

LACK OF EXERCISE Brings on Troubles which are Best Corrected by Dr. Morse's Indian Root Pills

Map was intended to live an active, outdoor life, and his digestive system was modelled accordingly. Indoor work with hands or head, long hours sitting or standing still, especially in air that's none too good, slow down the healthy activities of stomach, liver, kidneys and the millions of tiny skin glands.



Constipation, headaches, indigestion, biliousness, rheumatism and similar troubles follow.

Then the worth of that good old reliable family medicine, Dr. Morse's Indian Root Pills, is appreciated. Though it has been in use for over half a century, modern science has not been able to devise a safer or better cleanser for the whole system.

Dr. Morse's Indian Root Pills are largely vegetable in composition, free from any harmful drug, and mild yet most effective in their action. They are "Mother's standby" in hundreds of homes because they nip in the bud so many of the common ailments.

Made since 1857 by W. H. Comstock Co., Limited, Brockville, Ont., and sold everywhere at 25c. a box. 30

Carriage Painting SOME CLANS TO OURS.

This is the place to have your Auto repainted to stand all kinds of weather.

E. J. DUNPHY Car, Montreal and Ordnance Streets. PARIS MAY TAP THE RHONE.

Proposed to Bring Water Yielded by Glaciers of Alps.

Like New York, Paris has its urgent water problem. The long and intensely hot summer, with scarcity of rain, depleted the stored-up supply in the month of August, so that considerable alarm was felt over the situation. Even the departure for the provinces in that month of 300,000 persons (the usual mid-summer exodus) did not lessen the daily lowering of the levels of the reservoirs.

The solution of the water question for Paris, however, now seems to be at hand. The director-general of the water service, it is understood, has decided to abandon the policy of adding to the sources of supply little by little, by taking now this small stream and now another, and will recommend to the general council of the Seine a tremendous enterprise, only comparable in magnitude to the construction of the Catakil aqueduct in the state of the department seems fully disposed to adopt this project, which consists in bringing the waters of the Rhone, the great and rapid river that flows past Lyons down to the Mediterranean, into Paris, across the divide which separates the valley of the former from that of the Seine.

For the beginning of this work the department of the Seine will be asked to issue bonds, amounting to about \$80,000,000. I have not yet seen an estimate of the total cost of the great aqueduct and the storage basins that will be required by the new system. Already, a loan of \$2,500,000 has been voted for new water supply, but about half of this will be devoted to the building of filtration basins at Saint Maurice and other measures for improving the existing system.

The Rhone has its rise in the Swiss glaciers, and before it rushes, pure and darkly blue, past the city of Geneva under the beautiful bridges in view of Mont Blanc, it undergoes the finest of natural settling processes in the superb Lake of Lemano. Of course, Paris would take its supply of water far above the city of Lyons, and the long distance between the point of intake and the capital would ensure a second purifying process in the passage of the water through the aqueduct. The addition to the present water supply of Paris would be nearly 130,000,000 gallons a day, or enough, it is said, to guarantee the city from further want for an indefinite number of years.

DR. PARKIN DECLARES

THAT CANADA'S DECISION IN THE RECENT ELECTION

Was the Strongest Direct Blow it Has Struck for National Unity—Work Ahead for Premier Borden.

The London Times publishes the following letter from Dr. George H. Parkin:

This seems an appropriate moment at which to mention publicly a remark made by a distinguished American all your days ago at once. At the time a year or two before his death I had an interesting conversation with ex-President Cleveland, then living in dignified retirement at Princeton, New Jersey. Among other matters we discussed the relations of Canada and the United States. At the end of our talk the old statesman said: "I'll tell you what makes me like and respect you Canadians. You are always ready to talk business with us, and are as keen for a good bargain as we are, but the moment anything is said about annexation all your faces go up at once. Let people in England who are anxious about the effect of the late election on American opinion be assured that adherence to principle and patriotism command admiration and respect as much in the U. S. as elsewhere. During the last two years I have had occasion to visit every state in the American union, and from much conversation with many of the ablest men I am convinced that President Cleveland's feeling about Canadian patriotism will be shared by all Americans whose opinion is most to be valued."

By its present decision Canada has struck the strongest direct blow for national unity that has yet been given. The extraordinary silence with which the blow was delivered—a silence which puzzled the most acute and experienced political prophets even in the Dominion itself—makes it all the more impressive. Of its far-reaching influence an estimate can scarcely now be formed. But it has at least shut the mouths of those who claim that material interests alone hold nations together. It will certainly affect profoundly the whole position of American politics and parties. It strikes a decisive note of leadership for the other great dominions. It will give continental nation and Englishmen, themselves, a better understanding of the new powers that are silently growing up behind the British throne. It thus places Canada in a position of external influence quite unique among the colonies of all time.

Throughout the United States I have found that Canada is already looked upon as a country in which law, justice, and order prevail to a degree that Americans themselves do not know. If now Mr. Borden has the courage and steady determination to break away from some of the traditions which have been too powerful in Canadian politics—traditions which made such great leaders as Sir John A. Macdonald and Sir Wilfrid Laurier—incorruptible themselves—unable at times to control the cupidity of followers, he has an opportunity to stamp his name ever more indelibly than these brilliant leaders.

If he can make Canada a country which sets an example of clean politics, as well as of British respect for law and order, he will give the Dominion a position of moral influence in the world, and especially on the American continent, that it would be difficult to exaggerate. I believe that the best Americans would value such an example more than all the benefits reciprocity was expected to give.

No Risk at All. Cuts, bruises, burns, scalds, boils and such mishaps carry no risk of blood poisoning whatever and cause very little discomfort, if you promptly apply that sure cure, "Meeko" Ointment. None should be without it. Big 3 oz. jar, 25c., at all drug-gists.

Fifty Years in Parliament. That wonderful veteran, the Earl of Wemyss-to-day attains to the rare age of ninety-three. His power of mind and body have been preserved in a remarkable manner and he still takes a lively interest in current affairs. Seventy years have come by since he first entered parliament as M.P. for East Gloucestershire. In all he spent twenty-one years in the House of Commons before passing into the upper house in 1882, when he succeeded his father as tenth earl—London Evening Standard.

GOT A BAD SPRAIN.

Zam-Buk Cured.

Don't limp about in pain when you slip on the sidewalk and get a sprain, or get a bad twist at your—rotation. Rub in Zam-Buk. It eases pain.

Clarence D. Black, Legal Department, Transcontinental railway, Ottawa, writes: "I have used Zam-Buk with very satisfactory results, but I did not know its full value until just recently, when I fell from a street car and badly sprained my ankle. I immediately applied Zam-Buk, and am pleased to say that it has proved invaluable." The sprain was "sprayed."

Bear in mind that Zam-Buk is used by all the famous football teams, all the best trainers, and all the leading athletes. Men who are at sport all the time—whose living depends upon their keeping "fit"—find Zam-Buk the surest way to fitness. They are the best judges. Mothers! use it when the children get hurt.

In addition to its use for sprains, stiffness, rheumatism and sciatica, Zam-Buk is eminently useful for skin injuries and diseases. Blood-poison, festering sores and ulcers, etc., it quickly cures. Also cures eczema, scalds, chapped hands, cold sores, varicose veins, bad leg, eczema, ringworm, etc. All druggists and stores sell at 50c. box, or post free for price from Zam-Buk Co., Toronto. Refuse harmful substitutes. Have you tried Zam-Buk Soap? 25c. tablet.

A SHAG OF STEEL.

William J. SONGS, in October Canada Monthly.

From the Athabasca basin to the southern border plains. Where the prairie flowers and grasses bloom with countless suns and rains. From the silent mountain passes to the lone Keewatin trails. They are breaking Nature's slumbers with the music of the rails.

Over mountain crag and torrent; through the forest dells and breaks; Over leagues of treeless hinterland around the mighty lakes;

Sons of Vulcan! Hear them swinging through the vastness in space! Hear the rhythmic sledges ringing out their welcome to a Race!

From the Old World's human maelstrom of the New World's realm of peace.

Where the prairie skyline heekens and the wars of Mammoth cease; Human eyes are turned with longing—human hopes are circling high, As the steel-tongued heralds carol to the wild-rose and the sky.

Like the thrush when day is dying—or the lark when day is young, Are the matins and the vespers of the ribboned pathways sung: Wake, thou virgin prairies, wake! and greet the heroes of thy dream, Hear the bridal song of Industry—the hymn of Rails and Steam!

Yield thy gifts, O Land of Promise! Homeless millions turn to thee; Chains of poverty are broken and the bondsman shall be free. Through the trackless void we're coming, with the morning star o'er-head, World-old prayers and tears we'll answer with an avalanche of Bread!

Where the bison made his wallow, and the Indian tepees passed; Where the tardy sons of Empire conquer first and harvest last; Hear the vibrant rails go whispering in their paths from sea to sea, Singing Hope and Peace and Plenty—for the Canada to be.

Paris Women Taller.

Like English women, French women are growing taller—at least, in Paris. The results of the "careful and minute measurement of 255 Parisiennes, aged from twenty-one to fifty-five years," have been communicated to the Academy of Sciences. It was found that the average height of the Parisian woman had increased from 5 feet 6-100 inches to 5 feet 23-100 inches. They are taller by almost 1 1/2 inches than the women of the rest of France.

At the same time we are told that in 1908 1,370 English mothers and daughters were similarly measured, and the result communicated there. The average height for the mothers was found to be 5 feet 84-100 inches, and for the daughters 5 feet 22-5 inches. English women had thus grown just over 1 1/2 inches in a generation. Whether the 255 Parisiennes measured were mothers or daughters, or both, is not stated.

The only conclusion to be derived from the statistics in this connection, accordingly, is that the Parisienne of 1911 in height comes between the English mother and the English daughter of 1911. But she is not half an inch taller than the former, and has still much to grow before she reaches the contemporary English girl.

Still, it is surprising to learn that the Parisienne, according to these statistics is even so much as 9-100 inches taller than the British matron. It appears certain that she is gradually growing taller than the Parisian man; but no figures are published on the subject.—Pall Mall Gazette.

A Government Shadowed.

Montreal Star. There was the highest hope throughout the country that, with this huge majority, largely composed of "new blood," Mr. Borden would feel free to give us a government wholly unshadowed by even a question as to the character or reputation of any of the ministers.

It would be pure hypocrisy for the Montreal Star to pretend that this has been done. Borden's memories are not short enough to have forgotten our public opinion of some of the men who have been called to office.

Siniater forces have been granted admission to the privy council chamber at a time when they might easily have been rigidly excluded. We cannot profess to be delighted with Mr. Borden's first demonstration of his conception of his duties as a prime minister with a free hand.

The man who soldiers on the job is quite likely to soon find himself jobless. Emphasis is not made greater, or more effective by the use of profanity.



C. JAMES BANCROFT IN "THE PRIVATE SECRETARY" AT THE GRAND ON SATURDAY, OCT. 14TH, MATINEE AND NIGHT.

NIZAM OF HAIJARABAD.

Premier Prince of Indian Empire Had Income of \$10,000,000.

Asaf Jah Nizam-ul-Mulk, the nizam of Hyderabad and the premier prince of the Indian empire, who died recently, was born Aug. 18th, 1806, and succeeded his father, the Nizam Afzal-ud-daula, on the latter's death, Feb. 26th, 1859.

The late Nizam belonged to a family of the highest antiquity and importance among Mohammedan rulers, being lineally descended from the first caliph, Abu Bakr, the successor of the prophet. The area of the state of Hyderabad is 82,028 square miles and occupies the central part of that region of India, which is called the Deccan. It has a population of 3,111,142, of whom 9,570,839 are Hindus. About 1,000,000 are Mohammedans, and the ruling class is of the Mussulman religion. The dominions include the city of Golconda, which now lies in ruins. The late ruler was the ninth in succession from the Mogul chieftain Asaf Jah, Nizam-ul-Mulk, the founder of the dynasty.

The nizam was said to have had at his disposal an income of about \$10,000,000 annually, and he entertained lavishly. His collection of jewels, which contained many gems of almost priceless worth, was one of the most magnificent in India. Among these jewels was the historic crown of rubies brought to the court of Golconda in 1503 as a gift from the Shah of Ahsna, king of Persia, and the enormous diamond known as the Nizam.

Do not depend too much upon first impressions. They are liable to be faulty. With some individuals a trade is of much more value than a profession.

Psoriasis Was Cured

After Five Years of Suffering—Three Doctors Failed and Said Case Was Incurable.

Itching and Burning Was Terrible Until Relief and Cure Was Effected by Dr. Chase's Ointment

Psoriasis is another name for chronic eczema. It is the worst form of this dreadful itching skin disease. Once scum has reached this stage it is usually considered incurable.

But here is a case which proves again the wonderful healing power of Dr. Chase's Ointment. Not only does relief come quickly, but the resulting benefits are thorough and lasting.

Mrs. Nettie Massey, Concession, Ont., writes: "I thought it my duty to write you telling you the great benefit I received from using Dr. Chase's Ointment. For five years I suffered with what three doctors called Psoriasis. I doctored with three different doctors, with no good results, and one of our noted doctors told me if any one offered to guarantee me a cure for \$50.00 to keep my money in my pocket, as I could not be cured. The disease spread all over me, even on my face and head. The itching and burning was hard to bear. At last my brother read in the paper about Dr. Chase's Ointment as a healer. I used 8 boxes, and I am glad to say I am entirely cured, not a sign of a sore to be seen. I can hardly praise the ointment enough, and you are at liberty to use my testimony, as I hope thereby to induce other sufferers to try the same." Dr. Chase's Ointment, 60c. a box, at all dealers or Edmanston, Bates & Co., Limited, Toronto.

LACE INSET HOSIERY.

Short Skirts Oblige the English Girl to Adopt a New Fashion.

Lace inset stockings are to form part of the winter toilette of the English girl. Short skirts oblige her to garb her ankles attractively, and she is going to brave the wintry winds in the thinnest of footgear.

The old plan of using fine lace only on black and white stockings is no longer in vogue, for black hosiery is not particularly fashionable at present, and white is rather put into the background by the prevailing taste for color. Even expensive lace is dyed to match the shade of silk used for the stockings.

Stripes of lace are inset in some cases, while in others the pattern is in the form of butterflies or true lovers' knots. The rainbow stockings are the very latest novelty. They are of shaded colors, paling to a watery blue and inset with lace dyed with the stocking and made mottled in tint. Some of the lace inset stockings are worn over another pair of thin or white silk.

A Quibble. "These people obey the letter, perhaps, but they don't obey the spirit of the law."

The speaker, Commissioner Rhine-lander Waldo, of New York, was discussing certain troublesome and witty transgressors. He continued: "And they don't even interpret the letter of the law correctly. They and their attorney quibble like the young man in Pike county."

"A young man and his girl were strolling in a Pike county meadow last month when a bill dashed down upon them.

"Stay here and protect my retreat," cried the girl. "You know, Reggie, you've often said you'd face death for my sake."

"If Reggie, who had already sprinted fifty yards, called back over his shoulder:

"Do you call that bull dead?"

"The Union Forever." At a banquet given in Philadelphia not long ago, Senator Johnstone of Georgia and Dr. James P. Kimball of Red Lodge, Mont., were neighbors and each found it a matter of regret that the occasion promised to be "dry."

So the doctor exerted himself to find a beverage more to their liking than ice water. Under the mellowing influence of the result of his efforts, the doctor and the senator conversed freely and discovered that they had faced each other at the battle of Antietam, Dr. Kimball having been on General Patrick's right wing, while Senator Johnstone was on General Jackson's left. At the conclusion of the banquet the senator laid his hand upon the shoulder of his new found friend, and with a glance at the empty bottle said in deepest gratitude, "Doctor I am glad I did not kill you."—Lippincott's Magazine.

Nick's Hat Was Drunk. "Uncle Joe" Cannon, as everybody knows, does not care much for the extraordinary in the matter of clothing, says the New York Evening Post. He never affects the extreme in fashion, but has been known to wear a Felora hat with a frock coat or evening dress, at the occasion might be. It is not unusual for him to wear his Felora hat cocked over one eye. Consequently, one may readily imagine the astonishment of Representative Nicholas Longworth, who was accompanied by Mr. Cannon at the White House this week, when the former was wearing a Panama hat with the brim pulled down in spots, according to the fashion set by the crown prince of Germany some time ago. Mr. Cannon walked up to Mr. Longworth and, looking him straight in the eye, said: "Nick; you may be sober, but, by gosh, your hat's drunk."

"Buy Bromo Seltzer" at Gibson's.

TIGER BRAND UNDERWEAR. Men of sensitive skin will revel in the fine silken softness of the fine spun yarns in Tiger Brand Underwear with their smooth, sympathetic feel and easy, elastic adaptability to the body's movements. At your dealer's 75c to \$2.

CLEANING COSTLY PLUMES. We have reached well high perfection in dyeing, cleaning and curling of costly feathers and plumes. R. PARKER & CO., Dyers and Cleaners, 60 Princess St., Kingston, Ont.

GROWS HAIR ON BALD HEADS. Bald-headed People May Get a New Chance in Life. In these days when youth is the moving factor in business, when a man makes his mark at thirty-five and is ready to retire at forty-five, when business houses pension the man we call "middle aged" rather than allow his lagging influence to intrude upon the commercial rush, a bald head is almost fatal to any man's hopes. The following must therefore prove interesting to people who are losing their hair or who are bald.

RESCORIN. Rescorin is one of the latest and most effective germ killers discovered by science, and in connection with Beta Naphthol, which is both germicidal and antiseptic, a combination is formed which destroys the germs which rob the hair of its nutriment, and also creates a clean and healthy condition of the scalp, which prevents the development of new germs.

RESCORIN. The famous Rescall "93" Hair Tonic is chiefly composed of Rescorin, Beta Naphthol and Pilocarpin. It helps to make the scalp healthy, to nourish the hair, to stimulate the follicles. Where the hair is already bare, it enters the follicles, revitalizes the roots, supplies nourishment and stimulates a new growth.

RESCORIN. We want you to try a few bottles of Rescall "93" Hair Tonic, on our personal guarantee that the trial will not cost you a penny if it does not give you absolute satisfaction. That's proof of our faith in this remedy and should indubitably demonstrate that we know what we are talking about when we say that Rescall "93" Hair Tonic will grow hair on bald heads, except, of course, where baldness has been of such long duration that the roots of the hair are entirely dead, the follicles closed and grown over, and the scalp is glazed.

RESCORIN. Remember, we are basing our statements upon what has already been accomplished by the use of Rescall "93" Hair Tonic, and we have the right to assume that what it has done to hundreds of others it will do for you. In any event, you cannot lose anything by giving it a trial on our liberal guarantee. Remember, you can get Rescall Remedies in this community only at our store—the Rescall Store, G. W. Mahood.

J. H. Sutherland & Bro. "THE HOME OF GOOD SHOES". There's a big difference in the real value you get for your money when you buy shoes. We claim to sell better shoes for less money than you can get elsewhere. Why don't you try a pair next time? We will leave it to you to decide where you got the best value. It pays to find out about these things.

ROYAL ICE CREAM PARLOR AND QUICK LUNCH ROOM. All kinds of Lanches and Hot Drinks. Ice Cream and all kinds of Fruit and Candies. M. PAPPAS & CO., 184 Princess Street.

THOMAS COPLEY PHONE 987. Drop a card to 19 Pine Street when wanting anything done in the Carpenter line. Estimates given on all kinds of repairs and new work also. Parquet Floors of all kinds. All orders will receive prompt attention, Shop 20 Queen Street.

The American Cafe 153 Wellington St. The Up-to-date Restaurant and Eating House. Separate apartments. Well furnished and lighted. Try our Full Course Dinner, 25c. THOMAS GUY, Prop.

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.

GOODS SOLD ON EASY PAYMENT PLAN. All kinds of Dry Goods, Fur Collars and Muffs, Ladies' and Men's Clothing, Carpets, Curtains, Oilcloths, etc.; also all kinds of Household Furnishings can be had on easy payment plan. Call and see for yourself. 214 Division Street. L. COHEN

TAKE IT AWAY. That's what our patrons say when served with Belfast Ginger Ale or English Ginger Beer that do not bear our label. Our bottled goods for family use have no superior. Sample it at any of the leading hotels or telephone 294 for a trial case. Thompson Bottling Co., 292 PRINCESS ST., KINGSTON.

Just Received. A Fresh Shipment of Heinz New Goods. This season's pack. Extra choice. EGGD, the new Baking Powder, at 25c. a lb-4in. in stock. C. H. Pickering 400 PRINCESS STREET. Phone 530. Special attention given to phone orders.

COAL! The kind you are looking for is the kind we sell. Scranton Coal. A good coal and we guarantee prompt delivery. BOOTH & CO. FOOT WEST STREET.

Don't Chide the Fretful One. It may be that caffeine—the drug in tea and coffee—has upset a naturally cheerful disposition. Better tell the victim how to make a steaming hot cup of POSTUM. It has a delicious flavour similar to that of mild, high-grade Java, but with none of the injurious effects of tea and coffee—nothing but the rich food elements which build and sustain the nerve centres. A 10 days' trial of well-boiled Postum has let sunshine into many a life. It may brighten yours. "There's a Reason" Canadian Postum Cereal Co., Ltd., Windsor, Ontario, Canada.