves you from a lay-up in bed. No 25c purchase can bring more comfort than a bottle of Polson's Nerviline; it's the cleanest, strongest liniment made. Sold everywhere in large 25c bottles.

Mr. Collinson reports that there has been considerable preliminary work done at Prince Rupert this summer. The townsite has been thoroughly surveyed. A water supply has been located which would serve as large a population as the city was ever likely to boast of without difficulty. While coming south, the steamer upon which he

was a passenger had passed a vessel which it was understood had many thousands of feet of lumber for use in the building of a number of large structures. One of these is the new hotel.

Questioned as to the character of the country in the immediate vicinity of Prince Rupert, Mr. Collinson stated that it was better adapted for mining than anything else. He asserted that the wealth of its mountains could not be overestimated. There was no doubt that when transportation was assured by rail and steamer there would be mines opened up which would yield enormous dividends. But back of the coast range of mountains the conditions differ entirely. There was to be found mile upon mile of territory which, he believed, would make the finest agricultural land anywhere. The route of the railway would be through this district, naturally it would not be long before large tracts would be taken up by settlers. The possibilities of the country from an agricultural standpoint could not be gauged by the most imaginative mind.—Winnipeg Free Press, November 24, 1906.

### WHY BURN YOUR TOES

Stop using Acid Corn Salves, use Putnam's Painless Extractor; it costs a little more, but it's far the best. Use only "Putnam's"—25c at all dealers.

### JURISPRUDENCE

#### ABONNEMENT AUX JOURNAUX

Nous croyons devoir attirer l'attention de quelques abonnés retardataires sur la loi concernant l'abonnement aux journaux.

1. Toute personne qui retire régulièrement un journal du bureau de poste, qu'elle ait souscrit ou non, que ce journal soit adressé à son nom ou à celui d'un autre, est responsable du paiement.

2. Toute personne qui renvoie un journal est tenu de payer tous les arrérages qu'elle doit sur son abonnement, autrement, l'éditeur peut continuer à le lui envoyer jusqu'à ce qu'elle ait payé. Dans ce cas l'abonné est tenu de donner en outre, le prix de l'abonnement jusqu'au moment du paiement, qu'il tait retiré ou non le journal du bureau de poste.

3. Tout abonné peut être poursuivi pour abonnement dans le district où le journal se publie, lors même qu'il demeurerait à des centaines de lieues de cet endroit.

4. Les tribunaux ont décidé que le fait de retirer un journal du bureau de poste, ou de changer de résidence et laisser s'accumuler les numéros à l'ancienne adresse constitue une présomption et une preuve "prima facie" d'intention de fraude.

### McKinnon's English Ointment CURES

Fever Sores, Salt Rheum, Sea Heads, Itching or Bleeding Piles, Pimples, Sore Eyes, Ringworm, Blotches, Erysipelas, Inflammation, Blood Poison, Cuts, Bruises, Burns, Sprains, Chapped Hands, Corns, and all Eruptions of the Skin from any cause whatever. It also cures scratches, and wounds of the Backs and Shoulders of Horses.

PRICE, 25 AND 35 CENTS For Sale by all Druggists and Country Merchants

NEIL McKINNON, Proprietor, Summerside, Prince Edward Island

JAMES THOMAS, Summerside, says: "I desire to bear testimony to the great healing powers of McKinnon's English Ointment. I suffered a great deal from Sore Eyes caused by snow-blindness. I was induced to try a box of your Ointment which made a perfect cure of them in a few days. I have also used your Ointment for a number of years and it is up to date the market."

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and they will find

we can meet all

competitors, and

save to them the

trouble and ex-

pense of going to

Summerside or

Charlottetown

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COLLEGE ACADIEN

Cette liste restera ouverte dans nos colonnes et chaque souscription nouvelle sera ajoutée avec le nom du donateur.

Voici la liste jusqu'à présent:  
"Sylvain".....\$50.00  
"Paul".....50.00  
"Un Ami".....50.00  
"Ernestine".....10.00  
"Acadien".....20.00  
à suivre

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## OXYDONOR

Vous Guert pendant votre Sommeil

OXYDONOR est un instrument qui a été inventé spécialement pour y incorporer une loi de la nature découverte par le Docteur Hercule SANCHE. Cette loi nous donne un pouvoir absolu sur la maladie, de quelle nature qu'elle soit rhumatisme, débilité nerveuse, névralgie, insomnie, grippe, bronchite, paralysie, etc.

Rhumatisme Inflammatoire  
Sté Anne de Beupré, P. Q., 28 avril, 1902 Couvent du Rosaire

MM Sanche & Co, Montréal  
Messieurs, Nous sommes heureuses de vous dire que nous avons fait essai avec succès, de votre OXYDONOR et que nous l'avons déjà recommandé à quelques personnes souffrantes. Il nous a été d'un prompt secours pour le rhumatisme inflammatoire. Veuillez agréer nos sincères remerciements pour les renseignements que vous avez eu la complaisance de nous donner sur l'emploi de l'OXYDONOR. Vos bien dévouées  
Les Soeurs du Rosaire

Oxydonor dure dure toute la vie. Il sert à toute la famille. Demandez pour notre livre No. 36 donnant les prix et renseignements.

Dr. H. Sanche & Co  
364 rue Ste-Catherine, Ouest  
MONTREAL, QUE  
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### Are You Sick?

If so you can remove the cause of your trouble and recover your health and happiness.

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A true family medicine They are pleasant to take, effective and mild in their operation. The most stubborn diseases invariably yield to their searching influence.

For sale by NEIL McKINNON

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