HEALTH

VALUE OF SKIN TANNING.

It is an excellent thing for the chronic dyspeptic to get his stomach tanned. Special appliances now make this a possibility by the use of the arc light so directed that the rays are concentrated over the diseased part. This tanning of the skin is of value as a means of aiding digestion. By the use of the electric light we produce a solar erythema, or sunburn by which the vessels of the skin become filled with blood, diverting the blood away from the interior of the body into the skin. For instance, if there is congestion of some internal part, as the liver, and a solar erythema is produced over the region of the liver, the blood in that part is diverted to the skin, and thus the internal congestion is relieved.

For ages doctors have been acquainted with the advantages of blisters. If a person had inflammation in some internal part they would apply blisters over the part, and produce irritation of the skin, and the internal trouble would be relieved. The philosophy of the success of this treatment is that it produces a diversion of blood to the surface. There are some branches of the blood vessels of the liver which run to the skin over the liver. If one gets more blood into the skin, there will be less blood in the liver, and so the liver will be relieved. The same thing is true of the bowels and stomach, and likewise of the spinal cord; if that is congested, a good sunburn on the back will relieve the spindl cord. By means of the arc light an application may be made of rays of the sun (which have been stored up in coal, and which have now come back into the arc light; it is really resurrected sunlight) to any portion of the body. The arc light is more powerful than the actinic rays of the sun — more powerful than the sunlight — and gives a more decided effect.

FOOD VALUE OF MILK.

In his address before the British Sanitary Inspectors' Association Sir James Crichton Brownie, in addition to renewing the stock arguments for use of milk by children, pointed out its advantages for adults. He showed that in certain sicknesses, such as typhoid, life may depend on milk, which may not only postpone the final issue in certain kinds of senile decay, but may contribute to the stability of vigor in maturity. He drew attention to the value of the goat as a milk producer.

While the food value of milk is generally recognized, there is a popular ignorance of the exact nature of its nutritive properties. If a gallon of water is boiled sufficiently long it is lost in steam. Milk similarly boiled leaves a solid residue weighing from 20 to 23 ounces. This substance chiefly consists of sugar, fat, the fat of butter, casein—a material with feeding properties resembling those of the white of egg, of the lean of meat and the gluten of wheat—and certain mineral substances which are essential in the manufacture of the bones and teeth. Unlike almost all other foods, these milk substances, are all digestible, and, what is more, they exist in almost precisely correct proportion to each other.

The once famous analyst Letheby demonstrated that whereas 100 pounds of quite lean beef without bone contained 72 pounds of water and 28 pounds of feeding matter—not all of which is digestive—100 pounds of good milk contained 14 pounds of feeding matter—all digestible.

FACIAL NEURALGIA.

A new and simple method of relief for this condition is brought forward by Dr. W. C. Belt. It is simply to direct the patient to place the hand opposite the side on which the neuralgia is felt in a basin of water as hot as can be borne. He claims that relief will be experienced in less than five minutes. His explanation of the action of this procedure is that the two nerves endowed with the greatest number of tactile nerve endings are the fifth and the median, and their motor areas in the cortex are not only adjacent, but actually overlap. As the fibres cross in the cord he expects a powerful tactile impulse conveyed from, say the left hand, to affect, in some degree the cortical centre of the fifth nerve of the opposite side.

The method is so simple that it may be tried in a number of cases, and if without benefit, it will be without harm.

THE ATHLETIC WOMAN.

The athletic woman has come to stay. She has created a new standard of physical perfection, and has shown how all who wish may attain to it.

No longer can a woman say that she can't help her stooping shoulders, narrow chest and weak, flabby muscles. She can remedy such defects. She can send the rosy blood to her sallow cheeks, and make it stay there. She can fill up the hollows in her neck and develop her bust by simply learning appropriate exercises and practising them for at least twenty minutes every day.

The results are so well worth this small amount of exertion that it is surprising how few women avail themselves of so inexpensive a method of securing health and well-being for themselves.

Within the past 50 years, Hamburg, and the coast of Germany in its neighborhood, has sunk 5 feet 9 inches.

Emeline—"Sara and I can hardly understand each other over the telephone." Edgar—"Well, talk one at a time!"

ANAEMIA—POOR BLOOD.

Headaches, Dizziness, Heart Palpitation and Consumption Follows.

Anaemia—watery blood—is a treacherous trouble. It steals insidiously from slight symptoms to dangerous diseases. The thin watery blood shows itself at first in pale lips, wan face, breathlessness, heart palpitation, lost appetite. If the trouble is not checked and cured, consumption follows; coughing, spitting, clammy night sweats, a total breakdown and death. What the anaemic sufferer needs is more blood—more strength. And there is nothing in the whole wide world will give new blood and new strength so surely and so speedily as Dr. Williams' Pink Pills. Every dose helps to send new, rich, red blood coursing through the system, bringing strength to weak lungs and all parts of the body. Thousands testify to the truth of these statements, among them Miss Enerine Vilandre, St. Germain, Que., who says:—"While attending school my health began to give way. The trouble came on gradually and the doctor who attended me said it was due to overstudy and that a rest would put me right. But instead of getting better I grew weaker. I suffered from headaches and dizziness, and at night I did not sleep well. I was troubled with pains in the back, my appetite left me and I grew pale as a corpse. Finally I became so weak I was forced to remain in bed. As the doctor did not help me any, I asked my father to get me Dr. Williams' Pink Pills. Before I had used two boxes there was an improvement, and when I had taken a half dozen boxes I was again in perfect health. I believe all weak girls will find new health if they will take the pills."

Anaemia, indigestion, heart trouble, rheumatism, kidney trouble, and the special ailments of women are all due to poor blood, and are all cured by Dr. Williams' Pink Pills. You can get these pills from any medicine dealer, or by mail post paid at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

WHEN A ROWBOAT UPSETS.

How Best to Keep Yourself Afloat Till Saved.

If you are in a rowboat and it overturns, when you come to the surface and have yourself comfortably settled in the water, look about for the unturned boat or an oar, and if the closer of the two is not far away you can undoubtedly cover the distance by using your hands and by kicking gently with your legs, after alternately drawing them up about twice as much as for treading.

If you reach an oar, grasp it with your hands, placed about three feet apart. Then, just as if you were working pulleys in your room, alternately shove the oar in front of you at arm's length and pull it back to your chin. If your lung power is good and you observe the rule to breathe deeply and exhale scantily, you can easily keep afloat 20 minutes. Help out your hands by using your legs the best you know how; and religiously keep out of a standing position. By all means give the lungs opportunity to "take hold" in the water; in other words, to perform their work freely.

A capsized rowboat is ordinarily a splendid buoy. If you reach it, all you have to do to keep afloat indefinitely is to touch it with your hands. It is not necessary for you to try to scramble upon it. In the effort you may send it away from you, or release the air caught in it when it capsized, and thus cause it to sink. The safer plan is simply to rest your hands on it.

But if you were in a sloop or any sort of craft with rigging, keep away from the boat. If the sloop capsizes, your first move should be to get clear of the rigging, and after that to stay clear of it. I have known many a good swimmer to drown simply because he got foul of a boat's gear. Trust to your efforts alone; you will be in far less peril.

A DANGER TO BABY.

Doctors have preached against the so-called soothing medicines for years, but they are still used altogether too much. The fact that they put children to sleep is no sign that they are helpful. Ask your doctor and he will tell you that you have merely drugged your little one into insensibility — that soothing medicines are dangerous. If your little one needs a medicine give it Baby's Own Tablets, and you give it a medicine guaranteed to contain no opiate or harmful drug. You can give these Tablets just as safely to a new born infant as to the well grown child, and they will cure all the minor ills of childhood. Mrs. J. M. Gilpin, Bellhaven, Ont., says: "Since I gave my little one Baby's Own Tablets there has been a marvellous change in her appearance, and she is growing splendidly. You may count me always a friend to the Tablets." Ask your druggist for this medicine or send 25 cents to The Dr. Williams' Medicine Co., Brockville, Ont., and get a box by mail post paid.

"What is the matter with that baby?" growled an irascible husband as the little one persisted in howling and kicking to the extent of his little might. "The matter is, sir," calmly replied the wife, as she strode up and down the room—"the matter is that this baby inherits your temper." And the husband returned to his paper with a gloomier look than before.

After sizing up his neighbors a man ceases to worry about his own inferiority.

A young man thinks he is unworthy of the girl during courtship, but after marriage he soon discovers his error.

GUARDING GOLD AT SEA

PEEP INTO THE SPECIE-ROOM OF A LINER.

How the Yellow Metal is Received and Stored Away in the Strong-Room.

The enormous amount of gold which has recently been shipped from America to the Continent of Europe in payment of the Panama Canal and the Russian and Japanese loans has attracted so much attention that a few days ago the writer visited the North German Lloyd's famous Kaiser Wilhelm II. in order to find out exactly in what manner specie is stored and what plans are adopted to insure its safe transit.

With a special letter from the manager of the company to the purser, Mr. Tielbaar, the writer boarded the big liner shortly after she had discharged a consignment of gold bars valued at ten million dollars. Having read the letter Mr. Tielbaar shook hands with much heartiness, and declared in very good English that it would give him considerable pleasure to show me the strong-rooms on board the vessel.

"The smaller of the two," he said, "is in close proximity to my office," and taking a couple of massive keys from his safe he led me to the door of a compartment which has probably held enough gold to pay for the Kaiser Wilhelm II. ten times over. The locks, which were double, were rendered additionally strong by being furnished with steel hasps which covered the keyholes and were secured with

MASSIVE PADLOCKS.

When the door was thrown open and the electric light switched on the room appeared to resemble the dark cells used to confine prisoners. The Walls, roof, and ceiling were lined with 2 inch steel plate and the room contained nothing but a couple of wooden shelves.

"There is a general impression," said Mr. Tielbaar, "that whenever there is a cargo of gold on board we have a guard of at least six men armed with carbines, revolvers, and cutlasses, who keep sleepless vigil over the precious metal night and day, until it is safely in the hands of the consignees. This is not the case. When once the gold is stored away and the vessel is well out to sea we do not keep any armed guard on duty at all, for, the strong-rooms being placed in the most frequented part of the ship, people are constantly passing them all hours of the day and night, and this is the best safeguard one could have. There are only two sets of keys to the rooms—one I keep, while the other is in the custody of the captain. Now, if you will come below I will show you the specie-room, which is situated next to the provision department."

We descended to the lower deck, and Mr. Tielbaar unlocked the door of another strong-room, similar to the one we had just left. It was, however,

ALMOST TWICE AS LARGE,

being about 12 feet long by 4 feet wide. In reply to a question as to whether the two rooms were ever filled to capacity Mr. Tielbaar declared that this was often the case. "Our last consignment," he said, "consisted of over $10,000,000 worth of gold bars, which were packed in small kegs about a foot high and bound with steel hoops.

"Each keg contains gold to the value of $50,000, and weighs altogether about 200 lbs. The gold is generally brought to the ship the day before we sail, and is all stored away before the passengers embark. It arrives at the dock in ordinary trucks and under the guard of two armed men and the driver.

"The last occasion on which we had a gold consignment the specie arrived in ten vans, each van containing about a million dollars' worth of gold bars. The usual manner of putting the precious freight on board was to haul the kegs up an inclined chute to the deck by means of a hoisting engine, but latterly this method has been discontinued and each keg is now placed in a sling and a long stick passed through the ends of which rest on the shoulders of two men, who carry their burden up the gangway and so on board.

"While the kegs are being shipped scrupulous care, of course, has to be taken that we receive the right number. Our receipt, you must understand, is given for so many kegs, not so much gold, for naturally we do not open the barrels to count the bars. The kegs bear the Government seal, and as soon as they are safely stored away the iron doors of the strong-rooms are also sealed with Government wax, and the impression is broken only when the officials sent to receive the gold come on board. The kegs are

CHECKED THREE TIMES,

First on the pier, when they are taken from the express waggon, then again when they reach the gangway, and a third time when they are placed in the strong-room.

"Although we do not have a guard placed over the specie dueing the voyage, as I stated before, two men are constantly watching the rooms so long as we are in sight of land. There is, however, practically no danger of gold being stolen in transit, for it would require to be someone more than human who would shoulder a keg of gold weighing a couple of hundred pounds and vanish with it without being seen. During the many years I have been purser on Atlantic liners I have never known a case where there has been any trouble over a consignment of gold. It is the safest cargo to handle I know."

The total weight of the last consignment of gold shipped by the Kaiser Wilhelm II. amounted to something like 36,000 lbs., or over sixteen tons, and the freight charges came to about $12,500, being one-eighth of 1 per cent. The specie is insured for its full value, and should the ship be lost or the gold mysteriously disappear en route the insurance companies would be held responsible.—London Tit-Bits.

MATHEMATICAL PRODIGIES.

Intuitive Faculty of Zerah Colburn and His Kind.

Infant musical prodigies are intelligible and even natural, compared with infant mathematical prodigies. How account for the intuitive faculty by which some children, unable to read, write or cipher, can answer instantaneously the most complicated arithmetical problems? Zerah Colburn, e. g., at six, could neither write nor cipher, and yet could answer, apparently by intuition, and unhesitatingly, all kinds of arithmetical questions. At eight he came on show from the United States to London, and answered in a moment and accurately such questions as: "How many minutes are there in 48 years?" The child not only answered it at once and correctly, but instantly added the number of seconds contained in that period. By what mental process he arrived at these answeres he could not explain.

Here, again, is a question which George Bidder, the son of a Devonshire laborer, answered at the age of 12, in one minute. It was put to him in the London Stock Exchange: "If the pendulum of a clock vibrates the distance of 9¾ inches in a second of time, how many inches will it vibrate in the course of seven years, 14 days, two hours, one minute and 56 seconds, each year of 365 days, five hours, 48 minutes and 55 seconds?"

Within the minute the boy had answered correctly: Two thousand one hundred and sixty-five million six hundred and twenty-five thousand one hundred and seventy-eight miles, four feet and three quarters of an inch.

But the classical case of this kind was that investigated by a committee of such scientists as MM. Arago, Libri and Lacroix at Paris. They examined Vito Mangiamele, the son of a Sicilian peasant, 11 years of age, putting to him such questions as "Find the cube root of 3,795,416" which the boy did within half a minute. "Find the tenth root of 282,475,249"—which he did within three minutes. Then came this poser: "What number has the following proportions—that, if its cube is added to five times its square, and then 42 times the number and the number 40 be subtracted from the result, the remainder is equal to 0 or zero?" M. Arago repeated this question, but while he was finishing the last word the boy replied correctly, "The number is five."

Two things strike you about this extraordinary congenital faculty—its mysteriousness and its uselessness. In exemplification of the two take the case of Jedediah Buxton. He also worked out almost instantaneously the most complex problems; but he could give no account of the mental process by which he solved them. This process was so far from being correlated with intellect, or even intelligence, that when Jedediah went to hear a great preacher or went to see Garrick in "Richard III." his sole interest in the sermon or in the play was the counting of the number of words uttered by the preacher or by the actors.

In only one household can we imagine such a calculating machine to be of use—in that of the Yorkshireman who resented the parson's complaint of the inaccuracy of his clock: "What's wrong wi' t' clock? It goes reet enea for thim that knau how t' read it. When its hands are at twelve, it strikes two, and then aw knau its half-past seven."

BANKER'S ROMANCE.

Complications That Were Solved by Cupid.

A curious romance of real life has just been revealed in Paris. In February, 1891, a Paris banker named Mace-Berneau absconded from his creditors, his wife and family having left home a few days before his sudden disappearance. His safe was opened and found to contain £21,200 in gold, and another safe, which he hired at the Credit Lyonnais, contained £38,800 in French railway bonds and other negotiable securities. In due course the banker's affairs were wound up, and he was sentenced by default to five years' imprisonment.

It has just been revealed by M. Mace-Berneau himself that on leaving Paris, 14 years ago, he took with him £21,000 in cash, leaving the rest for his creditors. Five months later he landed with this sum at Batavia, Java, under an assumed name, and was soon afterwards joined by his wife and three daughters. He bought a large domain, and became a coffee, sugar, indigo and tobacco planter. He is now one of the largest exporters and plantation owners in the Dutch East Indies, his personal fortune being over half a million sterling.

A French judicial official from Pondicherry, while on a visit to Java, was entertained at the house of the ex-banker, and became engaged to his eldest daughter. As it would have been illegal for the young lady to be married in any other name than her own, the ex-banker hinted to his proposed son-in-law that he was a man with a past. As, however, the young man persisted in his suit, and promised to reveal nothing the ex-banker might tell him, the latter informed him of his real name.

To the surprise of both men it then transpired that the french official, who is a magistrate at Pondicherry, was the son of the very judge who had sentenced the ex-banker to five years' imprisonment. The magistrate informed his prospective-father-in-law that he could rehabilitate himself and get the sentence quashed by legal procedure if he satisfied all his former creditors.

M. Mace-Berneau, has, therefore, written offering to reimburse the money which he had from his clients at the time he absconded, and estimates his total indebtedness at £80,000. This sum will be paid by the Netherlands Bank in America when the claims sent in have been duly verified.

The French official has meanwhile married Mlle. Mace-Berneau, having obtained the consent of his father, the judge.

The Vatican was thoroughly cleaned lately, and a quantity of repainting done. The work employed 5,700 people for six months. Merely in cleaning wallpapers 1,000 loaves of bread were used daily.

Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O.

Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

GOT A BITE.

In a certain town in the North of Ireland there is a fishing-tackle shop, the sign whereof is a brazen trout dangling at the end of a fishing-rod of massive proportions. Late one night a townsman who had been dining "not wisely but too well" happened to see this fish. He looked at it, then went cautiously to the door and knocked gently.

"Who's there?" demanded the shopkeeper from an upper window.

"Sh-h! Don't make a noise, but come down as quietly as you can," was the reply.

Thinking something serious was the matter the man arose and stole downstairs.

"Now, what's the matter?" he inquired.

"Pull your line in quick; you have got a bite," roared the tipsy one as he erratically turned a corner.

Minard's Liniment Cures Garget in Cows.

Some men have no visible means of support when their wives are absent.

Minard's Liniment Cures Diphtheria

A cheese-mite a quarter of an inch long can jump out of a vessel 6 inches deep. To equal this feat a man would have to jump out of a well 144 feet deep.

Flies Carry Contagion

Wilson's Fly Pads

kill the flies and disease germs too.

HE TELLS THEM TO ASK THE I. O. F.

JOHN J. BURNS CURED BY DODD'S KIDNEY PILLS.

He Had Chronic Inflammation of the Kidneys—Says His Brother Foresters can Tell all About it.

Darnley, P. E. I., Aug. 29—(Special)—John J. Burns, a prominent member of the I. O. F. here, whose cure of Chronic Inflammation of the Loins and Kidneys caused a sensation some time ago, reports that he is still in splendid health. "Yes," says Mr. Burns, "my cure is entirely satisfactory. I have had no trouble since I used Dodd's Kidney Pills. They drove away the disease from which I suffered for eight years.

"No, I'll never forget Dodd's Kidney Pills. The doctor could not help me. I got so bad I could scarcely walk, sit or sleep. I was about to give up entirely when an advertisement led me to try Dodd's Kidney Pills. Now I am in good health. Dodd's Kidney Pills saved my life."

If any one doubts Mr. Burns' story he simply refers them to his brother Foresters. They all know how he suffered and that Dodd's Kidney Pills cured him.

The satisfaction of having the washing done early in the day and well done, belongs to every user of Sunlight Soap. 10B

Imitations at best are imitations, substitutions never satisfy — Insist on having Blue Ribbon Tea

TRADE MARK

USE "ISLAND CITY" HOUSE AND FLOOR PAINTS

Will Dry in 8 Hours.

On Sale at all Hardware Dealers

P. D. DODS & CO., Montreal, Toronto, Vancouver.

Potatoes, Poultry, Eggs, Butter, Apples

Let us have your consignment of any of these articles and we will get you good prices.

THE DAWSON COMMISSION CO, Limited

Cor. West Market and Colborne Sts., Toronto.

LOWER PRICES

USE EDDY'S FIBRE WARE

BETTER QUALITY

ESTABLISHED A.D. 1845

CAN BE HAD IN

Pails, Wash Basins, Milk Pans, &c

Any First-Class Grocer Can Supply You.

INSIST ON GETTING EDDY'S.

A few pieces of horseshoers pare all the hoof before shoeing horses will make palms thrive luxuriantly. Simply poke the parings well down in the soil at any time of the year. Horseshoers give away the parings for the asking.

Although Russia's Asiatic possessions are six times the size of ours they have but 23 million people, compared with 237 million under British rule.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder dusted in the bath, softens the water and disinfects.

Madrid now holds the record of being the most unhealthy capital in Europe. Its deaths were 3,[illegible] last year in a population of little over half a million.

I was Cured of Acute Bronchitis by MINARD'S LINIMENT.
J. M. CAMPBELL.
Bay of Islands.

I was Cured of Facial Neuralgia by MINARD'S LINIMENT.
WM. DANIELS.
Springhill, N. S.

I was Cured of Chronic Rheumatism by MINARD'S LINIMENT.
GEO. TINGLEY.
Albert Co., N. B.

There is no better way of dusting carved furniture than with a painter's brush. This will penetrate all the little crannies which could not be touched by an ordinary duster or brush.

CANADIAN NATIONAL FACTS AND FIGURES.

The Independent Order of Foresters have just issued from the press a very neat little booklet giving a great grist of facts and figures with regard to Canada, its resources, mineral and agricultural, etc. Historical points, territories and other Canadian information of great value. This little booklet should be in the hands of all. It will be sent on application to Dr. Oronhyatekha, Supreme Chief Ranger, of the I. O. F., Temple Building, Toronto, Canada.

Piet Cronje, the ex-Boer commandant, has been married, and we understand that the second Mrs. Cronje objects to her husband being described as a hero of a hundred engagements.

Minard's Liniment Cures Colds, etc.

CARGO OF GOLD.

Probably the largest cargo of gold specie ever shipped across the Atlantic has been unloaded from the Kaiser Wilhelm II. at Cherbourg. The amount, constituting an instalment of the Panama Canal indemnity from the United States, was 42,592,148 frs., or a little over $8,518,500. The money had been kept on board in an armored storeroom, before which an armed sailor was on guard night and day. The door was closed by three locks, the keys being in the possession of three ship's officers respectively.

Pendennis—"I've made an awful mistake. I sent a messenger boy up to Miss Cashley's with a lot of flowers, thinking it was her birthday, and now I learn that her birthday is to-morrow." Warington—"That's all right; the messenger boy may get there in time."

KING

Or, Kinsh

Horse

CHAPTER XXX.

The day of the Foxington ball had arrived, and the little town was crowded to excess. Its lodging-houses were filled with pleasure-seekers from the parts of the country, while the usually quiet station presented the unwonted scene of bustle and gaiety. Porters trundled heavily hoisted portmanteaus on their shoulders, anxious maids pointing out the enormous trunks belonging to their mistresses, while the omnibus and capacious but slight old a roaring business. The owned country houses had filled mansions on this auspicious with smart dancing men, girls, and professional beauties came had preceded them, and townspeople were dying a glimpse of; for the Foxington considered the best the midland counties, and its reputation to sustain, was certainly enhanced by the presence of one or two fashionable strangers, also, of near mothers, were wont to come county ball a fitting opportunity youthful debutantes to make entry into the world, principally consisting of a larger circle of friends, assembled from far and near in the memory of the oldest frequenters such a wonderful had been unknown in the with the Foxington ball, after year fresh lustre was the reputation for stiff frocks, and good looks. The most anti-terpsichorean had a class which regards such as a rule, with openly avowed contempt, though refusing to trip the light fantastic themselves, graced this occasion their presence, condescending up the doorways and every opening, lounging in, or (where they discussed the latest news as eagerly as the have done seated in the lounging in smoking suits and forming picturesque wall whose vivid scarlet coats in striking contrast against natural decorations. For weeks had passed since frosty moonlight night Jack Clinker had ridden broken the news of Kitty's timely death to Kate Fitz-Gerald, she was having never from the shock of effect. At first she necessarily avoided the hunting as everything connected with it, studiously refusing either to go to the meets, lest perhaps had so often and so eagerly joined her to make a fine at beneath she had violated traditions, and having been on the ice and enjoying sleigh, during which time had acquitted herself well, she took to the idea of once more mixing with society, rather than disappointing temporary retirement. She could not, however, but the love of the strong within her ever to be by serious misfortune.

During all this time she Colonel Clinker though this at first appeared the reason was simple enough had left Foxington. The morning after he had paid his final visit to Sport Lodge received a telegram from keeper at Nevis, informing the sudden illness of his requesting his immediate He had therefore set North without a minute without finding time to bye to Kate. In fact, ignorant of his absence days until informed of McGrath, although in she had secretly wondered appearance.

I had a letter from morning. He desires to

Skin on

Mr. McDougall Was Sufferer—Now Dr. C

Eczema's itch is torture seems on fire with the burning humor; at times it becomes unbearable, and in sleep you could tear the skin off. You dare not exercise for aggravating the itching. Once you sleep, for no sooner the body become warm than it begins, and instead of refreshing sleep, it is scratch scratch all night long. Scarcely a moment's respite this maddening malady affords. Of course you have tried the washes, salves, lotions and cated soaps, but like thousands others have been disappointed disgusted.

Mr. Alex. McDougall, Broad Cove Marsh, N.S., for twelve years I was a sufferer from eczema on the of the leg. There was a raw of flesh about three inches and the itching was something fiendish. One-half box of Dr. Ointment completely cured him away the itching and healed the sore. I have no hesitation

Summer Colds

You should cure that cold at once. It is not only making you miserable, but it is doing you real harm.

Shiloh's Consumption Cure The Lung Tonic

It is guaranteed to cure you. Your money refunded if it does not.

At all druggists, 25c., 50c. and $1.00 a bottle.

Limited

Address Box 365, Montreal.

MEDICAL CONVENTION.

Delegates to the Medical Association at Vancouver [illegible] through San Francisco [illegible] Salt Lake City, [illegible] "Wonderful Fair" St. Louis, [illegible] tickets sold to San Francisco, around Knights Templar [illegible]

Tickets on sale August 15th to September 9, [illegible] return until October [illegible] stopover privileges in [illegible] Rates from [illegible] can be purchased [illegible] Vancouver, return [illegible] or vice versa.

By writing H. [illegible] Travelling Passenger Agent, [illegible] Railroad, 14 James [illegible] Toronto, Ont., he will [illegible] information.

St. Peter's [illegible] the form of a cross [illegible] wide. Its length [illegible] than its width.

For Over Fifty Years

An old and well-tried remedy. Mrs. Winslow's Soothing Syrup has been used for over fifty years by millions of mothers for their children while teething. It soothes the child, softens the gums, allays all pain, cures wind colic, regulates the bowels, and is the best remedy for Diarrhoea. [illegible] Sold by druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup."

Never put off [illegible] the friend who is [illegible] you money to day.

Minard's Liniment Cures Diphtheria.

Most of the black [illegible] wigs and "switches" come from the convents of Italy and [illegible] while the fair and red hair comes from the heads of Russian, German, and Danish peasant girls.

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