

Who Gets the Most Out of Life?

Not the wealthiest, nor the most learned, nor the idler—but the man who has good health and works for his living. This truth is trite, but not trivial.

Every man should guard his health as his most valuable possession. The more so because health is easier to retain than regain.

Keep your grip on health by regular exercise, reasonable care in eating and regular sleep. Take Beecham's Pills occasionally, to tone the stomach and keep the liver and bowels in good working order. And don't worry.

Observe these simple rules and you will agree that the one who gets the most from life is—

The Man Who Uses BEECHAM'S PILLS

Prepared only by the Proprietor, Thomas Beecham, St. Helens, Lancashire, Eng. Sold everywhere in Canada and U. S. America. In boxes of 25 cents.

The Celebrated English Cocoa

EPPS'S COCOA

An admirable food, with all its natural qualities intact. This excellent Cocoa maintains the system in robust health, and is especially useful in winter's extreme cold.

The Most Nutritious and Economical.

The TERRIBLE PANGS OF DYSPEPSIA CAN BE CURED

To be dyspeptic is to be miserable, hopeless, confused and depressed in mind, forgetful, irresolute, drowsy, languid and useless.

Constipation, headache, sour stomach, distress after eating, belching of wind, faintness, and fullness and distention of the stomach are a few of the most distressing symptoms of the year, weary dyspepsia.

BURDOCK BLOOD BITTERS

It regulates the stomach, stimulates the secretion of the saliva and gastric juices to facilitate digestion, removes acidity, purifies the blood, and tones up the entire system.

Mrs. M. A. McNeil, Brook Village, N.S., writes: "Last winter I was very thin and was fast losing flesh owing to the run down state of my system. I suffered from dyspepsia, loss of appetite and bad blood. I tried everything I could get but to no purpose. I finally started to use Burdock Blood Bitters, and from the first day I felt the good effects of the medicine and am strong and well again. I can eat anything now without any ill after effects. It gives me great pleasure to recommend Burdock Blood Bitters, for I feel it saved my life."



Beaver Flour Makes More Bread

because it is made of the finest wheat, Manitoba Hard and Ontario. Beaver Flour has "strength" — takes up water readily, and the dough "stands up" in the oven.

Beaver Flour has "flavor." Every good bread, pie and pastry maker knows just what that means.

Beaver Flour makes BETTER Bread, and yields MORE bread, cake and pastry to the barrel.

Your first baking proves this. No bleaching processes used.

Snow, Beautiful Snow

Is sure to come, and now is the time to have your Cutters and Sleighs renewed and fixed up. Be sure you send them to

JAS. LATURNEY

The Carriage Maker, 390 Princess Street, where every detail will be attended to.

THE FRONTENAC LOAN & INVESTMENT SOCIETY.

(ESTABLISHED 1863). President—Sir Richard Cartwright. Money loaned on City and Farm Properties. Mortgages purchased. Deposits received and interest allowed.

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KILL HUMAN WRECKS

DR. CHARLES ELIOT NORTON COMES OUT BOLDLY.

Advices Laudanum For Hopeless Victims of Accidents, For the Mortally Ill and the Incurably Insane on the Grounds of Mercy and Humanity.

New York, Jan. 8.—Dr. Charles Eliot Norton, of Cambridge, Mass., in a letter just made public comes out boldly in favor of killing all the hopelessly insane, diseased or injured, the wrecks of humanity.

"There is no ground," says Dr. Norton, "to hold every human life as inviolably sacred and to be preserved, no matter with what results to the individual or to others. On the contrary, there are lives to which every reasonable consideration urges that the end should be put.

"Setting aside all doubtful cases, no right thinking man would hesitate to give a dose of laudanum, sufficient to end suffering and life together, to the victim of an accident from the torturing effects of which recovery was impossible, however, many hours of misery might be added to conscious life by stimulants or surgical operations. Nor should a man hesitate to hasten death in the case of a mortal disease, such, for example, as cancer when it has reached the stage of incessant severe pain and when the patient desires to die.

"The prolongation of life in such a case, by whatever means, is more criminal cruelty. Or take another instance, that of an old person whose mind has become a chaos of wild, disorganised productive of constant distress not only to the sufferer, but to all who love and attend him. The plain duty in such a case is not to prolong but to shorten life."

Dr. Norton, who was formerly professor of literature at Harvard, entitled his letter "An Appeal to Reason as Well as Compassion," and addressed it to Anne S. Hall, of Cincinnati.

Miss Hall during the meeting of the American Home Association in Philadelphia last October presented resolutions calling for approval of the practice of physicians, who in cases of hopeless suffering make painless the last hours of life by anaesthetics, and protesting against the practice of prolonging by artificial means the agencies of incurable disease. The resolutions also called for the adoption by railroads of recommendations by Mrs. Maud Ballington Booth providing for the killing by anaesthetics of the hopelessly injured and imprisoned victims of railroads wrecks or other accidents. The resolution was defeated, but Miss Hall is continuing her campaign vigorously, and the Norton letter, it is thought, will give much impetus to her work.

BARBARIY IN INDIA.

English Subjects Tortured and Murdered.

Calcutta, Jan. 8.—A government blue book has been issued giving particulars of a gruesome outrage which is being avenged by a British column of 200 Burmah military police and one gun now on its way to the scene of the occurrence under Capt. Kieck and Lieut. Waterfield and Macdonald. The culprits are the wild tribesmen of the Chin Hills, which lie immediately beyond the administrative border of the eastern portion of British Burmah.

Last April three Lango villagers were enticed to visit Welington, a village in the unadministered tract, to sell saltpeetre, and were seized and bound. They were "shot" at for three days with arrows, which were not allowed to penetrate too deep into the flesh, and ultimately were killed and their bodies despatched.

One of them, before being put to death, had the ends of his fingers and toes cut off, and was forced to drink his own blood.

MURDER FOR REVENGE.

Refused Liquor by Mother, Friend Slays Son.

Honolulu, Jan. 8.—Simon Wharton, the three-year-old son of Henry Wharton, who had been missing, has been found, murdered in a cane field at Waialua, and Oahu Island. The child's legs, arms and head had been severed from the body, the tongue cut out, and the eyes gouged out. The internal organs are mutilated. The murderer had buried the remains six inches underground.

Sergeant Johnson, who had been searching with the parents of the child when arrested, made a confession to Sheriff Brown. He said that the motive for the crime was revenge against the boy's mother, because she had refused to give him liquor.

IDEA OF MRS. YERKES

Will Have Construction Begun Without Delay.

New York, Jan. 8.—The great hospital provided for in the will of the late Charles J. Yerkes, the traction promoter, who died in this city last week, will be built at once. It will be located in the Borough of the Bronx.

This announcement was made by Dr. J. E. Janney, speaking for Mrs. Yerkes. Dr. Janney said that a bequest of \$150,000, as soon as the estate of Mr. Yerkes is settled, instead of waiting until after Mrs. Yerkes' death, as provided in the will. He said that the projected hospital was entirely Mrs. Yerkes' own idea for the benefit of this city, and was only carrying out Mrs. Yerkes' desire.

Golden Wedding.

One of those rare occasions was celebrated last week, at the residence of Joseph Burley and his estimable wife at Cressy, the anniversary of their fifteenth wedding day, surrounded by an unbroken family of three sons and their wives and an only daughter, together with three out of five grand-children, viz. E. W. and Mrs. Burley, Edmond and Mrs. Burley, and Mrs. Burley and little Dorothy, H. W. and Mrs. Burley and two children, who reside at Cressy; Miss Margaret Burley, Regina. Circumstances prevented the attendance of Ralph and Arnold, two sons of E. W. Burley of Edmonton, to complete the circle.

Mr. and Mrs. Burley have never suffered a loss by death in either their own family or in the families of their children, and enjoy good health at present.

Mr. and Mrs. Burley were born at Cressy, where they spent their childhood days, were married and raised their family within a very short distance of their birthplace, and are now numbered amongst the oldest living landmarks of the county. A pleasing feature was the presentation by the family of a large Morris rocker to Mrs. Burley and a gold watch to Mr. Burley.

Lots Of Bachelors.

Recently a discussion took place as to the number of children living within a certain distance in any neighborhood that carried the name of bachelors. South Bay road, Prince Edward county, won by long odds, and now, at the local level will show, Black-River bridge, locality contains more old bachelors than any other of the same size in the county, there being by actual count fifteen full fledged hermits within a distance of three miles. Can this be a reason?

Ready For The Packers' Trial.

Chicago, Ill., Jan. 9.—The trial against the best packers indicted for conspiracy to violate the anti-trust laws, opened today in the United States district court. There are in all twenty-one persons and corporations under indictment and the hearing is held to decide the ten special pleas for immunity from prosecution, as they are set forth in the indictment against themselves during the Garfield investigation, and which evidence, it is declared by the defendants, was used against them to bring the indictments.

Happy at Last

Her Husband no Longer Gets Intoxicated—Samaritan Tasteless Remedy Cured Him.

This lady says: "For the first time since I have been married I can be happy and contented. My husband is cured of his bad habit of drinking. Several months ago you sent me a free sample of your remedy at my request, and within a few days my husband's knowledge I gave it to him, and he was cured. I am so glad and so thankful that I can say that I have found a remedy for my husband's trouble. I have written you and thank you for the remedy. It has brought me so much happiness."

To Be Executed For Murder.

Hartford, Conn., Jan. 7.—This is the day for which has been set, the execution at the state prison of Frank Sherrie, convicted of the murder of Mrs. Ludwika Kulas, at Somerville, Conn.

Free Package

A pamphlet giving full particulars, testimonials, and prices sent in plain sealed envelope. Correspondence strictly confidential. Address: THE SAMARITAN REMEDY CO., 125 Cedar Street, Boston, Mass.

WILL HAVE TO SING.

To Prove She is Person Lover Thought.

Pittsburg, Jan. 8.—Hyde J. Summers, formerly of Pittsburg, now of Olcott, N.Y., has commenced proceedings to annul his marriage to his wife, Irene. He alleges he led the wrong girl to the altar.

Summers says he offered himself in marriage to Ruth Bekman, and was accepted. Ruth, the complaint says, had a twin sister, and the two were identical in appearance. Summers cites an instance when Irene accompanied him to a theatre in Buffalo as a joke, he believing she was Ruth. Several days after the wedding, Summers avers, he requested his wife to play the piano and sing for him. She played indifferently, he alleges, and could not sing. This aroused his suspicions, as he knew that Ruth possessed a clear soprano voice.

On this statement he seeks to prove his wife is Irene, and not Ruth. The defendant denies any error has been made, and declares she can sing with ability. The whole case will pivot on this point.

DEATH REVEALS SECRET.

Retired Stewardess of Ocean Liner, Possessed Fortune.

London, Jan. 8.—Death has revealed a remarkable secret, preserved with strictest inviolability during her lifetime by Mrs. Mary Martin, a former stewardess employed in the service of the P. and O. Steamship company, who died at sea while on her way home from Bombay on board the mail steamer Egypt, which has just reached London from India.

It appears that Mrs. Martin, who was a widow, joined the Egypt as a passenger. Nothing about her was known, except that she had been for many years a stewardess, and that her husband, when living, was employed in the Bombay dockyard. When her body had been committed to the sea her effects were overhauled with the view of discovering the names of her relatives.

The search failed in this direction, but in a cash-box concealed among clothes in a cabin trunk, was found documentary proof that the dead woman had to her credit in a well-known London bank, the sum of \$50,000.

About \$150 in gold was discovered in a bag which Mrs. Martin was accustomed to wear around her neck, while asleep, and the jewelry found stowed away has been valued at several hundred dollars.

In all probability the securities, money and valuables will be sent to the board of trade pending further efforts to find the deceased's relatives.

BAD WATER CAUSES EPIDEMIC

Westmount is Threatened With Typhoid.

Montreal, Jan. 8.—The Westmount water problem, the bugbear of the authorities of the western suburb, threatens to settle itself in a way that may not soon be forgotten.

Westmount has an unusual number of typhoid fever cases. Last month forty-seven cases reported to a medical health officer, out of a total for the year of thirty-eight cases, and there are fresh cases every day.

That the outbreak is due to the water supply from the river St. Lawrence can hardly be doubted. Two years ago the medical health officer reported at length upon an epidemic in the suburbs that lasted from the middle of December to the end of January. Eighty-two cases cropped up in one month, at this time, and the result was laid directly at the door of the water supply. St. Henri had two hundred cases, Westmount eighty-two, and other municipalities in proportion.

POPE TO TAKE MONEY.

Will Accept Grant for Foreign Missions.

Rome, Jan. 8.—In 1872 Italy granted \$50,000 yearly to the Vatican for the maintenance of foreign missions, but the Vatican refused to accept the grant. The pope has now authorized the cardinal vicar to sign a contract with the Italian treasury officers accepting the grant, with arrears since 1873.

Squandered In Drink.

"Dublin, Jan. 8.—"In Dublin alone, where there is such a dearth of employment, it is estimated that \$5,000,000 a year is squandered in drink," declared Father Paul, in addressing the Society of St. Vincent de Paul at Dublin.

"Why," he continued, "\$50,000 would start a factory, and \$500,000 given to any Irish county to-morrow would set the mill wheels going along its rivers."

To Cure A Cold In One Day.

Take Lavative Bromo Quinine Tablets. Druggists refund money if it fails to cure. E. W. Grove's signature is on each box, 25c.

Steeping the leaves of tobacco in a solution of tannic acid entirely nullifies the deadly qualities of the nicotine.



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Home Needlework is a magazine that every lady should take. Issued 4 times a year, 96 pages beautifully illustrated, 50 cts per year. Write for sample sending 15 cents. Corticelli Silk Co., Ltd., St. John's, P.Q.

MORE BARGAINS

Upon going over our large stock of AGATEWARE

We found a few pieces slightly damaged, which we have MARKED AWAY DOWN BELOW COST in order to get our shelves clear.

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No. 5 Mail	12.45 a.m.
" 3 Express	2.26 a.m.
" 11 Local	9.15 a.m.
" 1 lateral	11.15 a.m.
" 7 Mail	3.19 p.m.
" 15 Local	7.03 p.m.

GOING EAST

No. 8 Mail	1.48 a.m.
" 2 Express	2.26 a.m.
" 16 Local	8.16 a.m.
" 0 Mail	12.16 noon
" 4 Fast Exp.	1.00 p.m.
" 12 Local	7.03 p.m.

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