HOW IT FEELS TO BE STARVING TO DEATH

(New York Sun.)

Men who have actually been on the point of starvation, whether in the streets of a big city, in the jungles of South America, in an open boat at sea, or on the sandy deserts of Australia, give divergent accounts of their feelings.

Their stories go to prove that different men feel starvation in different ways. Some suffer intensely; others hardly at all. Some feel acute physical pain, while the sufferings of others appear to be purely mental.

A sailor whose schooner was wrecked on a voyage from the Cayman Islands to Jamaica a few years ago, and spent nearly two weeks in an open boat without food, was asked how he felt during that time.

"I hardly felt at all after the first two days,' he said. "I seemed to outgrow the longing for food, and I do not remember suffering any particular pain.

"I drifted along in a dreamy sort of way, not caring what happened. Even when I saw the ship which picked me up I was not wildly excited. I was too faint to worry.

"The only craving I remember distinctly was for a glass of rum and a smoke of tobacco, and that was very strange, because I am practically a teetotaller and do not greatly care for smoking."

A man who is now receiving a big salary in New York had a hard time when he first came to this city, and nearly starved. For days and weeks together he did not have a decent meal, and, by his own account, he suffered tortures.

"I could not keep still," he said. Often, when I was frightfully hungry and hadn't a cent to buy anything, I would go to one of the free libraries and try to force myself to sit down and rest.

"But it was no use. Some irresistible impulse would drive me out into the streets again, and I would pace them restlessly for hours, hungrily watching the restaurants and wondering when I would get another square meal.

"The faces of the people in the crowded streets got on my nerves. Faces, faces, nothing but faces! They streamed by me continually, day and night—not one of them familiar; not one of them kindly.

"It seemed as if it was my fate to stand still and see that awful procession of faces flit by forever. They did not strike me as belonging to real people; they seemed like the faces of ghosts. When I dropped off to sleep at night I used to see those faces in my dreams, and for months after I became prosperous they haunted me day and night like a nightmare.

"My hunger caused me the keenest physical torture. Every bone in my body ached; my head throbbed violently; I had terrible pains in my stomach, and half the time I felt as if I was just going to faint.

"As soon as hunger fairly got hold of me I lost every ounce of energy. I could not look for work, as I had been doing; I could not even beg.

"Two or three times I asked men for money in a timid, feeble way, but when they turned aside I did not persist. A poor, ill-dressed woman gave me a dime one night, although I did not ask her. I got a good meal with it, but afterward I felt hungrier than ever."

An orchid hunter who nearly perished in a Venezuelan jungle two years ago and lost five of his men by starvation would night after night when he went to sleep famished and exhausted dream of the markets that he had seen in various parts of the world. He would behold Leadenhall market in London piled high with thousands of carcasses and tons of meat; and just as he put out his hand to grasp a leg of beef or a sirloin steak, the vision would fade, and in its place would be the gayly colored market of Panama, with bananas, pineapples and oranges, glistening brightly in the tropical sunlight. Those, too, would vanish when he tried to snatch them; and he would awake hungrier and more miserable than ever.

"I could have borne the real horrors of the days a thousand times better," he said, "if it had not been for the tantalizing miseries of the nights."

This same explorer, during the month of semi-starvation which he experienced, suffered constantly from violent headaches, dull gnawing pains in the stomach, and bad attacks of malarial fever. And all the time he could think of nothing but food, which increased his misery tenfold.

A graduate of Oxford University gave up all his prospects in life some years ago to become a social worker among the poor of the east end of London. In order to get an idea of what it felt like to be really poor he lived for six days on 12 cents, eating nothing more than one tiny two-cent loaf each day. As a result, he nearly starved, and was ill for a week afterward.

"It would not have been very trying, he said, "if if I had not seen food all round me—in the bakers' shops, in the restaurants, in the butchers' and in the green-grocers'. I would walk about the streets for hours, watching the people go into the restaurants for lunch and wondering what they were going to eat.

"By the end of the third day I was in a half comatose state. Practically, I had lost my identity and my memory.

"I was always thinking about food, but in quite a detached sort of way, as if it were nothing to do with me. I thought of it as an untravelled man might think of India.

"My reason told me that in three days I could eat as much as I liked, but my mind could not take hold of that fact. It seemed as if I should always be eating one tiny loaf a day and watching other people go into restaurants.

"On the fifth day I was utterly cowed. If a man spoke to me I trembled and could not answer, but slunk away. Every bit of moral fibre and every ounce of physical pluck was gone."

After this experience, the graduate in the school of starvation took keen interest in discovering the sensations of other men who had gone hungry. He met many of them in the course of his philanthropic work and he discovered that in no two cases were their emotions alike.

"Starvation," he was fond of saying, "is a mental rather than a physical pain. Its principal terrors are connected with the mind and the imagination.

"The educated and refined man, he who has seen better days, is the man who suffers most when he goes short of food. The sufferings of a starving man are really a matter of temperament. If he has not a highly strung temperament, he does not suffer much.

"The more animal a man is, the more comfortably he can starve. Some laborers who nearly died of exposure and lack of food have told me that they hardly suffered at all. They soon drifted into a semi-conscious state, which dulled their physical pain, and they had not sufficient intelligence to substitute the pangs of the imagination."

A direct negative to this theory is given by a professor of an Australian university, who narrowly escaped dying of starvation during an expedition into the desert country of Central Australia.

"I am sure," he said, "that I felt the pangs of hunger much less keenly than my black trackers and servants did. I had heard they could go for long periods without food, but the second day we put ourselves on short commons they complained bitterly and appeared to be in extreme pain.

"At the time I suffered nothing, nor did I suffer until some days afterward. Indeed, although two or three of my men were almost dead from lack of food, by the time we reached the nearest settlement I really suffered very little.

"The only unpleasant sensations I can recall were occasional bad headaches, slight pains in the stomach, and now and then a feeling of faintness. At other times I felt exceptionally strong, although I had eaten hardly a scrap of food for days.

"If I were to judge of my own feelings, I should say that the agonies of starvation are much exaggerated. But the sufferings of my men were terrible enough. I asked one of them how he felt when he was lying on the ground one evening, too weak to move.

"Boss," he replied, "me full of devils clawin' at me inside."

"I gave the poor wretch a little brandy, but he declared it made him feel worse.

"I did not find that hunger in any way affected my mental powers. On the contrary, it seemed to improve them. I was able to take the keenest interest in my scientific work.

"Possibly the fact that I had something to occupy my mind saved me from suffering as the others did. They, poor wretches, had nothing to do but to think of food. I believe that was why they suffered so keenly."

Skirts Well Cut.

There is hardly anything so important in dress as the cut of the skirts, and here are some hints which will let you into the secret of the new ones; In the first place, even the so-called long gowns are shorter both back and front. A four-inch slope is the right thing, and they nearly all have the yoke piece, which requires the most careful fitting. This renders the skirt impossible for the home dressmaker. Many of the skirts have a pointed yoke back and front, and almost all are infinitesimally tucked and gathered, a perfect maze of elaboration. It is a necessity that they be perfectly plain about the hips, but from that point they flare in the sauciest fashion, some measuring quite five and a half yards at the hem. —Wash. Star.

Cook's Cotton Root Compound.

Ladies' Favorite,

Is the only safe, reliable regulator on which woman can depend "in the hour and time of need."

Prepared in two degrees of strength. No. 1 and No. 2. No. 1.—For ordinary cases is by far the best dollar medicine known.

No. 2—For special cases—10 degrees stronger—three dollars per box.

Ladies—ask your druggist for Cook's Cotton Root Compound. Take no other as all pills, mixtures and imitations are dangerous. No. 1 and No. 2 are sold and recommended by all druggists in the Dominion of Canada. Mailed to any address on receipt of price and four 2-cent postage stamps. The Cook Company, Windsor, Ont.

WALK AND RETAIN HEALTH

Judicious Pedestrianism is the Best Exercise for All Classes.

Walking is the simplest, and most natural and the most wholesome of all exercises. No athlete ever trains for a contest, no matter what its nature may be, without walking a considerable distance in the open air each day. Many keep in vigorous health by this alone, and no matter what other exercise you take you must walk. But, first of all, learn how to walk. A great many people walk in an aimless, shuffling manner and secure but little benefit from the exercise. In walking for exercise the effect is better if the kind is directed toward some pleasurable end. Walk with consciously directed movement until you have brought every muscle under perfect control of your will. Moping along in an aimless, lackadaisical manner does little good physically and harms one mentally.

The necessity of maintaining a proper, erect position of the body must, says a writer in the April Cosmopolitan, be borne in mind. Bear the weight on the balls of the feet, keep the shoulders back and down, the chest high, but do not hold the abdomen inward, as is taught by many athletic instructors. Let it be relaxed for this part of the body should move in and out with each breath. There should be perfect freedom to breathe normally.—New York World.

A novel writer doesn't necessarily write something novel.

Three Stomachs on a Week's Vacation.

Eat, drink and be merry while giving the digestive apparatus a healing, wholesome rest!

It can be done by the use of

DR. VON STAN'S PINEAPPLE TABLETS.

Pineapple will digest meat in a dish at 103°. The rest cure is the best cure, the only cure for dyspepsia. That's the whole story except that the large tablets digest food, the small ones tone up the digestive apparatus.—Price 35 cents.

Dr. Agnew's Catarrhal Powder open a new tunnel in a choked up nostril and lines it with a new membrane. In ten minutes will relieve cold or catarrh or cure the most obstinate headache. A quick cure—a safe cure—not a slow remedy. 17.

Ten Precepts.

Ten precepts are set forth for young women in the girls' issue of Northwestern, the students' publication of the Methodist University. Miss Edna Bronson is the young woman who framed them, and here they are: "Thou shalt not be thy own god. Thou shalt not make for thyself gods of clothes, money, social position or high marks. Thou shalt not talk for the sake of talking—meaning nothing and saying nothing. Remember the training of thy childhood. Be not ashamed of thy father and mother when they come to visit thee—nor of the girl from thine own town who did not make a frat. Thou shalt not kill time, Thou shalt not seek after the attentions of the young men—let them do the seeking. Thou shalt not steal thy neighbor's work. Thou shalt not lie—unnecessarily. Thou shalt not covet (nor borrow) thy neighbor's finery."

Piles To prove to you that Dr. Chase's Ointment is a certain and absolute cure for each and every form of itching, bleeding and protruding piles, the manufacturers have guaranteed it. See testimonials in the daily press and ask your neighbors what they think of it. You can use it and get your money back if not cured. 60c a box, at all dealers or EDMANSON, BATES & CO., Toronto.

Dr. Chase's Ointment

Bob's Appetite.

During the dinner hour at a certain large works some of the men were discussing market-gardening as a profitable hobby. Several of them had allotments near at hand, and each, of course, considered that his own particular plot of ground was the best kept. "I think myself," remarked an impartial bystander, on being appealed to, "that old Jim K——'s is the best bit." "What!" shouted one of the men. "I'll guarantee to eat all Jim has in the place!" At that moment old Jim K—— himself appeared, and at once took up the challenge. "Though," he added, "in doing so I didna think ye wad turn cannibal, Bob!" "Cannibal!" ejaculated Bob. "Wot d'yer mean?" "Weel, y'know," said the other, dryly, "My owd donkey's down yonder!"

Keep Minard's Liniment in the house.

Touch of Style.

Every woman knows what an important finish to a gown is supplied by a pretty bit of neckwear. Never was that luxury more easily attainable than now. To begin with there never were so many dainty stock collars obtainable for 25 or 50 cents. Next the leftovers, of which every woman has a box or drawerful tucked away, the bits of ribbon and lace and velvet, can all be utilized in making up an attractive adornment for the throat. Insertion dividing strips of gay colored velvet is one pretty thought. Medallions of embroidery or lace, appliqued upon satin ribbon, form another pretty stock. Frequently embroideries bought by the yard can be separated into medallions, which are just now so popular. By the way, those top collars are terribly tricky things. If you wear one, be sure to attach it firmly where it belongs. Not infrequently one sees an unconscious maiden whose top collar has wriggled one end free in the back, and has, therefore, ceased to be ornamental. —Philadelphia Ledger.

Why should you pay 40c to 65c for your woven fence when you can weave it yourself at a cost of 25c to 35c per rod.

The Selkirk Fence Machine will build a better fence on the posts than you buy ready woven. Our Steel Gates are Strong, Durable and Cheap. Although improved for 1903, they are no dearer than inferior gates.

Write for a catalogue.

SELKIRK FENCE CO. Welland, Ont.

DEARLY LOVE THEIR EASE.

Mexican Peasants Have a Chronic Aversion to Work of Any Sort.

The peon, or peasant, of Mexico is probably the laziest mortal under the sun. He seldom leaves his home and only under the most extraordinary circumstances can he be induced to perform any labor. It is very difficult to induce one to go to a part of the republic where labor is scarce and wages double that of his own district. Large contractors have therefore resorted to an expedient to secure labor. They often go and engage a whole village of peasantry from the interior and move them all, men, women and children, to the scene of their labors. The wealthy ranchman has often to resort to this expedient to secure laborers to work his land or attend to his cattle. For this same reason every ranch of large dimensions in Mexico has several small villages upon it which consist wholly of people and their families employed upon the ranch.

As the Mexican peasant is careless about money matters, so he is careless about everything he does. Very rarely has he any interest in his work, and so it is usually very badly done. He cannot understand why anyone should want to hurry or to do more than he actually has to do. If you leave him alone and expect him to work in your absence there are ninety-nine chances out of 100 that you will be mistaken. In all probability he will sit down and patiently wait for your return, and smoke the inevitable cigar to pass away the time.

As the peasant is with his work, so he is with his family and his home. In most cases, though he loves them in his own way, he takes no thought of them. The wife has therefore to exert herself to make both ends meet and she generally does.

Stratford, 4th Aug., 1893.

MESSRS. C. C. RICHARDS & CO.

Gentlemen,—My neighbor's boy, 4 years old, fell into a tub of boiling water and got scalded fearfully. A few days later his legs swelled to three times their natural size and broke out in running sores. His parents could get nothing to help him till I recommended MINARD'S LINIMENT, which, after using two bottles, completely cured him, and I know of several other cases around here almost as remarkable, cured by the time Linament and I can truly say I never handled a medicine which has had as good a sale or given such universal satisfaction.

M. HIBERT, General Merchant.

Alarming Figures.

N. Y. Weekly.

Old Lady—I feel awful nervous. Are you sure we won't have any accidents?

Conductor (fond of statistics)—Every person who rides on a railway takes one chance in 1,491,910 chances of being killed.

Old Lady—La sakes! Why didn't that rascally agent tell me so before I bought my ticket?

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. HENEY & CO., 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 made by their firm.

WEST & TRUAX, Wholesale Druggists, Toledo, O.

WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price—75c per bottle. Sold by all druggists. Hall's Family Pills are the best.

Fond of Variety.

Elmira Telegram.

The Damsel—But this is such a queer, unromantic way to propose to a girl, Mr. Wellup. In the daytime, and on the way to a suburban train!

The Widower—I know it, Miss de Muir. I've generally proposed whilst taking a moonlight ride with the girl, but I thought I'd go at it different this time, just for variety.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder is a boon to any home. It disinfects and cleans at the same time. 20

Looking Under the Wrong Bed.

Philadelphia Ledger.

"Poor old Miss Maden came near getting herself in trouble last night. She started, according to her usual habit, to look under the bed——"

"Yes, yes. Well?"

"Well, her bed at the time happened to be an upper berth in a sleeping-car."

His own reflection shames the man whose face is branded with Eczema. Let him anoint his inflamed itching skin with Weaver's Cerate and purify his blood with Weaver's Syrup.

Just Fun.

Johnny—How old was Methuselah, auntie?

Auntie—Nine hundred years old.

"And how old are you, auntie?"

"Thirty, my child."

"Then papa reckoned wrong by eight hundred and seventy years. He said you were as old as Methuselah."

Jess—Is she so very plain-looking?

Tess—Well, I should think so. Why, the girls who went to school with her wouldn't even let her appear in the photograph taken of all the pupils.

"It sounds funny to hear you talking that way. When you were at college you didn't believe in eternal punishment at all."

"I know, but I didn't have any enemies then."

"Do you allow drunken people on the train?" asked a fussy clergyman at a New York elevated station the other day.

"Sometimes, but not when they are too drunk," replied the brakeman, "just take a seat near the middle of the car and keep quiet, and you'll be all right."

A man who insists upon occupying two seats in a railroad train ought to feel like a cannibal when he is eating pork.

"Pure soap!" You've heard the words. In Sunlight Soap you have the fact.

SUNLIGHT SOAP REDUCES EXPENSE

Ask for the Octagon Bar

Behind the Footlights.

Chicago News.

Jack—Miss Shapeleigh made her debut as a burlesque queen last night.

Tom—Did she come out with honor?

Jack—Well, she didn't come out with any too much on her.

A RECOGNIZED FACT.

It is universally conceded that to properly appreciate a trip to New York or Boston, one must take the best road. That road is the New York Central.

A Very Hard Substance.

Exchange.

Tommy—Pop, a diamond will cut glass, will it not?

Tommy's Pop—Yes, my son; and it has even been known to make an impression on a woman's heart.

Minard's Liniment Lumberman's Friend.

Used to Such Treatment.

A German clergyman, who was travelling, stopped at a hotel much fequented by wags and jokers. The host, not being used to having a clergyman at his table, looked at him with surprise; the guests used all their raillery of wit upon him without eliciting a remark. The clergyman ate his dinner quietly, apparently without observing the jibes and seers of his neighbors. One of them, at last, in despair at his forbearance, said to him:

"Well, I wonder at your patience. Have you not heard all that has been said to you?"

"Oh, yes, but I am used to it. Do you know who I am?"

"No, sir."

"Well, I will inform you. I am chaplain of a lunatic asylum; such remarks have no effect upon me."

Ask for Minard's and take no other.

Could Have Waited.

A certain suburbanite was accustomed to bring home some little remembrance for his little girl, who always ran up to him and put her hand in his pocket, expectantly.

Once, however, he was delayed, and at the last moment found that he could not catch the express train that he always took if he stopped to purchase anything. When upon his arrival home his little daughter started to put her hand in his pocket he shook his head.

"I had to disappoint you to-night, dear," he said, and seeing her quivering lip he went on;

"It was this way. At the last moment a man came into my office which kept me later than usual and I only just had time to catch my train. Now, if I had stopped as usual to get you something I would have had to wait an hour for another train which would have made me get home too late for dinner."

His daughter thought a moment and said;

"Well, papa, I could have waited."

DEAD FLIES TICKLE NO NOSES

It is the little worries that bother us, and nothing is more annoying than to have flies buzzing all around you, settling first on your ear, then on your nose or face, particularly when you want to rest. To brush them off is useless, they return at once. The use of Wilson's Fly Pads is the only sure way to get rid of the little pests. Buy a packet and clear youre house in a few hours.

President Roosevelt and his wife met each other for the first time in the nursery, and played at "horses" and trundled their hoops together. By and by Miss Caron went to Europe to finish her education, and Roosevelt went to college, and when he left it to begin his career he married a Miss Lee, who died three years later, leaving him a widower with one little girl. Then he came across Miss Caron again just by chance. All these years she had been faithful to her first pinafore love. So he married her, and they in true story-book style have lived happy ever after.

ISSUE NO. 21. 1903

Mrs. Winslow's Soothing Syrup should always be used for Children Teething. It soothes the child, softens the gums, cures wind colic and is the best remedy for Diarrhœa.

LEARN A PROFESSION IN FIFTEEN DAYS

by mail so you can make from FIVE TO TEN DOLLARS A DAY. For particulars write A. HANSEL, M. H., 2 West Avenue North, Hamilton, Ont.

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Best Selling Shirt Supporter and Waist Adjuster ever introduced. Sells at sight. Good profit. Send 25 cents for sample and terms to agents. BRUSH & CO., DEPT. H., TORONTO.

USE **1,000 MILE AXLE GREASE** It Has No Equal. Manufactured only by THE CAMPBELL MFG. CO. of HAMILTON, ONTARIO. For sale by all leading dealers

R & O Richelieu & Ontario Nav. Co. **May Excursions** Hamilton to Montreal, Single $7.00 Rt. $12.00 Toronto to Montreal Single $6, Rt. $11.50 Also to intermediate points. Meals and berth included. Steamers leave Mondays and Thursdays in May—Hamilton 1 p.m., Toronto 7.30 p.m. Further information apply to agents or H. FOSTER CHAFFEE, Western Passenger Agent R. & O., Toronto.

The Old Reliable Remedy

for Spavins, Ringbones, Splints, Curbs and all forms of Lameness. The use of a single bottle may double the selling price of your horse.

GOOD FOR EVERYTHING.

DR. B. J. KENDALL CO.,

Dear Sirs:— Galatea, N.M., June 18, 1902. I have been using your Kendall's Spavin Cure for some time. I use from twelve to fifteen bottles a week and find it an excellent remedy for Spavins, Sweeney, Galls and all Cuts and Swellings. I have two hundred head of horses in my care. I enclose a stamp for your "Treatise on the Horse and his Diseases." Yours very truly, H. W. LAIRD.

Thousands of Men report equally good or superior results from its use. Price $1; six for $5. As a liniment for family use it has no equal. Ask your druggist for Kendall's Spavin Cure, also "A Treatise on the Horse," the book free, or address DR. B. J. KENDALL CO., ENOSBURG FALLS, VT.

B & C CORSETS HAVE NO BRASS EYELETS

SOFT LOOP EYELETS NEVER SHOW THROUGH THE GOWN NEITHER CORRODE NOR STAIN UNDERGARMENTS AND WILL NOT RUST.

Feminine Wisdom.

Chicago Tribune.

"How did you ever manage to get on the good side of that crusty old uncle of yours?" asked Fan.

"Fed him the things he liked when he came to visit us," replied Nan. "The good side of any man is his inside."

Minard's Liniment is used by Physicians.

Strophantidin is said to be the most deadly poison on earth. It is made from an African plant by ether and alcohol.

Just what it was 25 years ago,

St. Jacobs Oil is now.

The prompt, sure cure for SORENESS AND STIFFNESS

Price, 25c. and 50c.

Dick's Blood Purifier is the best Tonic for **Horses and Cattle**

It puts cows in perfect health, and increases the flow of milk.

DICK'S gives horses a smooth glossy coat, and puts life and spirit into them.

Try a package with any run-down animal you may have and you will be convinced.

50 cents a package.

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