

ANTIDOTE FOR HUNGER.

The Experiment Tried in Russia With Beneficial Results.

About the beginning of this century a distinguished French philanthropist, A. Joux, advised poor people to sleep as much as possible during the winter months, as only thus would they be able to live with any degree of comfort. This strange theory is now being tested by many persons in Russia, and, according to a report which has been issued, their almost complete abstinence from food has produced no harmful result, and has even from their standpoint proved highly beneficial. These people live at Pskow, a district south of St. Petersburg, and the reason why they have adopted the practice of sleeping during the winter is because for the last few years their crops have

HAVE YOU TASTED SALADA
CEYLON GREEN TEA?

It's far more delicious than Japan. Sold only in Lead Packages.

eral until recently, and it has only now attracted the attention of rhinologists and of physicians. Medical men in St. Petersburg have decided to investigate the matter closely, as they are especially anxious to obtain answers to two questions:—First, does the temperature of persons who remain torpid and who sleep for whole months in this fashion undergo any change; and second, in what other manner, if any, does this mode of living affect persons physically and mentally?

During the last two years 41,375 men have been killed in battle.

THE TRAMP'S IDEA.

That feller ought to go into business and fail, said the tramp to his partner about a man from whom he had asked a small favor.
Why?
He compromised wid me fer fifty cents on the dollar.
How you mean?
Wy I stru k him fer a dime and he gi' me a nickel.

TO CURE A COLD IN ONE DAY
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E.C. K. W. Grove's signature is on each box.

If wind blows on you through a hole; Get a certificate and take care of your soul.

FOR OVER FIFTY YEARS
MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children teething. It soothes the child, softens the gums, allays pain, cures wind colic, and is the best remedy for diarrhoea. 25c a bottle. Sold by all druggists throughout the world. Be sure and ask for Mrs. Winslow's Soothing Syrup.

Where bread is wanting all's to be sold, if you don't prepare for the future.

MONTREAL HOTEL DIRECTORY.

- The "Balmoral," Free Bus Am. Plan. \$1.50 & up.
- Hotel Carlskate European Plan Rooms from \$1 a day up. Opp. G. T. R. Station, Montreal. Gen. Carlskate & Co., Prop.
- AVENUE HOUSE McGill College Avenue Family Hotel rates \$1.50 per day.
- ST. JAMES' HOTEL—Opposite G. T. R. Depot, two blocks from O. P. Railway. First-class Commercial House. Modern improvements—Rates moderate.

THE CHEERFUL VIEW.

Are you superstitious about the number 13?
No, indeed; if a girl re'ued me thirteen times, I'd know I was in great luck not to marry such an obstinate, hard-headed girl.

Catarrh Cannot be Cured

with LOCAL APPLICATIONS as they cannot reach those at the disease, Catarrh is a blood or constitutional disease, and in order to cure you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free.
F. J. CHENEY & CO., Props., Toledo, O.
Sold by druggists, price 75c.
Hall's Family Pills are the best.

SPEED OF CABLES.

A message travels over an ocean cable at about 700 miles a second.

W P C 1013

CALVERT'S

Carbolic Disinfectants, Soaps, Ointment, Tooth Powders, etc., have been awarded 100 medals and diplomas for superior excellence. Their regular use prevent infectious diseases. Ask your dealer to obtain a supply. Lists mailed free on application.

F. G. CALVERT & CO., MANCHESTER ENGLAND.

CHEAP MANITOBA FARMS

for sale. Improved and unimproved. One-fifth cash. Intending settlers call and get benefit of fifteen years' experience as to district to settle in. A. W. AUSTIN, 21 Toronto Chambers, Toronto.

Music Teachers Wanted

To send for our complete SHEET MUSIC CATALOGUE and SPECIAL RATE OF DISCOUNT. We are equipped to supply every MUSIC TEACHER in Canada. Wholesale, Royce & Co., 153 Yonge St., TORONTO, ONT.

Carters GOLD CURE 10c. Cures in a Jiffy. P. Mc Cormack & Co., Agents, Montreal.

THE DES MOINES INCUBATOR—Best and cheapest. O. Holland, sole agent for the Dominion. Send 5c stamp for catalogue. 373 St. Paul Street, Montreal.

I.O.C. permanently cures Catarrh of nose, throat, stomach and bladder. 5c & \$1 a box. Write for particulars, The Indian Catarrh Cure Co., 146 St. James-st., Montreal.

LAW Mills, Mills & Hales Barristers, etc., removed to Wesley Bldg., Richmond St. W., Toronto.

HARRIS Buys Scrap LEAD, COPPER, BRASS. Wholesale only. Long Distance Telephone 1729. WILLIAM ST., TORONTO.

POULTRY, BUTTER, EGGS, APPLES, and other PRODUCE, to ensure best results consign to The Dawson Commission Co., Limited, Cor. West-Market & Colborne St., Toronto.

REPRESENTATIVE WANTED in your town. Large income—Pleasant position—Pay prompt. Like positions making \$40 per week. Write quick for particulars and furnish references. 501 McKinnon Building, Toronto, Ont.

AGENTS. We have the best selling game of the year. "BOERS IN A CORNER." Something that you can make good wages at. Send for particulars of how to get a good

WATCH FREE and sample game, 10c. Grapper Bros., 93 Lombard St., Toronto, Ont.

WOOD & PHOTO ENGRAVING J. L. JONES ENG. CO. 6-10 ADELAIDE ST. W. TORONTO.

This is an age of improvement. What was best yesterday is only a poor second to-day.

LUDELLA

CEYLON TEA

is a product of to-day. LEAD PACKAGES. 25, 30, 40, 50 and 60c.

Rheumatism

Our Method is sure and has cured thousands—some pronounced incurable. Write at once. Booklet and Proof on request. Address

The SWISS-AMERICAN CO., Windsor, Ont., Canada Cured

Sausage Casings—New importations finest English Sheep and American Hog Casings—retail the goods at right prices. PARK, BLACKWELL & CO., Toronto.

Catholic Prayer Books, Rosaries, Crucifixes, Scapulars, Religious Pictures, Statuary, and Church Ornaments, Educational Works. Mail orders receive prompt attention. D. & J. SADLER & CO., Montreal.

Dyeing & Cleaning!
For the very best send your work to the "BRITISH AMERICAN DYEING CO." Look for agent in your town, or send direct. Montreal, Toronto, Ottawa, Quebec

Michigan Land for Sale.
8,000 ACRES GOOD FARMING LANDS—ARENAC Co., Michigan and Crawford Counties. Title perfect. On Michigan Central, Detroit & Mackinac and Loon Lake Railroads, at prices ranging from \$2 to \$5 per acre. These lands are close to Enterprise, New Towns, Churches, Schools, etc., and will be sold on most reasonable terms. Apply to R. M. PIERCE, Agent, West Bay City, Mich. Or J. W. CURTIS, Whittemore, Mich.

WE ARE OFFERING TO INVESTORS
special stock, guaranteeing large dividends; also an installment stock payable in monthly instalments, drawing cash dividend, half yearly. Parties wanting safe and profitable investment should correspond with The Sun Savings and Loan Co., Toronto. Money loaned on favorable terms; agents wanted in unrepresented districts; write us.

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FOR SALE!
THE Following SECOND-HAND MACHINERY: has been used but little; is practically as good as new; will be sold cheap: 1 Grain Hand Miller; 1 "Merry Plant"; 1 Lathe, 4 foot bed; 1 Blasting Lath, 4 foot; 2 Cutlery, 12 in.; 1 Power Hack Saw; 3 Tube Vices, 1 foot bed; 1 Large Polishing Jack; 1 Speed Lathe; 2 Stroke Threading Machines; 1 Engine L. 10; 22 Split Pulleys of different sizes; 5 Block Pulleys. Apply to E. W. NESBITT, Woodstock, Ont.

Dominion Line MAIL STEAMSHIPS
Portland, Me., to Liverpool, via Halifax. Large and fast Steamers Vancouver, Dominion, Cambrian. Rates of passage: First Cabin, \$50 upwards; Second Cabin, \$30; Steerage, \$22.50 and \$23.50. For further information apply to local agents, or DAVID TORRANCE & CO., General Agents, 17 St. Jacques St., Montreal.

THE MOST NUTRITIOUS, GRATEFUL—COMFORTING. EPPS'S COCOA BREAKFAST—SUPPER.

PAINT!



COMMON SENSE KILLS Roaches, Bed Bugs, Rats and Mice. Sold by all Druggists, or 381 Queen W., Toronto.



To the Odorless Crematory Closet Co., Hamilton, Ont.
DEAR SIR—About a year ago I bought from you one of your Odorless Crematory Closets, and have long used it constantly in my private residence with splendid satisfaction. I am so well pleased with it that you can ship me another at once for my mother. Yours very truly, J. H. Marsh, Markdale, Ont.
The following are the names of a few prominent citizens who are using this closet, and from whom we have very flattering testimonials:
Dr. D. L. Thompson, Toronto, Ont.
Dr. McLaughlin, Bowmanville, Ont.
Dr. M. L. Dixon, Frankville, Ont.
Dr. C. F. Ferguson, Kemptonville, Ont.
Dr. Ulrie Gaboury, Plantagenet, Ont.
Judge A. C. Chadwick, Guelph, Ont.
C. J. Mickle, B.A., Chesley, Ont.
Rev. John Downie, Watford, Ont.
L. Dampier, Mgr. Bank of Commerce, Strathroy, Ont.
Peter Hope, merchant, Perth, Ont.
Jas Moffatt, merchant, Amherst, N.S.
For catalogue and price list write to The Odorless Crematory Closet Co., Hamilton, Ont.

JAS. E. ANNETT, Manager. JOHN J. MAIR, Supt. and Treas.

The Canadian Heine Safety BOILER Co.

Esplanade, Toronto
Opp. Sherbourne St., Toronto
High Class Water Tube Steam Boilers, for All Pressures, Duties and Fuel.
SEND FOR DESCRIPTIVE CATALOGUE.
Toronto Electric Light Co., Limited
The T. Eaton Co., Limited
The Massey Harris Co., Limited
The Galt's Parilla Rubber & Mfg. Co.
The Wilson Publishing Co., Limited
(All of Toronto, where boilers may be seen working.)

WATCH THIS SPACE

RAMSAY'S PAINT

NEW ANNOUNCEMENT EVERY WEEK
A. Ramsay & Son MONTREAL, THE PAINT MAKERS.



ANNUAL STATEMENT OF THE NORTH AMERICAN LIFE ASSURANCE COMPANY.

Head Office: 112-118 King Street West, TORONTO.

For the year ended December 30th, 1899.

Dec. 31, 1898	To net Ledger Assets	\$2,977,451.64
Dec. 30, 1899	To Cash for Premiums	744,835.53
	To Cash Income on Investments	148,657.81
		899,522.86
		\$3,876,974.08
Dec. 30, 1899	By payments for Death Claims, Profits, etc.	\$309,081.50
	By all other payments	231,182.82
		534,268.82
	Balance net Ledger Assets	\$3,338,710.21
Dec. 30, 1899	By Mortgages, etc.	1,416,982.68
	Debitures (market value \$908,935.65)	579,939.37
	Stocks and Bonds (market value \$587,391.50)	559,993.62
	Real Estate, including Company's building	334,651.79
	Loans on Policies, etc.	221,665.37
	Loans on Stocks (nearly all on call)	194,821.42
	Cash in Banks and on hand	28,705.96
		\$3,338,710.21
	Premiums Outstanding, etc. (less cost of collection)	187,298.24
	Interest and Rents, due and accrued	85,074.75
	Market value of Debitures and Stocks over cost	56,594.16
		\$3,565,477.36

LIABILITIES.

Dec. 30, 1899	To Guarantee Fund	\$ 60,000.00
	Assurance and Annuity Reserve fund	2,929,552.00
	Death Losses awaiting proofs, etc.	51,507.35
		3,041,059.35

Net Surplus.....\$524,418.01

The financial position of the Company is unexcelled—its percentage of net surplus to liabilities exceeds that of any other Home Company.

New insurances issued during 1899.....\$ 4,929,140.00
Exceeding the best previous year by nearly one million.
Insurance in force at end of 1899 (net).....\$28,045,408.00

- PRESIDENT:** JOHN L. BLAIKIE.
VICE-PRESIDENTS: HON. G. W. ALLAN, HON. SIR FRANK SMITH, K.C.M.G.
DIRECTORS: HON. SENATOR GOWAN, Q.C., L.L.D., C.M.G.; E. GURNEY, ESQ.; JOHN N. LAKE, ESQ.; L. W. SMITH, ESQ., Q.C., D.C.L.; J. KERR OSBORNE, ESQ.; D. McCRAE, ESQ., Guelph.
HON. SIR WM. R. MEREDITH, Chief Justice of Ontario.
MANAGING DIRECTOR: WM. McCABE, LL.B., F.I.A., F.S.S.
SECRETARY: L. GOLDMAN, A. I. A. **MEDICAL DIRECTOR:** J. THORBURN, M. D., Edin.

The Report containing the proceedings of the Annual Meeting, held on January 30th, last, showing marked proofs of the great progress and solid prosperity of the Company, will be sent to the policy-holders. Pamphlets explanatory of the attractive investment plans of the Company and a copy of the annual report, showing its unexcelled financial position, will be furnished on application to the Head Office or any of the Company's agencies.

been insufficient to provide them with the necessary means of sustenance.

When the elders of the district saw that starvation stared the people in the face, they advised them to make their remaining stock of food last as long as possible and to go to sleep during the winter. This suggestion was adopted. The members of each family stretch themselves on cots around the large stove and slumber day and night. Once in the twenty-four hours they get up and refresh themselves with a morsel of hard bread baked last autumn and a drink of water, after which they lie down again and snore calmly.

Apparently some of the poorest inhabitants of Eskow have been in the habit of hibernating for some years, but the practice did not become gen-

The longest newspaper title in existence is that of a Greenland publication, which rejoices in the euphonious designation of "Arrangaglotio Natinginnavnik Sysarrammass Sivik."

The Boers requested President Kruger's permission to use Dumdum bullets, but he refused.

O'KEEFE'S LIQUID MALT
Invigorates and Strengthens. LLOYD WOOD, Toronto, GENERAL AGENT.

President Kruger is announced to have put a tax of from thirty to fifty per cent. on the output of Johannesburg gold mines.

La Yocana, 10c RELIANCE CIGAR FACTORY, Montreal

Water in South Africa is often as precious as gold, and sometimes infinitely more precious. Every year witnesses a terrible drought in some part.

"Pharaoh 10c." 39 Payne, of Granby, Que. Clear Manufacture.

To lengthen thy life, lessen thy meals, and lengthen thy certificate.

"You can mould opinion, you can create political power"—says John Bright. But you cannot find a Tea equal to Blue Ribbon Ceylon.

Catarrhzone Cannot be Beaten.

Mr. Rodie McDougall, of Vankleek Hill, says: "Catarrhzone has done me more good than any other medicine I ever used. It has cured me of my Catarrh. Others may praise their preparations but Catarrhzone cannot be beaten as a cure for Catarrh." Catarrh-zone is a new method of treatment guaranteed to cure the most chronic cases of Catarrh, Asthma, Bronchitis, Coughs, Colds, &c. Sure safe and pleasant to use. Sold by all druggists. Trials outfit sent for 10c in stamps by N. C. POLSON & CO., Kingston, Ont., Proprietors.
A man never thinks he is bad as he really is

There are thirteen streets in Ladysmith, fairly well laid out. The town hall cost \$2,000 to build.