

NOTES AND COMMENTS.

When the bicycle was mainly an instrument of sport it had its uses to the community, but it was not a thing of public consequence. Now that its sporting uses are quite secondary to its practical employment, its influence and effect upon life, character and material progress are worthy of consideration. Its benefits are many and great. Now that horses have ceased to scare at it there are practically no offsetting objections whatever. It does nobody any harm, unless it be the horse-dealers. It annoys nobody and incommodes nobody when properly used. It adds absolutely nothing to the sum total of unnecessary noise, the elimination of which is the chief problem of civilization in cities. On the other hand the bicycle is greatly beneficial. It is teaching men anew the uses of their muscles. It is rescuing them by tens of thousands from their slavish dependence upon others for the means of getting about. It is teaching them to rely upon themselves for locomotion.

The bicycle is inducing persons to take exercise who have hitherto sluggishly neglected to use their limbs. It is taking them into the free open air, pumping breath into their lungs and rich, red blood through their veins. It is compelling them to rest their jaded minds too—to recreate themselves. For while the man who merely walks may drag his tiresome train of thought after him, the man on the bicycle must attend strictly to what he is doing and for the time forget the carking cares that weary the mind and wear out vitality.

To women the bicycle is even more a benefactor than to men. More than men's their lives have been shut up in hot rooms, while more than men they need the nerve-building, blood-making influence of exercise in the open air. The bicycle is doing more than all the sports combined to induce women to such exercise, and the next generation of men will be the better mothered because the young women of to-day are learning to love a wheel. Hysteria, headache and nerves have been enemies in the rear of the human race ever since civilization made the mistake of shutting women up in luxurious houses and excusing them from the blessing of work necessity, under the absurd misconception that the sentence pronounced upon Adam and Eve was a curse. The bicycle is rendering women another greatly good service. It is teaching them the badly needed lesson that in the matter of clothes it is fitness and not convention that determines comeliness and propriety. The bicycle suit is a minister of grace an apostle of common sense in the matter of women's dress. It in no way opposes skirts in their proper place. It merely teaches women to adapt their dress always to the conditions to be met, which is the true gospel of all costuming. The woman who puts on a bicycle suit for a spin will not be likely to drag a train after her over dirty sidewalks when she goes shopping or to dispense with the graceful sweep of the train in her own parlors.

The bicycle is a missionary of good roads. It takes many men into the country who would otherwise never learn the joys of meeting nature face to face. The increasing thousands of tourist wheelmen are teaching the country people in most practical ways the advantage of making their roadways good, and thus inviting travel from which they reap a harvest. The wheelmen are growing numerous enough to be themselves a controlling majority in the making up of public opinion, and to put any man upon a bicycle is to make of that man at once an ardent advocate of good roads. No other modern device has at once so many points of advantage to the public and so few points on possible public objection as the bicycle. Let the wheels go round!

As to Snake Bites.

That no less than 23,000 people should have perished last year in the Indian province of Bengal from snake bites shows how little progress has been made by science toward the discovery of some antidote for the poison of these reptiles. The trouble is that the poison of nearly every species seems to affect a different organ of the body. Thus the bite of a cobra seems to paralyze the lungs, while the daboia produces terrible convulsions. From time immemorial physicians of every clime and race have devoted their energies to the discovery of cures for these bites; but judging from the heavy list of casualties from this source alone in Bengal, the most highly civilized province and possessed of the best system of medical supervision of all English colonial dependencies, it would seem that all efforts in this direction have been abortive.

Effect of Fire on Steel Beams.

A recent fire in Toronto showed the fatal effect of fire upon steel beams in non-fireproof structures. The building was of brick and wood and the walls above the first story were supported on heavy steel girders. When the fire broke out the beams became softened by the heat, and the building collapsed. Wooden beams would have stood much better. They will last until almost burned away, while metal often becomes useless from mere heat without being touched by the flames.

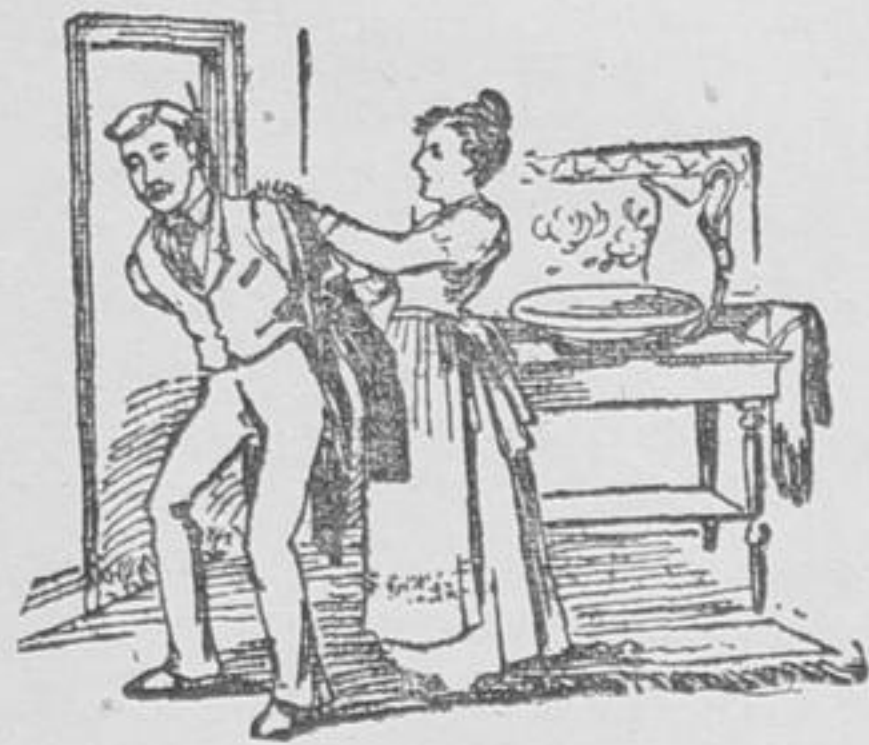
THIRTY YEARS OF TORTURE.

HANDS AND FINGERS TWISTED OUT OF SHAPE WITH RHEUMATISM.

The Story of an Old Man Now Rejoicing the Foot of Life's Hill—How Relief Came to Him After Repeated Failures and Disappointments.

From Kemptonville Advance.

"I am now almost at the foot of the hill of life, having attained the 76th year of my age, and never during that time have I made a statement more willingly and conscientiously than now. My body has been tortured by pain for upwards of thirty years, caused by rheumatism, and there are thousands enduring a like affliction that need not if they would heed my experience and avail themselves of the proper means of relief. The disease first affected my hip and spread to my legs and arms. Like many sufferers I spared neither trouble nor expense in seeking something to alleviate the pain. The disease had made me so helpless that I was unable to put on my coat and my hands and fingers were being twisted out of shape. There seemed not the shadow of a hope of relief and very naturally I became discouraged and disheartened, and time after time have I given up in despair. While in Arizona three years ago I heard of Dr. Williams' Pink Pills. I sent for six boxes in order to give them a fair trial. I followed the directions closely and by the time the fourth box was finished the pain had greatly lessened and I was much improved. My



I WAS UNABLE TO PUT ON MY COAT

friends having witnessed the wonderful effect upon my body could not help admiring the Pink Pills, and being about to leave for the east, I gave the remaining two boxes to them. Unfortunately I neglected getting another supply for nearly a year after returning to this part and I felt that to me Pink Pills were one of the necessities of life. Last spring I procured a few boxes and have been taking them since with a very satisfactory effect am glad to say. Now I feel like a new man entirely free from pain or stiffness of joint. I have a slight numbness of feet and half way to the knees, but am confident that these pills will relieve this feeling. Although well advanced in years, I am able and do walk many miles a day. For rheumatism Dr. Williams' Pink Pills stand pre-eminently above all other medicines according to my experience and I urge a trial on all suffering from this painful malady."

The above is the unvarnished statement of facts as told the Advance recently by Mr. George Selleck, an esteemed resident of Miller's Corners, and no one hearing the earnest manner of his recital could fail to be convinced of Mr. Selleck's sincerity. But if this were not enough hundreds of witnesses could be summoned, if need be, to prove the truth of every word stated. Mr. Angus Buchanan, the well known druggist and popular reeve of Kemptonville, speaks of Dr. Williams' Pink Pills as one of the most popular remedies known, having a great sale among his customers and giving general satisfaction.

Rheumatism, sciatica, neuralgia, partial paralysis, locomotor ataxia, nervous headache, nervous prostration and diseases depending on humors in the blood, such as scrofula, chronic erysipelas, etc., all disappear before a fair treatment with Dr. Williams' Pink Pills. They give a healthy glow to pale and sallow complexions and build up and renew the entire system. Sold by all dealers or sent postpaid at 50c. a box or six boxes for \$2.50, by addressing the Dr. Williams Medicine Co., Brockville, Ont., or Schenectady, N. Y. Don't be persuaded to take some substitute.

Salt Treated Electrically.

It is well known by chemists that caustic soda can be produced by passing a current of electricity through common table salt. The salt, which is chloride of sodium, separates under the action of the current into soda and chlorine, either of which by itself is much more valuable than the salt from which it is produced. The process is a simple one, and not expensive. The salt is dissolved in water and a current from a dynamo is passed through the solution. Metal plates are placed in the salt water and attached to the dynamo wires. Chlorine is set free at one pole and caustic soda at the other. The great difficulty, however, is that chlorine dissolved in water is one of the most powerful solvents known. Almost all metals are dissolved by it. Even carbon, one of the most insoluble of substances, is rapidly attacked by chlorine and wears away quickly. This peculiarity of chlorine interferes with the commercial practicability of the process. No substance has yet been discovered for the electric terminals which will stand the strain and yet be cheap enough for manufacturing purposes.

When a Dane Gets Drunk.

This is the way the police in Denmark deal with the drunkards found helpless in the streets. They drive the patient in a cab to the station where he sobers off; then they take him home. The cabman makes his charge, the police doctor makes his, the agents make their claim for special duty, and this bill is presented to the landlord of the establishment where the drunkard took the last glass that did the business. No wonder that certain landlords protest saying that proofs are insufficient and some alleged victims sham intoxication to get the landlord into trouble.

Whole Family is Crazy.

An entire family of seven were taken into custody in Cleveland the other day, charged with insanity. The family consists of Henry Buchwald, the father; Charlotte Buchwald, his wife, and two grown daughters, Eva and Emma, and three small children. All the members of the family are strong believers in the spiritualistic faith, and have been locked in their home at 3 Beaver street, for over a week, holding wildly insane spiritualistic seances. One of the daughters is laboring under the hallucination that she is a spirit, and another member of the family that the spirit must die. The spirit was perfectly willing to be sacrificed, but the arrival of the sheriff's officers prevented them from carrying out their insane ideas.

A Queenly Head

can never rest on a body frail from disease any more than the lovely lily can grow in the sterile soil. When Consumption fastens its hold upon a victim, the whole physical structure commences its decay. At such a period, before the disease is too far advanced, Dr. Pierce's Golden Medical Discovery will arrest and cure it. Send 6 cents in stamps for a Book (160 pages) on Consumption and its cure. Address World's Dispensary Medical Association, Buffalo, N. Y.

Once used, Dr. Pierce's Pellets are always in favor. Specific for constipation, piles, biliousness, and headaches.

Must Expiate Their Crime.

Armenian girls who reach the age of 17 without being engaged to marry some one have to fast for three days and then live on salt fish for a fourth day without drinking any water.

Nicotinized Nerves.

Men old at thirty. Chew and smoke, eat little, drink, or want to, all the time. Nerves tingle, never satisfied, nothing's beautiful, happiness gone, a tobacco-saturated system tells the story. There's an easy way out. No-To-Bac will kill the nerve-craving effects for tobacco and make you strong, vigorous and manly. Sold and guaranteed to cure by Druggists everywhere. Book, "Don't Tobacco Spit or Smoke Your Life Away," free. Ad. Sterling Remedy Co., 374 St. Paul St., Montreal.

How many people live on the reputation of the reputation they might have made.—Holmes.

Get Rid of Neuralgia.

There is no use in fooling with neuralgia. It is a disease that gives way only to the most powerful remedies. No remedy yet discovered has given the grand results that invariably attends the employment of Polson's Nerviline. Nerviline is a positive specific for all nerve pains, and ought to be kept on hand in every family. Sold every where, 25 cents a bottle.

At Florence last week a man aged 74 married a woman aged 52.

I Was Cured of Rheumatism in Twenty-Four Hours.

I, George English, shipbuilder, have lived in Chatham, N. S., over forty years. Last spring I took severe pains in my knee, which, combined with swelling, laid me up for six weeks, during which time I endured great suffering. I saw South American Rheumatic Cure advertised in the Chatham World and procured a bottle. Within twenty-four hours I was absolutely free from rheumatism, and have not been troubled with it since.

He who is in evil is also in the punishment of evil.—Swedenborg.

Charlatans and Quacks.

Have long plied their vocation on the suffering pedals of the people. The knife has pared to the quick; caustic applications have tormented the victim of corns until the conviction shaped itself—there's no cure. Putnam's Painless Corn Extractor proves on what slender basis public opinion often rests. If you suffer from corns get the Extractor and you will be satisfied. Sold everywhere.

Guelph has a young ladies' baseball club called "McGintys."

For 18 Months Unable to Lie Down in Bed—A Toronto Junction Citizen's Awful Experience With Heart Disease.

L. J. Law, Toronto Junction, Ont.: "I consider it my duty to give to the public my experience with Dr. Agnew's Cure for the Heart. I have been sorely troubled with heart disease and unable to lie down in bed for eighteen months owing to smothering spells and palpitation. Each night I would have to be propped up by pillows in order to keep from smothering. After treating with several medical men without benefit, I procured a bottle of the Heart Cure. After taking the first dose I retired and slept soundly until morning. I used one bottle and have not taken any of the remedy for seven weeks, but the heart trouble has not re-appeared. I consider it the grandest remedy in existence for heart disease."

Campers are already out about the eastern lakes of Ontario.

Alma Ladies' College.

The Fine Art department at Alma Ladies' College, St. Thomas, Ont., is doing very successful work, over 1,000 certificates from the Ontario School of Art having been taken by the students. Students can qualify at Alma College and receive license to teach in the public and high schools the various subjects of the art course. Rates low. For Announcement address Principal Austin, B. D.

Woodstock will soon vote on a by-law for a \$9,000 market shed.

"I AM A CURED MAN."

Kidney Disease Vanquished by South American Kidney Cure—The Remedy Which Relieves in Six Hours.

Adam Soper, Burk's Falls, Ont.: "I suffered much pain for months from kidney and bladder disease. I received skilled medical treatment and tried all kinds of medicines to no purpose; in fact I did not obtain any relief until South American Kidney Cure was used. It seemed to fit my case exactly, giving me immediate relief. I have now used six bottles and can say positively that I am a cured man. I believe one bottle of the remedy will convince anyone of its great worth."

Recipe—For Making a Delicious Health Drink at Small Cost.

Adam's Root Beer Extract..... one bottle
Fleischmann's Yeast..... half a cake
Sugar..... two pounds
Lukewarm Water..... two gallons
Dissolve the sugar and yeast in the water, add the extract, and bottle; place in a warm place for twenty-four hours until it ferments, then place on ice, when it will open sparkling and delicious.
The root beer can be obtained in all drug and grocery stores in 16 and 25 cent bottles to make two and five gallons.

West Shore Through Sleeping Car to New York.

One of the handsomest sleeping cars that has ever been turned out of the factory is now running from Toronto to New York without change via the popular West Shore route. It is a buffet car, and refreshments can be obtained on route, if desired. This car leaves Union Station, Toronto, every day except Sunday, at 4.55 p. m. reaching New York next morning at 10.10 a. m. On Sundays the sleeper runs from Hamilton only, connecting with the through train from Toronto. Call at any Grand Trunk office in Toronto for information or space in this sleeping car. Reservations can be made in advance if desired.

Catarrah—Use Nasal Balm. Quick, positive cure. Soothing, cleansing, healing. A. P. 767.

KARL'S GLOBE ROOT PILLS FOR PURGING THE BLOOD. CURES CONSTIPATION, INDIGESTION, BILIOUSNESS, ERUPTIONS OF THE SKIN, BEAUTIFUL COMPLEXION. \$1.50 FOR A CASE IT WILL NOT CURE.

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Rob Roy Cigar

it's no because I'm Scotch but you canna smoke a better Cigar than "ROB ROY." They cost 5c. but I get sax of them for a quarter.



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