DRINK PLENTY WATER

TELLS HOW TO CURE RHEUMATISM AND THE KIDNEYS.

Gives Readers Advice—Also Tells of a Simple Prescription to Make a Home-Made Mixture.

Now is the time when the doctor gets busy, and the patent medicine manufacturers reap the harvest, unless great care is taken to dress warmly and keep the feet dry. This is the advice of an old eminent authority, who says that Rheumatism and Kidney trouble weather is here, and also tells what to do in case of an attack.

Get from any good prescription pharmacy one-half ounce Fluid Extract Dandelion, one ounce Compound Kargon, three ounces Compound Syrup Sarsaparilla. Mix by shaking in a bottle and take a teaspoonful after meals and at bedtime. Also drink plenty of water. You can't drink too much of it.

Just try this simple home made mixture, and don't forget the water, at the first sign of Rheumatism, or if your back aches or you feel that the kidneys are not acting just right. This is said to be a splendid kidney regulator, and almost certain remedy for all forms of Rheumatism, which is caused by uric acid in the blood, which the kidneys fail to filter out. Any one can easily prepare this at home and at small cost.

Almost any druggist in the smaller towns can supply the ingredients named, as they are commonly used in the prescription department.

PERIL AHEAD FOR ENGLAND.

Will Have Trouble in Colonies and Egypt, Astrologers Predict.

If astrologers, especially those who foretell the happenings of a year before its birth, really believe their own predictions, they must have none but the gloomiest of outlooks for the year 1908, and must, indeed, be miserable men.

Decrease in trade, increase in the price of money, wars and rumors of wars, sedition and revolt, political ups and downs, earthquakes, international troubles, disease, and other troubles, are all predicted for the coming year. The price of wheat will be high, says an astrologer, and there will be a failure of root crops.

"Sepherial," editor of the "Forecast," and a new weekly, "Futures," was asked recently in London to calculate a special horoscope for the year, and some of the more interesting of the predictions are given below.

"The year 1908 is likely to prove one of the most fateful in the history of England. Three major planets, Neptune, Uranus, and Saturn, will hold cardinal signs, and be responsible for the development of great political crises. On the 3rd of January there will be a total eclipse of the sun in the sign of Capricorn. This falls close to the position of Mars in the Royal horoscope, and as Capricorn rules India, we may look for an outbreak of sedition and revolt in the peninsula.

"Uranus continues in the sign of Capricorn and in opposition to Neptune in Cancer during the next two years, the result being that New Zealand and British South Africa, India and Egypt will perhaps be the scenes of sedition and revolt.

"The position of the Government will be tremendously assailed and effectually undermined in the Spring of 1908. Joseph Chamberlain will effect some signal successes in July, and given a continuance of the present improvement in his health. I judge that he will be a most prominent figure in the administration of affairs. Saturn will then be stationary in the horoscope of the present Government."

MICROBE MENACE.

Still discontent is knocking at our door;
Complaint is loud and strong.
The fierce mosquito scarce is gone before
The grip germ comes along.

NAVY TO BE INCRCASED

EARLY ANNOUNCEMENT OF BRITISH PROGRAMME.

Different Views of Naval Experts, as Expressed Through the Papers.

The question which is agitating all parties in England at the present time, or which certainly is causing more speculation than any other, concerns the answer which England is to make to German's new naval programme, says a London correspondent.

Everywhere the forthcoming naval estimates are discussed, and it is confidently expected that an early announcement on the subject will be made as soon as Parliament reassembles.

The speech of Sir Edward Grey, Secretary of State for Foreign Affairs, at Alnwick, the other day, seems to make it clear that the Government is quite prepared to fulfil its promises. In this connection, he said, in speaking of naval programmes of other nations:

"If they are carried out in their entirety it will undoubtedly become necessary for us, not only in the interest of the Empire, but for the preservation of our independence, and for our own safety at home, to make further increases in our own navy."

As it would be futile to assume that Germany will not actually and speedily build the vessels projected in the new law, this is as good as a declaration that this country in its turn will largely increase its

NAVAL EXPENDITURE.

Moreover, Mr. W. T. Stead, in the Review of Reviews, and elsewhere, has already begun to prepare the peace party which he represents for a demand for a large increase of naval strength. His formula, two British battleships for every one laid down in Germany, is genrally believed to be a reflection of the views of Admiral Sir John Fisher.

While the Morning Post maintains that there should be no relaxation of effort in the building of capital ships, the Standard condemns Dreadnoughts and asks for ten armored ships of smaller dimensions. The former paper represents the views of a small group of students of naval strategy, of which Vice-Admiral Sir Reginald Custance is the principal exponent. They have now apparently accepted the Dreadnought as the type for battleships of the future and are agitating for cruisers of about 4,000 tons displacement as a reply to the German ships of the Koenigsberg type.

FEWER GUNS IN SHIPS.

The Standard is also believed to be inspired by an officer serving in the Channel fleet, but the school of thought he represents contends that a greater hitting figure of merit per gun can be obtained by placing no greater number than four in one ship, and, arguing therefrom, he holds that instead of building six Dreadnoughts it would be better to build ten smaller ships for the same money, leaving the balance of £2,000,000 to expend on improvements in war study and experiments tending to improve the torpedo and gunnery services of the fleet as well as to provide medium cruisers and destroyers. He would arm his battleships with four 12-inch guns for fleet fighting and twelve 6-inch guns for defence against destroyers.

ADMIRALTY'S PROGRAMME.

Some further signs of the intention of the Admiralty have since appeared, and from these, in conjunction with the estimates of what the foreign powers are likely to turn out from their yards in an effective condition, it is possible to forecast the probable character of the British programmes which will be announced.

The programme for 1908-9 is one of the Dreadnought class of battleship, one of the Invincible class of cruising battleship, six Edgars, first-class armored cruisers; three Boadiceas, protected, speedy scouts, to work with destroyers; twelve destroyers of the Tribe class, six torpedo boats of the Insect class and six submarines of the No. 6 type.

The programme for 1909-10 is six Dreadnoughts, two Boadiceas, three Swifts, twelve destroyers of the Tribe class, six submarines of the D type, improved.

A Boston schoolboy was tall, weak and sickly.

His arms were soft and flabby. He didn't have a strong muscle in his entire body.

The physician who had attended the family for thirty years prescribed *Scott's Emulsion.*

NOW:

To feel that boy's arm you would think he was apprenticed to a blacksmith.

ALL DRUGGISTS; 50c. AND $1.00.

SECRETS OF THE UPPER AIR.

Ballooning Leads to Discoveries on Physical Conditions and Bird Flight.

The growth of ballooning has led to many curious investigations touching the atmosphere and its inhabitants. By the use of anchored ballons with self-registering instruments some of the experiments of deep sea sounding have been repeated aloft. At Strassburg sounding balloons have been sent to a height of nearly 26,000 yards, and 19,-000 to 20,000 yards is not an uncommon height. One of the astonishing things said to have resulted is the discovery at a height of 14,000 yards of an isothermal zone in which, contrary to experience up to that height, temperature does not diminish with recession from the earth.

One of the most interesting studies is that of the flight of birds. The observation of aeronauts appears completely to dispel the old time notions that some birds soared to stupenduous heights, Humboldt having credited the condor with over 7,000 yards, and others believing that birds of passage flew at heights of 3,000 to 5,000 yards and in exceptional cases 10,000 to 12,-000 yards. Balloon voyaging, however, establishes the fact that birds never rise to anything like these distances above the earth. Prof. J. Poeschel of Frankfort records as altogether unusual the passage of a balloon in which he was through a flock of birds at night at a height of 2,200 yards. The birds dashed against the basket of the balloon and generally acted as if they had lost their bearings.

Bird flight at the great elevations formerly assumed is now regarded as physically impossible. The rarefaction of the air is too great to permit of flight without terrible exhaustion, especially as breathing would be difficult. Besides, the cold is too extreme at a height of 10,000 yards, for instance, the thermometer dropping to 60 degrees below.

The observations of balloonists show that the vast majority of birds keep within 1,000 yards of the earth, and the vast majority of these indeed within a couple of hundred yards, even in long flights. Crows, however, were frequently observed at a height of 1,-400 yards, a lark was once encountered at 1,900 yards, and an eagle is on record at 3,000 yards.

RINGWORM.

Stubborn Case Healed by Zam-Buk.

The most troublesome and obstinate of all scalp trouble is Ringworm. Mrs. H. Girdlestone of 106 Rawdon St., Brantford, Ont., says: "My daughter had ringworm very bad, so bad that I was compelled to have her hair cut off. I obtained a preparation from the druggist to paint the sores, but instead of curing, the Ringworm developed into nasty sores matterating and smelling badly. I saw Zam-Buk advertised in the newspaper and immediately sent for a box. After several applications I could see a great improvement, and as I kept up the Zam-Buk treatment daily the disease was soon checked. The nasty sores were thoroughly cleaned and healed and all trace of Ringworm banished from the child's scalp in a few weeks after commencing with Zam-Buk. I cannot recommend Zam-Buk too highly."

Zam-Buk cures cuts, burns, chapped hands, cold sores, itch, ulcers, eczema, running sores, catarrh, piles, bad legs, rheumatism, neuralgia, sciatica, abscesses and all diseases of the skin. Of all druggists and stores, 50c., or post paid upon receipt of price, from Zam-Buk Co., Toronto. 6 boxes $2.50.

SILENT MAXIM GUN.

The Clever Invention of an Indian Official.

A remarkable apparatus has been invented by an Indian official, which seems likely to revolutionize machine gun fire. The object of the invention is to silence the tell-tale noise of the machine gun, thus increasing its value in the field.

The inventor is Mr. Alfred Thompson, who is serving on the Indian establishment as chief examiner of machine guns.

The insistent crack of the Maxim is reduced by the invention to a slight detonation, which is indistinguishable beyond a range of 500 yards. At present machine gun fire can be heard thousands of yards off, and, no matter how good or rapid it may be, the field batteries discover the guns and rout them before they can become a danger.

The role of the machine gun is, therefore, one of secret opportunity to strike a body of troops by surprise with 600 shots per minute, as with the Maxim, and then lie low. But if the gun can operate in silence its possibilities are sensibly widened, not only by reason of its demoralizing effect, but because a steady, non-overheating discharge of 100 a minute can be maintained from time to time throughout an action.

Mr. Thompson's apparatus can be attached to a Maxim in a couple of minutes. It weighs 16 pounds, and is less than a foot in length. The Maxim authorities have submitted it to the home Government.

She—"Did you ever stop to figure out how many hats in a year you could buy with the money you throw away on cigars?" He—"I have, dear. I could buy about fifty for myself, but only about three for you!"

IN MERRY OLD ENGLAND

NEWS BY MAIL ABOUT JOHN BULL AND HIS PEOPLE.

Occurrences in the Land That Reigns Supreme in the Commercial World.

Subscriptions to the Veterans' Relief Fund now amount to £11,000.

Lambeth Guardians decided to emigrate thirty pauper children to Canada.

A London firm proposes to run motor-cabs in Newcastle at an early date.

Aged 78, Thomas Bentham, a Crimean veteran, has died in Preston workhouse.

Robert Scotrick, an Indian mutiny veteran, died at Boston, Lincolnshire, aged 75.

A Spalding boy, while working in a brewery, fell into a vat of hot beer and was drowned.

Fatal accidents to the number of 1,-156 occurred last year in coal mines in the United Kingdom.

Mr. Dickens, K. C., Recorder of Maidstone, and son of Charles Dickens, celebrated his 59th birthday.

Over 84,000 men have been helped by the Soldiers' and Sailors' Aid Society in the past four years.

The Islington Borough Council has decided to expend $116 520 in extending the electric lighting plant.

Great Yarmouth's town council conducts the annual races at that town, and made a profit of £1,848 from them last year.

In Shoreditch the Borough Council has, by a majority of votes, decided to provide free breakfasts for necessitious school children.

A block of bath stone containing a number of bees was found at Exeter recently. The bees were enclosed in the solid stone.

The Lord Mayor of London has unveiled a bronze tablet to 125 men of the Royal Fusaliers who lost their lives in South Africa.

During last year 15,319 cats were received into the London Institution for Lost Cats, Camden Town, as compared with 13,314 in 1906.

During December the weight of meat delivered at the London Central markets was 37,214 tons. At Billingsgate 11,593 tons of fish arrived.

John Williamson, a South Wales miner, known far and wide for his heroic behavior at the great mine disaster at Ferndale years ago, is dead.

The Hensey Borough Council has abandoned the plan for erecting model dwellings at Highgate at a cost of $98,-000. The site will be sold.

Before a man was sentenced for fraud at the Middlesex Sessions it was stated that the indictment comprised fifteen counts and was 20 feet long.

A Chatham mother discovered a cat asleep on the face of her infant daughter. On pulling the animal off the child was discovered to be dead from suffocation.

St. Andrew's Church, Ilford, has been broken into by thieves and completely ransacked, the offertory boxes being emptied and the valuable altar cross stolen.

A meeting of the East Ham Council was broken up recently, all those present being taken with violent attacks of sneezing. Some one had sprinkled snuff on the floor.

By a majority of 1,000 the ratepayers of Leeds have decided to proceed with projects in regard to sewerage and tramways, involving $6,385,000 and $450,000 respectively.

QUAINT SPANISH CEREMONY.

Granting Grandee Ladies Privilege of Sitting in Queen's Presence.

A ceremony characteristic of the court of Spain took place at the Royal Palace recently for the first time in the reign of the present King and Queen.

As is well known, the grandees of Spain have the privilege of keeping their hats on in the presence of the monarchs. Grandee ladies of Spain have the privilege of remaining seated before the monarchs, and the ceremony of obtaining this privilege is called "tomar la almohada" or taking the cushion, as it consists in sitting on a cushion of red damask before the Queen.

The ceremony took place at 6 o'clock in the evening. The Queen was surrounded by ladies who have already "taken the cushion." As customary, the Queen on entering the salon ordered them to be seated. The ladie swho are about to receive the highest honor in the court of Spain are led by a sponsor. The lady presented courtesies three times, and the Queen courtesies in return and says, "Sit down, please." The lady then sits down on a cushion before the Queen and speaks to her.

MEAL TIME MISERIES

Indigestion Can be Cured by the Tonic Treatment of Dr. Williams' Pink Pills.

There is only one way to cure indigestion and that is to give your system so much good, red blood that the stomach will have strength enough to do its natural work in a healthy, vigorous way. Many dyspeptics dose the stomach with tablets, syrups and other things alleged to assist in digesting food, but these things merely give temporary relief—they never cure indigestion—and the trouble grows worse and worse, until the poor dyspeptic is gradually starving. In a case of indigestion a half dozen boxes of Dr. Williams' Pink Pills are worth all the mixtures and so-called pre-digested foods in the country. These pills cure indigestion because they strengthen and tone the stomach, thus enabling it to do the work nature intends it should do.

Mr. Paul Charbonneau, St. Jerome, Que., says: "For months I suffered tortures from indigestion. After every meal the misery was intense, so that I finally ate most sparingly. I tried several so-called indigestion cures, but they did me no good. My general health began to run down. I suffered from headaches and dizziness and pains about the heart. Often after the lightest meal I would be afflicted with a smothering sensation. Finally my mother induced me to try Dr. Williams' Pink Pills. Under the use of this medicine the trouble began to disappear, and in less than a couple of months I had completely recovered my health and can now enjoy a hearty meal as well as any one."

It is because they make new, rich blood that Dr. Williams' Pink Pills always cure indigestion, anaemia, rheumatism, heart palpitation, neuralgia, sciatica, St. Vitus dance and the headaches, backaches and other indescribable ills of girlhood and womanhood. Sold by medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

MARRYING AT FORTY.

The Age at Which Men Marry is Being Steadily Put Forward.

"At present," says the London Graphic, 'though a man is too old for many things at forty, it is not generally held that he is too old to marry.

"Far from that being the case, the increasing standard of comfort of the white races and the increased cost of living are steadily putting forward the marrying age.

"A paper read by Dr. Louise Robinovitch at the Congress of Psychiatry at Amsterdam suggests another reason for comparatively late marriages.

"From a study of seventy-four biographies of eminent men, writers, painters, musicians and soldiers, she found that more than 80 per cent. of them were born of middle-aged parents, Napoleon, Benjamin Franklin, Coleridge, Balzac, Rembrandt, Rubens, Sir Joshua Reynolds, Wagner, Schumann and Schubert were all the youngest children of large families, and their parents were at least middle-aged when the genius of the family was born.

"This may not be a precise argument in favor of late marriages, but it may encourage the hope in bachelors who have reached middle age without doing anything famous themselves that matrimony may recompense them for their own failure."

BABY'S OWN TABLETS, A SMILE IN EVERY DOSE.

The mother who, in her gratitude for what Baby's Own Tablets have done for her child, said that "There's a smile in every dose," coined a very happy and very true phrase. The tablets cure all the minor ailments of babies and young children, and make bright, smiling, happy little ones. Mrs. John Young, Auburn, Ont., says: "I have used Baby's Own Tablets for more than a year and I think they are the best medicine that can be given a baby. They are splendid at teething time, and for stomach and bowel troubles. You don't need a doctor if you keep Baby's Own Tablets in the house." That's about the highest praise a mother can give and it's true, every word of it. You can get the Tablets from any medicine dealer or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Rev. T. W. Devenley, recently instituted at Parr, Lancaster, has worked for a day in the coal mines in order to get in touch with his parishioners.

There is Only One

"Bromo Quinine"

That is

Laxative Bromo Quinine

USED THE WORLD OVER TO CURE A COLD IN ONE DAY.

Always remember the full name. Look for this signature on every box. 25c. E. W. Grove