

COMFORT IN HOT WEATHER.

A Physician's Way of Taking a Bath by Which He Keeps Cool.

As soon as the hot weather begins to get in its serious work people of all degrees of competence and incompetence to speak on the question proceed to formulate and communicate recipes for the avoidance of sunstroke.

"This is a method that I have been trying on myself with great success for three years now," he says. "It begins in the bathtub and ends in the bathtub. There's nothing else to it except a towel. A great many persons advocate tepid baths in hot weather on the ground that a cold bath produces reaction that heats one up rapidly afterward.

"THE POPULAR SHOWER BATH is a fallacy so far as helping one to keep cool is concerned, for five minutes after you are dry your skin is in a glow. The thing to do is to fill your bathtub up with cold water, get into it and lie perfectly still for several minutes.

"When you are thoroughly chilled through and your skin is cool all over it is time to get out. Now comes the important part. Most people think they must scrub themselves furiously dry with a crash towel. That is all wrong. It simply sets up action of the pores, and there you are perspiring again.

"Take a bath like this just before breakfast, and if you possibly can, another in the middle of the afternoon, when the temperature is highest, and you will find the miseries of city life in the heated spell so mitigated that you will forget all about them. But it must be remembered that this treatment isn't for invalids, or people with weak lungs or hearts.

A TRIFLE MIXED.

Three smart young men and three nice girls— All lovers true as steel Decided in a friendly way To spend the day a-while. They started in the early morn, And nothing seemed amiss, And when they reached the leafy lanes,

SPINACH.

Spinach is one of the vegetables particularly recommended for their medicinal qualities. As a departure from the usual way of preparing it, spinach fritters may prove agreeable.

On the Farm.

SANDY SOILS.

Of all the soils to be cultivated or to be restored, none are preferable to the light sandy soils. By their porousness free access is given to powerful effects of air; they are naturally in that state to which drainage and sub-soil plowing are reducing the stiffer lands of England.

Manure may as well be thrown into water as on land underlaid by water. Drain this and no matter if the upper soil be almost quicksand, manure will convert it into fertile, arable land.

The thin covering of mould, scarcely one inch in thickness, the product of a century, may be imitated and produced in a short time by studying the laws of its formation.

It is a well recognized fact that next to temperature the water supply is the most important factor in the production of a crop. Light soils give good crops in seasons of plentiful and well distributed rains or when skillfully irrigated, but insufficient moisture in a soil is an evil that no supplies of plant food can neutralize.

Peat contains as much nitrogen as barn yard manure, but as it is dug out, the nitrogen is locked up by acids in insoluble combinations and applied to the land in this condition brings in sorrel, coarse and unnutritious grasses. Composting it with an alkali to neutralize its acidity causes the peat to heat, than ferment, renders it soluble and fit for food for plants at a cost of 2 cents a pound for nitrogen.

If the land is in a condition to bear clover, it is easily brought to a state to produce any crop, and if not in condition it can be readily made so at a trifling cost for fertilization. A crop of three tons of clover contains the following constituents, 123 pounds alkali, 210 pounds alkaline earths, 45 pounds phosphoric acid and 217 pounds nitrogen.

Soils are not exhausted when it is seen the power a suitable crop has to liberate and convert the insoluble substances existing in the soil and store them in a plant for future use.

The clover should be cut for fodder (the first year, the second year cut it once for fodder, then allow it to grow again and go to seed, which save for future use and there is left in the clover roots in the soil to the depth of 12 inches, 97 pounds alkali, 292 pounds alkaline earths, 71 pounds phosphoric acid, 189 pounds nitrogen available for a crop, which when ploughed, leaves the land clean, light, retentive of moisture and easily tilled with available constituents in the clover roots and soil enough to produce any crop profitably and the necessity of purchasing fertilizers and applying them is saved. The farm made as it should be self-supporting, but it can only be done so by a judicious rotation of crop. If this is not resorted to, fertilizers, which are much more costly must be applied.

SHOEING HORSES.

Much is being written on the subject of shoeing horses, and many people who seem to have ideas that claim to be original have gone into print in various writings, intended, of course, we will say, to give gratuitous information as to the outcome of their long experience, with a view to the many beneficial results that may be obtained by the animal and his owner also, the latter more particularly in a pecuniary sense.

A LOST CITY.

An entire town has recently been discovered in the dominions of the Czar, of the existence of which no one seems to have had any idea. Deep in the forests of the Ural lies a flourishing city, the inhabitants of which speak a curious language of their own, and seem to form a sort of ideal commonwealth, in which taxes and taxgatherers, among other troublesome things, are unheard of.

Pain Cannot Stay.

Where Nervine—nerve-pain cure—is used. Composed of the most powerful pain-subduing remedies known, Nervine never fails to give prompt relief in rheumatism, neuralgia, cramps, pain in the back and side, and the most painful affections, internal or external, arising from inflammatory action. Unequal for all nerve pains.

WHAT HE EXPECTED.

He—Would you mind a little temporary inconvenience, dear; a few years of poverty when you marry me? Good gracious! Don't you expect to live any longer than that?

pastern bone. All that is necessary for correct farriery is to keep this horny box at a proper angle to the limb it supports, and consequently have it so shaped as to be also in correct proportion.

COW POINTS.

Attention to little details and endeavoring to satisfy every whim of the cow, gradually increasing the richness and quantity of the food, with regular exercise, will bring out the animal's capacity as a butter producer if she has any.

There are thousands of butter-makers to-day superior to the best butter-makers of a hundred years ago, but it is exceedingly doubtful if there is a single breeder superior to the men who built up the leading improved breeds of British sheep and cattle a hundred years ago.

No food is good that is not clean. If the fountain is unclean it cannot give forth a clean stream. The best cow in the world can not make clean milk out of unclean food. Therefore, see to it that all the food you give your cow, whether in the pasture or in the barn, is clean and wholesome.

Furthermore, see that the variety is wide and the supply is generous. Variety is essential to the maintenance of appetite, and appetite controls digestion. Think of the size of a cow's stomach and remember it must be comfortably distended in order to do its work properly—and feed accordingly.

Gloom and Despair.

GIVE WAY TO VIGOR, HEALTH AND HAPPINESS.

An Attack of La Grippe Left the sufferer Weak, Nervous and Enfeebled—A Victim of Insomnia and Heart Trouble.

Naturally every sick person to whom help is promised, will ask, "has the remedy been successful? Whom has it helped?" We cannot better answer these questions than by publishing testimonials received from grateful people who are anxious that other sufferers may profit by their experience. One of these grateful ones is Mrs. Douglas Kilts, of Perry Station, Ont. Mrs. Kilts says: "Three years ago I had a very severe attack of la grippe, and the disease left me in an extremely worn out, nervous, and enfeebled condition. The nervousness was so severe as to have almost resulted in St. Vitus dance. Sleep forsook me. I had bad attacks of heart trouble, and the headaches I endured were something terrible. I had no appetite, and was literally fading away; I was not able to work about the house and was so weak that I could scarcely lift a cup of tea. I was treated by a good doctor, but with no benefit. Almost in despair, I resorted to patent medicines, and tried several, one after another, only to be disappointed by each. I lingered in this condition until the winter of 1899, when a friend prevailed upon me to try Dr. Williams' Pink Pills, and I began taking them. From the first the pills helped me and I could feel my strength gradually returning. I continued the use of the pills according to directions until I had taken eight boxes when I was again enjoying perfect health. My strength had entirely returned, my appetite was splendid, the heart trouble and nervousness had ceased, while the blessing of sleep, once denied, had again returned. I had gained over thirty pounds in weight, and was able to do all my housework with ease. In fact I had received a new lease of life. I believe my cure is permanent, as more than a year has since passed and I feel so strong and well that I venture to say there is not a healthier woman in this section; indeed I am enjoying better health than I have for twenty years, and this has been brought about by the use of Dr. Williams' Pink Pills. I feel that I cannot say enough in their praise for I believe they saved my life. My son has also received the greatest benefit from the use of these pills in a case of spring fever."

SOMETHING QUITE NEW—SALADA CEYLON GREEN TEA

Same flavor as Japan, only more delicious.

EXPLORATION OF CHINA.

POLICY OF POWERS FORESHADED BY TRAVELLERS.

British, Russian and German Explorers Have Traversed the Country—The Character and Resources of China Are Well Known.

Notwithstanding the magnitude of the obstacles that have always existed to travel in China, it is remarkable how many scientific explorers have traversed the length and breadth of the country since the early part of the century. It is interesting also to observe how the names of the explorers and the territory through which they passed seem to indicate the aims commonly attributed to the various Powers now manifesting particular interest in Chinese affairs. Southern China, for instance, has been the special field for British explorers, while there have been numerous Russian explorers in the north and northwestern provinces, and the Germans have given special attention to the northeastern parts of the country.

As far back as 1816 English explorers began their work in southern China, for in that year Amherst made a journey along the banks of the Peking, one of the northern tributaries of the Sikiang, sometimes called the River of Canton; but Macartney had already done valuable work up the same stream in 1793. It was not, however, until the early part of the second half of the century—in the '60s—that systematic exploration of that part of China was undertaken. During that decade the southwestern and southern provinces were regularly quartered out by English explorers, conspicuous among whom were Oxenham, Diokson, Garnier, Bickmore, and Cooper. Lagree, a French traveler, in 1867 made a journey into

YUNNAN FROM SIAM.

But it was in the seventh and the following decades that the exploration of China was developed on a large scale and became international in character, foreshadowing events that have since begun to materialize. In the '70s the English activity spread from the southern provinces to the valley of the Yang-tse-Kiang. Baber, Gill, McCarthy, Moss and others penetrated into some of the most exclusive provinces, and made valuable commercial and military observations. While the British were thus working in the southern half of the country the Russian Prjzvalsky made his first journey into the northern Tibet and Kansuh. Elias, who was believed to be traveling on behalf of the British Government, made a journey through Mongolia and Shansi in 1872. The northern provinces were also traversed by Pevtsov, Sezech, Fritsche, a German, and others during the same period. In the '80s the activity became still greater. Prjzvalsky, Potanin and other Russians continued their examinations in the northwestern provinces and the provinces of Chi Li, in which Peking is situated. The British were equally active in the south. Bourne, Ford, Parker and others were going through the provinces of the Yang-tse-Kiang collecting data of a political and military nature, while Mr. Archibald Little, who has done so much to develop the navigation of the Upper Yang-tse-Kiang, was making observations of great commercial value. Mr. Archibald Colquhoun made, during the same period, a thorough and exhaustive survey of the province of Yunnan from Burmah with a view to the construction of a railway, and continued his work from Yunnan down the Yukiang and Sikiang to Canton.

EXPLORING ACTIVITY.

In the early part and middle of the present decade the exploring activity was intensified. In the north of China and Mongolia Russian and German military and scientific men made minute and exhaustive studies of the topography and mineral resources of the country. Bockh, Bobrowski, Obrutchev, Potanin and Braam traversed Kansuh, Shensi, Shansi, Chihli and Shantung in every direction, the last named also making extensive explorations in the provinces of Ganhwuy, Kiangsi and Kwangtung. The English explorations of the Upper Yangtse provinces also went on actively, and the French paid considerable attention to Yunnan and Szechuen in view of their intended railway to Yunnan-fu, the capital of the province. They also had explorations made of the parts of the provinces of Kwangsi and Kwangtung which lie south of the Sikiang and its main western tributary that rises in Yunnan. The Japanese also have been looking into the province of Fokhien opposite Formosa, to which they pretend to have a kind of visionary right.

It will be seen from the foregoing that the governments more particularly interested in the future of China have taken care to be fully and accurately informed as to the character and resources of those provinces in which they were more immediately concerned. Those explorers whose names have been mentioned are only a few of the many who have taken part in the work of preparing the way for the events now ripening in China, but it is in the Chancelleries of the Foreign Offices and the mobilization departments of the War Offices only of the different countries mentioned that their names and the records of their work are known.

AN EASY WAY OUT.

Sir Mount Stuart Grant Duff tells us that Tom Sheridan, reading Euclid with his tutor, and finding it tedious, asked: Was Euclid a good man? The tutor did not know. Was he an honorable, truthful man? We know nothing to the contrary. Then, don't you think we might take his word for all this?

Blood Disorders.

are simply kidney disorders. The kidneys filter the blood of all that shouldn't be there. The blood passes through the kidneys every three minutes. If the kidneys do their work no impurity or cause of disorder can remain in the circulation longer than that time. Therefore if your blood is out of order your kidneys have failed in their work. They are in need of stimulation, strengthening or doctoring. One medicine will do all three, the finest and most imitated blood medicine there is.

Dodd's Kidney Pills.

DO PLANTS REASON?

In order to find the true answer to this question a daughter of a prominent Mexican planter tried the following experiment: This young lady drove a nail in the wall some distance from the tendril of a morning glory plant. The tendril began at once to grow toward the nail. The nail was shifted; the tendril shifted its course. Finally, a cord was hung up to tempt the tendril, and it shifted its course toward the cord, and left the nail which it had five times persisted in following.

ONE HE TAKES AFTER.

Do you think John takes after his father? asked the old friend. No, replied John's younger sister promptly. He takes after a blonde girl who lives across the street.

WHEN YOU BUY LUDELLA

CEYLON TEA it is a purchase, not a speculation. You are always certain to obtain good results. In Lead Packets. 25, 30, 40, 50 and 100.

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REMARKABLE PILGRIMAGE.

Story of the Almost Incredible Energy of an Old Woman.

An almost incredible story comes from France of the resolution and energy of an old Alsatian woman who was determined to see the Exposition. She was found, exhausted by hunger and fatigue, on a road in the department of the Marne. When her strength had been restored somewhat by medical treatment and food she told the following story:

She was born in Alsace on January 2, 1797, and is therefore 103 years old. Seized with a burning desire to see the Exposition, she had left Alsace two weeks before, intending to walk all the way to Paris, for she had a horror of railroads, and besides, was poor.

She had accomplished more than half the journey and had walked more than 150 miles. On her shoulders she carried her luggage, two bundles weighing fifty-nine pounds. Her money, which she carried in a handkerchief, was a trifling burden, as it consisted of one 2-franc piece.

In the financial condition it is needless to add that the courageous old woman had resolved at the outset not to enter an inn or restaurant, during her journey. She subsisted entirely on bread and cheese, slept in barns when she could, or in default of shelter passed the night under the trees by the wayside.

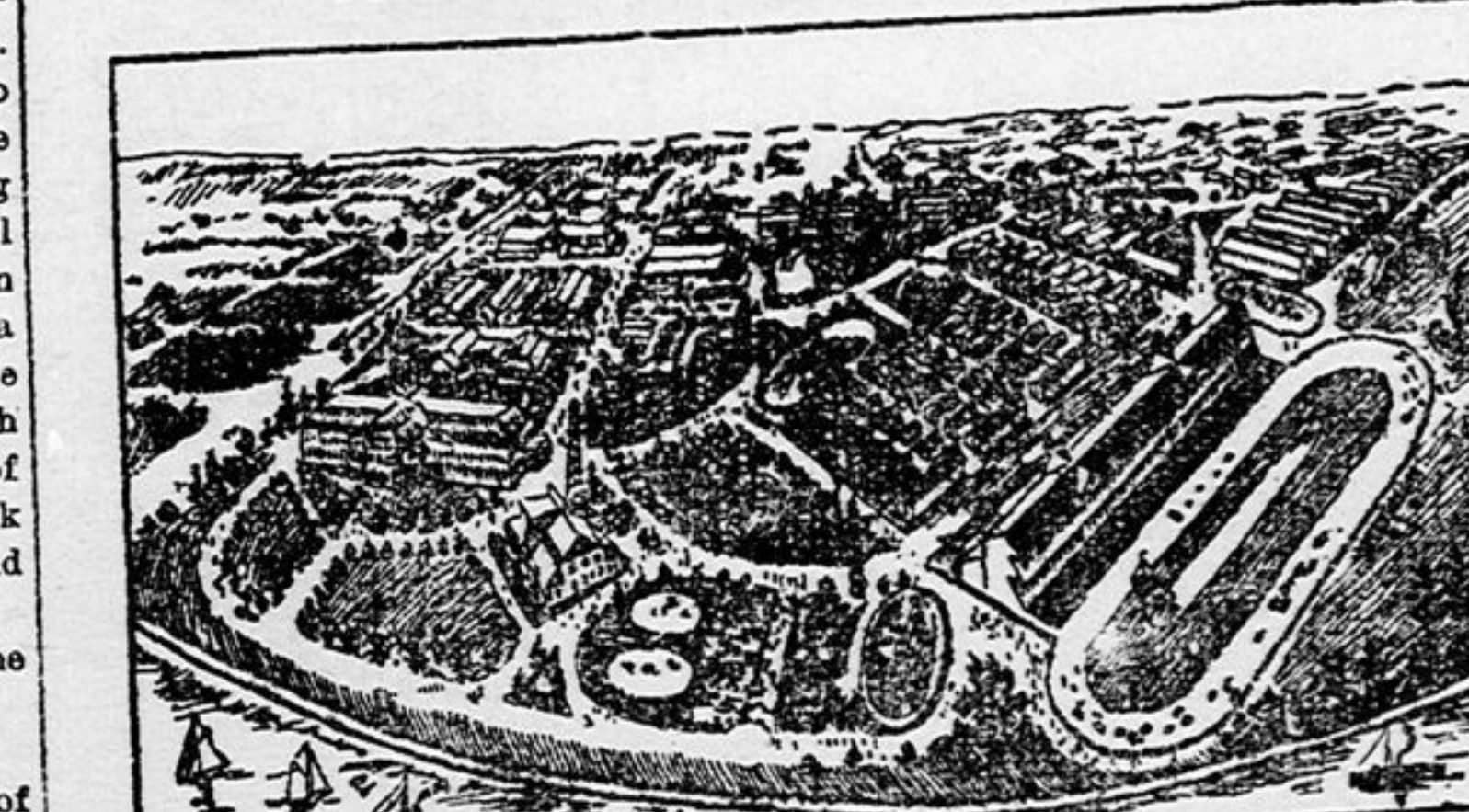
As soon as she had recovered her senses for she was unconscious when found—she wished to resume her journey, and it was difficult to make her understand that Paris was yet a long way off. At last she understood and seemed resigned to her failure.

SHE WAS SAVED.

From days of agony and discomfort, not by great interpositions, but by the use of the only sure-pan corn tender—Putnam's Painless Corn Extractor. Tender, painful corns are removed by its use in a few days, without the slightest discomfort. Many substitutes in the market make it necessary that only "Putnam's" should be asked for and taken. Sure, safe, harmless.

Gold was discovered in California in 1848. Blue Ribbon Ceylon Tea was not to be had until 1895.

TORONTO'S ALL-CANADA EXHIBITION.



"Educational and Entertaining, Aggressive and Progressive," are the prize list, with its 131 classes and \$35,000 in premiums, that there is ample provision for all; and, talking of those divisions, it is interesting to note that there are no fewer than 55 in class 128, knitting, shirts, quilts, and cloths, etc.; 354 in class 54, poultry, and an average of 10 or 17 in each of the two dozen classes devoted to horses, not only of the scope of Toronto's Great Exhibition, but also of the opportunities offered to secure a prize. It is a little early to refer to what is promised in the way of entertainment, but when it is stated that this department will be abundantly provided for, and the admission to the Toronto Exhibition will be gratuitous, it is not surprising that arrangements are being made, and negotiations are pending, that warrant the statement that the Toronto Fair of 1900 will fully maintain the reputation of an annual held. A good exhibition is being inaugurated on Tuesday evening, August 28th, with a grand opening of a brilliant Military Tattoo, Reduced rates will be given and excursions held on all lines of travel.

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Inoculations for the plague are made in Bombay at the rate of about 5,000 a week.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Proprietors, Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years and believe him perfectly honorable in all business transactions, and financially able to carry out any obligations incurred by him.

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Entries close August 4th. EXCURSIONS ON ALL LINES OF TRAVEL. For prize lists, entry forms, etc., address Andrew Smith, F.R.C.V.S. H.J. Hill, President. Manager, Toronto.