

KIDNEYS MUST HAVE PLENTY OF WATER

Also Take Salts Occasionally if Your Back Hurts or Bladder Bothers.

Kidney and bladder irritations often result from acidity, says a noted authority. The kidneys help filter this acid from the blood and pass it on to the bladder, where it may remain to irritate and inflame, causing a burning, scalding sensation, or setting up an irritation at the neck of the bladder, obliging you to seek relief two or three times during the night.

Bladder weakness, most folks call it, because they can't control urination. While it is extremely annoying and sometimes very painful, this is often one of the most simple ailments to overcome.

Jad Salts is inexpensive, and is made from the acid of grapes and lemon juice, combined with lithia, and is used by thousands of folks who are subject to urinary disorders caused by acid irritation.

Here you have a pleasant, effervescent lithia-water drink, which may quickly relieve your bladder irritation. By all means have your physician examine your kidneys at least twice a year.

Ask for the specially prepared list of Books suitable for children from three to fourteen years of age.

Are you too thin? Then take SCOTT'S EMULSION

You Should Take Care of digestion—because Good Health is largely a matter of Good Digestion.

BEECHAM'S PILLS

Cook's Regulating Compound

GET IT REPAIRED

Yes, Cold All Gone—Not A Bit of Cough Left

GRAY'S SYRUP OF RED SPRUCE GUM

Prince George Hotel

100 with Prince Hotel EUROPEAN PLAN

RECOLLECTIONS OF A PRIVATE SECRETARY

By J. L. PAYNE

Early Newspaper Days and Men—Sir James Edgar's Trained Political Choir—The Private Secretary, His Duties, Painful and Otherwise—Civil Service and Patronage.

(Article One)

It is not proposed in these sketches to follow any definite chronological order. It seems to me that readers will not be looking here for conventional history, but rather for something more intimate and revealing—a strong sidelight on men and events as they came under my observation.

Josiah Blackburn was editor and chief owner of the London Free Press



J. L. PAYNE

during my employment on the staff of that paper. One of his partners was Mr. William Southam, father of the Southams, of Ottawa, who have cut such a large figure in Canadian journalism.

Looking back nearly fifty years to the newspapers of that period, it is easy to see that changes have occurred. There was more of partisanship and parochialism then than now.

Little Difference in Press. Slow and inadequate railway service limited distribution of the morning dailies, and the circulations of our present time were undreamt of.

The late Edward Farrer was a contemporary of Josiah Blackburn, and was perhaps more widely known as an editorial writer. For many years he was identified with the Mail and Globe in Toronto, as well as a Winnipeg paper, although I came to know him best after he had in a sense left journalism and taken up quarters at Ottawa.

1891, to Ned Farrer. Whether or not Farrer was on the Globe as that time I do not clearly remember; but I think he was, and that he lost his post over the episode to which I am about to allude.

John S. Willison. After I had been a year or two in journalism, John S. Willison joined the editorial staff of the London Advertiser.

In the very late seventies I was a deskmate of the late, Edmund E. Sheppard. He had come to us fresh from Texas, where he had been a cowboy for a time, and affected to some extent the dress and argot of his quondam associates.

Painful Etiquette. When I became a Private Secretary in 1885, official etiquette and tradition demanded that all letters signed by a Minister should be written in his own hand or the hand of his secretary.

Political Choirs. Political picnics were fashionable at that time; but they had a relatively short life. Later, Sir James Edgar introduced the innovation at partisan gatherings of having a choir sing the slogans of warfare, and it was then that "The Traitor's Hand is on Thy Throat," to the southern tune of "Maryland," came into evanescence.

BEST LAXATIVE FOR BOWELS

If Headachy, Bilious, Sick, Constipated

10c CANDY CATHARTIC Capsulets

WORK WHILE YOU SLEEP

IOWA PHYSICIAN MAKES STARTLING OFFER TO CATARRH SUFFERERS

Found Treatment Which Healed His Own Catarrh and Now Offers to Send It Free To Sufferers Anywhere.

Davenport, Iowa.—Dr. W. O. Coffee, Suite 2032, St. James Hotel Bldg., this city, one of the most widely known physicians and surgeons in the central west, announces that he found a treatment which completely healed him of catarrh in the head and nose, deafness and head noises after many years of suffering.

Civil Service Changes. The civil service has changed perceptibly since those rather remote years. In all the departments there were not in 1885 more than eight or ten girls employed, and they were more or less hidden from view.

It fell to my lot to report two great tragedies while serving on the London Free Press. The first was the famous Biddulph murder, of February 4th, 1880.

Such lawlessness is rare in Canada. The other melancholy event was the sinking of the pleasure steamer "Victoria" in the Thames river on 23rd May, 1881, when 197 souls lost their lives.

Within my lifetime the electric lamp, the telephone, the phonograph, and the electric trolley had their birth. In the retrospect, it must seem surprising with what ease and readiness human society appropriated these inventions.

When I became a Private Secretary in 1885, official etiquette and tradition demanded that all letters signed by a Minister should be written in his own hand or the hand of his secretary.

It is fitting that I should say a word or two respecting the qualifications of a private secretary, his relations with his chief, and also about the class of men who were thus engaged when I went to Ottawa nearly forty years ago.

A capable and efficiently trained secretary is in a very large sense his minister's right hand. He receives callers, and must be patient and diplomatic with them.

Appointed to O.H.A. Executive. Toronto, Dec. 7.—On his return from Winnipeg this morning, President W. A. Fry of the Ontario Hockey Association, announced that he had appointed J. Percy Bond, Peterboro, and Allan German, Port Colborne to the O.H.A. executive.

TO HIS MINISTER, AND WHEN INFORMATION ON MOST ANY SUBJECT IS WANTED, HE MUST EITHER HAVE IT OR KNOW WHERE TO GET IT.

When I went to Ottawa I found there a most interesting group of private secretaries, some of them of considerable experience. They were necessarily all good penmen and shorthand writers. I recall Mr. Joseph Pope—now Sir Joseph Pope, and Deputy Minister of External Affairs—who was attached to Sir John Macdonald. He naturally became my pattern, and deservedly so; for I found him to be probably the best-informed man in the civil service.

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Demand BAYER ASPIRIN SAY "BAYER" when you buy—Genuine Proved safe by millions and prescribed by physicians for Colds Headache Neuritis Lumbago Pain Toothache Neuralgia Rheumatism

LATE SIR WILLIAM MACKENZIE

The Burial Took Place at Kirkfield on Friday. Toronto, Dec. 7.—The funeral of the late Sir William Mackenzie, leading Canadian financier, and pioneer railroad builder, took place today with a simple ceremony at Kirkfield, Ont.

SIR DONALD MANN GRIEVED

Cancel Moscow Plans and Will Return to Canada. London, Dec. 7.—On learning of the death at Toronto of Sir William Mackenzie, Sir Donald Mann, who has been in London for three weeks, at once cancelled his arrangements to visit Moscow and is preparing to return to Canada on Friday.

There was a large representation of the business and professional life of Toronto at the residence "Benvenuto." The governor-general was represented by Major-General J. P. Fotheringham.

It is our sins that age us; our never tires of planning extensions. self-denials keep us young.

Children Cry for Fletcher's CASTORIA MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared for Infants and Children all ages.

Your Own THERE is nothing immutable in human life. Success, happiness, health give place in turn to failure, sorrow, sickness. Trouble comes and Time demands its toll. The outstanding feature of Life Insurance is the shield it holds out to the head of the family to protect his dependents against the unforeseen. Protection against the day of misfortune—the unexpected summons or advancing age—the protection of home and family.