



A LONDON DOCTOR

Tells How to Cure Stomach and Liver Troubles.

A distinguished London physician during the course of a recent lecture on stomach and liver troubles, gives the following advice:—
"Be moderate in the use of heavy, rich foods. Do not eat hurriedly, and thoroughly masticate the food. If your habits are sedentary, take a moderate amount of exercise before retiring and immediately upon arising. Do not use strong cathartic pills, many of which are advertised as sure cures, but in reality do injury by weakening the system. If you find it necessary to use any laxative, stick to the old-fashioned vegetable mixture, viz.:
Fluid Extract Cascara..... 1/2 oz.
Syrup Rhuibarb..... 1 oz.
Carruba Compound..... 1 oz.
Compound Syrup Sarsaparilla 5 oz.

20 Per Cent. January Sale

Boots, Shoes, Trunks, Suit Cases and Valises. Special lot of bargains in Men's, Boys' and Women's Boots.

H. JENNINGS, King St

GOOD SALARIES Do Only to the Well Trained Our High-Grade Courses never fail to bring success to our graduates. Day and Evening Classes, and Moderate Rates. FRONTENAC BUSINESS COLLEGE

Increase Your Efficiency Kingston Business College, Limited, Head of Queen Street. Our Own Blended Tea, 80c., 40c., 50c., 60c. per lb. of 16 ounces.

YOU WANT COAL Have you tried Walsh's? It has fine burning qualities and is well screened.

SPECIAL Our Own Blended Tea, 80c., 40c., 50c., 60c. per lb. of 16 ounces. Every ounce guaranteed. We also carry a full line of Staple and Fancy Groceries, Fruits and Confectionery.

Antique Furniture And old-fashioned articles a speciality. A post card will bring me to buy a L. Lesless, 507 Princess St., Cor. Chatham St.

COAL! The kind you are looking for is the kind we sell. SCRANTON Coal is good coal and we guarantee prompt delivery. Booth & Co., FOOT WEST STREET.

MONUMENTS Inspect our stock and work before placing your order. INSCRIPTION WORK SOLICITED. The Kingston Granite and Marble Works WELCH'S OLD STAND, Cor. Princess and Clerg' Sts.

Wanted

If you have City property for sale list it with us as we cannot supply the demands of our clients. At present WE WANT:
1. A small modern brick or stone dwelling (5 or 6 bedrooms) and well located.
2. A large house centrally located, suitable for boarding house.
3. A good sized frame dwelling under \$2,000.
4. A medium frame dwelling under \$1,500.
5. A small frame dwelling under \$1,000.
6. A double dwelling under \$3,000.
Three, four or five tenement dwellings that would yield a fair rate of interest on the investment.

T. J. Lockhart, Real Estate & Insurance, 159 Wellington St., Kingston.

THE TROUBLE LIES HERE You Can't Work Like This And You Need Not Suffer

Every little household task becomes a burden when you suffer with kidney trouble. Instead of being the bright, happy soul nature intended you to be you are becoming a nervous wreck. This need not be. A few doses of DR. ROOT'S KIDNEY AND LIVER PILLS will demonstrate this.

DR. ROOT'S KIDNEY AND LIVER PILLS They are within the reach of all. Sent on receipt of price post-paid from DR. ROOT CO., Spadina Ave., Toronto. Six boxes for \$1.25. Send today for free sample.

You cannot possibly have a better Cocoa than EPPS'S A delicious drink and a sustaining food. Fragrant, nutritious and economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

"Silver Plate that Wears" The Sixtieth Anniversary of the introduction of spoons, knives, forks, etc., marked "1847 ROGERS BROS." presents silver of remarkable beauty, style and wearing quality that will add grace to your table.

C/à la Grâce Corsets Extra Long Back, Dip Hip Models for that stylish smooth figure effect

SINKING INTO THE SEA

PROFESSOR SAYS AUSTRALIA IS SLOWLY DISAPPEARING.

Prof. David of Sydney University Says That Eastern Coast Line of Island Continent Is Subsiding—Peaty Formations Not Yet Fossilized Are Found Below the Sea, Showing Fall Took Place Recently.

Prof. David, who holds the chair of Geography at Sydney University, and is at present enjoying a holiday in company with Lieut. Shackleton's Antarctic expedition, is a man of many unorthodox ideas, and among them is one to the effect that the eastern coast line of the Commonwealth, including the New South Wales coast, is gradually slipping into the Pacific Ocean. It appears, says The Globe, that some few months ago the Government of that state had a test cylinder sunk in Sydney Harbor with a view to ascertaining the nature of the formation on which will rest the pier intended to support the proposed bridge connecting the two opposite shores. The professor descended the cylinder to a depth of 90 feet below high-water mark, where he found the formation to consist of peaty material—stems, leaves, and seeds of plants intermingled with a tough unctuous clay. This was at a depth of about 40 feet below the bed of the harbor. From the harbor bottom down to the level reached by Prof. David, the deposits consist principally of sand, with marine shells.

The peaty formation was not fossilized, and could not have been more than a couple of thousand years old. The professor thinks it probable that when the peaty material was laid down the harbor was much shallower than at present. Evidence in favor of this view has been afforded by the results of investigations in other parts of the harbor, and at different places on the coast. In boring for coal a few miles north of Sydney peat beds were encountered about 20 feet below sea level. When cutting a canal the foundations of the Sydney Harbor bridge across the Hawkesbury river, trunks of large trees were met with at a depth of about 70 feet below sea level. Further north, during the sinking in connection with the Hunter river delta collieries, near Newcastle, a large amount of peaty material and coarse river gravel, was passed through at depths, in places, of considerably more than a hundred feet below sea level, the material marking the former level of the old valleys before the submergence took place.

At Pungla's Bay, Port Stephens, north of Newcastle, beds of peat can be traced down to the low-tide level, dipping considerably thence; while borings for coal in the vicinity have passed through a bed of peat 100 feet below sea level. In cutting a canal in one of the creeks in Sydney Harbor, a submerged forest of large honeysuckle trees, together with a bed of peat, was found at a depth of 15 feet below high-water level. A remarkable circumstance in connection with the discovery was that a couple of aboriginal stone tomahawks in the peat, showing that the work of submergence must have taken place within a comparatively recent period. All this evidence, according to Prof. David, points to the fact that there has been, in the last few hundred years, a subsidence of a considerable portion of the New South Wales coastline, amounting to something like a couple of hundred feet.

"This," he says, "has admitted the waters of the Pacific Ocean to the old land valleys, and is cutting a canal, such as Broken Bay and Port Jackson, and harbors like Port Jackson and Botany Bay, are simply what American geologists term 'drowned valleys.' This raises the question as to whether the work of submergence is still going on. But the evidence on this point is somewhat scanty. At Largs, on the Hunter river, there are extensive beds of marine shells, of recent origin, elevated 15 feet above sea level; and in some parts of Sydney Harbor incrustations of oyster shells are frequent, which at a distance of 10 feet above high-water mark. The difficulty in making observations and calculations extending over a number of years consists in the fact that the sea level is not an unalterable quantity. The constant shrinking of the earth owing to its cooling, is supposed to have the effect of making the oceans deeper and narrower, and the land surface more extensive.

In the course of his remarks Prof. David explained that if there should occur, by any phenomenal change, such a rise of temperature in the Arctic and Antarctic regions as would convert the ice collected there into water all the low-lying portions of the New South Wales coast would become submerged. The ice-bound regions, representing about one-eighth part of the surface of the globe, hold sufficient ice, if melted, to raise all the oceans of the world several feet. Such a contingency is, however, unlikely, by reason of the earth becoming cooler instead of warmer. But a theory has been raised as to whether the slipping away of the New South Wales coast is not in some measure due to the gradual moving of a "fold" in the earth's crust, which is visible in the geological strata in portions of the coastal side of the Blue Mountain ranges. This view of the matter is being carefully investigated. Meanwhile, it has been pointed out that when there are large accumulations of flood waters in the bed of the Nepean river, the upper part of the Hawkesbury, their weight causes a disturbance in the land level, which is distinctly noticeable in the instruments at the Sydney Observatory, and which disappears as the floods subside.

Born in the Year of Trafalgar. Mrs. Amelia Fidgett, of Mistley, Essex, England, celebrated her 103rd birthday last month. She has been photographed with a daughter, aged 75, granddaughter, aged 48, and several great and great-great-granddaughters. Some men talk of their superiority every time they resist temptation. Some people believe everything they hear and a lot they dream. It doesn't take very much to encourage a hopeful person.

THE ARTISTIC PIKERS.

Yo ho! for the sail-swept Spanish Main, Yo ho! for the pirates grim, With the shark afloat on the weather beam And the crew a-studying him!

"Art is Art!" quoth Gory Tim, (The rummer bold was he) As he chewed the bight of a bowline wight Afloat of the larboard lee.

"I stick for Art!" says he again, "But I like it red an' gory! With a Frenchman's thumb (cut off, by gum) I've drawn me many a story!"

"I've drawn my gun in action, too, An' at point-work I'm a bristler! I've plashed in red to the foretop's head, An' painted decks like Whistler!"

Quoth Leary Jake the bosun's mate, As he lowered the boarding-netting: "I, too, likes art—but a carving part, In a rich vermilion setting!"

"But ho! there's a sail on our star-board bow," Cried the Captain, "Lads, look hearty! 'Tis a man-o'-war, and furthermore, She'll eat us, a la carty!"

And that she did—and they all were awung From a yard-arm, most unwilling. Quoth Jake to Tim, as they knotted him: "Their line-work, mate is killing!" A Harold Brown.

SECRET OF SUCCESS.

Lord Strathcona Declares It is Perseverance and Good Credit. What is the secret of success? Lord Strathcona has expressed his views on the subject recently to The Standard. Giving evidence in the Federal Court at New York in the United States Government's suit for the dissolution of the Standard Oil Co., which organization has made him the richest man in the world, Mr. John D. Rockefeller, on being asked the question: "What was the secret of your success?" replied: "We always had credit, we kept out of convenants, and we paid on our paper."

"I think Mr. Rockefeller is right," said Lord Strathcona. "Mr. Rockefeller, by credit, does not mean only money trust—he means the readiness to oblige, which is aroused in all men by strong and reliable characters. I think he is right, decidedly. "What the message does not mention is Mr. Rockefeller's perseverance and his ability of seeing what not to undertake. "Tell your young men and young women readers to keep perseverance before them every moment of their lives and to proceed slowly and surely. Opportunity comes to some more frequently than to others. There are very few whom it does not visit all day. You have got to be ready for it if you are not prepared, that's your fault. Work steadily for improvement, but don't gamble for it. Depend on your own efforts and don't wait for your friends."

The Old Spelling-Match. The spelling-match, once the favorite arena of local learning in Canada, and the winter entertainment of many a countryside, has almost entirely disappeared. Perhaps country folk of to-day can spell as correctly as did their fathers and mothers, and much better than the average resident in city or town, but it is certain they do not get as much fun out of their knowledge of orthography as did the country folk of a generation ago. The evening after the evening throughout the long winter was spent in these battles over the words, the spelling team of one school being arrayed against that of another, and the contest aroused as much interest in the locality as a hockey match does to-day. The boy or girl (and it was usually the latter, for on the average the girls are better spellers than the boys), who "spelled down" the school, or who stood up last in one of these district matches, was the hero of the hour and the wonder was "that one small head could carry all he knew."

While these spelling-matches appealed to the sporting spirit and to local pride and rivalry somewhat as athletic games do, it cannot be denied that they also appealed to the intellectual side and possessed valuable educational qualities. In the Muskrat Cities. The queer, oddly-shaped houses of the muskrats present a peculiar appearance along the banks of the Ottonabee river in Peterboro County. In practically all the weed beds and marshes the muskrats are plentiful, and their funny houses, unusually high above water, are to be seen along the shores, like trusses of hay. They almost resemble beehives, excepting that they are roughly finished, the exterior with protruding ends of rushes and marsh weeds. They are rounded on top, the rats gaining entrance from underneath. They are well made and warmly lined. In these the rats live through the winter, feeding on what they find under the water. In some of the low-lying places whole cities of these queer abodes may be seen, and the rats should be very plentiful next spring when the season opens for their capture.

More Good Indians. Ravages of tuberculosis among the Indians of Canada is indicated in the annual report of the Indian Affairs Department issued a few days ago. During the fiscal year ending last March the Indian population numbered 110,000, a decrease of 40,000. The preceding year showed an increase of 169. To tuberculosis alone is the falling off attributed. The report notes that the Indians are becoming self-reliant. The expenditure for destitute, which ten years ago was \$375,000, is now \$145,000.

Only One "BROMO QUININE," that is Laxative Bromo Quinine Cures a Cold in One Day, Grip in 2 Days.

WESTERN SUFFRAGETTE.

Miss Binnie-Clark Wants Free Homesteads For Women Who Can Farm.

Western Canada is about to have a suffragette question, as it were, of its own. The women of the Prairie provinces are not yet clamoring for votes, but some of them at least think that there ought to be certain changes in legislation which would prove materially advantageous to them. It has several times been pointed out that, among other things, the right of dower should be given to wives in the West, as it is to wives in the East. And now comes another "woman's plea," from Fort Qu'Appelle, Saskatchewan. It is made by Miss Georgina Binnie-Clark, who suggests that the encouragement of free homesteads be given to women who have capital and capacity. The writer has examined the homestead law and finds that it grants land to a woman only if she is the sole head of a family; unmarried women cannot take up homesteads. Miss Binnie-Clark says that as the need of the West is women, the way to get them is to encourage them in this practical way. And she says: "As against all the male immigrants, have you ever heard of an English woman immigrant failure?"

Miss Binnie-Clark is herself an English woman, and is making a success of farming in the West. Although this year has not been a very good one in her vicinity, she is able to pay off \$1,000 on her land, besides having enough seed wheat for 100 acres next year, and enough produce to maintain her household until spring. She has only been in Saskatchewan three years and when she went she did not know barley from oats. This enterprising woman-farmer writes to The Canadian Gazette, of London, to urge that the Canadian Government encourage other English women to come out and do the same. She has had a number of inquiries from women, with some capital, who would like to make the experiment, and her suggestion is that twelve quarter-sections should be granted annually for three years to English women seeking and approved by Mr. Obed Smith on behalf of the Canadian Government, and let the result show whether there is a real need and a way of meeting it.

ANOTHER FAKER.

Arthur Stringer Is Out After Emerson Hough's "The Warrant."

Arthur Stringer will now include Emerson Hough and The Smart Set in his list of Canada fakers. That magazine, in announcing as one of its features for December a story by Mr. Hough dealing with the Canadian West, says: "Canada has become, in the past few years, a favorite field for American novelists, who find in its historic features, its Old World leanings and its glittering, exhilarating winter life a constant source of inspiration. Emerson Hough, in his latest story, 'The Warrant,' published in the December Smart Set, has passed by the interesting St. Lawrence region of Canada and has written a strong romance of the bleak northwestern wilderness, where Doukhobors and Galician immigrants drag out their narrow lives, their hard, sordid monotony, broken only by occasional prying expeditions on the part of the Northwest Police. Out of this unromantic material Mr. Hough has evolved a magnificent story, which forms one of The Smart Set's features for the month. "The story is a good story in many ways, but the foregoing announcement will show that its publishers know about as much about Canada, east and west, as do the producers of such alleged Canadian plays as 'Pierre of the Plains,' etc.

Late Dandelions.

The flowers that bloom in the spring, trala, have nothing to do with the case reported by Reeve Scott of Smith, Ont., recently.

There was a great variance between the statements of the observatory experts and of Mr. Scott regarding the weather. The air specialist in the meteorological office said that the average temperature in the province was ten degrees. While, in an interview with The Peterboro Times, the reeve said that on his way into that city with a drove of cattle he noticed at several places dandelions were blooming along the roadside. He confessed he was greatly surprised, as it is seldom those yellow heads have much to say at this time of the year, but attributed it to the "very mild weather."

Prompt in Action.

Any pain in the back is commonly called lumbago, whether it be a steady ache, a sharp pain, a sudden stitch, or recurring ache or soreness. No matter what form the trouble takes be prompt to use an effective remedy. There is none better than Smith's White Liniment. Whether the attack is due to congestion of the kidneys or of the external muscles this remedy will cure. Big bottles, 25c., at Wade's drug store.

DR. SPARK'S VEGETABLE OINTMENT Cures all skin diseases, such as Ulcers, Pimples, Eczema, Barbers Rash, Itch, Cold Sores, Fever Sores, Cuts, Burns, and Cracked Lips. It has no equal. Price 25c. per large box. For sale by G. W. MAHOOD, and all Druggists.

NOTICE.

After stock-taking we find that we have several lines larger than usual that we are clearing out at sale prices. Couches, in fancy shades of velours, only \$6.50. Five and Three-piece Parlor Sets in silk, only \$20. Extension Tables in surface oak, 8 feet, only \$6.50. Dining Room Chairs, fancy backs, only 75c each. Also Brass and Iron Bedsteads, Springs and Mattresses. JAMES REID, The Leading Undertaker. Phone 147.

Coughs Coughing is the worst thing you can do to your throat. It inflames the tonsils and aggravates the air passages. Gray's Syrup stops a cough at once. It soothes the irritated parts and strengthens the throat and lungs. At all dealers, 25c and 50c a bottle.

Gray's Syrup of Red Spruce Gum Relieves Colds—Hoarseness—Cold in the Head—Coughs—Bronchitis—Asthma—Pain in the Chest—Dry Night Coughs—and permits Restful Sleep.

Ripe Bananas Tangerines, Florida Grape Fruit, Sweet Navel Oranges. A. J. REES, 166 Princess St Phone 58.

FURNITURE SPECIAL Everything reduced from 10 to 15%. This will be a splendid opportunity to save money R. J. REID, 230 Princess St Phone 577.

PLUMBERS: Try our PURE LEAD in five pound blocks. The price is interesting. Canada Metal Co., Ltd. 31 William St., Toronto.

79c. FOR TUESDAY AND WEDNESDAY 79c. For two days only we will run a 79c sale. See the many bargains for 79c. Any pair of Women's Felt House Slippers in our store, Regular \$1.25 and \$1.50. We have them in many colors. TUESDAY and WEDNESDAY ONLY79c. Any pair of Children's Leggings, in Corduroy, or Felt, worth \$1 and \$1.25. TUESDAY and WEDNESDAY79c. Any pair of Women's Colored Spats, Regular \$1. TUESDAY and WEDNESDAY79c. Any pair of Children's \$1 Boots, on TUESDAY and WEDNESDAY79c. Any pair of Men's \$1 Slippers, on TUESDAY and WEDNESDAY79c. If you want a real good bargain, don't fail to attend this SPECIAL SALE.

ABERNETHY'S.