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Eat Less Meat and Take Salts For Board of Trade medicine chest sup-Backache or Bladder Trouble.

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er; also get from any pharmacist boat? four ounces of Jad Salts: take a table spoonful in a glass of water before girls were already climbing the steep breakfast for a few days and your stairs to sympathize with and tend to kidneys will then act fine. This fam- the injured men. ous salts is made from the acid of "Do you think it will blow harder, grapes and lemon juice, combined Ben, when the tide turns?" he asked. enerations to clean clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weak-

Jad Salts is inexpensive, cannot njure; makes a delightful effervesent lithia-water drink which everyne should take now and then to teep the kidneys clean and active. bruggists here say they sell lots of fad Salts to folks who believe in overcoming kidney trouble while it is only trouble, Agent, Geo. W. Mahood.

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A. O. NORTON, 286 Congress, St. Boston *******

There's a mighty lot of difference between being social and communi-

The dollar must grow from the cent-therefore, look out for that THE

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CHAPTER IV. THE VOICE OF THE REEF

There comes a time in the life of every thinking man or woman when the argosy of existence, floating placidly on a smooth and lazy stream, unto itself speed, rushes swiftly onward past familiar landmarks of custom and convention, bolis furiously over resisting rocks, and ultimately, if not submerged in an unknown sea, finds itself again meandering through new plains of wider

Such a perilious passage can never be foreseen. The rapids may begin where the trees are highest and the meadows most luxuriant. No worning is given. The increased pace of events is pleasant and exhibarating. ed. Some frail craft are shattered in transit, some wholly sunken, some emerge with riven sails and tarnished embellishments. A few not only survive the ordeal, but thereby fit themselves for more daring exploits, more soul-stirring adventures.

When the two girls stood with Stephen Brand in the narrow entrance. bright young faces was due solely to the fact that their father had sounced the serious accidents which cret monitor whispered that fate. her bold and merciless dramatic action, had roughly removed two characters from the stage to clear it for more striking events.

Not once in twenty years has it happened that two out of the three keepers maintained on a rock station within signalling distance of the shore have become incapacitated for duty or the same day. The thing was so be wilderingly sudden, the arrival timely and unexpected, that Brand, a philosopher of ready decision in most affairs of life, was at a loss what to do for the best now that help, of a sort undreamed of, was at hand.

The case of Jackson, who was scalded, was simple enough. The plied to each lighthouse is a facsimile of that carried by every seagoing steamship. It contained the ordinary remedies for such an injury, of lead. The urine becomes cloudy; danger in lowering the sufferer to the

But Bates's affair was different. He lay almost where he had fallen. At first you feel a dull misery in appealing both to him and to Jackson he went to signal for assistance.

The problem that confronted him you feel rheumatic twinges when the now was one of judgment Was it better to await the coming of the doctor Eat less meat, drink lots of wat- or endeavor to transfer Bates to the

He consulted Ben Pollard again; the

The old fellow seemed to regard the question as most interesting and novel. Indeed, to him, some such query and its consideration provided the chief problem of each day. Therefore he surveyed land, sea and sky most carefully before he replied: "It may be a'most anything afore

night, Misser Brand. At another time Brand would have smiled. To-day he was nervous, distraught, wrenched out of the worn rut

"I fancy there is some chance of the doctor being unable to land when he reaches the rock. Do you agree with

His voice rang sharply. Ben caught its note and dropped his weather-wise "It'll blow harder, an' mebbe snaw

"I shall need some help here in that case, so I will retain the young ladies. Of course you can manage the boat easily enough without them?"

Pollard grinned reassuringly "We'm run straight in wi' thiccy

So they settled it that way, all thousand miles apart and flashes com-

chensible messages across the void The multitude gapes at first, but soon ccepts the thing as reasonable Wireless telegraphy" is the term, at one says "by mail." A whole drama was flowing over

curve of the earth at that momen out the Marconi station was invisible There was no expert in telepathic sen ation present to tell Brand and the sherman that their co ords covered a magic code.

Jackson, white and mute, was low ared first. The brave fellow would no arly all, of the so-called "cures" on the amidst the cushions aft. When Bate arket. Some months since m: it- given some slight strength by a stiff dose of brandy, was carried, with in ults. I find they cure a "sick" or crant in an iron cot to be lowered in a revous" headache in a few minutes and his turn, Jackson stood up. Heedle wer needed with equally good re- the cot and adjust it amidships cler

"Well done, Artie," said Brand's "Oh, brave!" murmured Enid. "We will visit you every day at

his bandaged arms quivered and the he learnt what had occurred he readseared nerves of his hands throbbed excruciatingly. Speak aloud he could order to pick up the relief lighthouse not. Yet he bent over his more help not. Yet he bent over his more help "Cheer up, old man. Your case is In a word, as Enid Trevillion was

things when he muttered "D'ye think ye can hold her, mat

whiles I hoist the cloth?" Jackson nodded. The request w a compliment, a recognition. He sat down and booked the tiller betwee his arm and ribs. Ben bauled with will; the Daisy, as if she were glad to escape the cascades of green water swirling over the rock, sprang into, in stant animation. The watchers from the lighthouse saw. Ben relieve the steersman and tenderly arrange the cushions behind his back. Then Brand closed the iron doors and the three were left in dim obscurity. They climed nearly a hundred for of stairways and emerged on to th

cornice balcony after Brand stopped the clockwork which control led the hammer of the bell. What a difference up here! The sa widened immeasurably, had change its color. Now it was a sullen bl gray. The land was nearer and high er. The Daisy had shrunk to a splast of dull brown on the tremendous ocean

How disconsolate the murmu of the reef! Brand, adjusting his binoculars scrutinized the boat. "All right aboard." he said. think we have adopted the wicer

prairie. How fierce and keen the

course. They will reach Penzance by half-past two." His next glance was towards the Land's End signal station. A line flags fluttered out to their right of th

"Signal noted and forwarded," read aloud. "That is all right; but the wind has changed." Enid popped inside the lantern for

shelter. It was bitterly cold. "Better follow her example, Connie, said Brand, to his daughter, "I will draw the curtains. We can see just as well and be comfortable.

plate glass, so thick and tough that sea-birds on a stormy night dashed though neither of the girls would ad- living-room. mit it, there was a sense of security the stone gallery. Constance balancthe field-glasses, followed the progress of the Daisy in silence, but creeps. Brand's eyes wandered uneasily from ldly during the past hour, to the cy- is modern, scientific, utilitarian clonic nimbus spreading its dark mass beyond the Seven Stones Lightship The sun had vanished, seemingly for the day, and the indicator attached to the base of the wind vane overhead pointed now sou'west by west. would not require much further variation to bring about a strong blow from the true southwest, a quarter responsible for most of the fierce gales

that sweep the English Channel. Nevertheless, this quick darting about of the fickle breeze did not usually betoken lasting bad weather. At the worst the girls might be com pelled to pass the night on the rock. He knew that the tug with the two relief men would make a valiant effort to reach the lighthouse at the earliest possible moment. When the men joined him the girls could embark. As it was, the affair was spiced with adventure. Were it not for the mishap to the assistant-keepers the young people would have enjoyed themselves | Dandrun and Itening Scalp Are Causthoroughly. The new airt of the wind, too, would send the Dalsy speedily back to port. On the whole, grave

ought to muster a good appetite. Come | physician. with me to the store-room. I will get

in charge of the kitchen." "And poor me!" chimed in Enid. "Oh, you, miss, are appointed upper obtained at leading druggists all house-maid. And mind you, no fol- over Canada is the one great remedy

"Mercy! I nearly lost my situation before I got it.

"We met Jack Stanhope and asked him to come with us." "You asked him, you mean," said Constance. "And you met him, I meant."

"I don't care a pin how you treated Stanhope, so long as you didn't bring him," said Brand, "though, indeed, hi would have been useful as it turned

When lunch was ready they sun moned him by the electric bells he had put up throughout the building gave them great joy to discover in the living room a code of signals which covered a variety of messages. They rang him downstairs by the correct call for "Meal served."

It was a hasty repast, as Brand could not remain long away from the glass-covered observatory, but they all Ont. Mail orders filled, all charges enjoyed it immensely. He left them, as he said, "to gobble up the remains," but soon he shouted down the stairs to tell them that the Daisy had rounded Carn dd. He could not tell them, not knowing it, that at that precise moment old Ben Pollard was frantically signalling to Lieutenant Stanhope to change the course of the small steam yacht he had commandeered as soon as the murmur ran through the town that the Gulf Rock was flying the

"Help wanted" signal. The officials did not know that Brand was compelled by the snowstorm to use rockets. All the information they possessed was the message from Land's End and its time

of despatch. Jack Stanhope's easy-going face be came very strenuous, indeed, when he heard the news.

.The hour stated was precisely the time the Daisy was due at the rock if she made a good trip. Without allowing for any possible contingency save disaster to the two girls and their escort, he rushed to the mooring-place of the 10-ton steam-yacht Lapwing impounded a couple of lounging sal ors, fired up, stoked, and steered the craft himself, and was off across the Bay in a quarter of the fime that the owner of the Lapwing could have achieved the same result.

His amazement was complete when he encountered the redoubtable Dalsy the bowling home before a seven-knot Jackson smiled, yes, smiled, though ranged up to speaking distance. When

ferring them to the rock. worse'n mine. An' ye did it for me.' safe, he was delighted at the prospect of bringing her back that evening body, yet had a glimnes of higher when the real skipper of the Lapwing would have charge of his own boat.

There was no hurry at all now.

If they left the harbor at three o'clock, there would still be plenty of light to reach the Gulf Rock, Ben wall. Trust a woman to find a mirror Pollard, glancing over his shoulder as the Daisy raced towards Penzance i "I suppose Jack will ask me side by side with the Lapwing, was marry him," she mused. not so sure of this. But the arrange- "And what will you reply?" ment he had suggested was the best The girl's lips parted. Her eyes ossible one, and he was only an old fisherman who knew the coast, whereas Master Stanhope pinned his faith som. to the Nautical Almanac and

nothing of these proceedings. When Constance and Enid had sol-

emnly decided on the menu for dinner, when they had inspected the kitchen and commended the cleanliness of the cook, Jackson, when they had washed the dishes and discovered the whereabouts of the "tea-things," they suddenly determined that it was much nicer sloft in the sky parlor than in "I don't see why they

decent windows," said course it blows hard here in a gale but just look at that tiny ventilator no bigger than a ship's port-hole, with a double storm-shutter to secure it if you please, for all the world as if the sea rose so high!"

Constance took thought for a while. "I suppose the sea never does reach

this height," she said. Enid, in order to look out, had to thrust her head and shoulders through an aperture two feet square and three feet in depth. They were in the living-room at that moment-full seventy feet above the spring tide high-water mark. Sixty feet higher, the cornice of the gallery was given its graceful outer slope to shoot the climbing wave-crests of an Atlantic gale away from the lantern. The girls could no realize this stupendous fact. Brand had never told them. He wished Indeed, the protection of the stout them to sleep peacefully on stormy nights when he was away from home. They laughed now at the fanciful nothemselves to painless death against tion that the sea could ever so much it, was very welcome. Moreover, as toss its spray at the window of the

They passed into the narrow stairhere which was strangely absent when way. Their voices and footsteps they looked into the abyss beneath sounded hollow. It was to the floor beneath that Bates had fallen. ing a telescope, Enid peering through | "I don't think I like living in a light-

house," cried Enid. "It gives one the "Surely, there are neither ghosts the barometer, which had fallen rap- nor ghouls here," said Constance. "It every atom of its solid granite." But Enid was silent as they climbed

the steep stairs. Once she stopped peeped into her father's bed-"That is where they brought when I firs tcame to the rock," she

whispered. "It used to be Mr. Jones's room. I remember dad saying so." Constance, on whose shoulders the reassuring cloak of science hung somewhat loosely, placed her arm around

since then, Enid," she said "What a wizened little chip I must have looked. I wonder who I am." "I know who you soon will be if you

ed by Microbes.

There is no doubt about it. Docdoubtful situation was greatly re- tor Sangerbond proved it when he leved. His face brightened. With a infected a guinea pig with dandruff humor not altogether artifi germs and all its hair disappeared in a short time. The entire medical "Now, Constance, I did not take you | world has accepted Dr. Sangerbond's aboard as a visitor. Between us we discovery as final. Ask any worthy they arrived in the Daisy, little more

Paris leads the world in knowyou anything you want and leave you ledge of diseases of the hair and remedies for the same. Parisian Sage which can now

that kills the dandruff germs. That is why J. B. McLeod says every reader of the British Whig if Parisian Sage does not banish dandruff, stop falling hair or itching scalp in two weeks he will refund

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don't care."

shone for an instant. Then she buried her face against her sister's bo-

"O, Connie," she wailed, "I shall hate to leave you and dad. Why has The people most concerned knew n't Jack got a brother as nice as him Whereupon Constance laughed loud

The relief was grateful to both Enid's idea of a happy solution of the domestic difficulty appealed to their

easily stirred sense of humor. "Never mind, dear,' gasped Constance at last. "You shall marry your Jack and invite all the nice men to dinner. Good gracious! I will have the pick of the navy. Perhaps the Admiral may be a widower." With flushed faces they reached

the region of light. Brand was writing at a small desk in the service "Something seems to have amused you," he said. "I have heard weird peals ascending from the depths." "Connie is going to splice the admir-al," explained Enid.

"What admiral?" "Any old admiral." "Indeed, I will not take an old ad miral," protested the elder. "Then you had better take him when

he is a lieutenant," said Brand. This offered too good an opening to be resisted. "Enid has already secured the lieutenant," she murmured, with a swift glance at the other.

Brand looked up quizzically. "Dear me," he cried, "if my congrathlations are not belated-" Enid was blushing again. threw her arms about his neck. "Don't believe her, dad," she said

Constance saw a book lying on the "Regulations for the Light Service." She opened it Brand stroked Enid's hair gently, and resumed the writing of his daily jour

'She's jealous!"

"The Elder Brethren!" whispered Constance. "Do they wear long white beards?" covered Enid "And dress in velvet cloaks buckled shoes?

"And say 'Boo' to naughty little girls who won't let me complete my diary." shouted Brand. "Be off, both of you Keep a lookout for the next ten minutes. If you see any signals from the mainland, or eatch sight of the Lance-

They climbed to the trimming stage of the lantern, which was level with her sister's waist in a sudden access the external gallery. Obedient to instructions, they searched the Land's "You have improved in appearance End and the wide reach of Mount's Bay beyond Carn du. Save a scudding sail or two beating in from the Lizard and a couple of big steamers hurrying from the East-one a Transatlantic Transport liner from London-there was nothing visible. In the far distance the sea looked smooth enough, though they needed no explanation of the reality when they saw

the irregular white patches glistening

against the hull of a Penzance fishing-"O, Connie, the reef!" said Enid They glanced at the turbid retreat of the tide over the submerged rocks. The sea was heavier, the noise louder. now that they listened to it, than when than an hour earlier. Some giant force seemed to be wrestling there, raging against its bonds, striving feverishly to tear, rend, utterly destroy its invisible fetters. Sometimes, after an unusually impetuous surge, a dark shape, trailing witch-tresses of weed. showed for an instant in the pit of the cauldron. Then a mad whirl of water would pounce on it with a fearsome

spring and the fang of rock would be mothered ten feet deep. For some reason they did not talk. They were fascinated by the power, the grandeur, the untamed energy of the spectacle. The voice of the reef

held them spellbound. They listened Beneath, Brand wrote, with scholar-

"Therefore I decided that it would best serve the interests of the Board if I sent Bates and Jackson to Penzance in the boat in which my daughter-" he paused an instant and added an "s" to the word-"fortunately happened to visit me. As I would be alone on the rock, and the two girls might be helpful until the relief came,

I retained them." He glanced at the weather-glass in front of him and made a note: "Barometer falling. Temperature

In another book he entered the exact records. A column headed "Wind direction and force," caused him to look up at the wind vane. He whistled softly. "S. W.," he wrote, and after a sec-

ond's thought, inserted the figure 6 The sailor's scale, ye landsman, differs from yours. . What you term a gale at sea he joyfully hails as a fresh breeze. No. 6 is a point above this limit, when a well-conditioned clipper ship can carry single reefs and topgallant sails, in chase full and by. No. 12 is a hurricane. "Bare poles," says the scale.

Slowly mounting the iron ladder, he stood beside the silent watchers. The Bay was nearly deserted. No sturdy tug-boat was pouring smoke from her funnel and staggering towards the rock. Northwest and west the darkness was spreading and lowering. He did not trouble to examine the reef. Its signs and tokens were too familiar to him. Its definite bellow or muttered threat was part of the prevailing influence of the hour or day. He heard its voice too often to

"This time I must congratulate both of you," he said quietly. "On what?" they cried in unison shrill with unacknowledged excite "Ladies seldom, if ever, pass a night

Enid clapped her hands.
"I am delighted," she exclaimed.

asked Constance. The Relief is the best counter irritant known, acle will enable the tug to reach us expedition. There will also be one before to-morrow, and miracles are physician and two zoologists in the part of the pain until case is obtained. The seat of the pain until case is obtained. The will repully be in the course of ten or ment, with great priousness for her.

The liar on the witness stand us-He read her thou it.

and her mither afore her an' a' ma childer ust SUL-

THE

OLD

WAY

Grandmother Says: "The wur na limping bodies or brishie skins in oor familie nither afor me or abint me. Ma mither

PHUR and TREACLE. Aye! na doot prevention in oor case was better than cure."

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"Now I am fifty, and the world has Acid Stomachs Are

CHAPTER V. THE HURRICANE They descended into the service-

'Let me see," said Enid: "it will be ineteen years on the 22nd of next June, since you found me floating serenely towards the Gulf Rock in a "Yes, if you insist on accuracy as

the date. I might cavil at your then? Isn't it a weird thing that a year-old baby should be sent adrift on he Atlantic in an open boat and never word of inquiry made subsequently is to her fate? I fear I could not have een of much account in those days." "My dear child, I have always told you that the boat had been in collision during the fog which had prevailed for several days previously. Those who were caring for you were probbly knocked overboard and drowned."

"But alone! Utterly alone! That is the strangeness of it. I must be an American. Americans start out to life, Only 45c, per pound. For chewing and hustle for themselves early in don't they." "Certainly in that respect you might Brand had not told her all the facts. of that memorable June morning.

Why should he? They were not pleasant memories to him. Why cumber her also with them? For the rest he had drawn up and read to her, long ago, a carefully compiled account of her rescue and the steps taken to discover her identity. "I entered on an active and useful

career with no such halo of glory," broke in Constance. "I am just plain English, born in Brighton, of parents not poor but respectable. Mother died year after my birth, didn't she,

(To be continued.)

WOMEN AS EXPLORERS Dr. Urrosoff Will Take Them

Hunt for Pole Copenhagen, Jan. 10 .- Dr. Urrosoff. well known as an Arctic will start this month for the Polar His purpose is to make scientific investigations and also to reach the north pole.

"Wiff there be a storm, father?" The party will include three women, the first, with the exception of "I think so. At any rate, only a mir- Mrs. Robert Peary, to go on a Polar

ually gets his in the cross-examina-

Dangerous

Common Sense Advice by a Distinguished Specialist "Acid" stomachs are dangerous be-cause acid irritates and inflames the hindering and preventing the proper action of the stomach and leading to probably nine tenths of the cases of Ordinary medicines and meditreatments are useless in such cases, for they leave the source of the trouble, the acid in the stomach, as dangerous as ever. The acid must be neutralized and its formation prevented, and the best thing for this purpose is a teaspoonful of bisurated magnesia a simple antacid, taken in a little warm or cold water after eating but also prevents the fermentation which ordinarily cause greatest distress may be eaten with impunity if the meal is followed with a little bisurated magnesia, which can be obtained from any druggist, and should al-ways be kept handy.

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nervous debility, lack of vigor, weakened manhood, failing memory and lame back. brought on by excesses, unnatural drains, or the follies of youth, that has cured so many worn and nervous men right in their own cine—that we think every nan who wishes to regain his manly power and virility, quickly and quietly, should have a copy. So we have determined to send a copy of the prescription free of charge, in a plain, oldinary seiled envelope to any man who will write us for it. This prescription comes from a physician who has made a special study of men, and we are convinced it is the surest-acting combination for the cure of deficient manhood and nation for the cure of deficient manhood and eigor failure ever put together.

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