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THE NAME

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IS YOUR SUREST
GUARANTEETuckett's
Marguerite
CigarsHave now and have had for years, the
the largest sale ever attained by any cigar
in the history of Canada.

Sales Exceed

"A Million a Month"

Tuckett's
T. & B.
CigarettesCHOICEST BLEND OF
FOREIGN TOBACCOS

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No Paste

TUCKETT'S
ORINOCO
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No better, just a little milder than

Tuckett's Myrtle Cut Tobacco

LARGEST SALE IN CANADA

Tuckett's
Club
Special
CigarJust a little larger, a little better and
a little dearer than

Tuckett's Marguerite Cigar

The sales of which exceed
"A Million a Month."EASY WAY TO
CURE THE BLUES.It's the Portal Vein, It Seems, That
Causes Melancholy.

If you have the blues, if your brain suddenly feels "overful with emptiness," try this: put both hands, one over the other, on your abdomen just below the navel and press as hard as you can without causing pain. Then push your hands upward till they touch the ribs. Repeat this movement fifteen or twenty times.

It is pretty certain that at the end of the experiment your view of the world will have grown brighter. There are several ways similar in nature to produce the same result, but this one is the easiest and quickest. All it does is to restore to general circulation a surplus of blood accumulated by the portal vein at the expense of the rest of the organism.

For in such congestion some doctors have discovered a cause of brain fog and melancholy not even dreamed of by the gentle Robert Burton when he wrote his "Anatomy of Melancholy." In that work six non-natural—that is, not inbred—causes of mental depression are mentioned—namely, faulty diet, digestion, air, exercise, sleep and perturbation of mind.

Until recently science had not been able to add much to that list. Nor was it able to improve materially the list of principal remedies given by Burton, and including these items: prayer, medicine, rectification of diet, good air, travel, exercise, and "mirth and merry company."

One of the first indications that a seventh cause of melancholy might be found, although not discovered by Galen, Jean Fernel, Crato or any other ancient authority quoted by Burton, is given by Dr. Christian Wilhelm Hufeland, a German physician, who more than a hundred years ago wrote a treatise on the art of prolonging life, calling it "Makrobiotik." He says in his book that one of the best remedies for a hypochondriac tendency is to rub the abdomen for fifteen minutes with the palm of the hand or a woollen rag.

It is now nearly twenty years since Dr. J. H. Kellogg, of Battle Creek, Mich., found himself puzzled by the failure of his remedies to work a complete cure in the cases of certain neurasthenic patients. It took him a couple of years to discover the cause and to prove it. Then the remedy was self-evident.

Thus it happened that when some years ago a professor in one of the eastern universities went to Dr. Kellogg with a complaint that he was growing old at the age of 35 and that probably his diet was responsible for this premature senility Dr. Kellogg rejoined:

"Something else than diet is the matter with you—look at that waistcoat of yours!"

The professor, taken unawares, looked guiltily downward, although sure that nothing was to be seen there that could be termed a bay window. Instead he saw a number of creases and folds running crosswise over the front of the lower part of the waistcoat.

"Yes, that's just it," said Dr. Kellogg,

following the glance of his patient. "You are always bent double whenever you have a chance—standing, sitting and even in bed, I should think. Now lie down on this table and I'll show you what will happen to you."

The professor stretched himself out on his back upon one of those long-legged couches that you see in clinics and doctors' offices. Then Dr. Kellogg went through the operations described above, and in five minutes the easterner thought that he had never felt so happy or efficient in all his life.

His joy was still more increased when the doctor gave him a belt that looked as if it had two buckles instead of one in front. Back of the buckles were springs which pushed them against the stomach when the belt was put on.

The inwardness of the trouble as well as of the cure was explained by Dr. Kellogg at the time. He explained it to many members of his own profession too. But owing to the belief that no man could possibly be at once a Seventh Day Adventist—which Dr. Kellogg is—and a good physician his discovery was ignored mostly.

About a year ago Dr. Abrams, of San Francisco, happened in the course of his investigations upon the same truth which had become evident to Dr. Kellogg earlier, and he published a book called "The Blues," in which he set forth the direct connection between a too sombre outlook on life, or an unwarrantedly fatigued brain, and congestion of the blood in the portal vein. And now science has taken notice, so that the prevalence of the blue color in this world may in the near future cease.

The portal vein combines into one vessel several smaller ones coming from the stomach, the pancreas and the gall bladder, and carries the combined flow of blood into the liver. It has been called the largest vein in the body, and its capacity is said to be sufficient when strained to hold at once practically every drop of blood contained in the system.

Cases are on record of persons who have bled to death although not a drop of blood appeared outside the body. Autopsy proved that the blood had been drained into the portal vein and held there. This vein is also remarkable because in structure and many characteristics it has as much in common with the arteries as with veins clearly recognized as such.

The flow to and from that vein is regulated by a nerve which orders its contraction or distention. It is the assertion of Dr. Kellogg and Dr. Abrams that a constant maintenance of a cramped up position, whether in standing or sitting, leads to the weakening of that nerve so that it practically ceases to do service, with the result that the blood is allowed freely to flow into the portal vein without being properly forced out of it again.

The mischief done is a double one. For

not only are the brain and other outlying parts of the body deprived of their proper share of the life giving fluid, but the action of the liver becomes hampered.

Anybody who has had occasion to vary some mental pursuit with bodily exercise at a juncture when his powers seemed to be waning must have noticed the revival not only of energy but of spirits. The explanation is simple—whatever motions he had gone through, particularly if he had to go out into the open air, started the circulation anew and brought a fresh supply of blood to the brain, which was all that organ wanted.

Believers in this theory point out that neurasthenics invariably show round backs and fronts curving inward. The German and French humorous papers, which delight in caricaturing decadent types, never fail to picture them in positions having more in common with the circle than with the straight line. It is also easily understood that any sedentary occupation may produce this particular sort of laxness, and with it those dreaded blues.

Fortunately remedies are easy both of mastery and application. One, the simplest, has already been indicated. But others, more lasting in their effects, are recommended because they dispose of the trouble itself instead of merely giving temporary relief.

The wearing of a belt is declared to be always advisable in cases of this kind, especially if it is wider than those usually found, say two inches or more wide, and is not drawn too tight.

All exercises tending to strengthen the abdominal muscles will also bring the regulator of the portal vein back to its duty. One good plan is to take a cannon ball covered with leather or cloth and roll it around the abdomen, care being taken to roll it from right to left and not the other way.

An equally simple and easily available mode of exercise is to lie down on the floor face downward, with a hassock or small, hard pillow under one's stomach. Among outdoor exercises there is, of course, none better for this kind of trouble than rowing.

Among the main factors influencing the abdominal region in an evil way must be mentioned the type of chair now commonly made and used. Its straight back and seat parallel with the floor practically force the sitter into unwholesome postures. It is a choice between bending over forward or relying on the small of one's back, with the stomach folded up into the corner formed by the back and seat of the chair.

If an attempt is made to sit up in the position the body ought to have, the back below the shoulders is left without support and fatigue ensues quickly, and the fatigue again causes the customary collapsing forward. It is, therefore, a natural and wholesome instinct, which makes every man throw himself back on his chair, with his feet up on a table or a mantelpiece, the moment he has a chance for rest.

One of the means suggested to meet this trouble is to manufacture chairs with backs modelled to fit the outward, backward curve of the human body. On one of these chairs one may be completely and luxuriously at rest while maintaining an erectness that would have pleased one of those grandmothers of a bygone generation who used to make their granddaughters sit on the edge of a chair, with school books balanced on their heads, in order to train them to carry their bodies in a polite way.

ALL WILL BE SENTENCED
BY THE JUDGE TO-MORROW.Campbell Guilty on Another Count But Hildreth
and Young Were More Lucky.

After being out for over an hour and a half the jury in the case of Hildreth, Young and Campbell brought in a verdict of not guilty against Hildreth and Young, but found Howard Campbell guilty of receiving stolen goods. The charges against the trio were that they broke into the residences of John Sintzel, Grant avenue, and Miss O'Shaughnessy, Tisdale street, and from there stole several articles of jewelry. As Campbell was found guilty of breaking into Mr. Sintzel's residence, when tried separately, Young and Campbell were the only ones tried on that charge. The trio pleaded not guilty to both charges.

The evidence in both cases was similar to the other cases, but there was no evidence to show that Young or Hildreth or Campbell broke into the houses. The fact that Campbell had the jewelry in his possession, and that Young and Hildreth were with him on the night they were all arrested, was the strong card of the prosecution. The Crown was, however, satisfied with the convictions that have been registered against the trio, and did not press the charges. Mr. Louis Heyd defended the prisoners, but he offered no testimony, and his address to the jury was very short.

Judge Snider remanded the prisoners until Thursday, when all who have been convicted will be brought up for sentence. There is much speculation as to the terms that the housebreakers will get. Some of the police are of the opinion that Young will get a long term, and that Hildreth stands a chance of being handed a good dose. It is the opinion of many that Campbell has been made the scapegoat for the other two men, and for that reason he may not fare so badly.

Little Notes of Interest About a Metropolitan City.

What value great railway corporations place on New York city as a terminal may be approximated when persons consider that the New York Central and Pennsylvania systems are spending about two hundred millions of dollars just to improve their present facilities.

New York city would never have existed as a metropolis without the waters around Manhattan Island, yet to facilitate travel over these waters, there has been spent and planned to be spent in bridges \$201,000,000.

There are about 13,000 women living in hotels in New York city who are entirely relieved of all the cares and responsibilities of housekeeping and families and have their attention principally occupied with food, dress and amusement.

New York city is now a rival to London in its stock of antique. No matter how great the sales, the numerous shops are able to keep up a full and increasing supply of what appear to be indestructible goods and chattels.

New York people have no reason for smiling at persons from the Provinces because they show ignorance of matters metropolitan, for they are less ignorant of the metropolis than the average urban born and bred person is of what the country far out of sight of Manhattan means to the nation and what its people are doing.

Few persons realize the push cart business that is done on Manhattan Island. Last Friday in a walk of forty minutes within a block of the terminal of the Williamsburg Bridge were seen 387 of these portable stores in charge of as many peripatetic merchants. The Government of New York city will spend more than twice as much in the coming year as the Government of

the United States spent in the year before the civil war.

New York city, with all of its public buildings, has to provide for the payment of \$755,835.96 in rents next year.

New York's oldest dealer in musical instruments says that there are more victims in the city bearing the name "Antonius Stradivarius" than the great Cremona fiddle maker ever had in his little shop.

Residents of New York city are now planning for about twelve thousand new homes to be erected for their use in Westchester County, next year.

There is food enough wasted in New York city each day to feed a half million persons.

It was a revelation to a New York inventor who went to nine shops of mechanics last week and couldn't find one workman able to make a simple addition to a machine without a model for a pattern. Finally, in desperation, he paid a mechanic \$5 for the use of his tools for an hour and in fifty minutes had made what he wanted.

There are about 18,400 lame children in New York city.

An observer and traveller, who has stopped in all of the large cities of the world, says that New York shopkeepers are so anxious to make immediate sales that they fail to make the permanent customers that they might if they were more careful of the reputation that their methods created.

Travel on New York city railways is now near its maximum and the various roads are carrying about 28,000 passengers each hour.

"You are a nuisance and should be put off the sidewalk," said a man to a ticket speculator who accosted him in front of a Broadway theatre. "My business is just as legitimate as yours. What is your business?" was the response. "Burglary." Tens of thousands of dollars that came

rushing out of the banks a fortnight or more ago and went shuddering in safe deposit vaults, have got over their fright and are quietly sneaking from their profitless hiding places and going back to the banks or into investments.

From estimates made last Sunday morning there were then in the 587 churches of Manhattan and the Bronx 210,000 persons, 58,000 of whom were men and 152,000 women.

The Empire of Japan runs its Government, aside from interest in its war debt, for a little more than two-thirds the cost of running the municipal Government of the city of New York.

There is now being carried out in New York city new engineering works whose total cost is about \$600,000,000. This is more than three times as much as the Panama Canal will cost.

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answer is that in its natural home there it is able to turn over itself.

The horseshoe crab has a long, stiff spikelike tail, which is joined to its body with an attachment that works like a hinge. In the sea when a horseshoe crab turned over on its back it digs the point of its tail into the sand or mud on the bottom, and with that to hold by it raises the tail end of its body up off the bottom. In that more advantageous position, and with the tail helping some as a lever, the horseshoe is able to turn itself over.

In an Aquarium pool, which is lined with porcelain tiles so tight it can't be kept clean, the horseshoe crab can't do this because here it can't find the sand or mud to stick its tail into to get a brace. Occasionally a horseshoe crab has been overturned will, by chance, get the tip of its tail into the angle formed by the floor and the wall of the pool, and so, with something to hold over; but generally the big overturned horseshoe lies on its back in the pool until they are righted.

The righting up of the horseshoes always interests the people standing around the pool, among whom there are likely to be some who view it with a more serious pleasure. A woman said yesterday to an attendant who had just turned over two big horseshoe crabs: "I am glad to see that you treat them with kindness."

SCIENCE BRIEFS.
Condensed Items From Everywhere About Everything.

One of the most wonderful underground waterways in the world, which was constructed at the latter end of the eighteenth century by the Dukes of Bridgewater, is now being used for the conveyance of waste water from the Earl of Ellesmere's collieries at Walkden, near Manchester. This unique canal, which is entirely underground, with its arms and junctions covers over 40 miles throughout the year.

The wreck record of the Baltic Sea is greater than that of any other part of the world. The average is one a day throughout the year.

Ink for rubber stamps is made of aniline dye mixed with glycerine. The dye can be obtained at druggists' shops.

When the herring fishing season is at its height something like 5,000 miles of nets are set nightly in the North Sea.

A light of one candle power is plainly visible at one mile, and a light of three candle-power at two miles.

The shoes worn by mountaineers when climbing the Alps have steel soles, with eight points projecting.

The Berlin police are about to adopt color photography for the identification of criminals.

The banana and potato are almost identical in chemical composition.

Grapes are still trodden with the bare feet in many of the vineyards of Spain and Italy.

A square foot of a Persian rug means 23 days' work for the weaver.

Western Texas is proud of Mrs. Anney McElroy Brett, woman promoter, and the telephone queen of the southwest. She is president of the Southern Independent Telephone & Telegraph Company, and president and general manager of the Brett Construction, Telephone & Telegraph Company. These companies, representing more than \$500,000, were organized by her without a dollar of capital to start with.