THE NEWS IN JAIL CELLS. HOW THE CONVICTS TALK WHILE GLOSELY GUARDED. Selil in Using Volce—Wilespering Gallories and Conference of the Conf

ers also manage to Uopverse White Marching to and srom Their Meais.

The statement is often made that wicts have means of acquiring d diffusing intelligence quite as sterious in accuracy and rapidity | Ont., says: similar powers possessed by savtribes. However it may be with cognate illustration, there is nothing that is strange, and ttle that is surprising in prison nication.

the stone is so ready a con- could non obtain.

is the simplest thing ontire system to send a warning The man in the end n and on, with al- ly recommend them." of sound, with the l per will find the suspect harmlessor dozing on

vals has some stub of pencil. roll it into a it will light stant a stick ill be thrust ped. If he attach it

Mrs. C. P. Jones, 4281/2 Wellington street, London, Clearwater, Man., is emphasic in

"I have long been troubled with extrems weakness of the nerves and gen. eral debility. I had frequent severe pains | what he says: in my head, and was so nervous that I would almost scream if anyone came near convicts in adjoining cells me suddenly. My nerves were so shabtalk, each one stands at his tered and unstrung that it was almost im. loor, close to the dividing possible for me to sleep at night. Rest

at the faintest whisper can "I was in a state of nervous and physi-Thus neighbors may talk cal prostration when I commenced taking | Shortness of breath and dizzy spells would Milburn's Heart and Nerve Pills, which I ct the voice, so that one got from W. T. Strong, our well known my end was near. t will stand at his grat- | druggist, in November last.

to a pal on the tier he- 'I began to gain etreagth of body and on will not be noticed | their use. They have restored my nerves | that I am a new man. to a healthy condition. They enable me

"Milburn's Heart and Nerve Pills are a remedy to strengthen their heart and three soft raps on eplendid restorative for weakness and perves, tone up their system and enrich repeated by his physical exhaustion; and as such I hearti-

Mr. A. D. Wilson, of

his statements regarding this remedy. I has cured him completely, and be does not heeitate to give a history of his case for the benefit of fellow sufferers. This i

"I can recommend Milburn's Heart and Nerve Pills as the best thing I know of for weak and nervous people When first commenced taking them I was nerv ous and easily startled; sometimes I would start in my sleep and it would be a long come over me at times and often I thought

"Milburn's Heart and Nerve Pills have changed all that. They have strengthene in such a way that perve force from the time I commenced ed my nerves and built up my health so

per be stealing along to sleep well and get rest, building up my never fail to recommend them to my "I consider them simply wonderful, and friends and neighbors who are in need of a and purify their blood."

street, Montreal, Que., is one street, Toronto, Ont, ex man. lane, Fredericton, N.B., Prin. of those who found Milburn's Heart and ager of the envelope department of the W. cipal of the Charlotte street school, in that weakness and nervous troubles, and this is 'Prior to January last, when I first com- of his restoration to health through the what she eave:

could not go upstairs to my room. My to my work. grippe. I would have a dulf, heave pain in health and strength rapidly. I con- 'As soon as I started taking Milburn's in my heart, together with terrible head binued their use, taking three boxes in | Heart and Nerve Pills I realized that they aches, and took remedy after remedy, but all, and I am now pleased to say that not had a calming, soothing, yet invigorating

without avail. Nerve Pills and started taking them. I have enjoyed good health ever since, cured. am now better than I have been for years. of the trouble. The cure made in my case and back again to school easily, without My heart and nerves are all right, and my is only one of the many which have been | the slightest fatigue, and my health is whole system thoroughly toned and in- effected by this marvellous medicine, and splendid. vigorated. The distressing symptoms I do not hesitate to recommend them to I from which I suffered have completely all suffering as I did from weak nerves in the papers, as I hope it may be of bene-

which I believe was due to an attack of la Milburn's Heart and Nerve Pills I improved day. only did they cure me perfectly at the action on the nervous system, and by the "Then I heard of Milburn's Heart and time, but the cure has been permanent. | time I had used one box I was completely

Mrs. E. James, 36 Arcade Mr. S. Dobie, 77 Oxford Mr. A. Sterling McFar-Nerve Pills an effectual remedy for heart J. Gage Co., says:

menced taking Milburn's Heart and Nerve | use of Milburn's Heart and Nerve Pills: "For several years I have been troubled | Pills, I had for a long time been in a state | "I have much pleasure in recommend. with my heart and herves. My heart of almost complete physical and nervous ing Milburn's Heart and Nerve Pills. would palpitate terribly, and when it did prestration, combined with frequent pul. am priceipal of the Charlotte street pub. so I could not mount the stairs. I would pitations of the heart, shortness of breath, lie chool here, and through nervous proshave severe attacks of despondency, and weakness and general ill-health, all of tration and run down condition of the sysgot so bad at last that for two weeks I which was caused by too close application tem, it would so tire me out to walk from my house to the school, that I had to rest blood became weak and impoverished, "But from the time I began taking before proceeding with the work of the

From the very first I gained rapidly, and and have not had the slightest recurrence "I can now walk home to my dinner

"You need not hesitate to publish this

and ill health." fit to suffering humanity." left me." MILBURN'S HEART AND NERVE PILLS.

is weighted by a sense of dignity. sell for which but the years bring keeper and kept into a community of feeling. The old prison man becomes so habituated to prison life, so inoculated with al to a pal prison thought, that it would almost seem if he couldn't remain! ow and a longer in uniform he would choose Aits desti- to remain in stripés. As a rule, he is poorly educated, with but few inon the terests and no avocations, and so, ervation as time passes, the prison gossip bebut the comes ment and drink to him. His and ob- curiosity is evigent; he wants to When know everything - past, present and vand future--about the convict who. either from appearance, record or connection, attracts his attention In this wise many odd friendships are formed between guardian and ward, odd because there always exists superiority on one side and deference on the other. It is an ex-

ceptional guard who will then limit his favors to the news which it is a pleasure for him to relate. Let the convict have a little ready money and be able to renew his supply from time to time--no difficult mut ter where visitors are allowed--let sim, above all, he considered deent and square, and he cannot only

we the daily papers, but such ac-

sional irrelevant matters as a adful of cigars or a small flask. there are absolutely no exceptions he garrulous habit. Even a wardimself, in his rounds of evening. pause with a sigh of relief bethe cell of a man for whom he oth sympathy and regard, and he knows it let slip some importance. The very next comes across this man alone versation is likely to occur.

> convict -- Why, you told df last night, warden. emember? And, of course

-- I wish I could find out

ty one knows all about the

a need to supply the warden knows full well natter of honor in prisrict to disseminate any Alueky encueh to ret fellow-feeling which kind in this regard. d be inhuman to rerup of water with a n in a desert.

lothing.

is made of the deer sevent tore. turned in long to he at full ted with a thirt aid after getting ade of the skin deer, the hair thre the hide hair seal rn deerskin at the feet ce worn one . and 15 11111 11.11-How r minist

FIGHTING FILIPINOS.

and Spain afterward. - Philadelphia stories. Ledger.

pines is much like dusting in the face of linguists ever graduated from Harvard. the wind-the dirt comes back again .- He speaks 18 languages. Indianapolis News.

American with unpleasant promptness .-Philadelphia Ledger.

It is the general impression that the my Sunday morning breakfast of codfish proving, is growing decidedly graver and traitor to New England?" that we have a long and stubbornly conleans Picayune.

pines, but the report cabled to this coun- | managing editor's day off. try after each battle that the insurgents ; ghost is possessed of a "chestnutty" fla- | later a shoe cutter in Hopkinton, Mass., vor. The swarthy warriors have quit | and two years after that a private in the fighting too often.-Memphis Commer- Fist Massachusetts heavy artillery. cial-Appeal.

POULTRY POINTERS.

Do not keep food before the heas continually. Leghorns and Brahmas do not thrive

together. A yellow leg and skin do not always

indicate quality. production, care must be taken not to long.

feed too much at a time. It is claimed that the first chickens hatched in a brood are the easiest to fatten; so are the ones with shortest legs. hens at once. In this way they afford a sell corn." double protection, as each is on the look-

times a year, but the long tufts of feathers on the sides that support the wings should not be plucked.

Scalded wheat bran in the morning. whole wheat or oats at noon and whole corn at night make a good variety of rations for fowls during the summer. This may be varied with sunflower seed or Kaffir corn.—St. Louis Republic.

CYCLONE TWISTS.

The cyclone season is affording a conclusive vindication of the cave dwellers .-Milwaukee Sentinel. It appears that an Iowa cyclone which overlooks anything on its way goes back

to pick it up. - Detroit Journal. It was a commercial traveler who phoin its path, the tornado naturally hesi- university. tated for an instant, and in that instant it was fixed upon the dry plate. - Beston Globe.

#1,000 Reward.

makes a standing offer of the above amount pines. The salary attached to the office | brother's collar when she wants to set off no any one who will discover a better cure for constipation than Merrill's System Tonic. More than 5,000 people have been cured of habitual constipation by this wonderful remedy. It is plussant to take to the bawels. One 503, bottle cures. Sold by all leading druggists.

Frontenac Cafe-Opened day and night.

MEN OF MARK.

Perhaps it is just as well that we did | Lieutenant Governor Woodruff of New not undertake to whip the Filipinos first | York, it is said, knows over 1,000 funny

Jeremiah Curtin, the translator of most "Sweeping the country" In the Philip of Sienkiewicz's books, is one of the best Colonel Roosevelt is a confirmed smok-

Advices from Manila indicate that the er, but is said to prefer a rough pipe, Filipino troops have unlearned the Span- | which was his companion in the west, ish style of fighting and picked up the to the highest priced cigar in New York. "For 35 years," says Senator Hoar, "I have never missed, while in this country,

situation in the islands, instead of im- balls. Can any one accuse me of being a Senator Chandler of New Hampshire, 1 tested campaign ahead of us .- New Or | besides writing most of the editorials in the Concord Monitor, reads a good deal

Governor Pingree was at 14 a hand in are demoralized and about to give up the | a cotton factory at Saco, Me., six years

> When General N. A. Miles was fighting Indians in the west, he learned the art of "trailing" so that he was able to trace the course of a single man over prairie grass as few except Indians can

Just before W. V. Smith of Florence, Kan., goes to bed he carefully places his beard in a muslin bag. After he has entered the bed he puts the bag under his While sunflower seed is good for egg pillow. His beard is nearly eight feet

David Rankin, the millionaire farmer of Missouri, says that he began life with a Colt revolver and a dollar bill. "For me," he adds, "there has always been an It is a good plan to put out two turkey | eleventh commandment, 'Thou shalt not

When Colonel Henderson makes speech in the house of representatives, Ducks may be picked regularly four | he always stands in the aisle and throws the stump of his amputated leg on the top of a desk beside him. That is his favorite attitude.

> P. Lee Phillips of the library of congress has been elected a fellow of the Royal Geographical society of London. Mr. Phillips has been in charge of the collection of rare maps and charts in the library for several years. Virgil E. Trouant of Augusta, Mc.,

carries a silver Masonic chain which he values very highly. It is of old time design, bearing the date of 1779 and was picked up at the Oldtown island by his grandfather over 30 years ago. Edgar D. Crawford, who was accently

admitted to the bar at Atlanta, is the youngest lawyer in that state, if not in the country. He is not quite 17 years tographed a tornado recently at Kings- old, but was recently graduated with first | these days is she who has naturally curly Parkle ley, In. Seeing the commercial traveler honors from the law school of Mercer hair.-Philadelphia Times.

manager and one of the owners of the | she would be more unhappy if she didn't Charleston (W. Va.) Mail-Tribe ne, has | have him to worry over .- New York accepted the position of confidential in- Press. terpreter to Major General Otis, who is The girl who says she will wear no Merrill, the druggiet, of Brantford, in command of the army in the Philip- man's collar does not mind taking her is \$3,500. Major Peterson served four her shirt waists mannishly .- New Oryears under the Harrison administration | leans l'icayune. at Pegueigalpa, Honduras.

Most of the monks at King William's ing with the figure nine has been a great times tore the lobes. There were doce and restores the natural muscular power Town, Cape Colony, are tradesmen, and corn year, while every year ending with tors whose business was chiefly to beat do their own carpentering, bricklaying, a cipher has shown a failure of the corn eurebins injured. blacksmithing, etc., besides teaching crop. school. All the buildings they occupy | For handkerchief ties go to Greenwood | registered in London during the past were erected by themselves.

HINTS ON SEA BATHING.

After dressing take a brisk walk for half an hour.

On entering the water the skin should be comfortably warm. August and September are the best

months for sea bathing. A first bath should not last longer

than a quarter of an hour. Never remain longer than half an hour

in the water, however well bathing may suit you. If bathing is found to be invigorating, bathe once every day, but on no account

If feeling chilly, warm yourself pre vious to entering the sea by a few min- |

utes' brisk walk.

There is good fighting in the Philip of copy and makes up the paper on his to swim. This exercise expands the chest invited.—Atchison Globe. more than any other. After the bath a pleasing glow over

the whole surface of the body should be felt and the appetite increased. If coldness and lassitude be felt, under

no circumstances should you continue sea bathing. These symptoms may arise from entering the water while the temperature of the body is too low.

TOWN TOPICS.

Chicago is just as dirty with 2,000,000 people as it was with 1,989,000 .- Minneapolis Times.

The latest daily bulletin shows that Chicago drinking water is almost thin enough to pour.-Cleveland Leader.

If the march of improvement keeps up its lick they'll soon be changing the name of a sister southern city to Auto-Mobile, Ala.-Louisville Evening Post.

The man who first suspected that dead men were on the city pay rolls may have received his impression from watching some of the employees at work .- Chicago Record.

If the new chimney of the Milwaukee Electric Railway and Light company is 100 feet high, with an interior diameter of 16 feet, how many cubic miles of smut will it pour into the faces of inhabitants of the city hall before the smoke ordinance is enforced? -- Milwaukce Wisconsin.

OUR GIRLS.

Woman is bound to be either master or sinve and is usually master .- Galveston

learn to ride bicycles too?-Somerville | day. The woman most greatly to be envied

It takes a woman to be happy that she Major James J. Peterson, the business | is unhappy worrying over a man because |

PITH AND POINT.

Chaperons never go where they are

Nothing looks quite so dirty as a table full of dirty dishes.

Every lover of baseball believes he was once a mighty good player. When a man offends a daughter, her mother and all her sisters go out on a

sympathetic strike. After a man's wife has been dead three months the sympathy of the women

changes to suspicion. It is awfully hard to admit the good ligks and talent of some other man in

line of business. a woman is entertaining a guest.

it he ber mighty mad if a party is Boys and girls should be early taught given in town to which her guest is not

ARBITRATION.

Some day arbitration will supplant the prize ring, too, perhaps.—Boston Herald. If the big powers agree to arbitrate the little ones will have to, and that's all there is of it.—Philadelphia Bulletin.

Speaking of arbitration, the attitude of the United States has always been, "Arbitrate or get licked!"-Kansas City Star. It is confidently expected that the combined efforts of England and the United States will suffice to prevent the Alaskan boundary from endangering the peace conference's success.

THE POET.

Of course, a poet's brain is taxed. For what clae is the poetical Mcease?-Little Falls Transcript.

The poems, not good enough to leap into fame are generally bad enough to leap into flame. - Berlin (Md.) Herald.

Writing poetry is like playing on the violin. There are a thousand rhymosters to one singer of songs that go to the soul. There are a thousand fiddlers to one vie-Luist. - Picaruno.

He Was There. She sighed, as girls will sometimes, and

then said: "There are moments when I feel as if

I would besitate even if the best man in the world asked me to marry him." "Olivja," he cried, "you must be a mind reader. I was just thinking of asking you to beamine."

Four seconds later sie reinctantly Why don't some of the pretty girls | promised that she would name an carly

When a mother is shedding tears over

the neglected, misunderstood child in the story book, she boxes the ears of her own if it interrupts her.-New York Press. What has become of the old fashioned

man who couldn't get his boots off when he got them wet? There is nothing so utterly bollow as a

kind word that should have been spoken yesterday.-Evangel. In the early days of Rome the women of that city wore such heavy earrings In Kansas since 1859, every year endthat they made their ears sore, and some-

Oaly one death from emalipox has been

Life For

ELECTRICITY—The Fountain of Youth, perpetual energy which sustains all animal It is the source from which springs the ling spirit of joy in young manhood. vital element which keeps up the nerve hold men to a good old age.

> u are weak from the effects of youthful later excesses you should at once get y famous Dr. Sanden Electric Belts, al attachment for men. It gives you in the proper form and right quanthe result of my 30 years experiecialist.

> > Hours-9 a.m. to 6 p.m.



HARVEY STATION, YORK CO., N.B.

DR. D. SANDEN, Montreal.

people suffering as I did.

DEAR SIR :- I rec,'d your No. 6 Belt last Sept. and used it as directed for Emissions, Weakness, etc., and I

must say that it entirely cured me. It was a dreadful disease and I had tried several other remedies before, but never received any benefit from them. I have recommended your Belt to others, and some of

> I hope and trust that you will receive many orders from Yours very truly, THOS. R. SPEEDY.

Over 6,000 such cures during 1898.

them are now using them with good results

Write for free book explaining all, sent sealed, or drop in and consult me free at office.

SANDEN, 132 St. James St., Montreal; 140 Yonge St. Tord