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With the "sweetest" on is crowding louder as he goes. Only the per pound. For chewing, and smoking.

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Headache, and Distress after Eating. Small Pills, Small Dose, Small Price. Genuine with our Signature.

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IN EARLY MORNING

TIME WHEN THE BRAIN IS THE BRIGHTEST.

Lord Alverstone Found From Experience This Was the Best Time to Retire From an Able Ad-

Lord Alverstone, one of the greatest statesmen of England, in an address to a gathering of students some time ago said that he had found from his own long experience that the early morning was the time when he could think best.

There is no doubt that our power to think varies greatly during the day. Some people, like Lord Alverstone, think best in the early morning—before breakfast—but after an early cup of tea; others think better in the evening or last thing at night.

Our power to think appears to depend on the quantity of blood circulating in the brain, and any device that will increase the flow of blood to the head will usually enable us to think better.

Everyone knows from experience that the brain is not at its best after a heavy meal. The explanation of this is simply that all the available blood in the body is drawn from the brain and the extremities to help in the work of digestion.

For the same reason we can usually think best after a period of fasting, and it is known that clerks do better work before lunch than afterwards.

The late Prof. Mayor, of Cambridge, when engaged on his latest book would occasionally go without food for a day or more at a time, and for several years before his death his food cost him no more than two pence a day.

Prolonged periods of sleeplessness produce a sensitiveness and irritation of the nerves, or, as the doctors call it, a state of hyperaesthesia; which is frequently favorable to thought. Some people can think only when walking, and others only in the noise of streets and crowds, or with the buzz of conversation all around. But most people require silence and solitude.

Opium and morphia, in moderate doses, cause mental excitement of a peculiarly pleasurable character, which is always followed by a period of intense depression. The opium or morphia habit, once acquired, is almost impossible to break.

Both tea and coffee stimulate the nervous system and the circulation. The heart beats more quickly, and this causes the blood to circulate more rapidly through the brain. We drink tea because we know from our own experience that, whatever the doctor may say, we do feel more lively and energetic afterwards. But when tea drinking develops into a habit, as it often does, it brings indigestion, loss of appetite, and nervousness in its train.

The use of strong coffee at night is well known to students who are compelled to cram for examinations; for, although the coffee does not increase their intellectual capacity, it makes their brain cells more sensitive for the time being.

Early Venture With a Chum. Sir H. Edward Moss, who has induced Signor Leoncavallo, the world-famous composer, to conduct and superintend an abridged version of his own opera, "Pagliaccio," began in early life to evince an interest in theatrical enterprises. When only seventeen he joined with a chum a small "show" on tour, but the venture was not a success.

Later, the Franco-German war gave him an idea which set him on the high road to prosperity. People were clamoring for news and pictures of the campaign, and Mr. Moss, as he was then, determined to give the public a diorama of the war. He asked his father, who was a theatrical manager in Manchester, to lend him some money, and the diorama was put on the road.

Wherever the show went the verdict of the public was the same—"a really good thing." In a month Sir Edward was able to repay his father every penny he had borrowed and had a substantial balance in hand. Sir Edward's country residence, Middleton Hall, Middleton, is a splendid Elizabethan dwelling.

The Oyster Tree. Though it may seem peculiar to thousands who are unfamiliar with Southern Nigeria, it is a fact that here oysters actually grow on trees!

All through the Niger Delta, where the creeks are tidal, there is a rise and fall of from six to seven feet of water. The suckers of the mangrove trees which line the banks are covered with oysters from the points between high and low water, and although they are partaken of sparingly by the Europeans dwelling in these parts, they form one of the staple articles of native diet.

There is little to distinguish them from the ordinary bivalve known at home. They have not the delicate flavor of a "Whitstable," however, than which they are a good deal coarser.

Black and White. The negroes of South Africa have finer preserved teeth than any other race in the world.

It is remarkable that they should be able to hold their own in the competitive struggle with their more civilized competitors, since they are so careless in regard to everything else. But the manner in which they look after their teeth is even more remarkable than the results they achieve.

Twigs from trees, cut to a fine pencil-point, are the only brushes they know; ash from the fire the only paste they use. Yet when a Kafir smiles one is afforded one of the best studies in black and white that human nature can provide.

St. Cuthbert's Comb. It was formerly the custom to bury combs with the dead, which clearly shows that these articles of the toilet had sacred significance in the eyes of the people of the old world. The comb buried with St. Cuthbert, and now preserved at Durham, England, is of ivory and measures six and one-quarter inches in length and four and one-half inches in width. It is ascribed to the eleventh century and has a double row of teeth, divided by a broad, plain band, perforated in the middle with a round hole for the finger.

OLD QUEBEC.

A City Full of Interest and Information For the Tourist.

Quebec is one of the oldest cities in America. It is noted as one of the most interesting spots for tourists on the continent. A recent writer says:

The ancient seminary and divinity school, founded in 1663, still is full of students training for the Roman Catholic priesthood. It is the largest and most important educational institution in Canada, and is being rebuilt and the books and historical manuscripts, which are the most interesting part of it, are packed away with the pictures, which probably are the most important in Canada.

The library has more than 100,000 volumes, including the most complete collection in existence of works relating to the exploration and early settlement of the Dominion.

It was customary for the military and ecclesiastical explorers to deposit their journals and other manuscripts with the university, which was founded by Mgr. de Laval, the first Roman Catholic bishop of Canada, and they are now the source of material for a publishing house of Cleveland has printed translations of much of the most important historical material.

The university is composed of four schools—art, law, medicine and theology. There are 25 professors and an average of about 450 students.

The old part of the city on the bluff is inclosed within a wall built at the same time as the citadel, and the best preserved of any ancient city wall that I ever have seen. Sentiment here is expensive also. As the sergeant in the citadel said: "It costs a lot of money to keep it up, but it's a heap of satisfaction."

Beyond the walls is the Provincial Parliament Building, a large and stately building of the conventional French school. It contains the legislative chamber, the offices of the governor and his Cabinet, the court rooms and the state library, and is surrounded by an attractive and well kept garden.

Beyond the Parliament Building is the best residence portion of the city, with many comfortable mansions, schools and nurseries. More than 2,000 young women from Canada and the United States are being educated in these institutions.

The ancient gates of the wall have been preserved, and where it has been necessary new ones of monumental proportions have been erected by the municipality.

Within the walls, near the principal hotel, is a plain, old-fashioned building that was occupied several years, by the Duke of Kent, father of Queen Victoria, when he was in command of the garrison here, and one of the new gates cut through the walls was named after him. His daughter, her Majesty, the late Queen, contributed liberally toward the cost of construction, and his granddaughter, the Princess Louise, wife of the Marquis of Lorne, not only laid the foundation stone, but revised the architectural plans while her husband was Governor-General of Canada.

No city in America has so many nunneries and monasteries as Quebec, and most of them are either schools or homes for the poor and aged. One of the benevolent institutions is unique. It is kept by the Sisters of Providence, who receive the children of widows and feed and teach them for two cents a day. It is a day nursery also, where working women can leave their babies to be cared for by sweet-faced nuns while they are earning their living.

The number of churches and the size of them is surprising. Nearly all are of the Roman Catholic faith. A cathedral of the Church of England occupies a conspicuous place in the centre of the city and is interesting because a number of battle flags are hung in the chancel, over the pulpit and the altar, and in the vestry is a beautiful communion service presented by the late King Edward. The section will tell you that it cost \$10,000.

One of the oldest churches in America is the French cathedral or basilica of Quebec, which dates back to 1647. It is one of the most imposing structures in Canada. It contains several important pictures, including a picture of the crucifixion painted by Van Dyck in 1639, which, with several other examples of the old masters, was looted from the churches in Paris by the revolutionists of 1793 and purchased by Abbe Des Jardins, of Quebec, who happened to be in the French capital at that time.

The vestments are superb and the collection of sacred relics is the largest in North America. They are kept in two large vaults in the sacristy and include, it is said, skulls or bones of more than 40 saints, beside pieces of the true cross and crown of thorns, the cradle of the child Jesus, a piece of rope with which the Saviour was flogged and a fragment of the veil of the holy mother which shows a stain of the blood of her beloved son which fell upon it as she knelt before the cross.

A Northern Utopia. Iroquois Falls was laid out for beauty as well as commerce, and is being built with the idea of future growth. The T. & N.O. Railway station is in the centre of 100 acres of land, the present limits of the town. From here go forth roads in every direction; like a cobweb the streets run to one centre, and that the Government railway. These streets have been named after the royal family and Earl Grey's family, excepting one, and that bears the name of Ontario's Premier. Playgrounds and parks have been arranged where the children can spend happy hours in play.

The Composition of a Rocket. The ordinary skyrocket is made of various compositions packed in tubes rolled tightly round a cylindrical core. The match by which the rocket is exploded is placed in a cavity at the bottom. The movement of the rocket would be irregular if it were not for the guide stick, which is made very light, so that it does not retard the flight of the rocket when the gases come out and hit the ground with all their might, and send the rocket up into the air for all that it is worth.

The marriage of Miss Lora Mae McDermott, youngest daughter of Mr. and Mrs. Edward McDermott, of Smith's Falls, to Joseph Ewart Lee, of North Bay, son of Joseph Lee, of Perth, took place in Ottawa, on Tuesday.

MONUMENT TO BE REARED

To Capt. Cook, First Navigator of the Pacific.

Captain Cook was really the first navigator of the Pacific Ocean. Others had discovered it centuries before, but he was the first to put those discoveries to practical use, and his explorations served as a basis for the first accurate maps of that great ocean. He found that there was no vast continent stretching from near the shores of Asia to the Antarctic pole, as Europe had always thought.

He was the first to sail around New Zealand, and he gave New South Wales its name. He is at last to have a fitting memorial of his services to England and the world. This memorial will take the form of a statue to be designed by Sir Thomas Brock, the sculptor who did the Victoria memorial, and will have a place in London near the Admiralty arch in the Mall.

Ruskin's Impulsive Generosity. One day, walking near Radley, Ruskin's attention was caught by a group of little girls picking in the road, and he went and talked to them. One of them specially attracted his attention. He asked her why she was picking in the dust. Had she no garden at home? Did she love flowers? What was her name? And she replied modestly, with wonder in her eyes, on reaching home he gave orders to his solicitor to look out for and buy a cottage with a garden in Radley and have a deed of gift made out in the little girl's name, which was done accordingly, and she, full of wonder, with her astonished parents, entered at once into possession of it—named "Ruskin in Oxford."

Show on the Good Man. Discussing the future of the human race and its artificial improvement, George Bernard Shaw said: "But what sort of men and women do you want? You have not the slightest idea. If you say you want a good man you don't know what a good man is. We rarely recognize him when he does come in our midst. He is generally crucified. In current society the man of the future would be a wicked man. The woman of the future would certainly be wicked."

Knowles' Rejoinder. Some time ago William Jennings Bryan was lecturing in Galt, the home of Robert E. Knowles, the well-known preacher and author. Mr. Bryan was entertained at Knox Manse while in Galt. The attendance at the lecture proved disappointingly small, and the preacher turned to the door of the rather large admission fee. As it was well known, Galt is the Scotch town in Canada.

After regaining the manse, a few friends being present, Mr. Bryan turned to his host and asked him why, in his opinion, the audience was so small. "The thing that spoiled it," replied Mr. Knowles, "was the same thing that disorganized the Democratic party."

"What was that?" queried the statesman. "It was the silver question," replied the novelist.

The Point of View. A Toronto young man, who has made a reputation for himself as an amateur sailor, has taken up a homestead at Cardell, near Maple Creek. This district is noted for the velocity of the wind across the prairie. Writing home to his sister he said: "Dear Tess, I wish there was some water here. There is a helveta lot of good wind going to waste."

Trade With New Zealand. Canadian exports to New Zealand increased to the extent of \$464,028 for the fiscal year closing March 31. The exports totalled \$1,404,535.

Politicians Are Rare. Sir James Barr declares that in this country politicians are as thick as blackberries; some of them as thick as thieves, but a statesman is a "rara avis."

Mrs. William Goldsmith, the eldest resident of the township of Augusta, died on Saturday. She is survived by twenty-five grand children, six great-grand children, and seven great-great-grand children.

Advertisement for Seal Brand Coffee: 'A pure, rich, high grade, flavory coffee. The kind that makes you linger over your cup—such is Seal Brand Coffee. Packed in 1 and 2 pound cans only. CHASE AND SANBORN, MONTREAL.'

Advertisement for DALES' CAKES: 'DALES' CAKES. Dales' Sultana Cakes, 20c lb. Dales' Peel Cakes, 20c lb. Dales' Sultana and Nut Cakes, 25c lb. Dales' Genoa Cakes, 30c lb. A. J. REES, 166 PRINCESS ST. Phone 58.'

Advertisement for LIPTON'S TEA: 'For tea you can't beat LIPTON'S TEA. OVER 2 MILLION PACKAGES SOLD WEEKLY.'

OUR CRYSTAL BRAND. Of Standard Granulated Sugar. Has been tried and found excellent for preserving and table use. Price is always right. ANDREW MACLEAN, Ontario Street.

THE CLUB HOTEL. WELLINGTON STREET. (Near Princess). There are other hotels, but none approach the Club for homelike surroundings. Located in centre of city and close to principal stores and theatres. Charges are moderate. Special rates by the week. R. M. THOMPSON, Proprietor.

For Pickling. Pure Vinegar, all kinds of whole and Ground Spices. D. COUPER, Phone 76. 341-3 Princess Street. Prompt Delivery.

BETTER GET. Your bins filled with Our Coal before the Fall rush comes on. P. WALSH, Barrack St.

KINGSTON BUSINESS COLLEGE (Limited). "Highest Education at Lowest Cost". Twenty-sixth year. Fall Term begins August 30th. Courses in Bookkeeping, Shorthand, Telegraphy, Civil Service and English. Our graduates get the best positions. Within a short time over sixty secured positions with one of the largest railway corporations in Canada. Enter any time. Call or write for information. H. F. Metcalfe, Principal, Kingston, Canada.

Advertisement for NEW YORK CENTRAL LINES: '\$7.50 From KINGSTON Round Trip to NEW YORK. FROM R. W. & O. DIVISION STATIONS Annual Coach Excursion October 10th and 11th. Special train service on October 10th. Final Return Limit, October 20th. Ten days for sightseeing in the Metropolis—Theatres, the Hippodrome, the Water-front, Ocean Liners, the Subway, Museums, Parks, Skyscrapers, Navy Yards, Broadway, Fifth Ave., Riverside Drive, Baseball. Secure your tickets early. For complete information and time of trains, consult local agents or address New York Central Lines, General Agent, Watertown, N. Y.'

Advertisement for TIGER BRAND UNDERWEAR: 'TIGER BRAND UNDERWEAR. MOST everyone knows that underwear difference is something more tangible than trade mark. There is, for instance, the difference of quality. The Tiger Brand trade mark is valued not for what it is, but for what it represents. Tiger Brand Underwear. The Tiger Brand trade mark stands for something real and desirable. It positively assures the purchaser of pure wool, careful and accurate workmanship, excellent finish, correct fit and tub-and-wear resisting durability. An examination of the garments and their construction will reveal these points. Not a detail is slighted. Even the buttons are sewed on good and tight. And the purchase of every garment is made with the feeling of confidence that full money's worth is obtained in underwear satisfaction. At your dealers, 75c. to \$2.00. The Galt Knitting Company, Limited, Galt, Canada.'