

SALADA

Ceylon Tea is the finest Tea the world produces, and is sold only in lead packets.

Black, Mixed and Green.

Asian tea drinkers try "Salada" Green tea.

SEEM TO BE NUISANCES.

BUT THEY ARE SIMPLY MERCIES IN DISGUISE.

Shivering As a Cold Cure—Benefits of Sneezing—Reasons for Coughing.

Those everyday little physiological exercises which we go through, such as shivering, sneezing, yawning, crying, coughing, etc., seem nuisances to most of us. But when their purpose is understood it is quite apparent that we would have an exceedingly bad time in their absence.

Shivering is defined by the scientists as a series of "irregular fibrillar contractions." We shiver, of course, when we are cold, but Nature does nothing without a purpose, and the purpose of shivering is to make us warm. Muscular contraction, in fact, produces heat, and shivering is nothing more than a violent contraction of all the little fibrils, or strands, of the muscles. If we could keep up the shivering long enough we would burst into a perspiration. What happens is that the skin says, "Oh, I'm so cold!" and the muscles take pity upon it and shiver to warm it.

WHY DO WE SNEEZE?

This is a beautiful provision of Nature to drive off injurious particles of dust that would, if left alone, find their way into the lung tubes. In the lining membrane of the nostril is a little nerve—a branch of that "fifth" nerve to which we owe all our neuralgia and toothache—and the moment a particle of irritating dust intrudes this little sentinel nerve gives the alarm.

Thereupon the brain issues orders to a couple of dozen powerful muscles to drive the enemy out. It requires some fluid to dislodge him, and this the lungs supply. So long as the particle of dust remains the discharge of artillery will continue, but the moment it is dislodged the fire ceases. It is an extraordinary, but real fact, that so long as the dust remains the sentinel nerve will give the brain no rest, but when the dust is gone gives the order to cease firing.

We cough for several reasons. One is because there is too much fluid in the inflamed bronchial tubes, and it must be got rid of. Another is the breathing of irritating gases. Here, again, a sentinel nerve comes into action. It is called the "superior laryngeal nerve," and is distributed over the larynx. So long as we breathe pure and wholesome air this nerve remains at ease. But when a whiff of some irritating and poisonous gas gets into the larynx it calls for help. Inspiration is at once stopped, and a forcible expiration, in the form of a cough, tries to expel the dangerous gas.

WHY DO WE YAWN?

This is merely a long inspiration to give oxygen to the blood when the gas is badly wanted. In a badly-ventilated and crowded room the air, of course, does not contain its usual quantity of oxygen, and the ordinary inspiration is then not sufficient. Likewise, when we are tired and sleepy, or when a prosy speaker wears us, we yawn deeply. This is because weariness causes the breathing to be very shallow. In fact, whenever we yawn it is a sign that we have taken a step towards death through dyspnoea, or suffocation.

Sighing is popularly believed to take a drop of blood out of the heart each time it is indulged in. This is, of course, a fallacy. Sighing does us a great deal of good, and is very similar to yawning. It arises from the fact that the mind is much occupied, and the breathing has not been carried on properly. One may often hear emotional people sigh after listening to fine music, or after a moving incident in a play. They have been so intent upon the event that their breathing has been extremely shallow, and the sigh is a deep inspiration and a deep expiration to aerate the impure blood.

WHY DO WE CRY?

This is one of the most useful pro-

What made your linens coarse? Common soap! Sunlight Soap saves linen.

SUNLIGHT SOAP

REDUCES EXPENSE

Ask for the Octagon Bar.

visions of Nature. When great mental pain is suffered, the brain becomes dangerously full of blood, and crying is a process by which some of its fluid is removed, and the pressure within the brain relieved. Women are much better off in this respect than men. Where a man in a fit of anger or grief will sometimes die of apoplexy or temporarily lose his reason, the woman will cry copiously and feel quite serene in a few minutes. It would not be a bad plan, indeed, if we cultivated, instead of repressed, the faculty of crying, for things when they go wrong would then be much easier to bear.

In fainting, again, women have the advantage. Some scientists explain this occurrence by saying it is a way of shunning death in the presence of danger which has come down to us from our savage ancestors. But more likely it is a provision of Nature to relieve the overstrained heart. Some people readily faint at the sight of blood, and this is evidently a means of self-protection. For if we are losing blood from a wound, the best thing to lessen the flow is a fit of heart weakness. And a faint is nothing else than a fit of extreme heart weakness.

Why does the mouth water at sight or smell of something nice to eat? The reason of this is two-fold. It is, firstly, the getting ready of fluid to moisten the morsel, and allow it to go down easily. And, secondly, it is a warning to the stomach to be prepared. For when we swallow saliva the glands of the stomach are stimulated to throw out a supply of digestive juices.

COMPROMISE.

"Want the trousers creased?" asked the tailor.
"That's the style, isn't it?"
"Well, not so much, perhaps, as it used to be. Some of my customers won't have it done now at all."
"Oh, well, I'm not particular," replied the customer. "Suppose you crease one of the legs and leave the other baggy."

Glady — "I'm something of a mind-reader myself." Ethel — "Indeed?" Glady — "Yes, I can usually tell at a glance what a person thinks of me." Ethel — "Wonderful! But don't you often find it awfully embarrassing?"

Perdita — "Well, Jack and I are to be married at last, and we are so happy." Penelope — "Did you and Jack have much trouble getting your father's consent?" Perdita — "No; but papa and I had an awful lot of trouble getting Jack's consent."

Many of us might be happy if we did not suffer from disorders of the liver. Then we ought to use Dr. August Koenig's Hamburg Drops, which cure the disorders and bring the whole system to a healthy condition.

When a man wears home-made clothes he begins to lose faith in the eternal fitness of things.

There are cases of consumption so far advanced that Bickle's Anti-Consumptive Syrup will not cure, but none so bad that it will not give relief. For coughs, colds and all affections of the throat, lungs and chest, it is a specific which has never been known to fail. It promotes a free and easy expectoration, thereby removing the phlegm, and gives the diseased parts a chance to heal.

All the blood in a man's body passes through his heart once in every two minutes.

IMPERIAL MAPLE SYRUP

The quality standard from ocean to ocean. Your money back if not satisfactory. ROSE & LAFLAMME, Agents, Montreal.

Between 900 to 1,000 ships go up and down the English Channel every day.

Minard's Liniment Cures Diphtheria.

Britain's coal measures over 9,000 square miles, against the United States' 222,500 square miles.

THEN HE FOOTED IT.
Her father loved him — not; oft invited him — to keep away; but he would hang around, for he was a very fresh young man. One day he approached the old man, and boldly demanded his daughter's hand.
"What have you to offer in exchange?" asked the stern parent.
"My heart!" said the gusher; then he added with a dash of facetiousness, "And I'll throw myself in."
"I understand," replied the old man; "something to boot."
And he booted him clear through the front gate.

HAD LITTLE FAITH.

HOW A DOUBTFUL MAN WAS CONVINCED AND RESTORED.

A Story that Illustrates the Advantage of Reading and Being Guided by Newspaper Advertisements.

Lower Windsor, N. B., Dec. 29.— (Special) — "I want to say that I believe that Dodd's Kidney Pills are the right medicine for Kidney Trouble."

This is the declaration of Mr. T. H. Belyea, postmaster of this place, who for a long time was the victim of a very severe case of this painful disease.

Mr. Belyea reads the newspapers and after he had tried plasters, oils and liniments and all kinds of external remedies as well as doctors' treatments, with no good results, he began reading the testimonials of Dodd's Kidney Pills. He says:

"This remedy was so highly recommended for Kidney Trouble that after reading some testimonials I concluded to try them for a short time, but I must admit that having tried so many things and failed to obtain a cure, I had but little faith that Dodd's Kidney Pills or anything else could or would help me.

"However, I did not use them long before I found out that they were all and more than was claimed for them.

"I used to have very bad spells which of late years became so frequent and so severe that I was almost laid up.

"I received more benefit from Dodd's Kidney Pills than from any other medicine I have ever used and they certainly made a complete cure of my case.

"I feel as well as ever I did and have not the slightest trace of the Kidney Trouble that bothered me for so many years."

Mr. Belyea is not the first skeptical man that has been convinced of the medicinal value of Dodd's Kidney Pills.

Some people can resist everything except temptation.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by E. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.

Edward Halley introduced mercury as the liquid for use in thermometers in 1680.

Lifebuy Soap — disinfectant — is strongly recommended by the medical profession as a safeguard against infectious diseases.

Vaccination is obligatory in France before a child is a year old, and again between the ages of 11 and 21.

Minard's Liniment Cures Distemper.

The most ancient printed calendar in the world has been found at Wiesbaden. It was printed by Gutenberg in 1448.

For Over Sixty Years.

AN OLD AND WELL-TRIED REMEDY. — Mrs Winslow's Soothing Syrup has been used for over sixty years by millions of mothers for their children with teething, with perfect success. It soothes the child, softens the gums, allays all pain, cures wind colic, and is the best remedy for Diarrhoea. It is pleasant to the taste. Sold by druggists in every part of the world. Twenty-five cents a bottle. Its value is incalculable. Be sure and ask for Mrs. Winslow's Soothing Syrup, and take no other kind.

DYSPEPTIC SAM'S CROWLS. If ignorance were really bliss what a happy world this would be.

Why is it that the bashful, retiring people always wear shoes that squeak?

The earth was made for Adam, and his descendants have all been trying to get a slice of it ever since.

The worm and the banana skin will turn if trodden upon.

When a man gets into a tight place he usually feels rather small.

A man may be pardoned for occasionally forgetting himself, but never for forgetting his wife.

The cream of society is sometimes composed of the skim milk of humanity.

The bachelor who airs his views before married women is always accused of knowing more than he has any business to know.

The bad young man often lives to a good old age.

ADVICE TO A BRIDE.—Don't take any chances at the outset of your married life. Give him

MONSOON

CEYLON TEA.

OUR BRANDS.

King Edward 1900s

"Headlight" 600s

"Eagle" 100s & 200s

"Victoria"

"Little Comet"

PARADE MATCHES

HULL, CANADA

Don't

Experiment with other and inferior brands.

USE EDDY'S

A SENSIBLE MAN.

Mr. Nathaniel Wright, of Leake, near Boston, Lincolnshire, England, has just completed his hundredth year, having been born in October, 1802. He has never been attended by a medical man and has never had a bottle of medicine in his life, and suffers from no bodily infirmity except failing eyesight. He is a non-smoker and takes no stimulants.

Not a Nauseating Pill.—The excipient of a pill is the substance which enfolds the ingredients and makes up the pill mass. That of Parmelee's Vegetable Pills is so compounded as to preserve their moisture, and they can be carried into any latitude without impairing their strength. Many pills, in order to keep them from adhering, are rolled in powders, which prove nauseating to the taste. Parmelee's Vegetable Pills are so prepared that they are agreeable to the most delicate.

The dead body of Flora Currie, aged 40, was found in front of a temperance hotel in Glasgow. She had in her possession a bank book with £140 to her credit, and a sum of money.

Minard's Liniment Cures Colic in Cows.

Jackson — "Excuse me, but it seems to me that I must have met you before. Are you not a brother or a near relative of Major Gibbs?" The Major — "No; I am Major Gibbs himself." Jackson — "Ah, indeed! That explains the remarkable resemblance."

Differences of Opinion regarding the popular internal and external remedy, Dr. Thomas' Electric Oil—do not, so far as known, exist. The testimony is positive and concurrent that the article relieves physical pain, cures lameness, checks a cough, is an excellent remedy for pains and rheumatic complaints, and it has no nauseating or other unpleasant effect when taken internally.

The best British turkeys are raised in Norfolk. There the gobblers attain sometimes a weight of 40 lb. The next best are from Normandy.

Minard's Liniment Cures Colds, etc.

'WAY DOWN.

"He seems down on everybody these days. What's the matter, do you think?"
"O, he's down on his luck."

One of the greatest blessings to parents is Mother Graves' Worm Exterminator. It effectually expels worms and gives a health in a marvellous manner to the little one.

As it was romping over its mistress at Lochwinnoch, Renfrewshire, a dog knocked a lamp out of her hand, with the result that the house and two shops were burned to the ground.

20 MILLION BOTTLES SOLD EVERY YEAR.



Happiness is the absence of pain, and millions have been made happy through being cured by St. Jacobs Oil of RHEUMATISM, NEURALGIA, TOOTHACHE, HEADACHE, LAMENESS, SCALDS, BURNS, SPRAINS, BRUISES and all pains for which an external remedy can be applied. It never fails to cure. Thousands who have been declared incurable at baths and in hospitals have thrown away their crutches, being cured after using St. Jacobs Oil. Directions in eleven languages accompany every bottle.

CONQUERS PAIN

1-03.

The angel always seen at the top of the Kaiser's Christmas tree at Potsdam is invariably dressed by the Empress herself.

Are your corns harder to remove than those that others have had? Have they not had the same kind? Have they not been cured by using Holloway's Corn Cure? Try a bottle.

Lady Friend — "What a lovely man you've painted! Where did you find your model?" Lady Artist — "I haven't found him yet; I'm looking for him."

In Nature's Storehouse There are Cures! — Medical experiments have shown conclusively that there are medicinal virtues in even ordinary plants growing up around us which give them a value that cannot be estimated. It is held by some that Nature provides a cure for every disease which neglect and ignorance have visited upon man. However, this may be, it is well known that Parmelee's Vegetable Pills, distilled from roots and herbs, are a sovereign remedy in curing all disorders of the digestion.

One hundred and ninety-nine out of every 100,000 soldiers and sailors become insane, while of mechanics only 66 out of 100,000 go mad.

TAKE NOTICE.

During the year the space devoted to advertising MINARD'S LINIMENT will contain expressions of no uncertain sound from people who speak from personal experience as to the merits of this best of Household Remedies.

The Kaiser always holds a Christmas hunt in the Royal Forest of Gohrde. Last year 300 deer and 200 wild boar were killed in two days.

DIRECT STEAMSHIP SERVICE TO MANILA.

The Chicago & North-Western Railway announces that in connection with the daily trans-continental service, via that line from Chicago to San Francisco, the steamship lines from the latter port have inaugurated direct sailings from San Francisco to Manila, additional to the service via Nagasaki and Hong Kong. Some of the finest steamships in the Pacific are being used for this new direct service.

POULTRY...

Turkeys, Geese, Ducks, Chickens.

If you want best prices ship your poultry to us. We want large quantities to meet demand we have for it.

EGGS We can get you Big Prices for Them.

The Dawson Commission Co., Limited TORONTO.

Consignments and Correspondence solicited.

HOME WORK.

We want the services of a number of families to do knitting for us at home, whole or spare time. We furnish #25 machine and supply the yarn free and pay for the work as sent in. Distance no hindrance. \$7 to \$10 a week made according to time devoted to the work. Write at once for particulars. Name references.

The Dominion Knitting Co., Dept. B, TORONTO, ONT.

STAMMERERS.

The Arnott Institute, Berlin, Ont., Dr. W. J. Arnott, Superintendent. We treat the cause—not simply the habit, and therefore produce natural speech. Write for particulars.

T N U 409

Wear! That's "the greatest thing in the world,"—in anything that's worn. You get style, fit and finish too, in

Granby Rubbers

—But the one thing we emphasize is their **Wearing Qualities.**

"Granby Rubbers wear like iron."