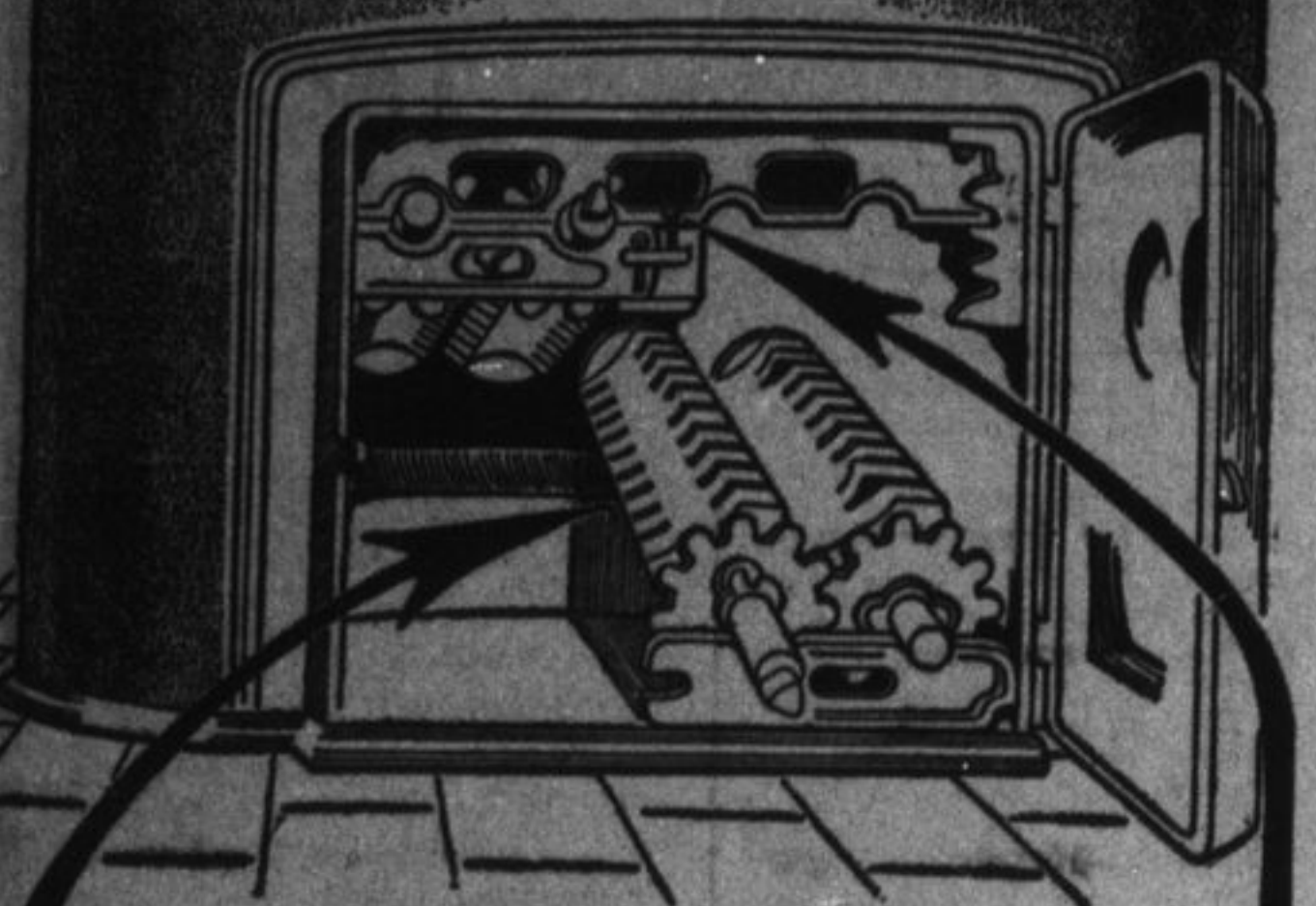


SUNSHINE FURNACE



EASY MATTER TO REMOVE GRATES

If necessity requires, it is an easy matter to remove the grates from the Sunshine.

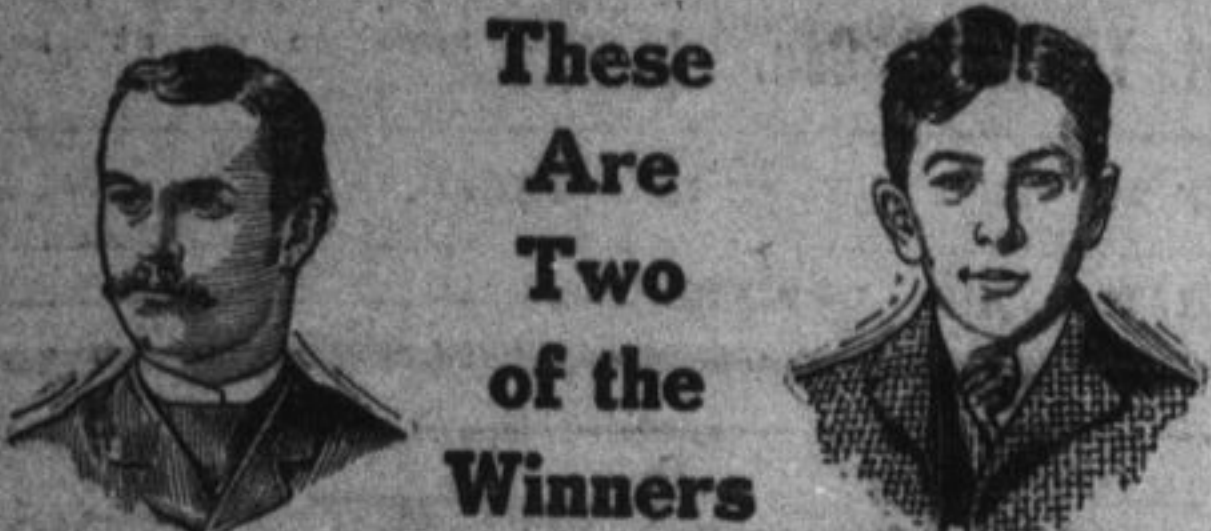
Just loosen the cotter pin (see the top arrow pointing at it) and the grates on the right can be lifted out. Repeat the operation on the left, and you can do the same with the remaining grates.

Could any operation be easier or simpler? These four grates are made of heavy cast-iron with the strongest kind of bull dog teeth. Heavy and strong enough to grind up the biggest clinker into particles small enough to sift through the narrow openings between the teeth.

What's left in the ash-pan is not worth sifting. If your local dealer does not handle the "Sunshine," write direct to us for FREE BOOKLET.

McCary's

London, Toronto, Montreal, Winnipeg, Vancouver, St. John, N.B. LEMMON & SONS.



These Are Two of the Winners

JOHN ZUFFIE, Hensall, Ont. W. H. CAMPBELL, Toronto, Ont. Mr. John Zuffie won a Gold Watch in his district with 11 Big 3 Shoe Polish covers, and W. H. Campbell got a Watch for just 16 covers. There were fourteen other winners in our competition which closed on June 1st.

There were no ironed rules or hard and fast regulations attached to our last competition. We gave away sixteen genuine Elgin gold watches, retailing at \$35.00 apiece, in both men's and ladies' styles, and all that the winners had to do to get them was to send in the largest number of covers of our Big 3 Shoe Polish boxes that were sent in from their districts.

Now we are going to do it over again. This competition will close on Aug. 1st, and there is no reason why you should not win a watch.

Save your covers of Big 3 Shoe Polish boxes and you may be a winner. Another, and the last contest covering all sections, will close Sept. 1st. Get a circular with full particulars from any dealer, or write direct to

DOMESTIC SPECIALTY COMPANY Hamilton Ontario

FREE TO YOU—MY SISTER

FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AFFLICTIONS.
I am a woman.
I know women's sufferings, have found the cure.
I will mail, free of charge, my home treatment with full instructions to any woman from whom I receive the name of one of our women's ailments. I want to tell all women about this cure—yes, my reader, for yourself, your daughter, your mother, or your sister. I want to tell you how to cure yourselves at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better than any doctor. I know that my home treatment is a safe and sure cure for all ailments of the female system, such as: Displacement or Falling of the Womb, Prolapse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also points to the head, back and bowels, bearing down feelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, weariness, kidney and bladder troubles, when caused by weakness peculiar to our sex. I want to send you a complete 10 days' treatment entirely free to prove to you that you can cure yourself at home, easily, quickly and surely. Remember, that it will cost you nothing to give the treatment to yourself, but it will cost you only about 10 cents a week, or less than two cents a day. It will not interfere with your work or occupation. Treatment for your own, entire free, by return mail. I will also send you free of cost, my book, "WOMAN'S OWN MEDICAL ADVISER" with explanatory illustrations showing why women suffer, and how they can easily cure themselves at home. Every woman should have it, and learn to think for herself. Then when the doctor says: "You must have an operation," or she is told she must go to a hospital, you can decide for yourself. Thousands of women have cured themselves from its use. Whether you live in a large city, or a remote village, you can refer you to ladies of your own locality who know and will gladly sell any sufferer this home treatment, really cures all women's ailments, and makes women young, and healthy, and robust. Just send me your address, and the free ten days' treatment is yours, also the book "WOMAN'S OWN MEDICAL ADVISER," so you may not see this offer again. FREE OF COST. MRS. M. CUMMERS, Box 21, 11, WINDSOR, Ont.

WHICH KITCHEN DO YOU PREFER?
THE POWDER WITH A GUARANTEE
Will positively exterminate Batches and Water Bugs
JACKSONIAN ROACH POWDER
THE JACKSON ROACH KILLER CO. TORONTO

READ AT COUNCIL PAPER ON TUBERCULOSIS BY E. SMITH-SHORT

Know Better But Do Not Live Up to Knowledge—Earnest People Doing What They Can.

Every year it delights me to see more subjects of interest added to the agenda of the Woman's National Council, because it means that women are taking a wider and deeper interest in real questions, in the things that matter. Not only does it mean a wider and deeper interest, but it means that a greater number of women are taking some stock of things as they are. This means that year after year some women have the courage of their convictions and speak out because of the truth that is in them, the majority of women need a backing, a momentum, before they are able to acknowledge their adherence to a faith or their part in attempting a reform. While it is quite true that whatever concerns mankind concerns you, it concerns me, yet there are degrees of difference. It seems that while not detracting at all from the importance of the things we have been discussing and promoting, I can give you this subject a paramount interest because it is actually a question of life and death. The question of how to lessen the ravages of the white plague vitally concerns you and me. When we have the days of the past when one member after another in a family died of consumption, often family after family in the same house, people accepted it as "their lot." Now we know better but we do not live up to it. While science was making sure of facts the number of consumptives was increasing and the death rate rolling up. When science announced that this plague could be checked, even finally almost eradicated, because while it was communicable it was also curable, was this a toxin that called the country to protect itself? It did not prove so. The knowledge has been slowly spreading but more slowly acted upon. We have not been blameless if "to know is to do." It is not for the sake of a sin. Just for a moment picture to yourselves, say three or four years ago, that a steady enemy crept in upon us in Canada and destroyed or maimed eight thousand of our population. This thing did actually happen and had been happening before, but does this cause any excitement, does the whole country rise to prevent its ever happening again? Do the press and the people discuss this about anything else, how it has happened and how its recurrence could be prevented? Not at all. The very same thing happened next year and the next and is happening in this our year of grace 1907.

Just dwell for a moment on the loss to the country of eight thousand people by one dread enemy and the debt of disease bequeathed to others because of lack of prevention and care. The features of this disease that prevent people from being universally anxious as to the care of and the lessening of others are: that the infection is slow, and there are no visible wounds. The results of exposure to the other contagious diseases are so quick that every one associates cause and effect, while in tuberculosis, although death often follows exposure to the infection, it is so far separated from it in point of time that we fail to connect the two. To see a wounded soldier, or anyone suffering from external wounds, is to excite the sympathy and effort of everyone. In tuberculosis, which makes its attack without symptom to so invite interest and help. The sick cured of acute disease, or the wounded made whole, are results apparent to everyone, while the results of the slow process of nourishment and fresh air are neither so quick nor so visible. There are, however, two kinds of appeal that will reach most people, either made to the intellect, or where knowledge of the needs of others, and faith in the means of relief, are sufficient to excite effort, or the appeal made to the primal instinct of sympathy. I believe that the latter is the more powerful. I feel that little has been done, for, as in other things, an increasing number of earnest people are doing what they can. Societies for the prevention and cure of this disease have been formed and are doing work. We have sanatoria doing splendid work in the cure of tuberculosis and one sanatorium in Ontario is devoted to the care of the incurable. We have had beginnings in outdoor treatment in places in Nova Scotia and New Brunswick, and in Ottawa, Kingston, St. Catharines and Stratford, Ontario. The chairman and secretary of the Provincial Board of Health make annual statements as to the spread of the disease and death-rate from it and make appeal for effort to stay its course.

The Canadian Association for the prevention of tuberculosis has met annually for seven years and discussed ways and means as to the cure and prevention of this disease. They have published and distributed a great deal of educational literature on the disease and offer the services of the secretary, Rev. Dr. Moore, as lecturer on the subject. Among other things discussed by them at a recent meeting was the advisability of compulsory notification of all cases of consumption. It is this society that has especially asked for our co-operation in the prevention and cure of tuberculosis. Branches of this society have been formed in several places and are doing good work. Montreal has a league for combating the white plague which has done excellent work in a very systematic and extensive manner. Colchester, Nova Scotia, also has an earnest band of workers in the same crusade and sends to the Canadian association hopeful reports of work done and results obtained. The Daughters of the Empire have in several cities spread an interest in the subject and lent valuable aid toward checking the disease. This is particularly so in Hamilton, where a sanatorium has been the result of their efforts.

The National Association for the Study and Prevention of Tuberculosis in New York has a very large and instructive exhibition, illustrating the methods, appliances, and mechanisms in connection with this subject. Last August they placed the exhibition in Toronto during the time of meeting of the British Medical Association, and the holding of the Industrial exhibition at that place. During the two weeks of its stay in Toronto thousands visited the exhibition and were interested and instructed. The Ontario government was so much impressed by its value that last session it was announced that an arrangement had been made to secure a duplication of this exhibit. It is intended that the exhibit shall be displayed for a time in every city, town and large village in the province. An official or other competent person will give lectures to illustrate the use of the appliances, and give information respecting methods to be followed to prevent the spread of tuberculosis. Mr. Downey, M.P.P., introduced a bill in the Ontario Legislature for the creation of county associations or boards for the treatment and care of tubercular cases, and to provide that every physician should report to the secretary of these boards within a week of the discovery of a case of the disease, etc. The bill, however, did not see fulfilment last session. A proposition was also made in the Ontario Legislature to make compulsory some form of hospital or sanatorium for this disease in each county or two counties, but was also deferred to another time. The Ontario government stands ready to assist the building of any municipal sanatorium to the extent of \$4,000. It is also willing to contribute \$1.50 a week per patient under treatment. The legislature selected action in regard to laws for the prevention and cure of this disease to allow a more complete bill to be drawn up after conference with the board of health for the province. It is said that among other things to be incorporated in this bill is the inclusion of consumption among the diseases that come under the supervision of the medical health officer of each city. This is surely a fundamental regulation. It seems at first surprising that consumption, a contagious disease, destroying more lives than all the other contagious diseases put together, should have been left unregulated up to this time. In smallpox, scarlet fever, diphtheria, measles and whooping cough there is compulsory notification, with the necessary isolation and disinfection. On the other hand thousands have contracted consumption and died for the mere lack of disinfection of the rooms, furniture, and belongings of those who have previously died of this disease. Here is one thing that we can help to remedy, by interesting the members of legislatures and city councils. It is always interesting to find how our committees are inter-related. With this work, emigration has a great deal to do in regard to better medical inspection of emigrants, and the committee on domestic science and hygiene is a big factor in the means of prevention and cure. Dr. Flick, director of the Henry Phipps Institute for the study, treatment and prevention of tuberculosis, Philadelphia, reasserts the dictum that tuberculosis is produced by the artificial conditions of life indoors. Fresh air, sunshine, good and simple diet and sensible clothing are the essentials of health. Whether in crowded tenements, crowded factories or crowded schoolrooms, the lessened vitality that bad air produces creates fertile soil for the bacilli that

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Black and all colors, at all dealers, 10c. and 25c. tin.

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—safest regulator for baby. Prevents colic, vomiting, diarrhoea, cures diarrhoea without the harmful effects of medicines containing opium or other injurious drugs.
Cures Diarrhoea
Wade's Drug Store, Montreal.

may pervade a *boom* from the cough of one case of consumption. Much worse is it to place one sick of consumption among other patients in the general wards of a hospital, and yet this is done in more than one of our hospitals for lack of other accommodation. One commendable step that has been taken by a number of cities is the enacting of an anti-spitting-by-law. This is good so far as it goes, but notices claiming fines of \$20 or \$30 or \$100, do they ever so numerous, will not prohibit the unclean and dangerous habit, unless information and conviction against some law-breakers in these cases, in Sunday liquor selling, in cases under the white slave traffic, etc., might be made by women and the law better enforced, if it were not made so hard for those who undertake this self-sacrificing duty. The kind of publicity and criticism women suffer under such circumstances so hurts and scarifies the feelings as often to do them physical harm. Y here and there a woman does something to the gain to the community rather than her own loss. The Woman's National Council can do much toward aiding in the prevention and cure of tuberculosis in these ways by spreading a knowledge of, and an interest in, the nature of, the prevention, and the means of cure of this disease; by preaching and promoting hygiene and the hospital of sunlight and fresh air; by helping to enforce municipal laws that already exist; by hastening legislation that will place it with other contagious diseases under the medical health officer's jurisdiction and by promoting the establishment of places for proper treatment. Much effort has already been put forth and proportionate results have been obtained, but it is merely a beginning toward the limiting and eradicating of tuberculosis. Greater things can be done, a widespread, even universal interest can be aroused and provision be made for all suffering from this disease. To quote Mrs. Crerar, one of the active workers in this crusade, "all that is wanted is the motive power, and that is the white fire of great enthusiasm."

COST OF LIVING.

The Increase in Prices is Very Marked.

Toronto News.
The statistics collected by the Civil Service Association in support of their memorial, submitted to the commissioners appointed to inquire into matters pertaining to the civil service of Canada, contain figures with regard to the cost of living which are of interest to the general public. The investigation as to prices was carried on in Ottawa. Figures were obtained from representative local storekeepers whose trade is with members of the civil service. Retail prices at Ottawa in June, 1897, are compared with similar prices in June of the present year. The result obtained shows that for a civil servant of a lower salary the increase in the cost of living is from thirty to thirty-five per cent. For the man of higher rank and remuneration the increase has been from twenty-six to thirty per cent. The table of prices lists with them the memorial contains comparative quotations for 364 commodities. The actual number of quotations is 663. Of these, 567 show an increase, 75 indicate that no change has taken place, and 1 that there has been a reduction.

The increase in fresh meats and bacon has been from forty-five to fifty per cent. Fish has advanced thirty to fifty per cent. Eggs cost fifty per cent more than they did ten years ago. Butter is on an average twenty-five per cent dearer, and milk twenty per cent. Food products other than meat and dairy produce have increased thirty per cent. The largest advances are on commodities, among the most important to the housekeeper. Bread has increased forty per cent, reckoning from the actual price, increases in price and decreases in weight. Potatoes have gone up fifty per cent, and apples forty per cent. Dry goods and clothing have advanced from twenty to twenty-five per cent. Rents have increased from twenty-five to thirty-six per cent.

Calling a water "pure"

does not certify it safe for you to drink. Water can be pure and yet be harmful. Boiled water is pure, in one sense, because heat destroyed the bacteria it contained, but heat does not remove harmful salts from water, nor the organic matter. Distilled water, used so much on shipboard, is chemically pure; but seafaring men will warn you against drinking too much "condenser" (distilled) water. It brings on bowel trouble, because the salts it should contain have been distilled out of it. Some spring water is fairly pure; but even the purest spring water contains dissolved mineral matter—sulphate of lime, carbonate of lime, magnesia, common salt, potash, iron. Even pure water, if it contains too much of some of these salts, does you harm. So what are you to do? You shouldn't drink boiled water because the salts are not boiled out of it. You mustn't drink distilled water because the salts are boiled out of it. Most spring waters have too much of the wrong kind of salts. What are you to drink? Why not drink a water that is not only ideally pure, but in which are naturally present exactly the salts that are good for anybody, in exactly the proportion that is right for everybody? Why not drink a water that is zestful, sparkling, limpid, with no excess of mineral, no trace of harmful salts? That is

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Bottled at the Springs for surety of purity and sold in your neighborhood by merchants who discriminate.

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The result of 50 years of scientific research. Lost manhood brought back after years of weakness and despair. Nature's Secret restored by combining these of the rarest chemical reagents in the world. This is no experiment. It is proved by its use in the hospitals of Europe. Tens of thousands of weak and hopeless cases cured by 30 days treatment. This is a fact! Prove it yourself by a test. A 5 days treatment with full particulars sent absolutely free. All packages are carefully sealed in a plain wrapper with no mark. A full 30 days treatment (180 doses) with guaranteed cure or refund of money, for \$5.00.
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