

ACUTE PAINS IN THE BACK

Caused by Lumbago, a Form of Muscular Rheumatism.

Lumbago is sudden in its attacks and is so intensely painful that the sufferer is often unable to move, even to turn in bed or rise from a chair. The trouble chiefly occurs among working men, among whom it numbers thousands of victims. As the attacks come on quite frequently and are so torturing, this disease means much loss of time and money as well as the endurance of much suffering. No victim needs to be told that liniments, plasters and outward treatment will not cure the disease. This kind of treatment is merely a waste of time and money. The trouble is really a species of muscular rheumatism, and is due to poor blood, and can only be cured through the blood. It is for this reason that Dr. Williams' Pink Pills are so successful in curing this trouble, and those who are afflicted by it should lose no time in giving the Pills a trial. If the treatment is persisted in the disease will be driven from the system and the cure be made permanent. In substantiation Mrs. Alfred Derby, Elyville, Ont., says: "A few years ago I was attacked by excruciating pains in the back which the doctor called lumbago. I was not able to do a bit of work about the house, and suffered dreadfully every time I moved about. I took the doctor's medicine all winter, and used liniments, without getting any relief. In a thoroughly discouraged condition I began using Dr. Williams' Pink Pills. After using six boxes I was better and able to do all my own work, and have not been afflicted with the trouble since. I now always recommend Dr. Williams' Pink Pills to those ailing." These pills are sold by all medicine dealers or may be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Siberian Dogs for Alps.

Six Siberian dogs have arrived on the Jungfrauoch, in Switzerland, and will be employed in drawing sledges up the Jungfrau Mountains, and across the Aletsch glacier, after they have been trained to the work by M. Zochokke, a Polish expert. The idea is to give visitors to Switzerland in summer a glimpse of life in the snow and ice-bound districts of Siberia and Greenland. This is the first time that dogs have mounted to so great a height (11,000 feet) in Switzerland, and it is an interesting experiment.

"Grace," said the father from the head of the stairs, "is that sweetheart of yours an auctioneer?" "No, father. Why?" "Because he keeps on saying he's going—going, but he hasn't gone yet!"

If Winter weather roughens and reddens your skin, causing chaps, chilblains and general discomfort, try

NA-DRU-CO Witch Hazel Cream

The creamy ingredients sooth and soften the outer skin, while the Witch Hazel penetrates and heals the deeper tissues. Delightful after shaving or washing.

25c. a bottle, at your druggist's.
NATIONAL DRUG AND CHEMICAL CO.
OF CANADA, LIMITED. 185

See Open Top Tub Room to Work See How the Wringer is Attached

**MAXWELL'S
HIGH SPEED
CHAMPION**

The Wringer Board extends from the side, out of the way of the cover. This allows practically the whole top of the tub to open up—makes it easy to put in and take out clothes. No other washer has so large an opening. No other washer can be worked with cranked handles at side as well as top lever.

Do you use Maxwell's "Favorites"—the churn that makes quality butter? Write us for catalogue if your dealer does not handle them. 89 DAVID MAXWELL & SONS, ST. MARY'S, Ont.

INDEPENDENT "JOE."

A striking personality is Mr. Joseph Martin, who has represented East St. Pancras, London, in the Liberal interest, since 1910. He is a native of Canada, where he was born sixty years ago, and where he enjoyed a very strenuous and successful career. Adopting the law as a profession, he became a Canadian K. C., and entered the Dominion of Canada House of Commons as member for Winnipeg in



Mr. Joseph Martin, M.P.

1893. He attained various honors in the political world, and became one of the best known men in the Dominion, where he was familiarly known as "Fighting Joe."

But politics and law did not absorb all his energies. He perceived that Canada had a great future, and invested large sums of money in real estate out Vancouver way. His foresight is now bringing him in a rich reward.

Since entering the English House of Commons Mr. Martin's career has not been devoid of incident. He speaks his mind and reckles little of the consequences. When his constituents began to chafe at this conduct he virtually told them that they must "lump" it or get another candidate. Mr. Joseph Martin, K. C., has no intention of developing into an automaton.

WHEN BABY IS ILL.

When the baby is ill; when his little stomach is out of order and he is cross and refuses to smile, don't dose him with castor oil. There is no need to torture him—give Baby's Own Tablets—they do everything castor oil is supposed to do, only they do it better, and what is more the baby will like them. The Tablets are absolutely safe, being guaranteed by a government analyst to contain no opiates or other harmful drugs. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

HOW HOLY CITY IS RUN.

Governor of Province Chooses Mayor of Municipality.

The Jerusalem municipality is composed of ten members, half of whom are chosen every two years, the term of office being four years. From these ten the Governor of the Province of Jerusalem chooses one to be president or mayor. The president is the only member receiving a salary, which is about \$64 a month. The members of the municipal Council or commission are chosen by the whole city, but are apportioned in accordance with the different races and religions. Their duties are largely advisory, the president exercising most of the power. All property owners who are Ottoman subjects have a right to vote for the commissioners.

The municipality does not concern itself with schools, courts, police, etc. (these are provided by the government of the province of Jerusalem); its principal functions are the care, repair, lighting and cleaning of the streets; sanitary and quarantine inspection and oversight, including the public slaughter house; the maintenance of the petroleum storage warehouse and a municipal hospital and other charitable institutions; market regulations, etc. As the total budget is under \$50,000 for a city of about 80,000, it will be seen that the provincial government handles most of the more important departments.

Only 500 Pages?

Some day when I get time I am going to get out a book entitled "What Men Know About Women." There will be 500 pages in the volume and they will all be blank.

Why Do You Continue to Suffer from Catarrhal Colds

Just Breathe "Catarrhozone"—It is sure protection against Coughs, Bronchitis, Catarrh and Throat Troubles.

No Drugs to take—Just breathe the soothing healing vapor of "Catarrhozone."

There are to-day but few parts of the world into which Catarrhozone has not penetrated. From far away Jamaica comes the following letter from Mr. C. S. Burke of 24 Robert St., Almon Town:

"I am elated over the results of "Catarrhozone." To be brief will say the treatment has cured me; it has done all that heart could wish. I was never better pleased with anything than with Catarrhozone; it did its work well. I am satisfied, and will never forget this wonderful remedy. I am grateful for what it has done for me, and with greatest gratitude, remain, &c. (S. C. Burke)." From Second, Gold Coast, West Africa.

Mrs. Alvin Roberts writes: "I received a sample of Catarrhozone through a local merchant that deals in the preparation, and found it had a marvellous effect on nasal Catarrh. I at once bought a dollar outfit and now have pleasure in saying that for the first time in many years I am able to breathe freely through my nose. Bad breath disappeared, headache over the eyes went away, throat irritation has entirely ceased. Catarrhozone cured me."

You can readily cure bad taste in the mouth in the morning, quickly relieve clogged up nostrils, ease an irritated throat, stop a cough, cure snuffles and running eyes—all this is accomplished by breathing the soothing, healing vapor of Catarrhozone. The dollar outfit contains in addition to two months' medication, an indestructible hard rubber inhaler. Smaller sizes with glass inhalers, 25c., 50c., all druggists and store-keepers or postpaid from The Catarrhozone Co., Buffalo, N. Y., and Kingston, Ont.

Electricity is never absolutely safe. You may use the common fixture many millions of times, and yet some hidden defect or breakdown of the distributing system may eventually cost you your life or property.

From investigation by fire fighters and insurance experts, certain conflagrations have been shown to be due to incandescent and arc lamps, or to wires laid bare by various causes.

Cotton, velvet, plush, flannel, which has a fuzzy cotton nap, is apt to take fire from electric fixtures. A large plush theatre curtain which had been considered absolutely safe when exposed to sixteen candle-power incandescents, ignited when in contact with a thirty-two candle bulb and was destroyed, although fortunately discovered in time to save the theatre. An incandescent lamp wrapped in a wet cotton towel fired the towel and burned part of it to a coal. Another left lying on a cheap mattress ignited the cotton covering and excelsior and caused a serious fire in the store.

Sparks from an arc light in a department store set fire to a line of cotton and shoddy cloaks on one of the tables. An electric flatiron left with the current turned on set fire to the covering and table, and the fire spread, causing much damage.

Uncovered wires left touching a leaden gas pipe have often melted an aperture in the pipe and ignited the escaping gas.

Mice and rats may gnaw the covering off a wire and accident may "short circuit" the current to do damage to property and even persons. Supporting a bulb a little above any inflammable matter by a silk or rubber fastening will prevent actual danger from the current or bulb.

Course Dinners by Mail.

Ten and twelve-course dinners can now be ordered in the United States by post card and delivered to any part of the country by mail. An ingenious chef has invented a way of canning the most delicate dishes so that they can be served up after the tin has been placed in boiling water for a few minutes, without any loss of flavor. There is absolutely no cooking to be done, and the entire dinner, from the soup to the savory, comes out of tins.

TORONTO CORRESPONDENCE

INTERESTING BITS OF GOSSIP FROM THE QUEEN CITY.

The Next Provincial Treasurer—Dr. Fernow and the Clay Belt—The Windsor Uniform—Report of Chief of Police.

Whether well-founded or not, the belief is current that Hon. Isaac Brock Lucas, who has been a member of the Whitney Government without portfolio since 1909, will get the post of Provincial Treasurer as a permanent one as soon as the session of the Legislature is over. In the meantime it would be inconvenient to hold an election.

It is generally admitted that Mr. Lucas will make an acceptable member of the Cabinet. In many respects he will rank in strength next to Hon. W. J. Hanna, the Provincial Secretary, to whom he bears some resemblance in that he is a genial, clear-headed lawyer, who in the comparative quiet of a country town has built up a career on law-books and politics. He is a good speaker, though not of the spell-binding type. In manner he resembles the lawyer somewhat more than the political orator.

The Boy Orator.

Mr. Lucas is the happy possessor of a smiling, rosy, cherubic face, which gained for him the nickname of "the boy orator" the first day he appeared in the Legislature. The name has stuck even to this day, though "the boy orator" is now 45 years old. Two stories will always be told of him. One is that when he was in 1898 first elected to the House, and came down to Toronto to take his seat, the doorkeeper of the Legislative Chamber refused to admit him until he had been identified. The doorkeeper thought it was some youth trying to play a practical joke on him.

The other gives an incident of Lucas' electioneering days. He had called on a farmer whom he expected would vote right, but just wished to make sure of it. He introduced himself as Mr. Lucas. To his surprise the voter was stand-offish and indifferent. Finally, after a long argument, the farmer gave a grudging consent to vote for the Conservative candidate. "But," he added, "you can tell your father, to come himself next time. If my vote is worth anything I'm — if I don't think he ought to come after it himself."

In the practice of law Mr. Lucas' forte is his handling of jury cases. He is head of a firm in his home, Markdale and is has as partners such stalwart Liberals as Alex. Mills and W. E. Raney.

Dr. Fernow and the Clay Belt.

Dr. B. E. Fernow, who has been saying things about the quality of the soil in Ontario's 20,000,000 acre clay belt, thereby getting into controversy with different members of the Ontario Government, is one of the most interesting men in Toronto. He is a German who is given credit by most authorities for having introduced the practice of the conservation of forest products into the American continent. He, and not Pinchet, is regarded as the big forester of the United States. He has had an active and interesting life, and gets his enjoyment as he goes along. He is a veteran of the Franco-Prussian war and himself tells the story of how, when he first came to Toronto, he sat at dinner one evening beside a prominent Frenchman. The Frenchman asked Dr. Fernow if he had ever been in France.

Dr. Fernow replied: "Yes, once for several weeks."

"When?" asked the Frenchman. "In 1871," replied Dr. Fernow. "The sally was enormous, but by none more than the Frenchman." Dr. Fernow came to this continent in 1876. He was at that date an enthusiastic forester, but it was several years before he was able to organize the United States Department of Forestry. In 1895 he went to Cornell University, and in 1907 was secured by the Whitney Government to become head of the newly-established forestry department of the University of Toronto.

What He Really Said.

He is one of the most genial men under the sun. His remarks respecting the clay belt have been contributed as being an attack. That is hardly correct. In the first place, Dr. Fernow is of such a pleasant disposition that he could hardly be detected attacking anything. In the second place, what he actually said was to advise caution in permitting settlers to go on the poorer portions of the land and thus repeat the tragedies of the poor lands in the older section of Ontario.

His Honor's Satin Breeches.

His Honor the Lieutenant-Governor has stirred up considerable comment by his appearance at the opening of the Legislature bedecked in a Windsor uniform, including white satin knee breeches. This was the first appearance of white satin breeches in Toronto, and the democrats, who are not as numerous as the pretensions of the country might lead one to suppose, scarcely know what to make of the incident. At Ottawa all the Ministers are entitled to wear the Windsor uniform at State functions, and do so. So do Privy Councillors, whether in power or not. Even the Deputy Ministers have a gorgeous outfit with plenty of gold braid. But hitherto State functions in Queen's Park, Toronto, have always been democratic affairs. The Premier and his Ministers ap-

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You will find it wonderfully refreshing

LIPTON'S

TEA

It sustains and cheers

pear in conventional black frock coats, being content to leave it to the ladies and the Foreign Consuls, and perhaps an occasional military officer or judge, to provide the finery for the occasion.

Upholding Provincial Dignity.

Sir John Gibson was probably actuated by a desire to uphold the dignity of the Province. He was entitled to wear the Windsor uniform and if Cabinet Ministers at Ottawa wear it why should not a Lieutenant Governor at Toronto do likewise. Besides, Col. Gibson has been a soldier almost since infancy, and there are not many soldiers who do not fancy themselves in a new uniform. He is, however, not merely a parade soldier, for he served in the Fenian Raid. When he gets tired of his Colonel's uniforms and his Windsor dress, and his uniform as Hon. A. D. C. to the Governor-General, and his decorations as a Knight of Grace, Order of the Hospital of St. John of Jerusalem, he can indulge himself in Freemasonry decorations to his heart's content, for he is a Past Grand Master and reputed to be a thirty-third degree member of that Order.

Toronto's Crime Record.

There are few more interesting blue books than the annual report of the Chief of Police of Toronto. His figures for the year 1912 have just been made public and reveal the remarkable fact that 34,380 persons were arrested or summoned during the year. This means that about one person in every 15 of the entire population during the year has come into collision with the police department. The percentage would be somewhat greater if allowance was not made for the fact that a good many persons have more than one arrest or summons to their credit. The figures constitute an increase of 6,724 over 1911.

Drunkenness on Increase.

One of the most marked increases appeared under the heading of drunks and disorderlies. This is due, no doubt, to two reasons. One being the influx of foreigners, and the other being greater leniency on the part of the police. It may also indicate an actual increase in drinking habits. Certainly the number of drunken men who may be observed on Toronto streets is not to the credit of the city, and does not, one fears, compare favorably with most other cities in America or England of like size. "The number of prosecutions for keeping houses of ill fame practically doubled, there being 249 during the year. This increase also is no doubt largely due to greater vigilance on the part of the police."

It is noteworthy that of the serious times the city is comparatively free. Thus, during the entire year there were but two murders, but 46 burglaries, 35 cases of robbery by violence and 43 cases of pocket picking.

Married Men Settle Down.

According to age, males seem to be most addicted to crime between the ages of 30 and 40, and females between the ages of 20 and 30. Out of the 34,380 cases, only 2,590 were females. Unmarried men in the police rolls numbered 16,158 as compared with 15,632 married, which seems to prove that a bachelor settles down when he takes unto himself a wife. Of the months, September is the worst of the year, with 3,308 cases. This may be due to the Exhibition and the horse races. It is very interesting to note that January, the month of good resolutions, has the lowest record with only 1912 cases.

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White as Snow
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For DISTEMPER Pink Eye, Epirotic, Shipping Fever and Catarrhal Fever.

Sure cure and positive preventive, no matter how horses at any age are infected or "exposed." Liquid, given on the tongue, acts on the Blood and Glands, expels the poisonous germs from the body. Cures Distemper in Dogs and Sheep, and Cholera in Poultry. Largest selling live stock remedy. Cures La Grippe among human beings and is a fine kidney remedy. Cut this out. Keep it. Show it to your druggist, who will get it for you. Free Booklet, "Distemper, Causes and Cures."

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