

A CAUSE OF HEADACHE.

One Very Common Cause, Generally Overlooked.

Headache is a symptom, an indication of derangement or disease in some organ, and the cause of the headache is difficult to locate, because so many diseases have headache as a prominent symptom; derangement of the stomach and liver, heart trouble, kidney disease, lung trouble, eye strain or ill fitting glasses all produce headaches and if we could locate the organ which is at fault, the cure of obstinate headaches would be a much simpler matter.

However, for that form of headache called frontal headache, pain back of the eyes and in forehead, the cause is now known to be catarrh of the head, and throat; when the headache is located in back of head and neck it is often caused from catarrh of the stomach or liver.

At any rate catarrh is the most common cause of such headaches and the cure of the catarrh causes a prompt disappearance of the headaches.

There is at present no treatment for catarrh so convenient and effective as Stuart's Catarrh Tablets, a new invention in tablet form, composed of antiseptics like red gum, blood root which act upon the blood and cause the elimination of the catarrhal poison from the system through the natural channels.

Miss Cora Ainsley, a prominent school teacher in one of our normal schools, speaks of her experience with catarrhal headaches and eulogizes Stuart's Catarrh Tablets as a cure for them. She says: "I suffered daily from severe frontal headache and pain in and back of the eyes, at times so intensely as to incapacitate me in my daily duties. I had suffered from catarrh, more or less for years, but never thought it was the cause of my headaches, but finally became convinced that such was the case because the headaches were always worse whenever I had a cold or fresh attack of catarrh."

"Stuart's Catarrh Tablets were highly recommended to me as a safe and pleasant catarrh cure and after using a few fifty cent boxes which I procured from my druggist's I was surprised and delighted to find that both the catarrh and headaches had gone far good."

Stuart's Catarrh Tablets are sold by druggists at fifty cents per package, under the guarantee of the proprietors that they contain absolutely no cocaine (found in so many catarrh cures) no opium (so common in cheap cough cures) nor any harmful drug. They contain simply the wholesome antiseptics necessary to destroy and drive from the system the germs of catarrhal disease.

LETTERS TO THE EDITOR.

A Letter on the Prohibition Question.

Kingston, Nov. 30.—(To the Editor): As the liquor act seems to be the general topic of conversation, I would like, through your columns, to say a word or two in its defence. Without a doubt liquors are the enemy of mankind in general, and in making that statement I feel assured that even the anti-prohibitionists must admit it.

Of course, I admit that some people drink only in moderation, and yet the "stuff" they drink is the same to all intentions and purposes as that which lays another man in the gutter, disgustingly helpless. The illegal appropriation of one cent is as much a theft as of one hundred dollars; still it is a moderate theft. The anti-prohibitionists say that a man knows when he has had enough, but therein lies the trouble, and I know from experience that a man who drinks at all does not know when he has had enough, because when drink is in, wit is out. If a man should strike any of these people who "know enough" on the part of the law, the force of which robs them of their senses for a while, why no punishment would be too harsh in retaliation for the offence, but they will allow liquors to do this time after time, with impunity.

The manufacturers and sellers say that if a man wants to drink, who dares to consider himself vested with the authority to say, thou shalt not? We must save our boys, for the "trade" will not do it. What is one or two or a hundred ruined lives to the trade, in exchange for all the wealth and luxuries they receive? We must get power to stop this traffic. I ask, who vested the magistrates with power to punish offenders, and why cannot a man do as he pleases? Because the comfort and safety of the community demands that a law be provided, which must either be kept or broken, and the man who keeps it is a law abiding citizen, and he who breaks it a criminal, and we who elect our various officials can, D.V., make prohibition law.

The anti-prohibitionists state that prohibition if made law could never be enforced. Why not? Are all men law breakers? As a matter of fact, we cannot prevent robberies, burglaries, assaults, etc., and yet all are punished, but when detected, punishment may be meted out to all classes of law breakers, and they who continued this traffic, and they who continued to bear the light of God's day, would be every honest man's enemy, and in our army to-day he who in any way aids the enemy is a traitor. God grant there will be no traitors in Kingston on Thursday— ONE OF THE MASSES.

Another Irishman. St. Louis Star. General "Phil" Sheridan was at one time asked at what little incident did he laugh the most. "Well," he said, "I do not know but I always laugh when I think of the Irishman and the army mule, when I saw an Irishman mounted on a mule which was kicking its legs rather freely. The mule finally got its hoof caught in the stirrup, when in the excitement, the Irishman remarked: "Well, begorrah, if you're goin' to get on, I'll getloff!"

"Bibby's" Oak Hall. "Bibby's." A fat value for every one of our \$8, \$10, \$12.50 overcoats, at The H. D. Bibby Co.

Ebony military hair brushes, good value at low prices. Taylor's.

CATTLE GUARDS

THE QUESTION DISCUSSED AT THE COURT HOUSE.

Few People There—Mr. Lancaster, M.P., and the Members of the Commission Explain Their Objects—Local Testimony.

A public meeting to discuss the cattle guards question was called to convene in the county court house at 2 p.m. on Monday. Though the meeting had been well advertised in the city and county, and though the day was a fine one, only a handful of people were present. Mr. Lancaster, M.P., for Lincoln county, the author of the cattle guards bill, was present to deliver an address on the question. Aldermen Walker, White, McLeod and Knapp were present, but the only county councillors present were Messrs. Avery and Pillar. H. A. Calvin, M.P., D. D. Rogers, Mr. Wilmot and R. Vair represented the county.

George Robertson, one of the members of the government commission appointed to enquire into the matter of cattle guards, outlined the work the commission had done. Considerable information had been gained, he said, by a trip through Ontario and the adjacent states. The Ontario ministers thought the commissioners had not given the farmers an ample opportunity to state their views. Hence, the meetings recently held throughout the province. It was stated that 5,000 cattle were killed annually on the railways of Ontario. This showed that the question was a serious one from the standpoint of the farmer. The government was desirous of having this exceedingly troublesome question settled—a question into which politics did not at all enter. The speaker declared that a standard guard should be placed on all the railways. Some of the guards established by railways were almost totally useless. The commissioners had seen between twenty-five and thirty different guards in use on Canadian and United States railways.

F. W. Holt, civil engineer, who served as the other member of the commission, stated that they had drawn up the several requirements of a guard which they thought would be a good one. These requirements were printed on circulars and issued to designers and inventors with a view to getting a design constructed. The old-fashioned "hole-in-the-ground" was impracticable as a guard, because it was dangerous. The question of expense, in the first case was another consideration.

A good guard to be accepted by the commissioners will be judged by the following qualities: 1st. It must be tried by actual experience on some railway to discover its adaptability as a track appliance. 2nd. It must then fulfill, as near as possible, the following conditions: (a) It must not be of form or construction as to cause the derailment of rolling stock of a railway, or if derailed and passing over it to cause any greater risk to the train and its contents than if it were not in its position. (b) It must be efficient as is practicable in turning stock. When condition (a) is complied with this is the leading requirement. (c) Quietness under a rapidly running train is a very desirable quality; that is, it should not rattle or give other audible noises when a high speeded train is passing it. (d) It should not be liable to disarrangement under the conditions of use, and consideration should be given to the fact that break and other gear of time is dropped so low as to be in danger of tearing up projecting parts if not guarded against. (e) The matter of expense at first cost and maintenance should be given careful consideration, including

ordinary conditions, and further as to the facility of keeping the track at the point occupied by the guard in equally good condition with that of the adjoining track and road-bed. (f) Be easily and safely passed by trains on foot. (g) Not entrap animals by catching and holding their feet. H. A. Calvin stated that he was perfectly satisfied with Mr. Lancaster's bill. Upon the railways thought saves the onus should fall. He hoped the bill would go through another session.

J. B. Walker considered the question one of great importance to the travelling public, and trusted that proper legislation would be passed. M. Avery, M.P., for Addington, approved of Mr. Lancaster's bill. What was required was a competent cattle guard to retain the cattle. There was not one competent guard in the county he represented, and the farmer had no redress for any cattle he might lose. The railway companies, which have been so well supported by the government, should protect the public by giving them better crossings. The speaker instanced a number of cases where cattle had been killed as the result of useless guards.

David Rogers, ex-M.P., was the next speaker. The cattle guards of the present were an excuse, and nothing more, he said. He was surprised the government had taken action in this matter; the railways should have sent the commission out. He did not believe that the Lancaster bill "filled the whole bill." The speaker would not offer a suggestion if he had one. The public should demand redress from the railways.

The Author Of The Bill. Mr. Lancaster, the author of the bill, explained the provisions of it. For fifteen years and more he had interested himself in the matter. The act did not propose to encourage farmers to let their animals run loose, as had been said; that was an insult to the speaker and the farmer. The bill was framed to deal with conditions as they existed. The present statute is nonsense. Under his bill, if an animal gets over the guard upon the track and is killed, the railway company is liable. The appointment of the commission was not in accord with his bill; the railways themselves should find out a suitable cattle guard. Both farmer and railway should do their best to stop the killing of cattle. The bill enabled the farmer to meet the railway half way. If the animal is killed while on the highway the farmer gets nothing for the loss; but if the railway doesn't keep the cattle off its property, and the cattle are killed, it must pay the loss. That was a fair proposition. The railways should make their approach to crossings as safe as possible. Mr. Lancaster did not think the question could be met better than by his act. The travelling public should be interested in having a strict law passed.

Mr. Wilmot, of Writsburg township, stated that the farmers did not believe that the present bill cattle guard was effective. They believed that the responsibility should be placed on the railways, and then they would soon devise a proper guard. The old pit guard was from seventy-five per cent. to eighty per cent. better than the present one.

Mr. Robertson here explained that the commission found that the pit guard was everywhere overwhelmingly condemned, as it was dangerous to the travelling public.

Robert Vair, of Glenburnie, was another man who was not in favor of the commission. The farmer might, as well ask the railway companies what kind of plough he would use. The companies would soon find out the proper guard when the responsibility fell upon them. The speaker was in favor of Mr. Lancaster's bill. He did not favor the guard fence being brought out in

to the highways, many of which were narrow enough already. The speaker brought up what he claimed to be a far more serious problem. In Kingston a railway had built six tracks across the highway, making it most dangerous. There was only a flag man in the day time, and no one at all at night. Many lives had been lost at this crossing.

County Commissioner Pillar did not think the guards were very efficient, and trusted that the government would remedy the matter. Alderman Knapp said the farmers did not care what kind of guard was chosen so long as it kept the cattle off the track. What was the use of the government appointing such a commission? The only thing necessary was to compel the railways to become responsible for cattle killed on their property; it was the railways who should supply the guards.

Dr. Edwards, county clerk, deplored the small attendance at the meeting, advancing as a reason for it that the farmers were heartily tired of trying to get redress from the government or the railways. The G. T. R. had made the crossing at the outer depot, this city, a shunting ground for their cars. The speaker considered that Mr. Lancaster's bill was a step in the right direction. The onus of responsibility should rest on the railway companies. From experience he knew that the slat guards were no good, as cattle could walk right over them.

Gum Chewing An Applied Science. Detroit Tribune.

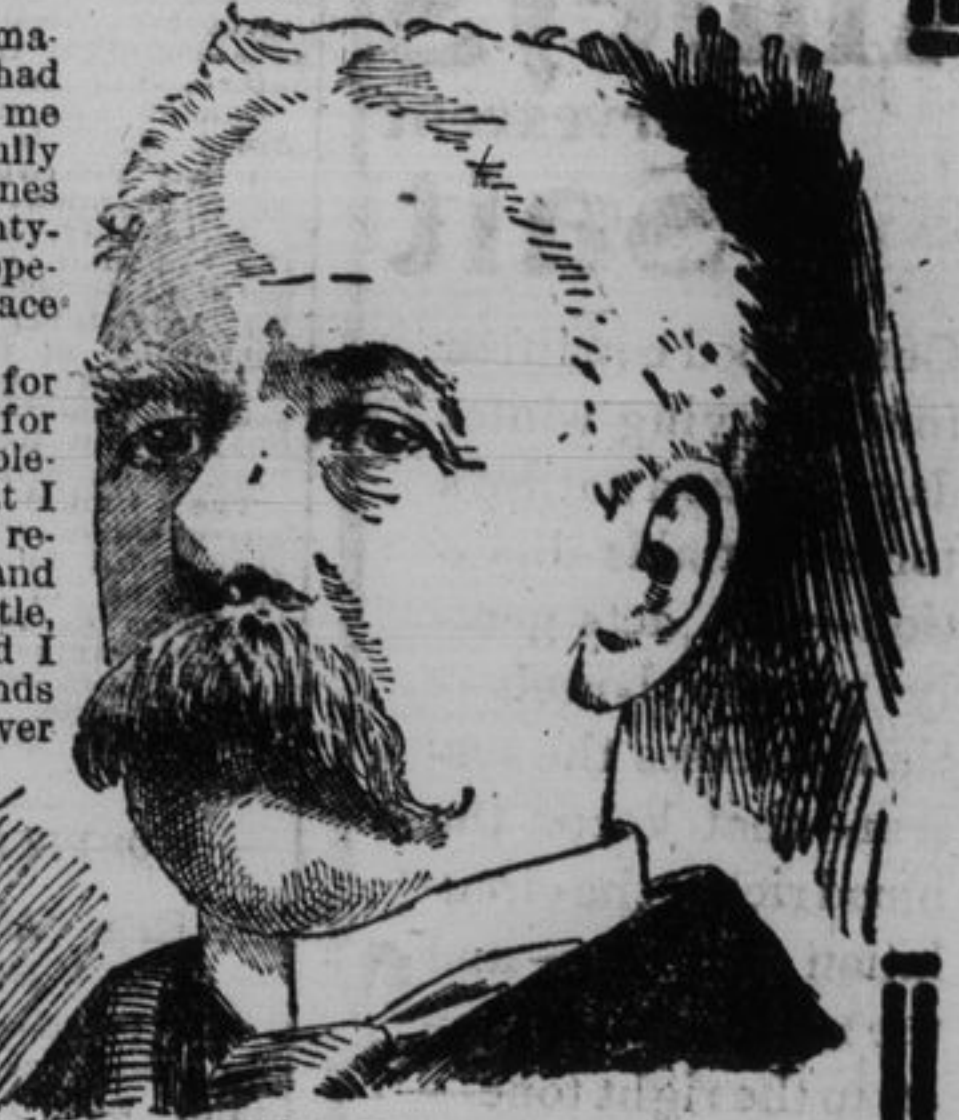
Dr. George F. Hall, of Chicago, is down on gum chewing, loathes it, as a habit, and hates it righteously at all seasons. He avers that it "disturbs the face, induces excessive salivation and gives the breath a sickening, drug-store-like perfume." But the doctor has neglected to consider the habit as an art, or as an applied science. If he had accompanied us recently to a Detroit theatre he would have changed his opinion, or, at least, modified it. There we beheld a young woman who, by dividing her attention between the affairs on the stage and her act, increased the enjoyment received from both. When the hero stood over the villain in final triumph her artistic soul was poured out in the stretch of gum between her pearly teeth and her pink thumb. When the pulse beat, for announcing the hero's maxillary activity, and when the heroine fell upon the hero's bosom in ecstasy of virtue redeemed, she drew her gum out the length of a metrical foot and sighed in poetic union to the breathing of the hero. We have instruments for recording the pulse beat, for announcing the heart's action, for testing the lungs, and for indicating the relative manner of involuntary actions, but science has devised no instrument for measuring the emotions, and, therefore, Dr. Hall has treated a grave subject too lightly and insouciantly. He should consider it in its scientific manifestations.

Marketing At Toronto. Cole Lake, Dec. 1.—Threshing is about completed for this season. The annual meeting of patrons of the chaffery factory took place Saturday evening, proving satisfactory. T. Peters and W. Kennedy have gone to the United States. G. W. Killins has returned from London. A "gentleman" visitor has come to stay at J. Peters'.

"Bibby's" Oak Hall. "Bibby's." Our Westminster overcoats have all the touches that give character to the appearance. \$8, \$10, \$12, \$12.50. The H. D. Bibby Co.

Threw Away His Canes.

W. A. Andrews, a Prominent Piano Dealer of Toronto, Cured of Chronic Rheumatism by Nature's Blood Food—Powley's Liquefied Ozone.



"Last August I was attacked with severe muscular rheumatism. So bad was this attack that I called in my doctor who had to administer injections to allay the pain, after which he put me through the sweating system. He attended me well and faithfully for five weeks. When I got up I was compelled to use two canes to get around the house. During all this time I lost about twenty-five pounds in weight; in fact I was a complete wreck. My appetite and sleep left me. I tried a number of good tonics to brace me up and give me an appetite, but none of them helped me. About this time my daughter commenced taking Ozone for a chronic sore throat and quinsy, from which she had suffered for years. In a short time she was completely cured of this troublesome disease. So effective was the preparation in her case that I commenced using it myself, and in two days' time my appetite returned and my sleep became as good as ever. All the pains and aches had vanished by the time I had started on the second bottle, and I threw away my canes. Ozone toned up my system and I became a new man. I gained rapidly in flesh, as all my friends can testify. I look well and enjoy as good health now as ever I did in my life. "I advise weak and debilitated people, whose stomachs refuse oil emulsions and even milk, to use the Ozone-egg emulsion which we have used so effectively in our family and proved such a fine food and flesh builder without causing the least nauseous effect. "Any person wishing to verify this statement can call at No. 12 Elm St., where I will be glad to give them my experience. (Signed) W. A. ANDREWS, 12 Elm St., Toronto."

W. A. ANDREWS, Piano Dealer, Toronto.

If you want to get rid of the soreness and stiffness in your arms, joints and back, you should aim to rid the system of the uric acid that is drying up the lubricating fluid of the synovial membranes surrounding the joints, and which is marking the nerve tendrils, causing you so much misery. Powley's Liquefied Ozone will eliminate the uric acid from the body through the kidneys without depressing the heart's action or injuring the stomach. It is a new and better way of curing uric acid disorders and we have never known it to fail. You can obtain Powley's Liquefied Ozone at your druggists—two sizes, 50c. and \$1.00.

The OZONE CO. OF TORONTO, (Limited), Toronto and Chicago.

EARS GROW DURING LIFE.

They Do Not Attain Full Size Until Death.

The systematic examination of more than 40,000 pairs of human ears in England and France has resulted in some interesting conclusions. For one thing, it is ascertained that the ear continues to grow in the later decades of life—in fact, it appears never to stop growing until death. If one will take the trouble to look around in any assemblage of people, as at church, he will discover that the old folks have ears considerably larger than those of the middle-aged. A woman who has small, shell-like ears at twenty years of age will be very apt to possess medium-sized ears at forty and large ears at sixty.

Another Martyr To Truth.

Sugimura, a Japanese, living at Waialea, in Hawaii, was thoroughly in love with his wife. He was also a lover of truth. The Sugimura household was recently rent with internal dissension, growing out of jealousies and misunderstandings. The husband believed that his spouse had told him untruths. He therefore wrote her a sweet little note, enclosing his little finger, which he had neatly cut off with a meat axe. He told her that she had been guilty of ten lies; that she had ten fingers and would cut one off each day until she promised not to tell falsehoods any more. The reply of Mrs. Sugimura is not recorded, nor the number of fingers sacrificed, nor the number of fingers sacrificed, nor the number of fingers sacrificed.

Another Martyr To Truth.

H. Cunningham, piano tuner from Chickering's, New York. Orders received at McAuley's bookstore.

Advertisement for MOORE'S HAPPY HOME RANGE. Includes an illustration of a range and text: "HAPPY HOME RANGE. WHY THE 'HAPPY HOME' IS POPULAR: It is economical on fuel. Satisfactory to operate. Artistic in appearance. Large ventilated oven. A powerful water heater. Every range guaranteed by the makers."

Advertisement for ELLIOTT BROS., 77 Princess St. NEW GOODS ARRIVED. Includes a list of goods: Cadbury's English Chocolates, Rowntree's Chocolates, Buchanan's Marzipan Fruits, Scotch and Kalirock. A. J. REES, Princess St. Telephone No. 88.

Advertisement for THE EMPIRE TOBACCO COMPANY, LIMITED. Includes an illustration of a large factory complex with multiple buildings and chimneys. Text: "THE EMPIRE TOBACCO COMPANY, LIMITED. FACTORIES GRANBY, CANADA. Where 'AMBER' PLUG SMOKING TOBACCO IS MADE. 10 CENT PLUGS. SAVE THE TAGS! THEY ARE VALUABLE."

Advertisement for 'AMBER' PLUG SMOKING TOBACCO. Text: "Where 'AMBER' PLUG SMOKING TOBACCO IS MADE. 10 CENT PLUGS. SAVE THE TAGS! THEY ARE VALUABLE."