

THE OPEN-AIR TREATMENT.

The advantages of the open-air treatment for consumptives may be thus briefly summarized: The patient exposed continuously to fresh air gains in appetite, assimilates his food better, sleeps more soundly and awakens more refreshed, writes Dr. H. W. G. Mackenzie. Free exposure to air is the best antipyretic. Sweating at night, formerly so common a symptom, usually ceases. Colds are practically unknown among patients leading an open-air life. Secondary infection, on account of the comparative freedom of the air from micro-organisms, is much less likely to occur. Tolerance of outside air is very quickly established, and no one who has tried the open-air life will willingly go back to the former conditions of stuffiness. I have never seen any one made worse by exposure to fresh air. Even during a thick London fog patients get on better lying in bed on a balcony or in rooms with windows wide open and a good fire burning than when attempts are made to shut out the fog by keeping the windows shut.

THE CZAR IN PROVERB.

His Luck, His Power and His Limitations.

In a recent number of The Paris Figaro were found collated some characteristic Russian proverbs that regard the Czar and his position, and find much current application: "When the Czar spits into a dish, it breaks into pieces for very pride." "The crown does not protect the Czar from headache." "Even the lungs of the Czar cannot blow out the sun." "The Czar's back, too, would bleed if it were gashed with the knout." "The Czar even covered with boils is declared to be in good health." "When the Czar rides behind a tired horse every step is charged as a league." "The Czar may be a cousin of God, but His brother he is not." "The Czar's arm is long, but it cannot reach to heaven." "Neither can the Czar's vinegar make anything sweet." "The hand of the Czar, too, has only five fingers." "The voice of the Czar has an echo even when there are no mountains in the vicinity." "The troika (team of three horses abreast) of the Czar leave a deep trace behind it." "It is no more difficult for Death to carry a fat Czar than to carry a lean beggar." "The tear in the eye of the Czar costs his country many, many a handkerchief." "When the Czar writes verses—woe be to the poet!" "When the Czar plays, his ministers have only one eye and the countrymen are blind." "What the Czar cannot accomplish time can do." "Even the Czar's cow cannot bring anything else into the world but a calf." "When the Czar has the smallpox his country bears the scars."

It will take a lot of nerve for some Christians to stand up and look over their lives at last and hear the judge say: "Well done, good and faithful servant!"

THE TRICKS.

Coffee Plays on Some.

It hardly pays to laugh before you are certain of facts, for it is sometimes humiliating to think of afterwards. "When I was a young girl I was a lover of coffee, but was sick so much the doctor told me to quit, and I did, but after my marriage my husband begged me to drink it again, as he did not think it was the coffee caused the troubles. "So I commenced it again and continued about six months until my stomach commenced acting bad and choking as if I had swallowed something the size of an egg. One doctor, said it was neuralgia and indigestion. "One day I took a drive with my husband three miles in the country, and I drank a cup of coffee for dinner. I thought sure I would die before I got back to town to a doctor. I was drawn double in the buggy, and when my husband hitched the horse to get me out into the doctor's office, misery came up in my throat and seemed to shut my breath off entirely, then left all in a flash and went to my heart. The doctor pronounced it nervous heart trouble, and when I got home I was so weak I could not sit up. "My husband brought my supper to my bedside with a nice cup of not coffee, but I said: "Take that back, dear, I will never drink another cup of coffee if you gave me everything you are worth, for it is just killing me." He and the others laughed at me and said: "The idea of coffee killing anybody." "Well, I said, 'it is nothing else but coffee that is doing it.' "In the grocery one day my husband was persuaded to buy a box of Postum, which he brought home, and I made it for dinner, and we both thought how good it was, but said nothing to the hired men and they thought they had drunk coffee until we laughed and told them. Well we kept on with Postum and it was not long before the color came back to my cheeks, and I got stout and felt as good as I ever did in my life. I have no more stomach trouble, and I know I owe it all to Postum in place of coffee. "My husband has gained good health on Postum, as well as baby and I, and we all think nothing is too good to say about it." Name given by Postum Co., Battle Creek, Mich.

THE POSTMASTER TELLS HIS SECRET

HIS HEALTH MAINLY DUE TO THE USE OF DODD'S KIDNEY PILLS.

Postmaster Lee Looks Ten Years Younger Than His Seventy-Six Years and He Gives the Credit to the Great Canadian Kidney Remedy.

Tabucintac, Cumberland Co., N.B., March 13—(Special)—Horatio J. Lee, postmaster here, is now in his seventy-sixth year, but so bright and healthy does he look and so energetic is he in his movements that he would easily pass for ten years younger. "How do I keep young looking," the postmaster says. "Well I attribute it largely to my good health and my health is mainly due to the use of Dodd's Kidney Pills. "I first learned the value of this Kidney Remedy some years ago. I was then suffering from Kidney Disease. My feet and legs swelled and I had to rise eight or ten times in the night because of urinary troubles. Six boxes of Dodd's Kidney Pills restored my health at that time and I have used them at intervals since. "To anyone afflicted with Kidney Trouble I say 'Dodd's Kidney Pills are all right.' Try them and you will be sure to find a benefit."

SENTENCE SERMONS.

A joy unshared is always short lived. Peace on earth waits for the peace from heaven. There will be good will in all when God's will is over all. You cannot touch men as long as you think of them as masses. The man who suspects everybody is surely a suspicious character. Running in old ruts may be more risky than blazing new trails. The man who sows nothing always reaps something a good deal worse. You can't expect a nickle's worth of religion to last you over Monday. The flowers on the streets of heaven are the transplanted sorrows of earth. It is easy to preach on the benefits of walking when you are in the band wagon. They who really pray for the poor find themselves saying Amen at their door. There's something wrong about a man's piety when it provokes others to profanity. When a man thinks he has a cinch on sin he is apt to find that the halter is on him. You never know how much religion you have until some one treads on your best corn. Our biggest, blackest troubles are often only the locomotive drawing our richest treasure train.

GIVING HIS NAME.

At an auction recently, when an article was knocked down to the highest bidder, the clerk called out, "What name, please?" And a small man with a small voice answered, "It's me." "I know it's you, but will you oblige me with your name?" said the clerk. The same answer came back in the same apologizing tones, "It's me." Getting angry, the young man with the book shouted, "Supposing you are a founding, surely in a Christian country they called you something—Street, Brown, Jones, Robinson—we can't wait—hurry up!" Still the weak voice replied, "It's me." At last the auctioneer remonstrated: "Are you deaf or mad, my good man? If you can't give us your name the article you bought must be put up again." "Hard luck," was the meek reply, "just because my father wasn't called Jones I must lose a table. It'll spell my name; maybe it is a bit misleading and personal—Mee. Me." And the laugh was turned against the smart auctioneer and his impatient clerk.

Results from common soaps: eczema, coarse hands, ragged clothes, shrunken flannels.

SUNLIGHT SOAP REDUCES EXPENSE

Higbee—"Do you consider it more blessed to give than to receive?" Wyld—"It depends on what you get!"

FOR OVER SIXTY YEARS.

Mrs. Winslow's Soothing Syrup has been used by millions of mothers for their children while teething. It soothes the child, softens the gums, allays pain, cures windcolic, regulates the stomach, cures diarrhoea. Twenty-five cents a bottle. Sold by druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup." 22-04

Snacks—"Did your wife's mother treat you with silent scorn?" Jack—"No such luck—she just treated me with scorn."

Kidney Duty.—It is the particular function of the kidneys to filter out poisons which pass through them into the blood. When the kidneys are diseased they cannot do their whole duty, and should have the help and strength that South American Kidney Cure will afford in any and all forms of kidney disorder. It relieves in 6 hours.—14

Dolly—"When I refused Jack, he vowed that he would do something desperate." Molly—"Nonsense! He proposed to me last night!" Dolly—"Goodness! I had no idea he meant what he said!"

MESSRS. C. C. RICHARDS & CO. Gentlemen,—Theodore Dorais, a customer of mine, was completely cured of rheumatism after five years of suffering, by the judicious use of MINARD'S LINIMENT.

The above facts can be verified by writing to him, to the Parish Priest or any of his neighbors. A. COTE, Merchant. St. Isadore, Que., 12th May, '98.

Worry never made anything—but wrinkles.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder is a boon to any home. It disinfects and cleans at the same time.

Dr. Pillsbury—"I don't like that cough of yours." Mr. Kidder—"I'm sorry, doctor; but it's the best one I've got!"

Nervousness, Dyspepsia, Indigestion and kindred ailments, take wings before the healing qualities of South American Nerve. Thomas Hoskins, of Durham, Ont., took his preacher's advice, followed directions and was cured permanently of the worst form of Nervous Prostration and Dyspepsia. He has recommended it to others with gratifying results. It's a great nerve builder.—12

Happiness is the harvest of helpfulness.

Minard's Liniment Cures Dandruff.

No woman needs the ballot to enforce her rights; she can do it with tears and a handkerchief.

Piles To prove to you that Dr. Chase's Ointment is a certain and absolute cure for each and every form of itching, bleeding and protruding piles, the manufacturers have guaranteed it. See testimonials in the daily press and ask your neighbors what they think of it. You can use it and get your money back if not cured. 60c a box, at all dealers or EDMANSON, BATES & Co., Toronto.

Dr. Chase's Ointment Don't expect your friends to be stuck on your jokes if they are point-less.

Skin Diseases relieved in a few minutes by Agnew's Ointment. Dr. Agnew's Ointment relieves instantly, and cures Tetter, Salt Rheum, Scald Head, Eczema, Ulcers, Blisters, and all Eruptions of the Skin. It is soothing and quieting and acts like magic in all Baby Humors. Irritation of the Scalp or Rash during teething time. 35 cents a box.—7

Making a life is greater than making a living.

CAREFUL MOTHERS.

The little troubles that afflict children come without warning, and the careful mother should keep at hand a medicine to relieve and cure the ailments of childhood. There is no medicine does this so speedily and thoroughly as Baby's Own Tablets, and the mother knows this medicine is safe, because it is guaranteed to contain no opiate or poisonous soothing stuff. These Tablets cure colic, indigestion, constipation, diarrhoea, simple fever, and teething troubles. They break up colds, prevent croup, and bring natural sleep. Mrs. Mary Fair, Escott, Ont., says: "I have used Baby's Own Tablets with the very best results, and would not be without them in the house." Sold by all medicine dealers or sent by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

The Refreshing Fragrance OF A HOT CUP OF STEAMING

Blue Ribbon

is the comfort of all women who have tried it. Tired Nerves are soothed, and tired muscles are invigorated. The Flavor is Most Delicious. ONLY ONE BEST TEA—BLUE RIBBON'S IT

H.B.K. BRAND BIG SHIRT

Made big enough for a big man to work in with comfort. Has more material in it than any other brand of shirt in Canada. Made on the H.B.K. scale it requires 39 1/2 to 42 yards per dozen, whereas common shirts have only 32 to 33 yards.

That's the reason why the H.B.K. "Big" Shirt never chafes the armpits, is never tight at the neck or wristbands, is always loose, full and comfortable and wears well.

Each shirt bears a tiny book that tells the whole history of the "Big" Shirt, and also contains a notarial declaration that the H.B.K. "Big" Shirt contains 39 1/2 to 42 yards of material per dozen.

Sold at all dealers but only with this brand:—



HUDSON BAY KNITTING CO. Montreal Winnipeg Dawson

"Let me see, a cynic is a man who is tired of the world, is he not?" the young student of language asked. "No, no my child," replied the knowing tutor. "A cynic is a man of whom the world is tired!"

Minard's Liniment Cures Burns, etc.

He who does not give does not live.

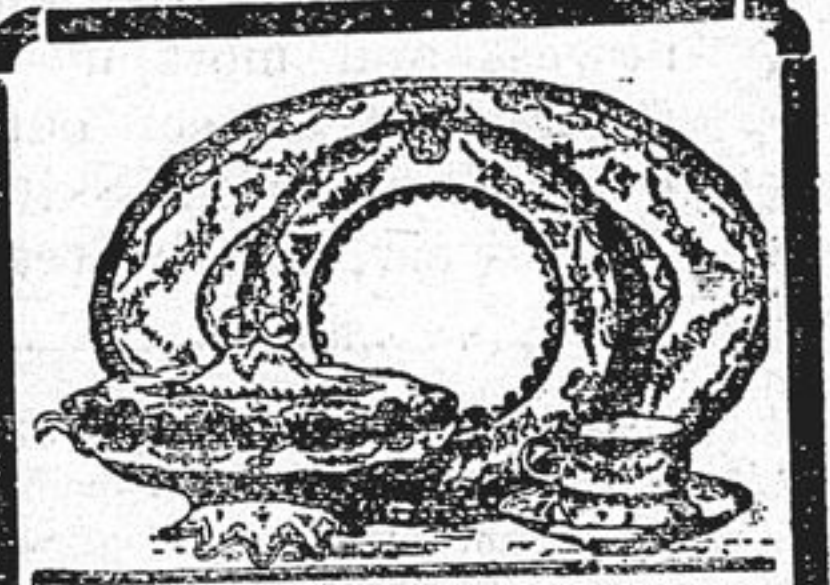
Those Worrying Piles!—One application of Dr. Agnew's Ointment will give you comfort. Applied every night for three to six nights and a cure is effected in the most stubborn cases of Blind, Bleeding or Itching Piles. Dr. Agnew's Ointment cures Eczema and all itching and burning skin diseases. It acts like magic. 35 cents.—15

Mrs. De Bride—"George, do you really think that distance lends enchantment?" Mr. De Bride—"Look here, Minnie; I thought we agreed not to speak of your mother again?"

Minard's Liniment for sale everywhere

GERMANY'S NEW EMPIRE. It is twenty years since Germany began to build up a colonial empire, and the net result is that, after spending nearly \$100,000,000, she has acquired more than a million square miles of territory, with a sparsely scattered German population of between five and six thousand souls—men, women, and children. Of the adult male population a third are officials or soldiers.

"I manage to keep my paying-guests longer than you do, at any rate!" said the first landlady. "Oh, I don't know," replied the other. "You keep them so thin that they look longer than they really are!"



Dinner Sets Free FOR CASH TRADE. BENEFITS THE MERCHANTS BENEFITS THE CUSTOMER

A Merchant in your neighborhood is showing his appreciation of cash trade by giving absolutely free, these DINNER SETS. If you do not know this Merchant, write us and we will not only tell you who he is, but forward you a handsome souvenir FREE. The British Canadian Grocery Co., Ltd. TORONTO, CANADA.

GRAND TRUNK RAILWAY SYSTEM

ONE-WAY EXCURSIONS

—TO— Billings, Mont., Colorado Springs, Denver, Helena, Butte, Mont., Ogden, Salt Lake City, Utah, Nelson, Rossland, B. C., Spokane, Wash., Portland, Ore., Seattle, Wash., Vancouver, B. C., San Francisco, Cal.

Rates \$34.25 to \$44.00

Tickets on sale March 1st to May 15th. ALL GRAND TRUNK TICKET AGENTS.

FOR LAMP OIL ECONOMY

Sarnia USE Prime OIL White

No real need to buy the more expensive oils if GOOD BURNER is used and KEPT CLEAN. If you want a BIG LIGHT—THREE OR FOUR GAS JETS IN ONE—

Queen City Oil Lamp

The Choicest Oil Made is PRATT'S ASTRAL For Sale by Dealers. THE QUEEN CITY OIL CO., LIMITED Toronto.

Dyeing! Cleaning!

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

Only a woman is capable of arriving at a conclusion without using either reason or judgment.

Dr. Agnew's Cure for the Heart acts directly and quickly, stimulates the heart's action, stops most acute pain, dispels all signs of weakness, fluttering, sinking, smothering, or palpitation. This wonderful cure is the sturdy ship which carries the heart-sick patient into the haven of radiant and perfect health. Given relief in most acute forms of heart disease in 30 minutes.—11

"Look at Mabel Casher's diamonds mother! I wonder however she manages to afford such jewellery!" "My dear, haven't you heard that glass has just gone down in price?"

Minard's Liniment Relieves Neuralgia

Ireland's bogs contain the equivalent of 5,000,000,000 tons of coal, according to the estimate of Sir Richard Sanhel.

The harder you cough, the worse the cough gets.

Shiloh's Consumption Cure The Lung Tonic

Is guaranteed to cure. If it doesn't benefit you, the druggist will give you your money back. Prices: S. C. WELLS & Co. 302 25c. 50c. \$1 LeRoy, N. Y., Toronto, Can.