

A GRAND KIDNEY MEDICINE

"Fruit-a-lives" Cured Him When Everything Else Failed.

Ulverton, Que., March 17th, 1908.

I wish to place on record, for the sake of others who may be suffering in the same way that I suffered, that no medicine I ever took did me so much real good as "Fruit-a-lives" did. I suffered for many years with Kidney Trouble, with bad pain in the back.

I took every known kidney remedy and kidney pills, but nothing gave me any relief, and I was getting discouraged.

I was advised to try "Fruit-a-lives" and did so—and this medicine cured me when everything else failed.



I used altogether fifteen boxes of "Fruit-a-lives," and from the outset they gave me relief and I am now practically well again; no pain, no distress, and all symptoms of kidney disease have entirely left me. I am very thankful to be once more well, and I freely make this statement for the sake of others who may suffer as I did. To them, I say try "Fruit-a-lives," as they are a grand kidney medicine.

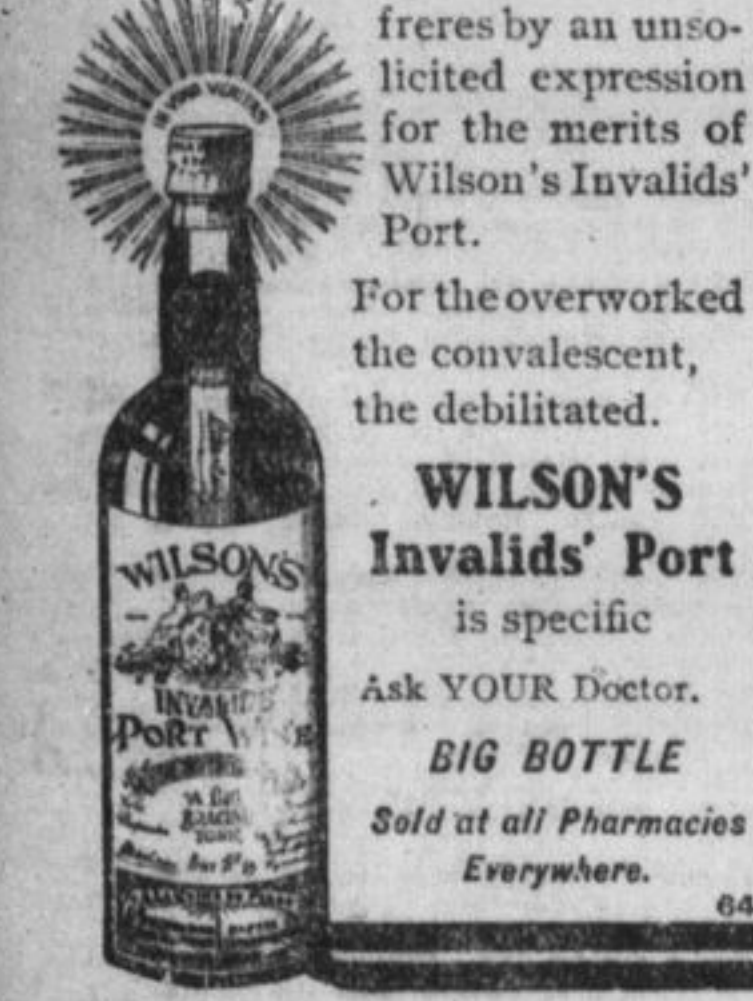
CLARENCE J. PLACEY.

50c a box, 6 for \$2.50, or trial size 25c. At dealers or from Fruit-a-lives Limited, Ottawa.

WILSON'S Invalids' Port

is a tonic stimulant prepared from a blending of choice Cinchona Bark with an especially selected nutritious Oporto Wine.

Many of the leading members of the Canadian Medical Profession have conferred a favor upon their confreres by an unsolicited expression for the merits of Wilson's Invalids' Port.



Don't Neglect a Cough or Cold.

It can have but one result. It leaves the throat or lungs, or both, affected.

Dr. Wood's Norway Pine Syrup is the medicine you need. It is without an equal as a remedy for Coughs, Colds, Bronchitis, Sore Throat, Pain in the Chest, Asthma, Whooping Cough, Quinsy and all affections of the Throat and Lungs.

A single dose of Dr. Wood's Norway Pine Syrup will stop a cough, soothe the throat, and if the cough or cold has become settled on the lungs, the healing properties of the Norway Pine Tree will proclaim its great virtue by promptly eradicating the bad effects, and a persistent use of the remedy cannot fail to bring about a complete cure.

Do not be humbugged into buying so-called Norway Pine Syrups, but be sure and insist on having Dr. Wood's. It is put up in a yellow wrapper, three pine trees the trade mark, and price 25 cents.

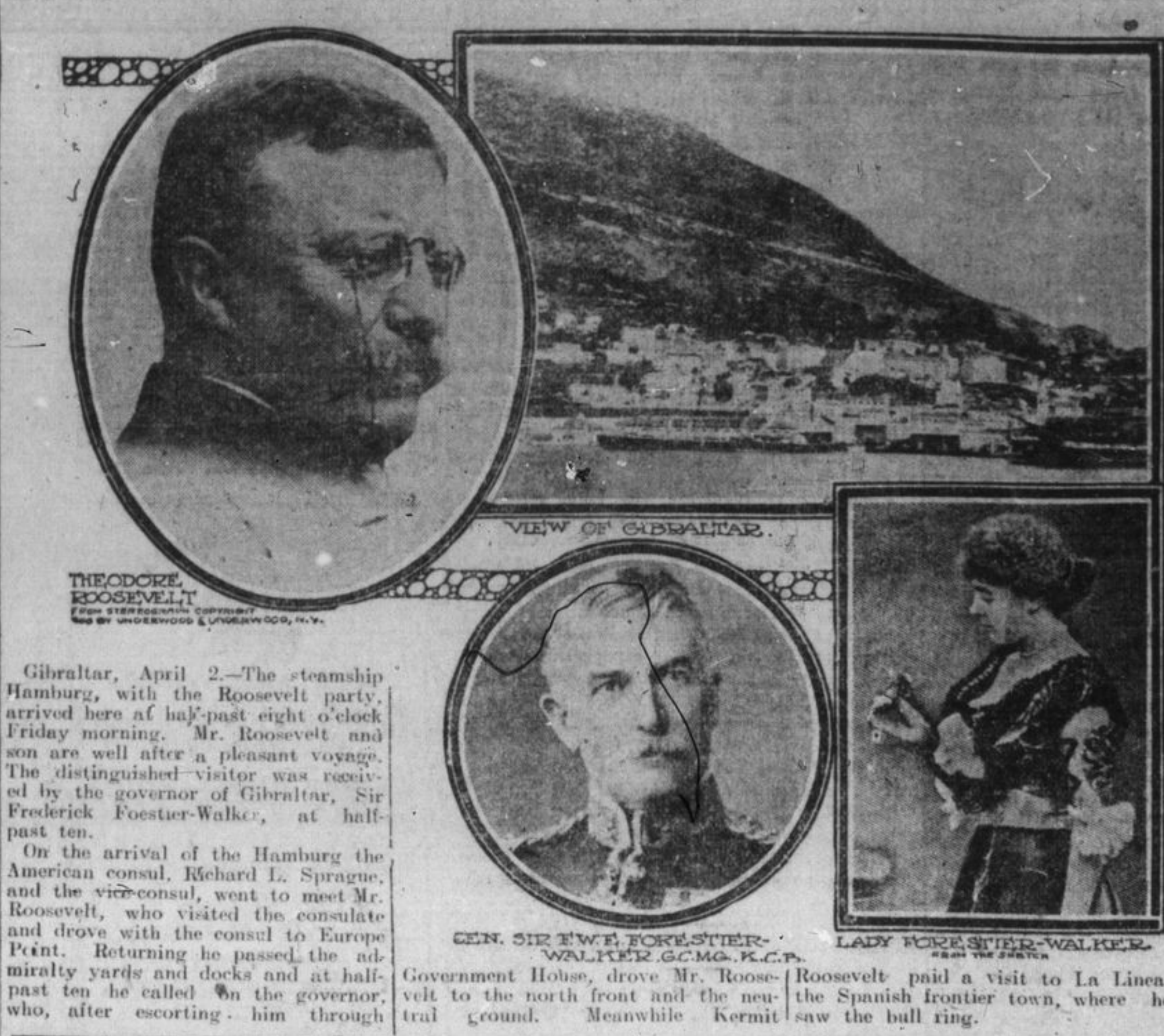
Mrs. A. Kiles, Lunenburg, Alta., writes: "Last spring I had Typhoid fever and Bronchitis, which left me with a terrible cough. I tried doctor's medicine but got no relief until my husband got me a bottle of Dr. Wood's Norway Pine Syrup, and before I had finished it my cough was cured. My husband also used it whenever he has a cough. I would not be without it."

PILES CURED at HOME

by New Absorption Method.

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the absorption treatment; and will also send free for trial, with references from your own locality if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write to-day to Mrs. M. Summers, Box 261 Windsor, Ont.

THE FIRST VIEW OF GIBRALTAR.



Gibraltar, April 2.—The steamship Hamburg, with the Roosevelt party, arrived here at half-past eight o'clock Friday morning. Mr. Roosevelt and son are well after a pleasant voyage. The distinguished visitor was received by the governor of Gibraltar, Sir Frederick Foester-Walker, at half-past ten.

On the arrival of the Hamburg the American consul, Richard L. Sprague, and the vice-consul, went to meet Mr. Roosevelt, who visited the consulate and drove with the consul to Europe Point. Returning he passed the admiralty yards and docks at half-past ten he called on the governor, who, after escorting him through

Government House, drove Mr. Roosevelt to the north front and the neutral ground. Meanwhile Admiral

Roosevelt paid a visit to La Linea, the Spanish frontier town, where he saw the bull ring.

THE TRAMP PROBLEM

NEW YORK'S PLAN TO WIPE OUT VAGABONDAGE.

Will Establish Colonies Similar to Those in European Countries—There Are Half a Million Tramps in United States.

Reviews of Reviews.

It is conservatively estimated that there is an army of at least one-half million tramps in the United States. This figure is calculated by taking as a basis the number of tramps killed on the railroads every year and multiplying it by the proportion of tramps killed in the year compared to the total number of tramps employed. But it is entirely probable that the number at present reaches nearer a million than one-half million.

A large proportion are youths ranging from 16 to 21 years of age. Beginning with a yearning for adventure about one-half quit the nomadic life, and return home, or settle down, while the remaining half become inveterate tramps and gradually tend from vagrancy into a career of crime or semi-crime. A very large percentage of tramps, however, are adults and comprise every species, from men who will not work or have become chronically unfitted for work to those who are innocent victims of downward adversity.

The charitable societies and the railroads believe that they have at last come upon a plan which is quite certain to prove efficacious. This plan is a transplanting, with certain modifications, of the tramp colony idea already in force in Holland, Belgium and Switzerland. Since the instituting of these colonies vagrancy has been unknown in those countries, and, although they have certain features which cannot well be adopted in this country the general plan

of these European experiments will be followed.

The first step toward the establishment of tramp colonies in America has been taken in New York. Such public-spirited men as Edmond Kelly, R. Fulton Cutting, Robert W. de Forest, Samuel J. Barrows and other have joined with all of the charitable societies and the railroad lines in drawing up a bill which has been introduced in the legislature. That this bill will become a law, if not at this session of the legislature, eventually, is regarded as certain. The measure appropriates three-quarters of a million dollars to establish three tramp colonies, one near New York City, the second in the neighborhood of Albany, and the third in the vicinity of Buffalo. Part of this fund, it is proposed, will be used in buying sufficient areas of waste land for the colonies, and the remainder for the erection of necessary buildings. The governor is to appoint five men, who shall constitute a board of trustees of labor colonies, and who are to serve without pay. This provision is intended to obviate purely political officials. These colonies, the bill sets forth, are to be devoted to the detention, reformation and instruction of persons convicted of vagrancy, habitual drunkenness and violation of section 426 of the penal code. This section it may be noted, is the particular one covering offenses against railroads, such as trespassing, theft and other crimes.

All three colonies are to be places of compulsory detention. Magistrates are to have the full power of fixing the duration of sentence, although no sentence is to exceed two years. Any inmate will be able to get a parole upon giving proofs of good behavior, and if the trustees are convinced that he will not violate the law. But if any tramp attempts to escape from the colony in which he is confined he is to be subject to a term in state prison for a period of from one to three years.

The colonies are to be more agricultural than industrial. The aim will be to subordinate the industrial features to

GENERAL BERNARDO REYES.



Willemsstad, April 10.—Rumors have reached here of a revolutionary outbreak against the administration of President Reyes, of Colombia, in the vicinity of Rio Hacha, a seaport on the Caribbean. General Reyes is said to be the leader of the uprising.

Evidence of political unrest in the Colombian republic were recorded some three weeks ago as a result of the effort of the administration to

A Wonderful Recovery

Nervous. Sleepless. Worn Out.

Expected to Die or Go Crazy With Nervousness.

"I could not sleep—I could not rest was ready to cry on the least occasion—yet I was plump and fat. Can you imagine a more distressing condition than weariness of body and mind?" writes Mrs. Wensley, of Halifax.

"I lost myself in a sort of self-study because health seemed so shattered, and with the mental distress that grew with my bodily weakness, I was a burden to myself and a greater burden to my family."

"Though I sought and really needed pity I got very little for I did not look so very sick. It was only my nerves that were sick, and anyone who has sick nerves knows too well how awful a sickness it is."

"From the first Ferrozone strengthened my nerves, and it seemed to help them for I became stronger, more composed, slept more and grew more hopeful. When I had taken Ferrozone for about two months I lost that miserable sense of dread. I never could tell what I was afraid of, but expected something dreadful was going to happen me. Ferrozone gave me the strength to throw aside all these fancies and made me well again."

Go at once to any druggist, get a few boxes of Ferrozone—start right on the road to health and vigor. Ferrozone will keep you there—will show you what it means to be healthy, vigorous, full of nerve energy. (Once you're braced up and energized with Ferrozone you'll never again be content with ill-health.)

All dealers sell Ferrozone, 50c. per box, or six boxes for \$2.50.

FREAKS OF LIGHTNING.

Rips Off Clothing, Breaks Bones, Causes Strange Deaths.

Perhaps the most curious accompaniment of a lightning shock is the stripping off of the clothes. This appears to be very common. A writer in the Lancet describes a case in which a man was struck by lightning while standing by a willow tree. Immediately afterwards his boots were found at the foot of the tree and the man was lying on his back two yards off, absolutely naked except for the part of the left arm of his flannel vest.

He was conscious, but much burned, and his left leg was broken. The field around was strewn with fragments of the clothes, torn from top to bottom. The boots were partly torn.

Flammation mentions a case in 1808 in which three women were standing

around a reaping machine when one of them was struck by lightning and killed; the two others were uninjured, but they were stripped of their clothes, even their boots being removed.

It has been suggested that the stripping of the clothes is caused by the rapid formation of steam. When trees are struck the bark is frequently torn off, probably by the electricity passing between it and the wood. It is not unreasonable to imagine that the same explanation applies to the removal of clothes.

Little less remarkable is the shaving effect which is sometimes seen. Two men who were at a window were struck by lightning. They were both rendered deaf, and the hair, beard and eyebrows of one were burned. A woman who was struck had the hair of her head completely removed. Sometimes the hair returns and sometimes the part is permanently bald. In the case at Frugersdorf bones were broken, and a few other similar cases are recorded. Probably in some of them the fracture was caused by the fall. Flammation mentions a case in which eight sheep were struck; all their bones were broken as though crushed in a mortar. The fall would not account for this.

When an electric current is passed through a number of persons holding hands it is generally felt most by those at the end of the chain, and several cases have been recorded in which only those which may be called the terminals of a series of animals are damaged. Five horses in a line received a stroke of lightning; only the first and last were killed. On another occasion five horses in a stable were struck; the only animal to escape death was the horse in the centre.

Several remarkable accounts have been recorded where alternate animals of a series have been struck during a storm in 1901 lightning entered a stable where there were twenty cows, and it killed ten of them. The first, the third and so on were killed, while the second, the fourth and so on survived. It is certainly difficult to explain cases such as these, but it would be unwise to deny the possibility of their occurrence.

Cases of complete incineration are not rare, but more remarkable are the instances in which the body of a man killed by lightning has appeared to be unaltered, but when touched it has crumbled to dust. In 1883 three soldiers took shelter under a tree and a stroke of lightning killed them all, but they all remained standing, and even their clothes appeared to be intact, but when touched the bodies fell into a heap of ashes.

The lower animals appear to be more liable to be struck than human beings. A whole herd of cattle or sheep may be destroyed by lightning. Two horses and sixteen sheep out of 288 have been destroyed at one time. In a storm cattle and sheep herd together, and this fact probably increases their danger.

Representations of a surrounding objects are sometimes said to have been imprinted on the victims' skins by a lightning discharge. Nearly always the picture is that of a tree and may be merely a branching mark made by the electricity. While not denying the possibility of such picture making, the writer considers the evidence quite insufficient.

"In one case a woman was minding a cow and they were both struck by lightning when sheltering under a tree. The cow was killed, but the woman, though for a time unconscious, soon revived; on her breast was seen a representation of a cow. Here also a healthy scepticism is reasonable, for the picture of the cow was only seen by peasants.

"In the summer of 1865 a Dr. Derendinger was returning home by train; when he got out at the station his purse was missing. It was a tortoise shell, and on one side it had a monogram of two 'D's' intertwined. Some time later Dr. Derendinger was called to see a stranger who had been found unconscious under a tree, having been struck by lightning.

"The first thing he noticed on examining the man was that there was on the high a picture of his own monogram, the intertwined 'D's'; he re-examined the man, who was taken to the hospital. Dr. Derendinger said that his purse would probably be found in the patient's pocket, and so it proved. This case is certainly more easily understood, for the metal on the monogram would prove a good conductor, and so we can imagine how its image might be impressed on the skin. Similar cases are recorded of the imprinting of money and other metallic objects on the skin by lightning, and it is common to find burns on parts of the body near matches or other metallic objects.

"A very curious effect is sometimes produced. The person struck is killed, and yet he remains in the very attitude in which he sat at the moment of death. A party were sitting under an oak tree when they were all struck and killed by the same flash of lightning. When found they appeared to be still eating. One held a glass, another was carrying a piece of biscuit to his mouth, and a third had his hand on a plate.

"In another case a woman was struck while picking a poppy. The body was found standing with the flower still in her hand. The most probable explanation of these occurrences is the instantaneous onset of rigor mortis, but it has been shown experimentally that in animals killed by electricity the onset of rigor mortis can be hastened by increasing the strength of the current."

Highly Encouraging.

Coquelin's Reminiscences in London Telegraph.

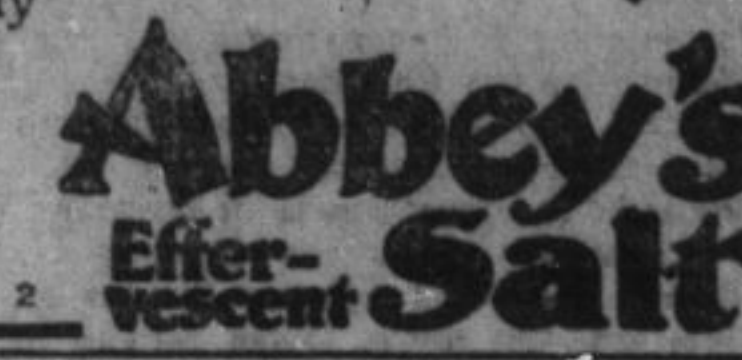
One fine day, just as I was walking on, I got the trac (blue funk) and could not speak my lines. I turned hopelessly and with pleading eyes toward the leading lady, who could not go on with her part until I had spoken; but, for all help, she hissed at me from between her teeth. "Parle donc, petit animal!" (Go on, speak, you little beast.) Of such was the "encouragement" I received on one memorable occasion.

Don't Have "Spring Fever"

What you must do is to get the blood pure—by stirring up the liver—making the bowels regular and the stomach sweet. The quickest, and surest, and pleasant way to do all this is to take Abbey's Salt. It's the best spring tonic.

25c and 60c a bottle.

"Spring Fever" is just another name for Biliousness, Irregular Bowels, Upset Stomach.



For Exacting Dressers

we have created an entirely new style in 3 button Sack Suits. Not only are lapels, pockets and cuffs different from former years,—fabrics are, also.

We went abroad for the Tweeds—and got the best in England, Scotland and Ireland.



Fit-Reform

CRAWFORD & WALSH

Sole Agents for Kingston.



ONE FLOUR FOR ALL BAKING

- the Bread Flour
- the Biscuit Flour
- the Cake Flour
- the Pastry Flour
- all four in the original

Ontario Blended Flour—always the same.

"Beaver" Flour

Every Farmer Needs this Book

Write for the booklet "Paints and Varnishes for the Farm." It's free. It contains 115 pages of information on Paint and Varnishes specially made for farm use. It shows convincingly in dollars and cents how you are losing money if your house or barn is unpainted or poorly painted. It tells how to make a wagon last for 20 years. It's a practical book for the man that lives on the farm. It's well printed and illustrated. There's no easier way to make money than to save it, and for the farmer there's no surer way to save it, than to use GOOD PAINT TO PROTECT HIS BUILDINGS, IMPLEMENTS, ETC., FROM THE WEATHER. You can buy good paint from every Sherwin-Williams Agency. Better write for this booklet to-day—now—a post card will do.

SHERWIN-WILLIAMS PAINTS AND VARNISHES

Made in Canada THE SHERWIN-WILLIAMS CO. Montreal Toronto Winnipeg

Canada Life Assurance Company, Imperial Guarantee and Accident Insurance Co., Western Fire Assurance Company, Last Mountain District—North-West Lands, Special Excursions for Prospective Purchasers, Cobalt Stocks.

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