

HEALING POWER OF PINE

If you have ever taken a walk through a pine forest, you will remember how, almost unconsciously, the head was thrown back and lungs expanded as you drew in, with long deep breaths, the pine-laden air. How invigorating it was—how healing!

Thousands of men and women suffering from lung and bronchial affections, but whose circumstances prevent them from seeking renewed health in the pine forests, can be relieved and cured in their own home by using Virgin Oil of Pine (pure). This preparation contains all the health-giving properties of the forest trees, and will break up a cold in 24 hours and cure any cough that is curable. It is also a perfect neutralizing agent for uric acid, and affords speedy relief in cases of rheumatism, lame-back, or other affections resulting from disordered kidneys.

Virgin Oil of Pine is put up in 1/2-oz. vials only for druggists to dispense, each vial enclosed in a round wooden case to prevent breakage and exposure to light. This case is sealed with an engraved wrapper showing the name—Virgin Oil of Pine (pure). Prepared only by Leach Chemical Co., Windsor, Ont.—plainly printed thereon. It is well to get the genuine. Should your druggist be unable to supply you, you can have a 1/2-oz. vial mailed to you by sending 50 cents to the Leach Chemical Co., Windsor, Ont.

FROM ERIN'S GREEN ISLE

NEWS BY MAIL FROM IRELAND'S SHORES.

Happenings in the Emerald Isle of Interest to Irishmen.

Jas. F. M. Mullen, J. P., of Belmont, has been appointed High Sheriff of Cork for the present year.

Sir Charles H. Brett has been appointed president of the Belfast Chamber of Commerce for 1908.

Antrim road residents are agitating in favor of the purchase of the Camhill & Whitewall Tramway systems by the Belfast corporation.

Alderman Sir Robert Anderson has been elected mayor of Belfast, in place of the Earl of Shaftesbury. Councillor John McCaughey has been made high sheriff for 1908.

The corporation of the city of Belfast and the management of the Forster-Green Hospital have between them agreed to pay for twenty-five new beds in the institution.

Four men and two women have been arrested in Belfast, charged with the theft of £202 from the till of Dennis O'Flaherty's spirit store.

Two Belfast constables, sent to arrest a lunatic of the name of Dougan, had a strenuous time before they effected the capture. The man was armed with a razor, and both policemen received many bad cuts.

The Belfast health authorities report another outbreak of spotted fever in that city. Owing to the use of a new serum, the death rate has, however, been reduced to thirty per cent., as against seventy per cent. in last year's epidemic.

Investigation into the irregularities in the Belfast treasury department has revealed a defalcation of £6,800 in three wards alone. It is thought that the total shortage will be about £15,000.

Awakening from sleep, Rev. Lindsay Cullen, of Bangor, County Down, found the gas issuing from a broken pipe and the furniture in flames. Though almost overpowered, he managed to escape and turn in an alarm.

On the recommendation of the Earl of Carysfort, H. M. L. for the County of Wicklow, the Lord Chancellor has appointed Mr. Christopher Charles Herbert Hall, of Knockraheen, Roundwood, to be a justice of the peace for that county.

The bridge which connects Cruik Island with the mainland collapsed while a number of young people had assembled on it for a dance, many of them being thrown into the sea.

Since the institution of a bath at Ballymoney workhouse only eight tramps went through the ordeal, and were received in the workhouse, compared with fifty tramps received in the corresponding week of last year.

Mrs. Margaret Fagan, of Cummings-town, West Meath, has just passed away at the age of 104 years.

It is reported from Dublin that the Duke line of steamers has been purchased by G. & J. Burns for the sum of £140,000.

In an address in Belfast General

Booth announced that a lady gave him £20,000 for his social work, and had earmarked it for that purpose.

At Doncaster Geo. Percy Finn, an under-footman at Milton Hall, was committed for trial, charged with stealing a diamond tiara, the property of his mistress.

In endeavoring to rescue his dog, which had located an otter burrow at Clonderlaw (Co. Clare), John Cassidy had his hand so badly bitten by one of the otters that an amputation had to be performed.

The committee of the Longford Agricultural Society propose to discontinue the annual show, in consequence of the land agitation. If they take entries from the graziers the people will object, and if they refuse such entries the Department of Agriculture will not give the annual grant.

The Dublin Gas Meter Factory was totally destroyed by fire last week. A hundred men have been thrown out of employment, but will be taken on again as soon as new quarters can be secured.

There died last week, Mrs. M. A. Nelson, of Carrick-on-Shannon, at the age of 103. Mrs. Nelson went through the Crimean War as one of Florence Nightingale's nurses. On her death she was in receipt of an annual pension of £24. It will be long used with the same patients.

If physical training is utilized, various methods are employed; music may be used to accompany the exercises, and the music and instruments may be varied. Baseball games interest the entire household and cause diverting conversation. The same is true, in these hospitals, respecting pool and billiard and bowling matches; and the benefits of patients' dances have been a matter of common observation and comment for years.

Rhythmic exercises, such as bicycle riding on level ground, are useful in states of partial exhaustion and in the spasmodic neuroses. Golf is frequently prescribed in many nervous disorders as a form of exercise, the dosage of which is easily regulated.

Calisthenic drills to increase the attention are apt to be too exhausting for mental cases unless sufficient reaction time is permitted, or the teacher accompany his commands with a performance of the same movements himself, thus permitting imitation, which is not accompanied by nearly as much mental exhaustion as the close and prolonged fixation of the attention demanded by following rapid commands only.

Duplicate whist I have found of immense value in many mental cases of long standing in which there is not much deterioration. It controls the attention for considerable periods, to the exclusion of annoying delusions and hallucinations.

Many hospitals are provided with pedagogic schools, the object of which is the awakening and re-education of dormant energies by actual participation in study or discussion. Spelling and mental arithmetic; geography of countries and places of special current newspaper mention; reciting or reading aloud—all have their value.

A GOOD TIME TO BUY CLYDESDALES

Those who know farmers who are paying for their farms and making money usually appreciate that to raise a few foals each year is a sure money maker. Clydesdale horses are recognized to be the best heavy draft herd of horses for Ontario and every up-to-date farmer should try this year, when prices are low, to procure a brood mare at the current prices. Quality and pedigree should always be considered when purchasing to breed from, so only high-class mares should be procured.

A number of chances in the way of auction sales have gone by, but there is an important sale to be held at Beaverlton, March 12th, where many brood mares are to be sold, heavy in foal. This is an opportunity to be taken advantage of. These mares are owned by Messrs. Donald Gunn & Son, the proprietors of the famous Dunrobin Stock Farm. The reputation of these men is sufficient to guarantee a good sale and good animals. Farmers considering their own interests would do well to remember the date.

WOODEN-HEADED.

The prosecuting counsel had been very scathing in his treatment of the witnesses for the defence. So much so that one of these, a young doctor, determined to retaliate.

"You claim to be acquainted with the various symptoms attending concussion of the brain?" asked the lawyer.

"I do."

"We will take a concrete case," continued the counsel. "If my learned friend, counsel for the defence, and myself were to bang our heads together, should we get concussion of the brain?"

The young physician smiled slightly. "The probabilities are," he replied, "that counsel for the defence would."

HER ONLY CHANCE.

A clergyman twice refused to marry a couple who came before him, because on both occasions the bridegroom was intoxicated.

The clergyman said to the bride: "I cannot understand why you come to church with a man who is to be your husband in a state like this."

The young woman burst into tears and said: "I cannot help it, sir. He won't come when he's sober!"

Rats have disappeared from Little Cumbrae, where, before the recent experiments with a disease fatal to them, they were so thick as to almost preclude the habitation of the island.

10c. The latest success.

Black Watch

The big black plug chewing tobacco.

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