Fagiss, Callege.

BINGSON IN SHE HEASE HE HA CATTLY HORE On the evening of the annual convermatione Evidar last in dressing her hair, one of the students was using a spirit lamp to heat a pair of curling tongs. Having only one match, which she had already used in lighting the tamp, and the methylated spirits running low, an attempt was made to reall the receptacle without first putting out the light. Both lamp and matches are prohibited, as the college is illuminated with an all-night electric serwice from the town system.

The lamp, blazing up, set fire to the young lady's hair, and also to the carpet Miss Abel, her roommate, ran to her aid. Whilst she succeeded in extinguishing the fire in her companion's hair, Miss Abel's own light silk garment caught fire from the floor. Finding her own clothes were burning, Miss 'Abel ran across the corridor to the goom of another student. With the assistance of the latter and of Miss Tesky, the first of the college

faculty to arrive on the scene, blankets were wrapped around the burning Prof. W. G. Greenwood used the fire hose to extinguish any remains of the

incipient conflagration. Every possible care and all that the best medical skill could do was immediately available for MEs Abel. Her parents, Mr. Norman and Mrs. Abel of Troy, Ontario, arrived by the following train. Although a strong girl of 18, her system was overcome by the shock and she succumbed.

Feet and Hands Frozen. Brockville, Feb. 13.-Adams Emons, an elderly farm laborer residing near Eloida, was brought to the hospital westerday suffering badly from frozen hands and feet. Saturday night he started to walk from Athens to his home, four miles distant. Within half a mile of the house he laid down in the woods and went to sleep, remaining there until Sunday morning, when meighbors heard his cries and went to his assistance. It is thought that his hands will be saved, but the indications are that his feet will require amputation. Emons had been drinking.

Children Killed by Train. Glencoe, Feb. 13,-Two children of Mrs. McIntosh of this town - Bertha and Lillian, aged 10 and 12 years-were anstantly killed when on their way to school, by being struck by a G. T. R. grain at 1 o'clock yesterday. They were attempting to pass over the crossing In front of the train, and evidently did mot see their danger until it was too

Fifteen Bodies Found. Victoria, B C., Feb. 13.-The bodies of fifteen men, probably members of the schooner Coleman's crew, at Yakataga Bay, have been found.

TEN WERE DROWNED.

Steam Trayler Varonica Lost Off Lossiemouth, Elginshire, Scotland. London, Feb. 13 .- The steam trawlor Varonica, belonging to Stavanger, Norway, has been lost off Lossiemouth, Elginshire, Scotland, with a crew of She was disabled and in tow of the

steam trawler Zodiac, when the rope The crew of the Varonica launched a boat, but when within 18 feet of the

Zodiac a heavy sea capsized it and they were all drowned. The Varonica went down soon after-

Killed Three, Injured Twelve. Chicago, Feb. 13 .- A theatre train on the Pennsylvania Railroad running at the rate of twenty miles an hour crashed into a crowded street car in South Chicago Sunday night, instantly killing three persons and injuring twelve. The killed and injured were all occu-

Fifteen More Dead. Charleston, W. Va., Feb. 13.-Up to Sunday night searchers in the Parrall Mine found fifteen dead bodies in addition to the six removed Friday. It is known that still another body lies in nickel ore at Sudbury. the death frap, unrecovered ..

persons lost their lives in a fire that swept a busy commercial district at the east end of the Morrison street bridge yesterday. Ten or more persons were hospitals or the nearby residences.

One Man Is Cremated, Charleston, W. Va., Feb. 13.-Daniel Leads was burned to death and a loss of \$60,000 was caused yesterday by a fire which destroyed the Baptist Church, the Lewis building and several

Bending Ice Causes Panic.

Obicago, Feb. 13.—At the close of a skating tournament on the Humboldt gave way beneath 3,000 people, causing The ice sank slowly until covered by trampled on.

A Break-Up Certain. Rome, Feb. 13.-Most pessimistic officlas news has been received here from Algeciras, causing considerable appre-

It is said that France is determined to consider a Franco-Spanish organization of the Moroccan police as her mitimate concession to which Germany refenes to agree, thus breaking up the conference.

Committee Adjourns. Wilkes-Barre, Pa., Feb. 13.-The scale committee adjourned finally yes terday afternoon, and the members left at once for New York to confer with President Mitchell.

Propably ave thousand people directly the area were arat discovered there. The story of Canadian nickel ing romances associated with the history of any industry. The earlier chapters tell of many heart-testing difficul-Here and there through the Sudbury district are melancholy monuments of human failure, of ambitions checked, of well-intended efforts that have gone wrong. There are also the monuments of success, and the inscriptions on these, for those who take the trouble to read them, tell a remarkable story of patience, of endurance, of indefatigable energy, of limitless faith and of final triumph. The story of nickel is worth telling as a story, apart from the importance to which the nickel industry has attained in these lat-

And, first, a few words with reference to nickel itself. The derivation of the word brings us back to the old days when the devil played a much more prominent part in the earthly affairs of mankind than he is credited with today. About 150 years ago, in one of the copper mines in Germany, an ore was discovered that had all the appearance of copper ore; but, do what they would with it, the smelters of those days could get no copper out of it. The German miners 150 years ago were superstitious-miners are still said to be superstitious. They imagined they could hear the kobolds, the pixies and the gnomes at work in the mines; and when the smelters reported that this particular copper ore refused to yield any copper, it was an easy and natural conclusion that the copper had been bewitched. The miners, therefore, called it the "kupfer-nickel" or Old Nick's There are other derivations, but they are not nearly so interesting. and perhaps no more reliable. Cobalt, a word which has become so familiar of late, is said to be only another form of the word kobold, a German gnome or evil spirit.

The spirit of science was at work even a century ago, and so while the Old Nick explanation might satisfy the credulous miners, it was not sufficient for those who were accustomed to look for some natural cause behind even the most mysterious phenomenon. Cronstedt, the great German chemist, began a series of experiments with Old Nick's copper, and finally succeeded in isolating a metal which was quite different from anything that had been seen before. It was not copper; it looked more like silver; but it was not silver either. It was no longer necessary to believe that ft was Old Nick's peculiar property; but the name stuck to it and it

is still known as nickel. A few years afterwards another chemist discovered another metal which had not been isolated before, and because of its hidden qualities it was called kebold, for the reason already explained. Kobold became cobalt, the

Among the earliest names associated with the production of nickel is that of Sir Henry Hussey Vivian, of Swansea, Wales. He succeeded in producing nickel from Norwegian ores, but only in small quantities. All that was generally known about his process was that a lot of "salynixon" was used in it, whatever "salynixon" might be. Joseph Wharton started a factory at Camden, N. J., to work up the nickel ore discovered at Lancaster Gap, Pa. Wharton knew nothing of what Vivian was doing, but worked on a process of his own. He produced a few tons a month pants of the street car. The engineer of a very poor product, which was held of the passenger train and the crew at a fancy price, and could not be used of the street car were placed under ar- on that account. The first of this metal seen on this continent was at the Centennial in 1876, when articles made from nickel were exhibited as curiosities. Wharton produced the only nickel made on this side of the Atlantic for about thirty years, or until the discovery of

The story of the discovery and development of the nickel deposits in the Portland, Ore., Feb. 13.-At least six Sudbury district has many of the necessary elements of a romance. The ore was first discovered in a cutting on the main line of the C. P. R. about four miles northwest of Sudbury, where the seriously injured and were removed to Murray mine now stands. The story of the discovery, as ft is still told by the people of Sudbury and Copper Cliff is as follows: Judge McNaughton, as he was called, was a stipendiary magistrate for the Sudbury district. He was fond of rambling in the woods, and one night, having failed to return to his home, the report was circulated that he was lost. A searching party was formed at Sudbury, then a hamlet in the woods. He was found about four miles away, seated on a little knoll, Park lagoon Saturday, the ice slowly and apparently very much engrossed in the examination of an out-cropping a panic in which many were injured. of yellow mineral that looked like copper ore. This, so far as veracious histwo feet of water, and the crowd tory can say, was the first discovery of reached the bank in safety. In the nickel in Canada. The outcrop was panic many women and girls were developed into what is now known as the Murray mine. The people were more interested in copper than they were in nickel in those days, however, and so Copper Cliff, not Nickel

nickel wealth of Sudbury district is I tallies.



liarly adapted to the Change of It will surely cure

It has cured more cases of Female Weakness than any other remedy the world has ever known. It is almost infallible in such cases. It dissolves and expels Tumors in an early stage of deve-

Bearing down Feeling, causing pain, weight and headache, is instantly relieved and permanently cured by its use. Under all circumstances Yours respectfully, it acts in harmony with the female system. It corrects.

Irregularity, Suppressed or Painful Periods, Weakness of the Stomach, Indigestion, Bloating, Nervous Prostration, Headache, General Debility. Also

Dizziness, Faintness, Extreme Lassitude, "don't-care" and want-to-be-left-alone" feeling, excitability, irritability, nervousness, sleeplessness, flatulancy, melancholy or the "blues," and backache. These are sure indications of Female Weakness, some derangement of the organs. For

Kidney Complaints and Backache of either sex the Vegetable Compound is unequalled. You can write Mrs. Pinkham about yourself in strictest confidence.

LYDIA E. PINKHAM MED. CO., Lynn, Mass. even more interesting than the story of its discovery. In 1886 Sir William Van Horne, Sir George Stephens, Sir

Charles Tupper, Sir John A. Macdonald, and others whose names were widely known, either in politics or finance, visited the place. Here was an opportunity for Canadian capital and Canadian enterprise. Unfortunately, the members of the distinguished group were not specially gifted with foresight. They were interested in what they saw and heard, but of the meaning of it they apparently had very little idea. They came, they saw-and they went home again; and the only evidence of their trip that still remains is the name "Lady Macdonald," by which one of the little lakes in the neighborhood is still known. It would be folly to blame them for their inability to see into the future. At that time but little was known of nickel, and scarcely anything of its possibilities. It is curious to note, however, that the Americans from Ohio, who visited the Sudbury district about the same time, appeared to have been more favorably impressed by what they saw than the Canadians were. Perhaps they had some vision of the future; perhaps they were willing to take a chance. Whatever the explanation may be, the fact is that a group of Ohio H. B. Payne, Mr. H. P. McIntosh, Mr. of Rossland, B. C., Mrs. McDonald, Thomas Cornell and others-after a of River Burdett, and Mrs. Kennedy, thorough exploration of the country of McCrinnon. The deceased was known to the world. That an Ontario decided that there was something there her remains were to day sont to Alexmining town should owe its name to a worth while. They purchased a block her remains were to-day sent to Alex-German demon may appear a little of land in the vicinity of Sudbury, and strange, but such seems to be the fact. organized the Canadian Copper Co. with a capital of \$2,500,000. Thus it was that the greatest deposit of nickel in the world fell into the hands of American capitalists. This is only a part of the story; but it is well to keep this much clearly in mind. Some people talk as if the said American capitalists came over like thieves in the night and gobbled up the whole of Canada's great nickel supply while the Canadians slept. The Canadians may have been sleeping, but that surely was no fault of the men from Ohio. The real fact appears to be that while chance has favored the Americans in a remarkable way, they showed an appreciation of the situation, a faith in the future, and a degree of courage in risking their money in what was then a very questionable venture, requisites that the Canadians appeared to lack. For it must be remembered that when the Canadian Copper Company was formed in 1886, nickel was not what it is to-day. The discoveries which gave nickel its importance had not yet been made. As a matter of fact, the Canadian Copper Company, as the name indicates, was formed to mine copper, not nickel. The story of how the "slag" of the copper ore, which at first was cast axide as worthless, became the product of most value, and how from this small beginning a great Canadian industry grew up, will be told later in this series.

Confesses Eight Burglaries. residences in three nights. Trapped as he was contemplating the Ford residence at Woodward and Ferry avenues, early Saturday morning, and taken to the station Hanavan confessed everything. "I was forced to do it," said Hanavan. "I had no work and no money. I came here Jan. 23 from Toronto. Ontario, where I worked as a composi-

tor." Funeral of King Christian. Copenhagen, Feb. 13.-All the man bers of the royal family and the court attended the final services over the body of King Christian at the Garten

hael in Amalienborg last night.

Macdonald mine.

The story of the development of the muration and the description and justice, it is induced to light his pipe in it.

The story of the development of the muration and the description and justice, it is induced to light his pipe in it.

COMMUNICATIONS.

(To the Editon of The Post.) THE PERE WHICH HAR BEEN TO BHANESEN BY COLL CALLERY OF the St. Cathorines Fubits, Library

creation, between appper and bed-time-especially as in the lang win-ter sousen, when walking is bed and his house "cheres." not forzetting his et-

While the laboring men persist in keeping "politics out of their Union," and clamor for an extra ten cents to their daily wage matead of taking share in the government of their country-stupidly disregarding the eight-hour logal day inaugurated by the late Reform Government of Ogtario-we cannot anticipate the time when they may be willing to cultivate their health or their minds, like their gardens, without pecuniary loss, which would be detrimental alike to the community and to themselves. -

Lindsay, Feb. 13, 1906.

OBITUARY.

Mrs. Emma Calvert, Reaboro. Many of the older citizens of Lindsay and the southern part of the County will learn with sincere regret of the demise of Mrs. Emma:

trouble and rheumatism. Mrs. Calverts maiden name was Parkin, Mr. Sam Parkin, of South Ops, being a brother, also the late Jesse Parkin, town, while the late Mrs. Charles Britton, town, was a half-sister. Deceased was a zealous member of the Baptist church. Sae was married 38 years, and leaves a husband and five children to mourn

The funeral took place Thursday from the family residence, Reaboro, to twopence for reply post cards from to Riverside, Lindsay, and was very largely attended.

Mrs. Kerr, Belleville. Daily Ontario: The death took place at an early hour this morning Mrs. Johanna Kerr, relict of the late Alexander Kerr, which sad event occurred at the residence of her daughter, Mrs. P. J. Wims, Victoria-ave. The deceased had been a resident with Mr. and Mrs. Wims since their removal to this city, and has been a sufferer from general debility for the past six months. She was born in the township of Lochiel, County of Glengarry, and was of Highland Scotch descent. The sons are Duncan, of Campbellford, Angus and Edward, of Toronto, A. J., of Nelson, B. C., Sandy, of East Saginaw, Mich., James at the old homestead at Lochiel, and the daughters are Mrs. P. J. Wims, of this city, Mrs. McDonald,

Good Work Being Accomplished--Patronize the Coming Concert.

Many persons have no idea what work is done by the Ladies' Auxiliary Board of the Ross Memorial Hospital. This organization in the past year has supplied:

1st .- Rubber tires for the invalid chairs, as the chairs when wheeled along the hardwood floors disturbed patients all through the wards. 2nd-Provided two large wardrobes, across the border to get another to

one for the male ward and one for the female ward, thus saving the patients long walks to the basement to hang away their clothes. 3rd .- Purchased a skeleton, an ab-

solute necessity in assisting the nurses in their lectures. 4th.-Supplied new linen and fixed over the night robes, these beginning to show wear after three years' con-

5th.-Are now buying new kitchen utensils, which every housekeeper knows are bound to wear out after

being in use three years, The Auxiliary Board are now giv- cess. ing their second concert this year on Thursday, Feb. 22nd, and are at great expense in bringing the "Toronto Ladies' Trio" and Mr .Robert Stuart Detroit, Feb. 12.-With stealthy tread, Piggott to Lindsay. This promises inherited from his Indian mother, Jos- to be the musical event of the season, eph Hanavan, halfbreed, invaded eight and after expenses are paid the bal-Board in suppplying the ABSOLUTE NECESSITIES for our Hospital.

Kissing the Bible in Court. (Portland Oregonian.)

Justice John M. Yirney, of New York, has abolished in his court the custom of requiring a witness to liss the Bible when he is sworn. It has never been apparent why kissing the Bible should help a witness tell the truth, and now we have Justice Yirpay's statement that it has no such offect. Justice Yirney says it is desecration tending to bring into sequently bore the name of the Lady been missing from a town in Western the popular belief that legal distinction and the popular belief that legal distinction the popular belief that legal distinction and the popular belief that legal distinction are all weight paper, and a smoker could be popular belief that legal distinction are all weight paper.

A Test Will Tell What Liquezone Can Do for Youssand it is Free,

The virtues of Liquozone are derived solely from gases. The formula is sent to each user. The process of making requires large apparatus, and from 8 to 14 days time. It is directed by chemists of the highest class. The object is to so at the highest class.

fix and combine the gases as to carry into the system a powerful tonic-germicideof disease germ, because germs are of vegetable origin. Yet to the body Liquotrope is not only harmless, but helpful zone is not only harmless, but helpful in the extreme. That is its main distinction. Common germicides are poison | Rmnchitis when taken internally. That is why medicine has been so helpless in a germ Coughs-Colds Consumption disease. Liquozone is exhibitanting, vitalizing, purifying; yet no disease germ Cancer-Catarra can exist in it.

We purchased the American rights to Eczema-Erystpelas Liquozone after thousands of tests had | Fevers-Gall Stone

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them.

These are the diseases in which Lique sone has been most employed. In these it has carned its widest reputation. all of these troubles we supply the first

Hay Fever-Induents La Grippa Malaria-Neuralgia Piles-Quinsy Rheumatism Contagious Diseases. scrofula-Syphilia Skin Diseases Tuberculosia Tumora-Ulcers

Fill it out and mail it to The Liquozone Com-Pany, 414-61 Wabash Ave., Chicago.

I have never tried Liquozone, but if you will empply me a son buttle free I will take it.

4 Give full address-write plainly.

Note that this offer applies to new users only. Any physician or hospital not yet using Liquozone will be gladly supplied for a test.

POSTAL REGULATIONS.

Transparent Envelopes With Addresses

Inside, Barred From Mails. Ottawa, Feb. 7-The Post-office Department publishes notices to the etfect that all mail matter enclosed in Calvert, wife of Mr. John Calvert, transparent envelopes, having the adone of Reaboro's most estimable ci- dress on the enclosure, is to be treattizens. The sad event occurred at ed as non-transmissable by mail in the home of her daughter, Mrs. John Canada, and the same regulation ap-Calvert, Bond-st., whom she came to plies to matter in envelopes having a visit about three weeks ago, being transparent front portion covering taken ill a few days later with heart the address. Attention is drawn to thefact that the stamps used for prepaying postage on post cards or unenclosed cards mailed to other countries as printed matter must be placed on the front or address side, The postal administration of the Commonwealth of Australia has given notice that the rates of postage on post cards sent from Australia to Canada have been reduced from one and onehalf pence to one penny each for single post cards, and from threepence Jan. 1st. A reduction has been made in the rates of postage on parcels sent from Canada to Dutch Guiana. The rate varies, from 36 cents for one pound to \$1.60 for 11 pounds. A convention has been arranged between the postal administrations of Canada and Trigidad for the direct exchange of parcels by parcel post. The limit of weight for a single paris seven pounds. Parcel mails for Trinidad are made up at St. John, N. B.

LITTLE EVA'S PONY SHOT.

Broke His Hip at Toronto on Saturday Night-Fell off Cangway.

Those who attended the presentation of Uncle Tom's Cabin by the Al W. Martin company, at the Academy of Music, will remember Mite, the tiny bay pony on which Eva St. Claire appears on the stage, Mite is dead and Little Eva is almost in-

Mite has been with the Martin companyi for six years, and for three years he and the present Eva have been! close friends. He was always quiet and docile on the stage and no matter what went wrong Mite never forgot his oue or raised a disturbance. Even | Team of Norses Attached to Sleigh Bropone day when one of the dogs got loose and rushed at him while he was on the stage he simply lashed out at the bloodhound, and when the dog last week in the Lambert line, at the went back howling into the wings. proceeded unconcernedly, to do his

ittle stunt. Mite was killed at the Union Station, Toronto, on Saturday night, again part of the way down, in the While being loaded upon the car he slipped off the gang plank and broke his hip. He was shot to put him out of pain. The pony was worthy \$400 | ter's team was going into the logging and the company will have to send do Mite's work

Inspected the Harbor.

Cobourg Sentinel Star; On Wed. nesday . the officials of the Grand Trunk Railway, who have in hand the making of arrangements for the steam ferry across Lake Ontario between Charlotte and it is said Port Hope, were in town again and inspected our harbor. It is more than likely that Cobourg will be the terminus on the north shore, as our barbor is the best and easiest of ac-

Some Fads About Cobalt. Cobalt has a newspaper, The Free

Press, issued from Copper Cliff. The first number contains a description of Cobalt. The population is 1,400 and upwards on Sundays, and 500 on other days, the fluctuation being due to miners coming into town for letters from home. No once can estimate the wealth that lies beneath, but prospectors say that the backbone of silver and cobalt, mixed with | the hard ground. Miss Mahar had copper, runs from Lake Temiskaming | the misfortune to break her ankle, to Port Arthur. The place contains twenty groceries, twelve dry goods stores, two or three hardware stores, two banks and two drug stores. Telyear. There is "no whisky that is visible to the naked eye," The spiendid hotel that will be opened in a few days will have no ban attachments. Law and order are well observed; the genial and popular

********* INVENTORY SALE

This sale affords an opportunity for you to save money on all kinds of winter Footwear. If, after reading the price list given below, there should be any doubt in your mind as to the genuineness of the values offered, call an line spect the m, and we feel convinced that the quality of the goods will back up our arguments.

Men's Railroad Arctics, 1st grade, reg \$2.00 sale price \$1.75 Men's 2 buckle S. E. Overshoes, sale price...... 1.95 Men's Snow Excluder Overshoes, sale price..... 1.65 Men's "Klondike" high top Snagproof Rubbers, regular 2.85, sale price..... 2.50 Men's Lumbermen's Arctics, 2 buckles, pure gum rubber fleece lined, sale price 2.00 Men's 1 buckle, heavy rubbers, 6 to 11..... 1.40 Men's grain lace Boots, felt lined, sale price 1.50 Men's Hockey Boots, prices 1.00 to 2.00 20 Per Cent. Reductions on all lines of Men's, Women's, Misses' and Boys' Hockey Boots.

Snaps in House Slippers.

The balance of our Xmas stock of Men's, Women's and Children's House and Bedroom Slippers has been put on tables at clearing out

prices ranging from 10c to 75c. We are agents for the celebrated MAPLE LEAF RUBBERS. They stand for the best in Rubber Footwear.

R. NEILL.

8 Stores in Canada.

UNHURT BY FALL OF MANY FEET. NOTICE to Farmers

ped Over Steep Cliff. A remarkable accident occurred The road starts straight down the side of the cliff, and swings back same way that the Bobeayyeon road does at Limestone ridge, Wm. Coulcamp with a bark rack and about a ton of hay. The top of the hill was bare, but just at the turn the road was icy. Just as the sleighs booked up. struck the ice they shot forward onto the team, and team and sleighs, instead of making the turn, went straight ahead and rolled over the big log protection on the outer edge, and down to the bottom of the cliff, fully forty feet. The sleighs and load landed right side up, one of the horses down and the other on its feet, and neither of them were in the least hurt. The driver was shaken badly, and got a rough jolt to his nerves,

Independent.

Broke Her Ankle. Dr. McAlpine is now in attendance upon Miss Hanna Mahar, well known to Lindsay residents, being a dressmaker in town until recently, when she went on a visit to her step-mother, Mrs. T. Mahar, at Downeyville. The two were out driving, when in some way the rig was overturned, and the occupants thrown out onto

About Public Libraries. Col. Carlisle, of the St. Catharines ephones are only twelve dollars a Public Library Board, is anxious to have a smoking room added to the Library, where young men could pass the evening away from the billiard rooms and saloons. He also backs up a suggestion made for the first The news of the discovery spread abroad, and soon large numbers of prospectors were pushing their way through what was then an impennetrable wild-erness. Many important croppings of ore were discovered, among the early of the provincial corrupt the consultant of t erness. Many important croppings of or were discovered, among the earliest known being the one which subiest known being the one which subsequently here the name of the Lady here missing from a town in Western

We have now prepared all varities of peas to give out to grow-Limestone ridge, Galway township, ers and we would ask those who have left their order to grow for 1906, to call at once and take de-

livery of the seed. Those who wish to procure seed and have not selected the varieties or left their order, will please call at once as some of the desirable sorts are getting all

We might say that the prices paid this year on many varieties are advanced over last season.

Jas. M. SQUIER & SON SQUIER & FLAVELLE.

Just Like a Woman.

(Peterborg Examiner.) The gas pipes were clogged up but was not hurt. It was a miracle | this morning for some time, but the that the team was not hurt. - Bob. trouble was remedied before noon. An inugisitive lady asked an Eraminer representative this morning. "Was the trouble due to anchor ice ! And still all the women want to

Cet on the Water Wagon.

Herein will be found a strong iscentive to the use of nature's own beverage. Free water drinking is another essential to vitality and to the development of staying power All the operations of the body-digustion, assimilation, absorption, e imination of poisonous waste, and so on, are carried on by means of water, and an insufficient amount of water in the system means embarrassment of every function. The body of a man of average weight contains more than half a barrel of vater; and such a body needs for its proper operation at least two quarts daily of pure water. In this connection, it may not be irrelevant to mention that the Japanese soldiers,

