### Eating Carelessly

frequently causes stomach troubles, but careful eating will never right them. When your stomach is out of condition, it needs help that no food can supply. It must be thoroughly cleansed, settled and strengthened. Food never does this.

are the greatest stomach medicine human skill ever compounded. Don't attempt to cure your stomach by dieting. You will half starve and get little bencht. Give Beecham's Pills a chance and you will again know the pleasures of a sound digestion. Appetite will return and the stomach again work without any discomfort. The skin will clear, the face plump out, while people will remark "How well you're looking." These are facts, not fancies. Prove it yourself.

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold by all Druggists in Canada and U. S. America. In boxes 25 cents.



# 150 CITIES and towns now demand Fit-Reform garments.

We ask you in all fairness-would so many men wear Fit-Reform spring and summer suits if these were not the most perfect types of hand-tailored garments?

This enormous business has been built up because this trademark has always stood for



correctness, comfort, service and value. It is small in size but great is. significance.



CRAWFORD & WALSH

Sole Agents for Kingston.

FREE TO YOU-MY SISTER



I know woman's sufferings.
I have found the cure.
I will mail, free of any charge, my home treatment with full instructions to any sufferer from this cure — you, 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

weaknesses peculiar to our sex.

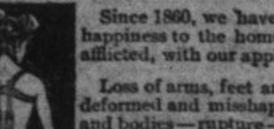
I want to send you a complete 10 days' treatment entirely free to prove to you that you can cure your-self at home, easily, quickly and surely. Remember, that it will cost you nothing to give the treatment or less than two cents a day. It will not interfere with your work or occupation. Just send me your name and address, tell me how you suffer, if you wish, and I will send you the treatment for your case, entirely free, in plain wrapper, by return mail. I will also send you free of cost for your case, entirely free, in plain wrapper, 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," you can decide for yourself. Thousands of women have cured themselves with my home remedy. It cures all, old or young. To Mothers of Baughters, I will explain a simple home treatment which speedily and effectually cures Leucorrhoxa, Green Sickness and Painful or Irregular Menstruation in Young Ladies. Plumpness and health always result from its use.

6 Wherever you live, I can refer you to ladies of your own locality who know and will gladly tell any sufferer that this Home Treatment really cures all woman's diseases and makes women well, strong, plump and robust. Just send me your address, and the free ten days' treatment is yours, also the book: Write to-day, as you may not see this offer again. Address:

WINDSOR, Ont.

Authors & Cox 135 Church St. Toronto. Est 1860

Spinal Our Appliances Curvature for Spinal Cur-vature, Partial Paralysis, etc., are the result of half a century's experience in this, we know just what apparatus will relieve, or help to cure, each case. Our experience also tells us just how to fit the appliance so that it will be easy comfortable and helpful.



Since 1860, we have brought siness to the homes of the afflicted, with our appliances.

Loss of arms, feet and legsand bodies - rupture - floating kidneys - practically ALL afflic-tions can be helped, and, in many cases, cured by our appaatus. Write for free advice. a

A BROADMINDED TRIBUTE FROM A PRESBYTERIAN.

ments of the Pioneers of Naw to whom we owe the name of our city after another succumbing to it. France.

ing and taking its place among the ad- native place. ministrations of the world and the We might speak of Frontenac, a no- by her beauty, her kindness and her agents of history. A nation has all the ble specimen of heroic chivalry, ready piety won their hearts. ments, animated by a common conscious-

their spirit, and entering into their la- defeated him.

bors carry on the noble work. VENERATION FOR THE PAST.

There is no more remarkable people on the earth to-day than the Jews, and what has given to them and preserved to them their characteristics.—I mean to their distinctly high characteristics? I mean their distinctly high characteristics? Undoubtedly, their memory of their together in paying joint honor to their vastness might "tire the wings of past, their history, their Book, has done names. It surely is an honor to our thought itself," and their lives attest this. As has been asked: "What did selves to honor such men. their book do for them?" It enshrined their book do for them?" It enshrined the Code of their great Lawgiver,— it I might speak of women as well as Their motto was, and they were unpreserved the living words of their men, of Madame de la Peltrie, the mighty prophets, it presented them with a history prolific in heroic examples, and what but this has preserved their labored with devotion among saverage and what but this has preserved their labored with devotion among saverage. perishable of the nations of the world? tribes, toiling with ardent enthusiasm Divine authority itself. We are con-Why have revolutions thundered in vain over their heads? Judea saw many a canada—and Madame Le Tour, the mination of these men to master the herself but a petty kingdom, hardly heroic defender of the fort at St. John, pity their superstition and lament their more extensive and not nearly so populous as many an English county, yet parts at the head of her handful of honor to their self-sacrifice and unhers were the covenants, and the law soldiers, and compelling the besieging sparing devotion. and the promises and the fathers. The general to offer terms of capitulation, hosts of Assyria trampled her into the which she only accepted that she might mire; Babylonia swept her into dreary save the lives of her faithful and heroic Rome, burnt her temples to ashes and brated. reared a temple to Venus on the platinsulted her. The Moslems have held tomed to regard as a rude age, with thrown aside, if such should be His her lands and cities for twelve centuries rude ideas of civilization and of culture, will. and a half under their effete and som- when manners were somewhat rough Who can withhold admiration from nolent despotism. But where are her and morals not very high. But in the the courage that ventured on the enenemies? Assyria, Greece, Rome, Car- pages of his story we will find little terprise to secure the Hurons and the thage, where are they? Even brilliant cause for shame, but many opportuni- fierce frequeis for Christ? Well did Greece, with her poetry and art and ties for pride. science, perished with her own lusts. The life of the pioneer from France pathway to the goal of their ambition Even Imperial Rome, with her legions who founded our old and beautiful lay through toil, hardship, famine, all

As you all know, a great movement has been inaugurated, whereby Canada is to remember and to know her past upon this day as a fitting time to bring this matter before the congregations'

within its bounds. Little can be said, which has not already been said, written and re-writ-

BOTH RACES AND ALL CREEDS. It is a movement in which both races ers, in three aires,

Rev. James Barclay, of St. Paul's. where to begin and where to end. | dejected, a ready prey to a disease which

-the hardy adventurer from St. Malo, But in the little company one heart' and the real discoverer of Canada. We remained strong and true-Champlain Preaching in St. Paul's Presbyterian might speak of La Salle, sacrificing never for a moment lost courage, but hurch, Montreal, Rev. James Barclay, himself in devotion to his King-travel-kept on cheering his companions. ling with indomitable unweariedness, The story further pictures him, after It was with a feeling of justifiable amid hardships and dangers and pri-pride that Paul in writing to the Philip- vations over thousands of leagues of down most men, undauntedly trying to pians claimed to be of the stock of Is- country hitherto unknown, among sav- hold a continent with only twenty-eight rael, of the tribe of Benjamin, an He- age and cannibal tribes, fighting his men, fearlessly fighting against savage brew of the Hebrews. None of us live way with conspicuous bravery, with but Indians, and when beaten, equally fearonly in the present-the memories of a handful of men-travelling mostly on lessly living amongst them, sharing in the past and the hopes of the future are foot, reduced ever and anon to ex- their councils, their haunts, their feasts, as much a part of our existence as the tremity of fatigue, without repose, with- from day to day carrying his life in experiences of the present, and are a out recreation, frequently without pro-powerful factor in conditioning our life visions, yet pursuing with hope, the enand moulding our character. It is this terprise to which he and his companions wife who came from France to share ! which gives each nation a distinct in- were solemnly consecrated at High his arduous lot, and gave herself with dividuality and life of its own, claim- Mass in the venerable cathedral of his a wholehearted enthusiasm to the in-

attributes of a person, performing for any perilous enterprise and fight-

the result of the weary toils, the tremen- as he awaited his supreme effort,-re- who commissioned him, he won the unwe cannot separate ourselves from these | ing: "I would rather have written these | changes and emporiums They have entered into our very life lines than take Quebec to-morrow." In the midst of his military and poliplaces, proved. How often in the dark-est and weakest moments of their faint accents, but with the smile of duty national life were they arrested in their accomplished on his face, we can hear signation. His body was buried bedownward career and re-awakened to his last words: "Now God be praised, I neath the cliff which overlooks the

nobler purpose and life. What inspira-tion came to them again and again from We might speak of his brave and We can all unite in doing honor to the memories and names, Abraham, Isaac, generous foe Montcalm. We scarcely memory of such men as these of whom Jacob, Joseph, Moses, Mount Bethel, think of them to-day as foes, but as I have spoken, Peniel, Hebron! Are not all the great gallant and noble comrades in one great steps of progress in every department campaign of loyalty and duty. If one of life associated with memories and was a hot hearted Briton, the other was have a rich inheritance of soldierly ments and cannot be explained by their were draining for selfish aggrandizement should emphasize this last.

Surroundings, who overtop the men the lifeblood of the colony, he was givabout them. It is these men, the Moses', ing lavishly of his own resources and history than those which tell us of the the Mohammeds, the Zoroasters, the dedicating his life on its behalf, his lives and labors of the first Christian Pauls, the Luthers, and the like, who warrior spirit keenly felt the prospect missionaries who came to our Domin-bave in their regions and in their times, of inevitable defeat and he was glad to ion. It may have been the enterprise of achieved the great movements affecting die before he had to witness the surand influencing millions of men through render of the city which he had so gal- to Canada, but the enterprise of religeneration and generation, and it is lantly defended, and he closed a noble gion was not long in following-even good for us to read about those men, career in a singularly noble way, pay- in Jacques Cartier's early expeditions

immemorial continuity as the most im- labored with devotion among savage in whom they recognized the agent of mighty empire rise and fall. She way Acadian Joan of Arc, the intrepid and difficulties of their enterprise. We may

ed corruption. But because Israel had is a story which may be put into the in an atmosphere of art and letters, because, amid all her miserable failings, any fear for their morals. As a youth to monastic faith. she was the lifter up to the nations of he was familiar with the sea, and the banner of righteousness, she re- gained distinction in the French navy; maineth. And what is true of Israel is later he served with honor in the army; The man who has no veneration for the every reason to be grateful that he did, present,-and that is true of a people France in the western hemisphere. Of his experiences and exploits our annals

A SNEEZING EPIDEMIC.

and the Presbytery of Montreal decided It's Not Influenza, But Spring- a noble heroism in these men which we

Change of Season. have a sneeze and stuffed feeling in zation if not an altogether genuine of Canada, surely we will not withhold hero spirits who throughout the ager the forehead and nostrils. To cure Christianity. As has been said, whilst our tribute of recognition from the have glorified the annals of mankind. oneers to whom we owe the first be-breathed straight into the lungs and unings of our great and growing na-bronchial tubes. Away goes the cold, self-devotion of the saint.

and all creeds can cordially join. The record an interesting, thrilling story morial is meant to be a tribute alike they present us with a picture of him to French and British heroism and in a lonely post on the edge of a saventerprise. It would be easy to arrest age wilderness, the weather intensely your attention and stir your enthusi- cold, bleak winds howling through his by a recital of some of the deeds wooden shed and the snow drifting of daring and the feats of endurance through the crevices, himself and his of the early pioneers in the making of companions shivering over their scanty Canada. One difficulty is to know fires, his companions discontented and Montreal, on the Achieve- We might speak of Jacques Cartier was constantly threatening them, one

struction of the Indian children, and

responsible actions, possessing indefen-sible rights, making binding engage-keep for France the colony she had won. Samuel Champlain—few men have exness, maintaining its identity from age We might speak of Wolfe, a name of daring, and business capacity and to age, and this it is which gives it not imperishably associated with the anonly political but moral continuity. In nals both of the old land and of the standard of morality was far from high more than we are apt to think we are new. What can we say of that noble he lived a singularly pure, honest and debtors to the past, in our knowledge, spirit, utterly undaunted by disaster, upright life, with a stern sense of jusin our freedom, in our civilization, in rising superior to all physical weakness tice, his acts were yet tempered with our religion. Our inheritance to-day is and suffering? Can we not recall him mercy; faithful to the masters in France, dous struggles, the defeats, and the vic- peating Gray's Elegy, conscious that he faltering confidence of the natives with tories of those who have gone before was entering one of those paths of whom he traded; and that chapter in us. These have made us what we are glory that lead but to the grave, with his career might with advantage be to-day, they have fashioned the condi- the shadow of anticipated death hanging printed on the doors of our parliaments tions of our life, whether we will or no, over him-we can hear him calmly say- and city councils, our business ex-

book. We are the children of the We can see him struck by a bullet that tical duties he never forgot his faith, fathers, and no richer heirloom can any shattered his wrist, but still gallantly his zeal for Christianity was intense, great dead. leading the way to victory—pierced by leading him to declare that the salvacheering on his men, with a third bullet than the founding of an empire. Twenty What a power in the lot of the He- lodged deep in his breast, we can see times in furtherance of his mission he brew has their past been, what a potent him staggering into the arms of an offi- crossed the Atlantic in ships devoid of factor all through their history have cer, yet entreating them to hold him comfort and far from seaworthy, and names, names of men and names of up so that his brave followers might not worse, infected with loathsome disease.

If in some of the early pioneers we

names and inspired by these, all the great achievements of history, of social imperturbable courage, and of incor- and political integrity, there are others and political and religious progress ruptible patriotism, a man who set an through whom we have a rich inheri-have been the result of the life, the example of disinterested honor which tance of Christian devotedness, and on thought, and the actions of individuals may well be recalled as a lesson to men such a day as this, and in such a place who seemed to step out of their environ- in public positions to-day; whilst others as this it is perhaps fitting that we There are no nobler pages in Canadian

to remember them, to honor their mem- ing as he passed away a generous tri- religion played an important part-but ory, that we may catch something of bute to the valor of the foe who had the names that stand out conspicuous In death these two heroic men, re- and which can never be forgotten in the history of our land are those of

the earnestness of their faith and the

A PICTURE OF LE JEUNE. Can we fail to be touched as we read exile; Persia imprisoned her in the iron followers; but specially may we speak of the story of Le Jeune sitting in his net work of her cruel Satraps; the one with whose name this movement for but in the long winter nights, the trees kings of Syria and Egypt made her the a national park is closely associated, outside cracking with frost, his ink football of their fierce contentions, the founder of the city of Quebec, in frozen and his fingers benumbed, yet toil-Republican Rome put her under a pro- connection with the 300th anniversary ing away at declensions of nouns and curator who was the son of an Imperial of which this movement is to be celes conjugations of verbs, and translating the Pater Noster into Algonquin; the ice of their washing water having to form of the shrine of God. The nations It is more than likely that you have be broken every morning with hatchets. of Europe with their Torquemades and all read the story of Champlain, but it and their blankets fringed every night Borgias and iniquitous inquisitions, in will do us good to read it again. He with icicles; they were but instruments Italy, Russia and Spain, tortured and lived in an age which we are accus- in the hand of God, to be used, broken,

these hrave missionaries know that the and her luxuries, sickened of import- city, so full of interest and attraction, that was most revolting to men nurtured her story; her Bible and clung to it, hands of our school children without and all that was most trying and terrible

IN SATAN'S STRONGHOLD. They believed they were face to face! with the innermost stronghold of Satan true of any nation, it is true of Canada, still later he volunteered, and we have and they resolved to storm it. It is a picture of which, no matter how many past will have little reverence for the to help in the founding of the new shadows of superstition and terror darken it, of which any Frenehman, and Canadian, any Christian, may be proud. Of only two prizes could these men be sure, danger and death, and in the name of God they faced the issue. There was Catarrh That Comes With do well to borrow, and the fruits of their heroism was a blessing to the Every person you meet seems to land, They introduced a genuine civili-



# SUI SINBURNAGE

Mad Coal Economy

OMBUSTION taking place in the dome or top chamber of furnace fire-pot is the result of air and heat mingling with fumes. This combustion produces heat-energy, which the radiating surfaces above and around fire-pot absorb or draw in and then deflect or throw off. Incoming cold air receives this heatenergy, the result being heated air. Now, if the combustion takes place at a faster rate than the radiating surfaces can absorb and deflect, the surplus heat-power will pass up the chimney or into cellar-a waste of coal.

There is no waste of coal in "Sunshine" Furnace. Circuit of radiator is so complete, and aircirculating space so large, that every bit of heat-energy is quickly absorbed and quickly deflected on the circulating cold air, which is thus quickly heated and ascends through the hot-air pipes to rooms above.

The check-draft of a furnace is situated on the smoke-pipe. When this draft is closedespecially on an "ordinary" furnace-heat particles can escape up chimney. When checkdraft is opened the incoming cold air from the cellar drives all heat particles back into furnace proper. If the grates and fire-pot of furnace are not constructed properly, there's a clogging and gathering of ashes, and fire does not burn up readily. If no provision is made for gas escape, the check-draft must be left closed indefinitelya waste of coal.

There is no waste of coal in "Sunshine" Furnace. No clogging can take place in the 4-piece grate, no ashes can gather on the straight fire-pot walls, and the Automatic Gas Damper makes every provision for the escape of gas; consequently, check draft can be opened shortly after coaling and all heat-energy saved for radiation.

We can vouch for the "Sunshine" virtues mentioned above. We have installed this furnace and kept records of its performances, and know it to be exactly as represented.

LEMMON& SONS.

### DISCOURAGED MEN IS LIFE WORTH LIVING



MEN, you become disheartened when you feel the symptoms of Nervous Debility and decline stealing upon you. You haven't the nerve or ambition you used to have. You feel you are not the man you ought to be. You feel like giving up in despair. You get nervous and weak, have little ambition, pale in the back over kidneys, drains at night, hollow eyes, tired mornings, prefer to be alone, distrustful, variable appetite, looseness of hair, poor circulation-you have Nervous Debility. Our New Method Treatment is your refuge. It will strengthen all weak organs, vitalize the nervous system, purify the blood and restore you to a man-

Pay When Cured.

Are you a victima! Have you lost hope? Are you intending to marry? Has your blood been diseased? Have you say weakness? Our New Method Treatment will cure you. What it has done for numbreds of others, it will do for you. CONSELTATION FREE. No matter who has treated you, write for an honest opinion Free of Charge. Charges reasonable. BOOKS FREE—"The Golden Monitor" (Shistrated), on Diseases of Men.

ESTABLISHED 29 YEARS-CURES GUARANTEED. No Treatment sent C. O. D. No names on boxes or envelopes. Everything confidential. Question

## DRS. KENNEDY & KENNED

Cor. Michigan Ave., and Griswold St., Detroit, Mich.

promptly, say in half an hour, there the Spaniard crushed the Indian and patience, the kindness, the integrity, the If only we could catch their enthusipapers. We are all appealed to bear a is nothing worth using except Ca- the Englishman scorned and neglected whole souled disinterestedness of those asm, and the spirit that animated them share in the creation of a great national park at Quebec as an appropriate memorial of the founding of our Dominion and as a fitting measurement to the line and as a fitting measurement to the line work and as a fitting measurement to the line work and as a fitting measurement to the line work and as a fitting measurement to the line work and as a fitting measurement to the line work and as a fitting measurement to the line work and as a fitting measurement to the line work and as a fitting measurement to the line work and as a fitting measurement to the line work and as a fitting measurement to the line work and darkened the light of line work and line work and darkened the light of line work and line work and the spirit that animated them the spirit that animated them tarrhozone. You inhale its balsamic line work and the spirit that animated them tarrhozone. No doubt there were errors and among wayward savages, and won their lines work and line work and the spirit that animated them tarrhozone. You inhale its balsamic line on in this country, only purified from the superstition that so often marred the lines were animated them tarrhozone. You inhale its balsamic line on in this country, only purified from the superstition that so often marred the lines were errors and evils in their systems, errors and evils lines are the superstition that so often marred them tarrhozone. You inhale its balsamic lines are the superstition that so often marred them tarrhozone. You inhale its balsamic lines are the superstition that a su inion and as a fitting monument to the memory of the daring and heroic memory of the daring and heroic pioneers to whom we owe the first bepioneers to whom we can be provided to the first bepioneers to whom we can be pioneers to whom we can be pioneer which Canada still suffers, but there above their heads, the deadly ambush In this patriotic monument we honor was the sincerity of the martyr and the lurking for their lives, undismayed by not only those who have gone before self-devotion of the saint. It should not be difficult to enlist our sympathy in the project so enthusiastically started by our Governor-General and so readily and warmly supported by our gracious King. Interest has been safe, family remedy for the saint.

Self-devotion of the saint.

We cannot forget the tribute Chambard by hardship; undeter-t and who laid the foundations of our red by threatening look and muttered mitionality, but we honor ourselves; for plain paid to these men when he introduced them to the Hurons: These are our fathers—we love them more than we love ourselves—the whole our gracious King. Interest has seed tives and irritants. Cutarrhozone by our gracious King. Interest has seed to the saint.

We cannot forget the tribute Chambard by hardship; undeter-t and who laid the foundations of our red by threatening look and muttered mitionality, but we honor ourselves; for curse, they calmiy went on their way of the genius of a nation is not in her buildings, courts and fields, not in her than we love ourselves—the whole our fathers—we love them more than we love ourselves—the whole our fathers—we have foundations of our red by threatening look and muttered mitionality, but we honor ourselves; for curse, they calmiy went on their way of the genius of a nation is not in her their way of the genius of a nation is not in her than we love ourselves—the whole were ready, if it were God's sinews of her peasants and artizants. been aroused amongst all classes in the old land, and it would be strange were not that interest much greater amongst may be taken by young or old, with have left their friends and their countries and it would be strange were not that interest much greater amongst may be taken by young or old, with have left their friends and their countries and it would be strange were not that interest much greater amongst may be taken by young or old, with absolute certainty of swift, permanent try to show you the way to Heaven," their passionate charity, their en- literature, in the spirit of her laws, and cure. Try "Catarrhozone," All deal Whilst we seek to do honor to the thusiastic love for souls. They not least in the pride and glory of her pioneer soldiers, statesmen and traders stand in the front ranks of those memories and traditions,