

ANTIDOTE FOR HUNGER.
The Experiment Tried in Russia With Beneficial Results.
 About the beginning of this century a distinguished French philanthropist, A. Joux, advised poor people to sleep as much as possible during the winter months, as only thus would they be able to live with any degree of comfort. This strange theory is now being tested by many persons in Russia, and, according to a report which has been issued, their almost complete abstinence from food has produced no harmful result, and has even from their standpoint proved highly beneficial. These people live at Pekow, a district south of St. Petersburg, and the reason why they have adopted the practice of sleeping during the winter is because for the last few years their crops have

HAVE YOU TASTED SALADA
CEYLON GREEN TEA?
 It's far more delicious than Japan. Sold only in Lead Packets.
 eral until recently, and it has only now attracted the attention of philanthropists and of physicians. Medical men in St. Petersburg have decided to investigate the matter closely, as they are especially anxious to obtain answers to two questions:—First, does the temperature of persons who remain torpid and who sleep for whole months in this fashion undergo any change; and second, in what other manner, if any, does this mode of living affect persons physically and mentally?
 During the last two years 41,375 men have been killed in battle.

THE TRAMP'S IDEA.
 That fellow ought to go into business and fail, said the tramp to his partner about a man from whom he had asked a small favor.
 Why?
 He compromised with me for fifty cents on the dollar.
 How you mean?
 Why, I struck him for a dime and he got me a nickel.
TO CURE A COLD IN ONE DAY
 Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E.C. & W. Grove's signature is on each box.
 If wind blows on you through a hole; Get a certificate and take care of your soul.
FOR OVER FIFTY YEARS
 MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children's teething. It soothes the child, softens the gums, allays pain, cures wind colic, and is the best remedy for diarrhoea. It is sold by all druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup."

This is an age of improvement. What was best yesterday is only a poor second to-day.
LUDELLA
 CEYLON TEA
 is a product of to-day.
 LEAD PACKAGES. 25, 50, 40, 50 and 100.

Rheumatism Cured
 Our Method is sure and has cured thousands—some pronounced incurable. Write at once. Booklet and Proof on request. Address
The SWISS-AMERICAN CO., Windsor, Ont., Canada

ANNUAL STATEMENT OF THE NORTH AMERICAN LIFE ASSURANCE COMPANY.
 Head Office: 112-118 King Street West, TORONTO.
 For the year ended December 30th, 1899.

Dec. 31, 1898	To net Ledger Assets	\$2,977,451.64
RECEIPTS.		
Dec. 30, 1899.	To Cash for Premiums	\$744,865.59
" "	To Cash Income on Investments	143,656.81
		893,522.89
		\$3,870,974.08
DISBURSEMENTS.		
Dec. 30, 1899.	By payments for Death Claims, Profits, etc.	\$303,081.50
" "	By all other payments	231,182.32
		534,263.82
		\$3,336,710.21
ASSETS.		
Dec. 30, 1899.	By Mortgages, etc.	1,416,982.68
" "	Debentures (market value \$308,935.65)	579,989.87
" "	Stocks and Bonds (market value \$587,391.50)	559,993.62
" "	Real Estate, including Company's building	884,651.79
" "	Loans on Policies, etc.	221,665.87
" "	Loans on Stocks (nearly all on call)	194,821.42
" "	Cash in Banks and on hand	28,705.96
		\$3,836,710.21
		187,298.24
		35,074.75
		56,894.16
		\$3,566,477.86
LIABILITIES.		
Dec. 30, 1899.	To Guarantee Fund	\$ 80,000.00
" "	Assurance and Annuity Reserve fund	2,929,552.00
" "	Death Losses awaiting proofs, etc.	51,607.85
		3,041,059.85
		\$524,418.01

The financial position of the Company is unexcelled—its percentage of net surplus to liabilities exceeds that of any other Home Company.
 New insurances issued during 1899.....\$ 4,929,140.00
 Exceeding the best previous year by nearly one million.
 Insurance in force at end of 1899 (net).....\$28,046,408.00
PRESIDENT:
 JOHN L. BLAIKIE.
VICE-PRESIDENTS:
 HON. G. W. ALLAN. HON. SIR FRANK SMITH, K.O.M.G.
DIRECTORS:
 HON. SENATOR GOWAN, Q.C., LL.D., C.M.G. E. GURNEY, ESQ.
 L. W. SMITH, ESQ., Q.C., D.C.L. JOHN N. LAKE, ESQ.
 D. MCRAE, ESQ., Guelph. J. KERR OSBORNE, ESQ.
 HON. SIR WM. R. MEREDITH, Chief Justice of Ontario.
MANAGING DIRECTOR:
 WM. McCABE, LL.B., F.I.A., F.S.S.
SECRETARY:
 L. GOLDMAN, A. I. A. **MEDICAL DIRECTOR:**
 J. THORBURN, M. D., Edin.

The Report containing the proceedings of the Annual Meeting, held on January 30th, last, showing marked proofs of the great progress and solid prosperity of the Company, will be sent to the policy-holders. Pamphlets explanatory of the attractive investment plans of the Company and a copy of the annual report, showing its unexcelled financial position, will be furnished on application to the Head Office or any of the Company's agencies.
 been insufficient to provide them with the necessary means of sustenance.
 When the elders of the district saw that starvation stared the people in the face, they advised them to make their remaining stock of food last as long as possible, and to go to sleep during the winter. This suggestion was adopted. The members of each family stretch themselves on cots around the large stove and slumber day and night. Once in the twenty-four hours they get up and refresh themselves with a morsel of hard bread baked last autumn and a drink of water, after which they lie down again and snore calmly.
 Apparently some of the poorest inhabitants of Pekow have been in the habit of hibernating for some years, but the practice did not become gen-

The longest newspaper title in existence is that of a Greenland publication, which rejoices in the euphonious designation of "Arrangiglotio Natinginnavnik Sysarannas Sivik."
 The Boers requested President Kruger's permission to use Dum Dum bullets, but he refused.
O'KEEFE'S LIQUID MALT
 LLOYD WOOD, Toronto, GENERAL AGENT.
 President Kruger is announced to have put a tax of from thirty to fifty per cent. on the output of Johannesburg gold mines.
La Toscana, 10c RELIANCE CIGAR FACTORY, Montreal.
 Water in South Africa is often as precious as gold, and sometimes infinitely more precious. Every year witnesses a terrible drought in some part.
"Pharaoh 10c." 33 Parnes, of Granby, Que. Cigar Manufacturer.
 To lengthen thy life, lessen thy meals, and lengthen thy certificate.

MONTREAL HOTEL DIRECTORY.
The "Balmoral," Free Bus Am. Plan \$1.20 & up.
Hotel Carslake, European Plan. Rooms from \$1 a day up. Opp. G.T.R. Station, Montreal. Gen. Carslake & Co., Prop.
AVENUE HOUSE—McGill—College Avenue. Family Hotel rates \$1.50 per day.
ST. JAMES' HOTEL—Opposite G.T.R. Depot. Rooms from 50c. Opp. G.T.R. Station. First-class Commercial House. Modern improvements—Rates moderate.
THE CHEERFUL VIEW.
 Are you superstitious about the number 13?
 No, indeed; if a girl re-used me thirteen times, I'd know I was in great luck not to marry such an obstinate, hard-headed girl.
Catarrh Cannot be Cured
 with LOCAL APPLICATIONS as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials in free.
 F. J. CHENEY & CO., Props., Toledo, O. Sold by druggists, price 75c. Hall's Family Pills are the best.
SPEED OF CABLES.
 A message travels over an ocean cable at about 700 miles a second.
W P C 1013

CALVERT'S
 Carbolic Disinfectants, Soaps, Ointment, Tooth Powders, etc., have been awarded 100 medals and diplomas for superior excellence. Their regular use prevent infectious diseases. Ask your dealer to obtain a supply. Lists mailed free on application.
F. G. CALVERT & CO.,
 MANCHESTER ENGLAND.
CHEAP MANITOBA FARMS
 for sale. Improved and unimproved. One-fifth cash. Entending settlers will get benefits of fifteen years' experience as to district to settle in. A. W. AUSTIN, 21 Toronto Chambers, Toronto.

Music Teachers Wanted
 To send for our complete SHEET MUSIC CATALOGUE and SPECIAL RATE OF DISCOUNT. We are equipped to supply every MUSIC TEACHER in Canada
Whaley, Royce & Co.,
 155 Yonge St., TORONTO, Ont.

Garters GOLD CURE 10c. Cures in a jiffy. P. Mo Cormack & Co., Agents, Montreal.
THE DES MOINES INCUBATOR—Best and cheapest. O. Rolland, sole agent for the Dominion. Send 3c. stamp for catalogue. 373 St. Paul Street, Montreal.
I.O.C permanently cures Catarrh of nose, throat, stomach and bladder. 7c & 21c a box. Write for particulars. The Indian Catarrh Cure Co., 140 St. James-st., Montreal.
LAW
 Mills, Mills & Hales Barristers, etc., removed to Wesley Bldg., Richmond St. W., Toronto.
HARRIS Buys Scrap LEAD, COPPER, BRASS Wholesale only. Long Distance Telephone 1729. **WILLIAM ST., TORONTO.**
POULTRY, BUTTER, EGGS, APPLES, and other PRODUCE, to ensure best results consign to **The Dawson Commission Co., Limited,** Cor. West-Market & Colborne St., Toronto.
REPRESENTATIVE WANTED in your town. position—Pay prompt. Like positions making \$40 per week. Write quick for particulars and furnish references. go: McKinnon Building, Toronto.
AGENTS, We have the best selling game of the year. Something that you can make good wages at. Send for particulars of how to get a good
WATCH FREE
 and sample game, 10c. Crapper Bros., 83 Lombard St., Toronto, Ont.
WOOD PHOTO ENGRAVING
 J. E. JONES ENGR. 100 ADELAIDE ST. W. TORONTO.

Sausage Casings—New importations finest English Hog Casings—reliable goods at right prices. **PARK, BLACKWELL & CO., Toronto.**

Catholic Prayer Books, Rosaries, Crucifixes, Scapulars, Religious Pictures, Statuary, and Church Ornaments, Educational Works. Mail orders receive prompt attention. **D. & J. SAILLIER & CO., Montreal.**

Dyeing & Cleaning!
 For the very best send your work to the "BRITISH AMERICAN DYEING CO." Look for agent in your town, or send direct. **Montreal, Toronto, Ottawa, Quebec.**

Michigan Land for Sale.
 8,000 ACRES GOOD FARMING LANDS—ARENAO & Co., Agents, Ogemaw and Crawford Counties. Title perfect. On Michigan Central, Detroit & Mackinac and Loon Lake Railroads, at prices ranging from \$2 to \$5 per acre. These lands are close to Enterprising New Towns, Churches, Schools, etc., and will be sold on reasonable terms. Apply to **R. M. PIERCE, Agent, West Bay City, Mich. Or J. W. CURTIS, Whitefish, Mich.**

WE ARE OFFERING TO INVESTORS
 special stock, guaranteeing large dividends; also an installment stock payable in monthly installments, drawing cash dividend, half yearly. Parties wanting safe and profitable investment should correspond with the Sun Savings and Loan Company, Toronto; money loaned on favorable terms; agents wanted in unrepresented districts; write us.

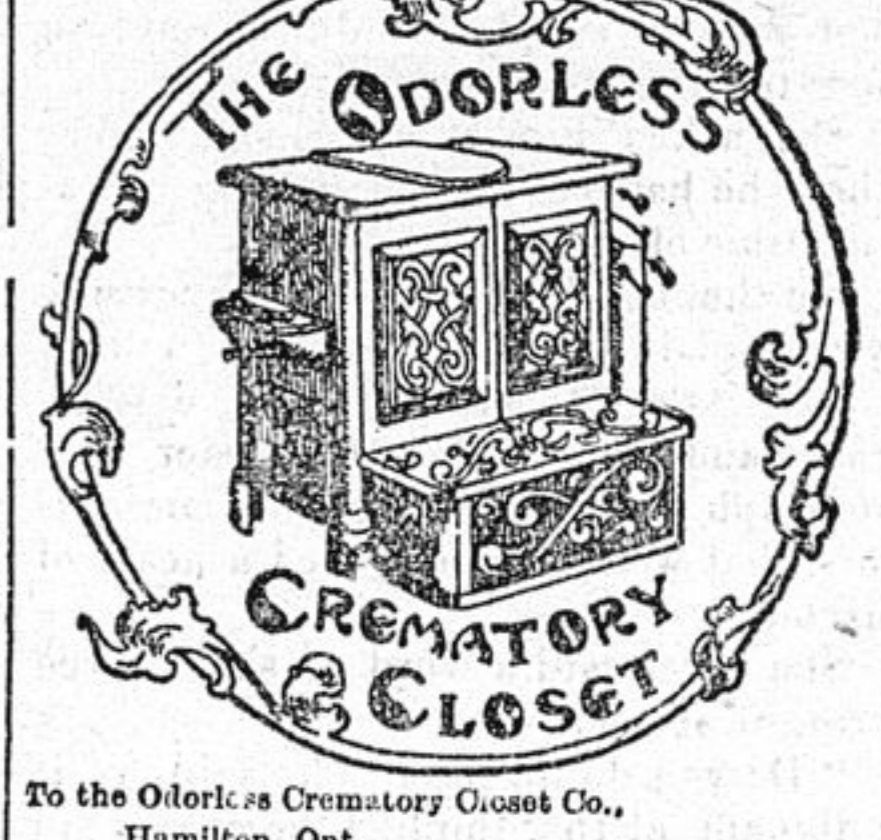
WE ARE OFFERING TO INVESTORS
 special stock, guaranteeing large dividends; also an installment stock payable in monthly installments, drawing cash dividend, half yearly. Parties wanting safe and profitable investment should correspond with **The Sun Savings and Loan Co., Toronto.** Money loaned on favorable terms; agents wanted in unrepresented districts; write us.

FOR SALE!
 THE Following SECOND-HAND MACHINERY: has been used but little; is practically as good as new; will be sold cheap: 1 Garvin Hand Miller; 1 Emery Stand; 1 Lathes & 4 foot bed; 1 Bissdale Lathes; 5 foot; 3 Cams; 12 in.; 1 Power Hack Saw; 3 Table Vices; 1 Iron Pedestal; 1 Large Polishing Jack; 1 Speed Lathe; 2 Spoke Threading Machines; Engine 1; the; 2 Split Pulleys of different sizes; 5 Block Pulleys. Apply to **E. W. NESBITT, Woodstock, Ont.**

Dominion Line MAIL STEAMSHIPS
 Portland, Me., to Liverpool, via Halifax.
 Large and fast Steamers Vancouver, Dominion, Camboman.
 Rates of passage: First Cabin, \$50 upwards; Second Cabin, \$35; Steerage, \$22.50 and \$23.50. For further information apply to local agents, or **DAVID TORRANCE & CO., General Agents, 17 St. Ecorsement St., Montreal.**

THE MOST NUTRITIOUS.
EPPS'S
 GRATEFUL—COMFORTING.
COCOA
 BREAKFAST—SUPPER.

COMMON SENSE KILLS ROACHES, Bed Bugs, Rats and Mice. Sold by all Druggists, or 381 Queen W. Toronto.



THE ODORLESS CREMATORY CLOSET
 To the Odorless Crematory Closet Co., Hamilton, Ont.
 DEAR SIR: About a year ago I bought from you one of your Odorless Crematory Closets and have since used it constantly in my private residence with splendid satisfaction. I am so well pleased with it that you can show me another at once for my hotel. Yours very truly, **J. H. MARSH, Markdale, Ont.**
 The following are the names of a few prominent citizens who are using this closet, and from whom we have very flattering testimonials:
 Dr. D. L. Thompson, Toronto, Ont.
 Dr. McLaughlin, Bowmanville, Ont.
 Dr. M. L. Dixon, Frankville, Ont.
 Dr. C. F. Ferguson, Kempville, Ont.
 Dr. Urie Gabourg, Plantagenet, Ont.
 Judge A. C. Chadwick, Guelph, Ont.
 C. J. Mickle, B.A., Chesley, Ont.
 Rev. John Downie, Watford, Ont.
 L. Dampier, Mgr. Bank of Commerce, Strathroy, Ont.
 Peter Hope, merchant, Perth, Ont.
 Jas Moffatt, merchant, Amherst, N.S.
 For catalogue and price list, write to **The Odorless Crematory Closet Co., Hamilton, Ont.**

SAR. E. ANNETT, Manager.
JOHN J. MAIR, Supt. and Treas.

The Canadian Keine Safety BOILER CO.
 Esplanade, Toronto
 Opp. Sharnbourn St., Toronto
 High Class Water Tube Steam Boilers, for All Pressures, Duties and Fuel.
 SEND FOR DESCRIPTIVE CATALOGUE.
 Toronto Electric Light Co., Limited.
 The T. Eaton Co., Limited.
 The Massey Harris Co., Limited.
 The Curtis Percha Rubber & Mfg. Co.
 The Wilson Publishing Co., Limited.
 (All of Toronto where boilers may be seen working.)

PAINT! WATCH THIS SPACE FOR—
RAMSAY'S PAINT
 NEW ANNOUNCEMENT EVERY WEEK
A. Ramsay & Son, MONTREAL, THE PAINT MAKERS.

ANGIER'S PETROLEUM EMULSION
 A most efficient substitute for cod-liver oil, pleasant to the taste, and agreeing with the most sensitive stomach. Used by physicians in the treatment of all throat and lung troubles, and—if results count for anything—almost no limit to the good it can do.
 Sample bottle mailed to any address on receipt of 10 cents to cover postage.
Angier Chemical Co., 81 Confederation Life Building, Toronto

"You can mould opinion, you can create political power" says John Bright. But you cannot find a Tea equal to Blue Ribbon Ceylon.