

HEALTH

KEEP YOUR MOUTH SHUT.

Don't exercise too violently. It is very easy to make such a remark. But how is any one to tell what constitutes too violent exercise? One man can with impunity bear more violent exercise than another man. A man can bear more violent exercise one day than another, according to how he feels. No one would exercise too violently if he knew it at the time. It is a question of judgment merely. Lively ambitious boys or girls often think they can stand more violent exercise than they are able to.

What then is the rule by which one may know when he is taking too violent exercise? In there any way for every one to decide for themselves at the time?

Yes; there is a very simple way. Keep your mouth shut. Breathe through your nose. As soon as you discover that the exercise you are taking compels you to open your mouth to breathe you are taking too violent exercise.

In the exigencies of business it happens sometimes that a person is called upon to run, or to meet some sudden emergency requiring muscular exercise which compels him to breathe through his mouth. Of course, such things can not always be avoided, but in deliberately taking exercise no one should resort to greater violence than can be maintained by breathing through his nose.

In case the nose is stopped up by catarrh or there is any other impediment to nasal breathing, this rule can not be made of any great use. But to all those people who have a clear nose and can breathe readily through it, the practice of never voluntarily submitting to violent exercise as to compel mouth breathing is wholesome and safe. This simple rule will keep you from any one who takes more than a moderate amount of exercise than a thousand books filled with theories and rules which no one has ever put to test.

THE BABY'S FIRST DANGER.

When a child first comes into the world its hold upon life is very slight, and may be, and often is, broken by any one of several possible accidents. Fortunately, nature tries to take care of its own strength in this feeble crisis of existence. Life at first depends mainly on the immediate establishment of the breathing process. The first impulse seems to be toward a determined attempt at suicide. The child holds its breath until they are black in the face, and have to be quite seriously disciplined to bring them to their senses. Generally, however, nature in these matters. She simply impresses upon all that is before him in this vale of tears, and he forgets to be too much for him. He begins to take deep breaths, and even if he would, he cannot do so. He is lying motionless, and evidently too feeble to hear a gentle shake or a pat. A hint from nature to do is to take a hint from nature and stimulate the nerves of the chest and stimulate the lungs in several ways. One can plan to rub the surface of the body with a little brandy, poured into the palms of the hands. If this fails, alternate applications of heat and cold to the skin will sometimes excite the needed gasping. This is done by having one basin full of water (of course not too hot) and another of cold water, and plunging the baby first into the warm water for a moment, and then into the cold. This may be repeated as often as necessary. Happily, the doctor is generally at hand to start the new baby on its road, and determine the best method if it shows signs of "sinking."

IODIDE OF POTASH.

Some people cannot take iodide of potash at all. It will produce very bad symptoms, sometimes of a very heart, again a terrific eruption of the skin.

In one case lately reported, the tips of the fingers began to turn black. The iodide of potash was discontinued, and the fingers resumed their natural color. Afterward the medicine was again given, and the fingers were numb, cold, swollen and very painful. The tip of the nose was also affected.

Iodide of potash is very good stuff to let alone. It will do almost anything to the human system, and when one is taking it he ought not to be surprised at the appearance of a long list of curious afflictions.

What do you think of Beethoven's works? "If never visited you," answered Mr. Soldman, absent-mindedly. "What does he manufacture?"

"He says his wife is largely responsible for his business success." "Well, she has certainly made it absolutely necessary for him to 'caze more money'."

ST. VITUS DANCE,

MUST BE TREATED THROUGH THE BLOOD AND NERVES.

One of the Worst Cases on Record Cured Through the Use of Dr. Williams' Pink Pills.

St. Vitus dance is a nervous disease chiefly affecting children. There are a number of signs by which it may be detected such as twitching of the muscles of the face, shaky hands, or a jerky motion of the limbs, a trembling or a dragging of the legs, irritability and restlessness. St. Vitus dance is caused by disordered nerves and blood—that is, it is always cured by Dr. Williams' Pink Pills. The pills fill the veins with pure, rich red blood, which in turn soothes and braces the nerves, making the sufferer well. Mrs. Luffman, Poucher's Mills, Ont., cured her daughter, Louise, "I do not think it possible," says Mrs. Luffman, "that anyone could be afflicted with a more severe form of St. Vitus dance than that which attacked my daughter. Her arms and legs would twitch and jerk, her face was drawn and finally her left side became numb as though paralyzed. Her speech was thick and indistinct and she could not read and still no one would give her any help. Two doctors attended her but gave her no benefit. The doctor who attended her told me she would never get better. It was at this discouraging time we decided to try Dr. Williams' Pink Pills. After taking two boxes we could see an improvement; she could see and read and the spasms were less severe. From that on she steadily grew better, and was as strong and healthy a girl as you will find anywhere, and she has not had the least symptom of the trouble since."

Dr. Williams' Pink Pills are the surest cure for St. Vitus dance, neuralgia, nervous exhaustion, paralysis, and all the nervous troubles of men, women and children. But you must get the genuine with the full name, "Dr. Williams' Pink Pills for Pale People," on wrapper around every box. Sold by all medicine dealers or sent for \$2.00 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

THEY ARE ALWAYS ON TOP.

Expert Steel Structure Workers in Demand.

"Whenever a very high iron or steel structure is to be erected in any part of the world," said an expert last week, "there is need for a few men who are specially expert at working on the very top, where the conditions are such that it is necessary for the workmen to be exceptionally, proof against dizziness, and excellent climbers, and to carrying heavy weights and do other hard work with very little chance to get a foothold, even by using iron rungs." "Now, while the average iron worker has all these wonderful abilities, the hang on high in the air, and do the most difficult jobs under the most strenuous conditions, there are a few men who are specially expert at working on the very top, where the conditions are such that it is necessary for the workmen to be exceptionally, proof against dizziness, and to carrying heavy weights and do other hard work with very little chance to get a foothold, even by using iron rungs."

"Such men do not usually remain in one place for any length of time, for when the time comes, some of them have been all over the world, helping to bridge chasms in South America, throwing spans over quicksands in India and Africa, and putting the finishing touches on skyscrapers in America."

"They get big wages, and they work only a few hours a day. But while they work there is hardly a moment when they are not in danger. They do not mind it, however, fully while they smoke and joke as cheerfully as if they were perched on the end of a beam 300 feet in the air as if they were sitting placidly on the ground."

BABY'S OWN TABLETS.

For Weak Sickly Children During the Hot Weather Months.

Thousands of infants and children die through the hot weather months, because summer complaints and stomach troubles come suddenly, and mothers do not have the means at hand to promptly check and cure them. In homes where little children are used these little Tablets can be saved, and no home in the land where there are children should be without them. They promptly cure all stomach and bowel troubles and give relief to fretting children, and the mother has a guarantee that they contain no opiate or harmful drug. You can crush the Tablets to a powder and give them with perfect safety to a new born babe. Mrs. S. M. Black, St. Peter's, N.S., says: "I have used Baby's Own Tablets for most of the troubles from which little ones suffer, and I find them the best medicine I have ever tried. All medicine dealers sell these Tablets, or you can get them by mail at 25 cents a box by writing The Williams' Medicine Co., Brockville, Ont."

"Bess and Mabel have ceased to speak as they pass by," said the girl in the tailor-made costume. "Indeed!" exclaimed the girl in the home-made gown. "What's the man's name?"

Worried Watkins—"My folks always told me was cut out for a gentleman. Huggins' 'P's' was your was, matter but you was you belong to the mist department."

Irate Father—"I'll teach you to kiss my daughter!" Young Man—"Not necessary, sir; I have just learnt."

The output of gold at Johannesburg showed a great increase for the first year.

MARRIED IN HANDCUFFS

SOME RECENT VERY ROMANTIC WEDDINGS.

Dramatic Pilgrimages From the Prison to the Altar, Then Back to Gaol.

Whether or not 1904 has brought much comfort to the Levey family, it has certainly produced quite an epidemic of convict weddings—indeed, since the year dawned it has been scarcely possible to take up a Continental paper without reading of some dramatic pilgrimage from the prison to the altar and of the progress of the bridegroom, after a too brief honeymoon, back to gaol.

A typical case was reported a few weeks ago from Buda-Pesth. A man named Tom had been in the prison for some time, and a girl named Etelka, who had known the prisoner for some years, vowed that she would commit suicide forthwith if she were not allowed to marry him. In vain her father tried to dissuade her from her project. His pleading was useless; and at last, through his lawyer, he made representations to the Minister of Justice to the effect that his daughter's life was granted a five-year respite. As the result of this request the convict was granted an hour's freedom, and, with a warder for escort, he and an escort of police, the marriage took place. As soon as the ceremony was over, however, the bridegroom was marched back to prison again, his wife bidding him an affectionate goodbye.

AT THE DOOR OF THE GAOL. A week or so later Wergenstein, near Geneva, was the scene of a similar unconventional wedding. The bridegroom had been sentenced to two years' hard labor for burglary, but when sentence was passed he begged permission to marry before going to the central prison. Obedience was exacted from the convict, and the ceremony was performed, with a couple of uniformed warders as witnesses. After the ceremony the wedding party, including the bride and groom, the warders and all, adjourned to the house of a newly-wedded pair, where a sumptuous breakfast awaited them, and the rest of the day was spent in feasting and song.

More romantic was the recent marriage of a French convict to the daughter of a Belgian nobleman. So attached was the young lady to her lover that, in order to be near him, she spent the weeks between his arrest and sentence as a domestic servant. When at last he was sentenced to transportation to Cayenne, she obtained permission to marry him, so that in time she may join him as his wife in the colony.

On the wedding-morning the bridegroom drove from the central prison at Lion, in Auvergne, to the town of Maud, near that city. Now run up and got my umbrella. You will find it in the bedroom. What? Can't find it? Wait—Oh, I remember. I left it to be re-covered. Confound my denials, and find me an old one.

Mrs. Mumbles discovered an umbrella just as her devoted husband reached the hall door.

"Oh, you might get my pipe. I left it on the mantelpiece last night, bookcase."

"No, no! I must be on the quickly, or I shall miss the train. I left it on the dressing-table. That's it. Thank you. Where are my gloves? Don't know? Will you go to the kitchen. Shall have to go without them. Nice thing—disgraceful."

And the m-thological man hurried off just in time to miss his train.

"Why did you invite Brodgen to spend Sunday with you? It nearly broke my heart when Jennie Hankins married you. I don't know it, I thought if Brodgen came up and see how Jennie and her mother rode things in the house over which I am supposed to preside, he'd be rather pleased with himself after all."

COFFEE HAS A CURIOUS WAY OF FINALLY ATTACKING SOME ORGANS.

Alls that come from coffee are cumulative, that is, unless the coffee is taken away new troubles are continually appearing and the old ones get worse.

"To begin with," says a Kansan, "I was a slave to coffee just as thousands of others to-day; thought I could not live without drinking strong coffee every morning for breakfast. I had sick headaches that kept me in bed several days every month. Could hardly keep my food on my stomach, but would vomit as long as I could throw anything up and when I could get hot coffee to stay on my stomach I thought I was better."

"I was the sick with rheumatism I could not use my right arm to do anything, had heart trouble, do nervous. My nerves were all unstrung and my finger nails and tips were blue as if I had a chill, all the time and my face and hands yellow like heart disease. My doctor said I had my neighbors said I had Bright's Disease and was going to die."

"Well, I did not know what on earth was the matter and every morning would drag myself out of bed and go to breakfast, not to eat anything, but to force down some more coffee. Then in a little while I would be so nervous, my heart would beat like everything, my husband I believed coffee was the cause of this trouble and that I had seen advertised. He said 'All right' so we got Postum and although I did not like it at first I made it according to directions. When it was fine and the whole family was working wonders for me. Thanks to Postum, in place of the poison, coffee, I now enjoy good health, have not been in bed with sick headache for two years although I had it for 30 years before I began Postum. My nerves are now strong and I have had no trouble from my heart, or from the rheumatism."

"I consider Postum a necessary article of food on my table. My husband's coffee was and taste my Postum say it is delicious." Please give by Postum Co., Battle Creek, Mich.

Get the book, "The Road to Well-Ville" in each package.

A LUCID EXPLANATION.

An English law journal attributes to an American judge down South the following charge to a jury in explanation of the difference between a verdict of murder and one of manslaughter: "Gentlemen," he stated, with admirable lucidity, "murder is where a man is murderously killed. The killer in such a case is a murderer. Now, murder by poison is just as much murder as murder with a gun, pistol, or knife. It is the simple act of murdering that constitutes murder in the eye of the law. Don't let the idea of murder and manslaughter confound you. Murder is one thing, manslaughter is quite another. Consequently, if there has been murder, and it is not manslaughter, then it must be murder."

"Don't get this point escape you. Self-murder has nothing to do with murder. According to Blackstone and all the best legal writers, one man cannot fole de se upon another; and this is clearly my opinion. Gentlemen, murder is murder. The murder of a brother is called fratricide, the murder of a father is called parricide, but I don't enter into this case. As I have said before, murder is emphatically murder. You will now consider your verdict, gentlemen, and make up your minds well" in each package.

THIS BUTCHER

IS ALL RIGHT

HAD DIABETES BUT WAS CURED BY DODD'S KIDNEY PILLS.

Great Interest in the Case as People Realize what will Cure Diabetes will Cure any Kidney Disease.

Toronto, Ont., Aug. 1.—(Special)—As the people learn to realize how much the general health depends on keeping the kidneys right, and how many diseases are the direct result of bad kidney action every worried cure of a vexing kidney disease is received with interest.

For that reason the case of A. W. Holman, the well-known butcher of 1933 Mutual street, this city, is well worthy of attention. Mr. Holman had Diabetes. Now he is a well man. Dodd's Kidney Pills cured it. Asked concerning his case, Mr. Holman said:—"Yes, I had Diabetes for six years. I tried all kinds of remedies but to no use. My attention was called to Dodd's Kidney Pills by an advertisement and I began to use them. I only used six boxes when I was completely cured."

As it is conceded that what will cure Diabetes will cure any Kidney Disease it must be admitted that Dodd's Kidney Pills will cure any Kidney Disease.

MORE METHOD WANTED.

"If there is only one thing a woman wants," said Mr. Mumbles, as he finished his coffee, "it is method." Mrs. Mumbles smiled meekly.

"Yes," repeated Mr. Mumbles, "method is what is necessary. A woman never knows what she has done with a thing (or certain) but only has a vague idea. If you ask her for her purse, she tells you it is either in the left-hand top drawer or in her black skirt pocket, which is hanging up either behind the bathroom door, or over a chair in the bedroom, and—"

"By Jove! it is Maud, dear. That's right. Now run up and get my umbrella. You will find it in the bedroom. What? Can't find it? Wait—Oh, I remember. I left it to be re-covered. Confound my denials, and find me an old one."

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ENGLAND'S FINEST GARDEN.

A curter named Charles Bridgewater, employed at Hildes, Wiltshire, Lord Derby's country seat, has been presented with the silver Knightian medal of the Royal Horticultural Society for having obtained the highest number of points in the county of Surrey for the excellence of his cottage garden. This is the first time during the hundred years of its existence that the society has presented this medal for cottage gardening. Experts declare that Bridgewater's garden is the finest of its kind in England.

A rather pompous orator rose on one occasion to make an extended speech at an electioneering meeting. He began in this rather solemn and made man. "Mr. Chairman, I have lived long enough." "Hear, hear," yelled a number of the audience, and that the aspirant for political honors was forced to resume his seat.

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Young Wife—"Just home from the cooking school?" "I feel so encouraged! I was complimented on my progress to-day. But poor Miss Smith! I am really sorry for her. She tried hard, but she doesn't seem to get on at all." Young Husband—"You must remember, my dear, that Miss Smith has no one to practise on."

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The British Consul at Paris, France, tells in his annual report an effort to deal with the plague of flies. Twenty-three of the flies were formed a committee to investigate the matter, and the result of their investigation was that the flies were equally divided among the flies, and in each succeeding year the number of flies was increasing. The committee was composed of twenty members, and the number of flies was increasing. The committee was composed of twenty members, and the number of flies was increasing.

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kill the flies and disease germs too.

Sundowners make stalks when they are and make a good fire heads, with the best than coal.



More than half the battle in cleaning greasy dishes is in the soap you use. If it's Sunlight Soap it's the best!

IMPETUOUS PEOPLE.

Many of the Greatest Things Have Been Done by Them.

Impetuous people are sometimes wrong, but impetuous people are not always wrong. This is a truism, but unless a truism be repeated occasionally it ceases to be identified, and is looked on by the casual reader as a daring flight of fancy.

Really, it does not matter how quickly one runs, if one will but make sure that the right turning is selected. It is the man who rushes away without sparing a moment to look up at the signposts who loses his way, and has to return slowly, with an apologetic look upon his face; he it is who gives to impetuosity a bad name, and causes folk to look upon it as a defective trait.

Most of the greatest things have been done by impetuous people while the overcautions have been making up what they term their minds. There are some who never can perform this task for themselves. They can take no action without asking advice of every person they meet.

The overcautions are in a never-ending state of astonishment at a fact that disaster so seldom occurs. When it does happen, they are able to say, with gloomy content, that they had foreseen it all along.

Impetuosity has cut some of the most difficult knots the while cautious folks were hurting their fingers in futile attempts to unravel them.

It happened on Sunday night. They were sitting, not far apart, on the sofa. "Love is intoxicating, is it not?" he asked. "It certainly is," was her easy reply; "but there is no law that I know of which prohibits a person from indulging in it on Sunday."

Mr. Newby (in the kitchen)—"What are you cooking there, my dear?" Mrs. Newby (excitedly)—"No, no! I'm making a cocklebury book. I'm making a recipe book."

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

W. B. CHASE & CO., Toledo, O. We, the undersigned, have known Dr. J. Cheney for the last 25 years, and believe his perfectly honest and business transactions and his ability to carry out any obligations made by him.

WALSH, KINMAN & MARVIN, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price, 75c. per bottle. Sold by all Druggists.

Hall's Family Pills for constipation.

BUNCH TOGETHER.

Coffee has a curious way of finally attacking some organs.

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Sundowners make stalks when they are and make a good fire heads, with the best than coal.

Learn beforehand facts - not advertisements. The popularity of Blue Ribbon Soap is a fact.

LOWER PRICES USE BETTER QUALITY

FIBRE CAN WARE

PAIS, WASH BASINS, MILK PANS, &c

ON GETTING EDDY

USE 'ISLAND CITY' HOUSEHOLD PAINTS

Will Dry in 3 Hours.

P. D. DODD & CO., Montreal, Toronto, &c.

Potatoes, Poultry, Eggs, Butter, Apples

THE DAVENPORT COMMISSION CO., Limited

Market and Colborne Sts., Toronto

GRILLED STEAKS.

An explorer's mission eaten in general use that grilled meat and much superior to the ordinary food of the trunk and feet resembling wool; constructor is for rabbit.

Mr. Newby (in the kitchen)—"What are you cooking there, my dear?" Mrs. Newby (excitedly)—"No, no! I'm making a cocklebury book. I'm making a recipe book."

FEATHER DYEING

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JAPS A Battle

BRITAIN TA

Russian Gully

A Londoner

Shiloh's Consumption Cure

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