

DRINK WATER TO AVOID SICKNESS SAYS AUTHORITY

Glass of Hot Water Before Breakfast Daily Keeps the Doctor Away.

Sanitary science has of late made rapid strides with results that are untold blessings to humanity.

Those of us who are accustomed to feel dull and heavy when we arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast.

While you are enjoying your breakfast the phosphated hot water is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

To those naturally inclined that way it does not take very much to excite an argument.

A lot of time we shoot hot air at the devil instead of bullets.

IS DOING GOOD WORK

INSPECTOR TIMMERMAN'S REPORT TO BOARD OF HEALTH

Dr. T. McCallum was the speaker He Has Kept the Plumbers Busy

That Inspector Nicholas Timmerman has been doing good work, in stirring up citizens so as they will comply with the regulations of the Board of Health, in having the sanitary improvements installed, was shown at the meeting of the Board of Health, held on Friday afternoon.

"During the months of September and October, I have received fourteen complaints of different people about unsanitary cellars, yards, closets, etc., which I have immediately attended to."

"From Sept. 1st to date, there have been sixty-five toilets put in houses, making in all since the first of June last, 219, and the plumbers have more contracts in to finish before the winter. The city has not started on the drain on Ellis street, which was passed by the City Council. There are nine houses waiting for this drain to be put in, and the plumbers have the contract to go on with the work as soon as the drain is in the street."

"There is as yet nothing done to make the dwellings sanitary on Wellington street owned by the Cunningham Estate."

"On Oct. 18th, I took the dirt test of the milk of fourteen milk vendors for the Medical Health Officer to inspect."

I have summoned six owners of houses in the Court for neglecting to put in the improvements and the contracts are now given to the plumbers and some are in already, and the balance the plumbers are working on the job."

During the discussion of the report the question of ten houses on Quebec and York street, Cunningham estate, looked after by City Engineer McLelland, it was stated that the law had not been complied with in regard to the sanitary improvements, and the Inspector was given instructions to have the case taken to court.

The C.P.R. will be asked to install improvements in houses at the foot

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Again, it was the silent hint conveyed by the position of Sir Edward Clive's flagships in Manila Bay that caused the German Admiral to retire. It was in silence, too, that the British fleet disappeared from view on the 26th June, 1914, and made it unsafe for the German Emperor to despatch his squadrons, then quartered in Norwegian fjords, by way of the Atlantic, to destroy the French fleet in the Mediterranean.

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High Top Shoes for Ladies. High lace boots are very popular this fall. Black, browns, grey and bronze are very much in demand. Prices \$8.00, \$7.50, \$7.00, \$6.50, \$6.00 for best grades. We also show styles at \$5.00. Abernethy's Shoe Store

Home-made Chocolate and Candy. Made Fresh Every Day. Sakell's. Next Opera House Phone 640

All The Comforts of Home. "Comfort!" This word is the best word to describe our furniture. No matter how tired you may be, the deep upholstered arms and the springy seats invite comfort, ease and contentment. We have a great variety of living-room furniture for home comfort, at

James Reid, The Leading Undertaker and Furniture Mfr. Call 147 for Motor Ambulance.

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Be Prepared for Winter in time, by taking a bottle of Wampole's Cod Liver Oil Comp. For sale at SARGENT'S DRUG STORE. Cor. Princess and Montreal Sts. Phone 41

Doctor Tells How To Strengthen Eyesight 50 per cent. In One Week's Time In Many Instances. A Free Prescription You Can Have Filled and Use at Home. Philadelphia, Pa. Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not weary any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever wearing glasses. Free treatment of eye prescriptions sent by mail to those who desire them. Send for it at once. Write to: THE WAMPOL MEDICINE CO., TORONTO, ONT. (Incorporated in U.S.A.)

Announcement No. 2. Labatt's India Pale Ale, Extra Stock Ale XXX Stout, Canada First Lager. These celebrated beverages will be brewed in the future in the same brewery, by the same company, and will retain all their well-known superior qualities. Your future supply of Labatt's products can be arranged by dropping a card to me. Prices will be about the same as heretofore and delivery will be prepaid. Be sure to write to J. GRATTON 8 Wellington Street, Hull, Quebec

New Parlor Suites. A great number of new designs have been added to our stock this fall, very reasonable in price. Three and five piece suites, covered in silk or tapestry covering. All the new shades. Carpets and rugs in a great variety of shades, designs and sizes, at prices to suit every purse. Don't Fail to Hear the Edison Recital at 4 p.m. Wednesday, October 18th and 25th. Everyone welcome. T. F. HARRISON CO. LIMITED. PHONE 90