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SUNLIGHT SOAP
A BASKET FULL of clean, sweet-smelling linen is obtained with half the toil and half the time if Sunlight Soap is used, Sunlight shortens the day's work, but lengthens the life of your clothes. Follow directions.

25 TEACHERS of ripe scholarship, wide teaching and business experience in leading Canadian and American colleges, employed by our chain of Elite Colleges, have built up a superior, improved curriculum. Each student is instructed privately at his own desk. We assist our graduates to the best positions. Three courses—Commercial, Stenographic and Telegraphy. Mail Courses. Enter any day. Write for particulars.

ORANGEVILLE BUSINESS COLLEGE. (Geo. Spotton, Principal.)

Central Business College
Term of 1909
Ten per cent cheaper, ten per cent better for Business, Shorthand and Math. R. A. Parquharson, Prin. Cor. Yonge and Bloor Streets, Toronto.

A GREAT SCHOOL
Great in Reputation, Results, Influence and Thoroughness. Now is the time to enter the popular Elliott Business College TORONTO.

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ANALYTICAL CHEMIST TELLS OF PATENT MEDICINES
This formula out and save it.

SHE WEARS LARGE BOOTS.
Has to on account of corns—but they can be cured in twenty-four hours with Putnam's Painless Corn Extract. Use no other but Putnam's.

How to Grow Old in Good Health and Happiness
By Rev. John May.

Rev. John May, of Franktown, near Ottawa, entered a contest, made by a Philadelphia newspaper, for an article on "How to Grow Old in Good Health and Happiness." Some of the best literary geniuses of the continent contributed, but Mr. May's paper headed the list, and he won a valuable prize. We re-produce the pregnant and polished paper herewith:
I am seventy-four and write from experience. No rule of living, no set of rules, would suit all cases or cover all conditions. Vast numbers of people, however, in all callings, but especially in the farm world, will, I trust, find the principles and rules here laid down, both sound and practicable. To be still young and happy in heart, mind and body, when old in years, I would say to the young:
1. Be regular in your habits. As far as possible, do the same thing at the same hour, in the same way, each day. This means monotony, but also longevity. The hours for bed, meals, bath, work, recreation, etc., should be fixed and immovable. I hold this to be a prime secret of long life. They tell us that even a watch suffers by irregular windings. Irregular habits mean shocks great or small to the system.
2. Eat slowly. The doctors say that we eat too much. I say that we eat too fast. Chew your food thoroughly and drink little or not at all while eating. Gulping, washing down great chunks with liquids, means present dyspepsia, future hypochondria, and a black and sunless world. Eat slowly, and I will risk your eating too much. You can't, your appetite is gone first. Don't eat under haste, excitement, or in a whirl of mental or bodily activity. Cool down first and be calm. And don't work mind or body just after eating. Stretch out after dinner for a brief nap. I believe that half the minor ailments, and many of the serious ones, are due to fast eating under stress and strain. I have seen factory operatives rush back to work, pie in hand, finishing dinner on the street. They were yellow, cadaverous and melancholy. Is this the path to a happy, healthy old age?
3. Breathe the pure air. Let in the sunlight and the breeze. Sleep with doors and windows open. Don't fear colds; the people who catch colds are those who box themselves up. You can't get too much oxygen. When out for a walk, clean out your lungs with long breathings, both in and out. Don't leave a bit of foul air in them.
4. Take regular exercise if your occupation is in-doors. Farmers may omit this; they get enough. The saddle, the plow, the bar, or good walking is better. Shun the bicycle and the street car. We are in danger of losing the use of our legs, these days. I have doubts as to too strenuous athletics; muscle at expense of heart. Moderation in all things should be the motto of him who would live long and see good days.
5. Amusement and recreation. Use these sparingly. They taste sweeter when infrequent. They are necessary. Some poetry should spice the prose of life. Always to have "the nose to the grindstone" begets dullness, rust and mildew; it is bad for mind and body. See all the sights you can, hear all the music, laugh all the laughs. A good laugh may be a very earnest, serious man. Long faces do not tend to make long lives.
6. Keep a tight rein on your habits. Hold in the horses, if you would not go to early smash. If you must drink, well, don't! Beware whom you marry. A nagging wife would curtail Methuselah's age by 90 years. Be pure; impure rots body and soul. Be calm, excitement wears. Don't fret, don't worry. Worry and fretting will wear out the strongest frame in short order. Don't let the daily little cares and crosses eat into your soul, and, through it, into your flesh and bones. They are "the little foxes that spoil the vines." Do your duty with busy hands but a light heart and cheerful countenance; then if things went go right, why, just let them go wrong. Above all, curb your temper. Each violent explosion of anger means a nail in your coffin, a slice off your life. The house you live in can't stand this dynamite business. The soul kills or keeps alive. It should be kept as calm and untruffed as a lakelet amid the hills. Storms at sea wear away the shores; passions tear down these houses of clay. The mind has great effect. Ignorance does not tend to long life. Mental activity does. Genius does. Cultivate your mind. Thought is as a well-spring of your life to the gross frame. The clotheopper who just works and eats and sleeps, would live longer with an intellect awake and doing. Man's immaterial part may greatly help to break up his body, or keep it filled with the sweet sap of life.
7. Don't make pleasure or happiness your grand aim. If you do you will shorten your days to no purpose. You will be like the boy who chased the rainbow for gold. Happiness flees the pursuer. If you would catch her, never make straight at her. You grasp her—she is gone! No, just walk the old, old path of Duty, and see how often she will come to you, dropping in when least expected, and just because not expected. She comes and sips with the votary of Duty. (Show her that Duty is the grand business of your life; that she is welcome if she comes, not greatly missed if she does not—this is the secret of happiness. As a young man, you will find it so still more in mid-age, most of all in "the serene and yellow leaf," looking back on a life well spent. And what is Duty? Filling to your utmost the niche in God's world that He has set you in. Making Him the supreme object of your love, and your neighbor next. This is the true and only way to have a sound mind in a sound body to the very last. A conscience void of offense to God or man,—what a sweetener of existence! What a means to length of days and a happy old age! Self-worship shortens and cripples life.
8. Lastly, whatever your life's calling has been, stay with it to the last. I have seen busy merchants retire from business to enjoy the evening of life; but, shortly, they die. The whirring wheels too suddenly stopped. Many farmers I have known to leave the farm in advanced years, and eagerly betake themselves to town, there to enjoy the unwonted luxury of ease. In a brief space they were dead. Abrupt and total cessation of a life's strenuous labors, tends to cut life short. If you have been a busy man all your life, keep moderately busy to the end, or while you can, if you would prolong your days. Just keep doing enough to hoodwink Nature, and save the fatal shock of sudden change from a strained activity to sheer idleness. And you will be happier, too. Happiness is wife to activity, and a foe to idleness in old or young. Don't stop short. Don't leap from high strain to total activity. Come down gradually with the declining years; but,—keep going.

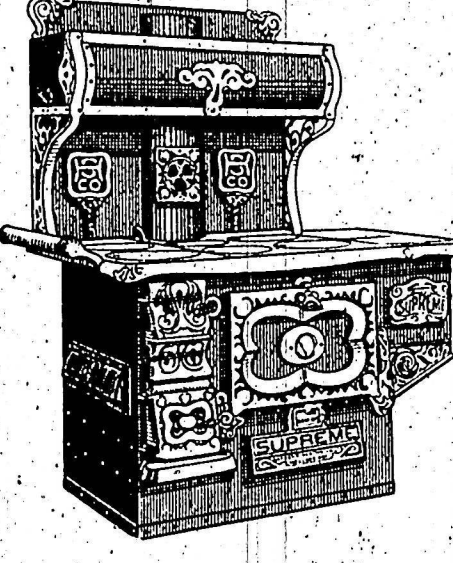
VITOL The Great Blood, Flesh and Nerve Tonic
Makes Blood, Strengthens the Nerves

Invigorates, Builds up, Braces. Like Electricity, you will feel the new blood coming into your veins and the nerves getting strong. The wrinkled and pale faces will put on a natural color. VITOL GIVES ENERGY AND SOUND, LASTING HEALTH.

Almost Instant in its Wonderful Results

VITOL cures all diseases arising from a poor and watery condition of the blood, such as pale and sallow complexion, general muscular weakness, loss of appetite, depression of spirits, lack of ambition, palpitation of the heart, shortness of breath on slight exertion, coldness of hands or feet, pain in the back, nervous headache, and all forms of female weakness, tardy or irregular periods, suppression of the menses, hysteria, sciatica, rheumatism, locomotor ataxia. VITOL is for sale everywhere or direct from The Scobell Drug Co., St. Catharines, Ont. Price 50 ts. box, or 4 boxes for \$2.50.

THE SUPREME STEEL RANGE



Demands Our Attention.
1. It will save 50 per cent over in wood and soft coal, 30 per cent over in hard coal over any other range.
2. It is a perfect boiler and the only range with a reservoir at the top that will bake and heat water at the same time.
3. The steel is blue annealed which makes a nice contrast to the black top. This steel will never require blacking.
4. Device is secured by letters patent in Canada, Great Britain and other countries of Continental Europe.
5. Very handsome in appearance.
6. We will explain if you want to come in.

Jeffrey Artley MARKDALE

THROUGH DEPOT WALLS. LIMITED TO CATHOLICS. GEO. ANGELL IS DEAD.

Four Persons Killed in Montreal Station Disaster.—Runaway Train Rushes Into Windsor St. Depot and Crashes Through Wall of Waiting Rooms, Wounding Many Persons.
Montreal, March 18.—Several persons killed and many injured was the outcome of a terrible accident at the Windsor station yesterday morning, when the Boston and Maine train, shortly before nine o'clock, hurled itself through the stone walls of the station, plunging into the waiting-rooms and spreading the wildest terror and consternation; and as a result four people were killed and ten injured. Mark Cunningham, the engineer of the runaway train, who jumped from his cab, has since died.
No one in the runaway train was killed, all the fatalities occurring in the waiting-rooms, into which the engine plowed. Two of the dead were little girls, who were waiting with their parents for an outgoing train.

London, Mar. 14.—Speaking on church prospects in Canada, Archbishop Renison, of Mooseport, yesterday told how, travelling in England lately, he met an emigration agent of the Canadian Government. This man was a German who had built up a prosperous home in Canada, and asked the Canadian Government to appoint him as an agent. For the last few years he had been working in his native country, bringing out bands of emigrants, and settling them in Alberta and Saskatchewan. This man told Bishop Renison he had instructions to bring out only members of the Catholic faith. Hundreds of German Roman Catholics were being planted year after year by the Canadian Government in the great Western prairie lands.

Known as the Continent as the friend of Duub Animals.
—George Thornton, a friend of dumb animals, and a veteran leader in the Educational movement in the United States was called yesterday to-day, aged 86 years, after seeing two horses meet in a race, he became so excited in humane work that he died. He was the friend of the New York Society for the Prevention of Cruelty to Animals. Mr. Angell established the "Our Dumb Animals" fund. Since his death he has been actively interested in his chosen work. He travelled throughout the United States scores of other countries in pursuance of that work and more than twenty thousand Bands of Mercy in America and England.

Repeat it—"Shiloh's Cure will always cure my coughs and colds."
Miss Ellen Craig, of Wellington County died of lockjaw resulting from a rusty nail running into the foot.

The Editor of the Canadian Poultry Review, the people's popular poultry paper, tells us that this paper has been greatly enlarged and filled with all that pertains to poultry, both from a practical and a fancy standpoint.

Repeat it—"Shiloh's Cure will always cure my coughs and colds."

The accident has features unique in railway annals. While the night express from Boston was approaching Montreal a plug flew out of the engine boiler between Montreal Junction and Westmount Station with a loud report. The fireman, who was at once enveloped in scalding steam, concluded that something serious had happened, and jumped from the cab window into a snow bank. He then got up and followed the train, walking along the track, and found that Engineer Cunningham had also jumped from the cab about half a mile further on. He found the engineer lying unconscious by the track with a fractured skull.
The train dashed into the station at a speed of over twenty miles an hour. Speeding along track 7, which ends at the wall of the ladies' waiting-room, the engine ripped through the wall as if it were cardboard and careened through the room, dragging with it the heavy coaches crowded with passengers. The engine smashed its way through the second wall and across the general waiting-room, ripping up the tile flooring and opening a wide gap.
It is estimated that the damage to the C.P.R. will reach \$150,000.

AS ADVERTISED.
I purchased a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy, and found it to be all claimed for it in the advertisements. Three of the family have used it with good results in summer complaint. H. E. Howe, publisher of the Press, Highland, Wis. For sale by R. L. Stephen.

Repeat it—"Shiloh's Cure will always cure my coughs and colds."

Winnipeg, Mar. 19.—It is estimated that thirty million dollars worth of new buildings will be erected in ten cities of Western Canada during the present season. In this amount the twin cities at the head of the lakes are expected to share to the extent of ten millions. Winnipeg will run between ten and twelve millions, and the balance will be distributed between Brandon, Regina, Moose Jaw, Calgary, Edmonton, Victoria and Vancouver.

Repeat it—"Shiloh's Cure will always cure my coughs and colds."

Repeat it—"Shiloh's Cure will always cure my coughs and colds."



Voice Gave Out.

Thomas P. Macdonald, a prominent singer of Teeswater, says: "Six years ago I became a victim to La Grippe a d had it in its worst form. The attack was unusually severe, and left me in terribly bad shape. I was utterly prostrate; weak, and run down entirely. My voice also completely gave out, and my lungs seemed to be seriously affected. People who knew me thought I was not long for this world."
"One day I saw in the paper what PSYCHINE had done for others and thought I would give it a trial, so I sent for a sample bottle. This gave me such immediate relief, and I eloped me so, that I determined to keep on with it at all costs, and in spite of what the doctor had said. In an incredibly short space of time I was completely restored, and my voice was soon in grand shape again. They used to tell me that a breath of wind would blow me away, I had got so thin, but PSYCHINE built me up in no time; I am a pretty solid specimen of humanity to-day, having gained in weight and put on flesh all the time."
STOP THAT COLD OR THE RESULTS WILL BE SERIOUS! You can do this by toning up the system with Psychine. All druggists and dealers sell it. 50c. and \$1.00. FREE TRIAL sent on application to DR. T. A. SLOCUM, Limited, Toronto.

PSYCHINE THE GREATEST OF TONICS FOR NERVE AND ENERGY