DOING SENTRY DUTY.

# When Your Cold Catches You

JUST THERE

There is no Time to Wait

It is not a "little thing." It's a deadly thing It will not "get well by itself" if you let it alone. Whiskey and quinine and such things brace you up for the time, but they don't cure you. Ask any intelligent doctor why you catch cold so easily. He will say "You are a bit run He means that the force which nature placed in your boly to keep out disease germs - the resistive force - is weaken-The door is open a little way toward disease. There is not a grave in any cemetery in the world which is the result of consumption or pheamonia or any lung trouble whatever which did not start with what you call When taken in time

"nothing but a Cures a Cold in a night

A cold should not be beaten back or drugged over—it should be cured, and the general health should be built up. Dr. Shiloh's Consumption Cure should be taken at the first symptom of cold. This is not merely a consumption cure: it is a tonic for the whole body, a specific for sudden colds, coughs or sore throats. It doesn't matter where the cold is or how it got there, we know that Dr. Shiloh's Consumption Cure will reach it and cure it. It is sold on a positive guarantee. No cure;

If you have a cold—no matter how slight—it means something. Take Dr. Shiloh's Consumption Cure at once. Keep it in the house. If it does not relieve you almost instantly, go to your druggist and get your money back.

Mrs. B. B. Prout, of Phænixville, Pa., says:—
"Every one should know of Shiloh's Cure We have used it
in our family for over six years. It is our doctor and medicine

Shiloh's Consumption Cure is sold by all druggists on a positive guarantee that the purchase money will be returned in case of failure
25c., 50c. and \$1.00 in Canada and United States. In England, 1s. 2d.; 2s. 3d.; 4s. 6d. S. C. WELLS CO., 52 Colborne St., Toronto, Ont.

Great Britain

8.40 per cent.

and Her People.

[New York World.]

It is reported that some apprehen-

sion is felt in Great Britain over the

forthcoming census, which is exected

to show a decreasing rate of growth in

the decennial period. The very accurate tables of mortality of the United

Kingdom keep close tally on the popu-

lation, and the census of 1901 will show a total of 41,297,000, against 38,104,000

1891-a total increase of 3,193,000, or

Compared with our increase of near-

period, this in rease looks small; but

the figures need adjusting. Our real

increase was much smaller, and the British increase much larger than the

of increase 3.871,000 came from immi-

gration, and the total increase from

immigrants and their children was not

excess of births over deaths was not

The increase of Great Britain, on

earth. The figures for our last cen-

sus are not complete, but the census

of 1890 gave the number of immigrants

to this country from the United King-

dom and Canada at 1,859,224. This figure will be smaller in the 1900 census,

but it represents an increase of more

bringing its actual rate of increase up

British who in the past ten years have

gone out to Canada, Australia, India,

South Africa and to all British pos-

sessions, and to non-British countries

increase by excess of births over deaths

greatly exceeds the American rate, and

probably exceeds that of any other

Judge Cooper, of Shelbyville, Tenn.,

has one of the most powerful person-

alities of the Middle South. He was

a great figure during the civil war, a fine speaker after the war, and has

been a notable judge during the years of his later life. His head is of di-

mensions rare among men. It has the

breadth and length that folk want in

their great men. He is proud of this

head, and it was well known through-

out Tennessee that Judge Cooper required a similar head on the man who

Miss Cooper was a belle, and many men paid court to her at the fine old

home in Shelbyville. Whenever a young

cavalier became frequent in his attention the judge would mark that young

man when he came in, then slip out

quietly into the hall, take the young man's hat from the rack, and try it

on his own head. The next morning

that young man because his hat doesn't fit my head, and you can't have him."

He was fully determined that no small-headed man should win his

daughter, for he didn't believe any

hats that hung so frequently in the

Cooper hall would go on the head of the hospitable host. At last all Shel-

beyville knew that one man was get-

ting all Miss Cooper's smiles. He was

tions. He called one night, and the

judge found the pair sitting on a moon-

lit piazza. He went straight to the

It fitted. He told the fact to his

daughter the next morning.

Saturday Evening Post.

the southern girl.

all-rack and tried on the man's bat.

"I am already engaged to him." she

The man in the case is Dr. Thomas

A. Hoyt, pastor, of the Chambers-Wylie Memorial Church of Philadel-

phia, and one of the powerful personalities in the Presbyterian sect.—The

Eloquent Plea for Unity.

What we want in Canada is a con-

solidation of heart and spirit. (Ap-

planse.) The time has come for Can-

ada when no man should point to his

neighbor, if he has taken the oath of

allegiance, and say that he belongs to

an alien race. (Remewed applause.)

The time has arrived when no wor-

shipper should point to another whose religious beliefs are different to his

own, and say. "You have not the con-

firence of man, although you may

have the confidence of the Almighty." (Appleuse.) Let us have unity in our

nationality: unity of spirit in all that

country. (Loud applause).-Hon. Geo.

There is talk in Kansas of appoint-

ing a rabbit commissioner for the state, the reason being that 40.000,000 pounds

of jack rabbit meat goes to waste an-

pertains to the consolidation of

W. Ross at Toronto.

with the independence of

South Carolinian of gigantic propor-

few years passed, and none of the

good could come out of a small head

'You needn't be falling in love with

would say to his daughter:

should win his daughter's hand.

Love-Lorn Swains.

civilized country in the world.

Papa's Queer Test for

as well, it will show that the British

If to this we add the millions of

than 6 per cent in the British stock

to our actual increas

less than 4,250,000. Our increase from

more than 15 per cent in the decen-

Out of our thirteen and odd millions

21 per cent during our decennial

#### IN THE NEW CENTURY

Probable Future Developments in the Science of Electricity.

[By Carl Herring, in Christian Herald.] It is often dangerous to prophesy, and I therefore had some hesitancy about replying to your request to send the Christian Herald a few words about the probable future developments in the science of electricity; but as no time limit is fixed for the prophecies to be fulfilled, the risk may not be

Few people realize that to produce the light in the ordinary incandescent electric lamps, only a very small part of the energy in the electric circuit is actually used, at most one-twentieth, and probably much less, all the rest being wasted as heat. There is, therefore, the possibility of getting at least twenty and probably more times as much light from the electric current than is obtained at present from such lamps. When this is accomplished it will probably either be by electrical or at least be discovered through the aid of electrical researches. Another problem which will revolutionize present methods, is to find some better way of converting the energy of coal and other fuels into electric currents without the aid of the very wasteful but at present indispensable steam engine and boiler, which gives to us on the average about a tenth of the energy that we feed into The effect on our industries and comforts of getting from coal ten times as much of that convenient and useful power, electrical energy, as we do now, need not be detailed here. If both of these problems be solved, it would be possible to have at least twenty times ten, that is, two hundred times as much light from a pound of coal as at present. Besides the resulting luxury, comfort and economy of such cheap light, there would wholesome effect of the diminution of

for its perpetration. Great as the beneficial effects on our industries and comforts would be by these discoveries or inventions, they would not be as revolutionary as those produced by manufacturing the precious metals out of something else. The sea is known to contain a fabulously large amount of gold in solution, and the probabilities are that it will stay there, but if any method of extraction should be found that will cost less than the value of gold obtained, it would probably be an electric one. Another possibility of the dim future is that we may be able to find out what the elements of electricity really are.

crime, which so often requires darkness

Power will be centralized more and more in large generating stations and be distributed electrically over distances, to replace the hundreds of thousand small individual steam en-Powers heretofore unused, such as waterfalls.culm heaps at coal mines. gases from blast furnaces, etc., will be utilized and distributed electrically. Factories requiring large amounts of power will be moved to these central stations. New railroads will be operated electrically, and the existing steam roads will gradually, but very slowly, converted, partially, at least, into electrical roads; short trains, or even individual cars, at frequent intervals, will replace long steam trains at long intervals. Higher speeds will be possible and practicable. Mines from which it formerly did not pay to get the metal will be worked by the aid of electric power or processes. The electrical furnace will be used more and either for making products which could not be made before, or for doing something cheaper than with gas furnaces. Electro-chemical will continue to replace the older chemical methods of producing many compounds and metals used in industries. Wireless telegraphy will come into more extended use, though probably only in such cases in which it is not practicable to make use of any kind of wire.

Visiting cards made of iron are popular in Germany. The name is printed in silver. The thickness of the cards is one four-hundredths of an inch.

#### Germs, Germs.

them these days, and rightly too; for they are the direct cause of whooping-cough, diphtheria scarlet fever and other diseases of childhood.

When any of these seconds are the direct cause of whooping-cough, diphtheria scarlet fever and other diseases of childhood.

When any of these are in the neighborhood, you should use Vapo-Cresolene. Every evening purify their sleeping rooms with this perfectly safe remedy. It is so easy to prevent the disease in this way. For whooping cough and croup, the doctors say it is a perfect specific.

Vapo-Cresolene is sold by druggists everywhere.

A Vapo-Cresolene outfit, including the Vaporizer and
Lamo, which should last a life-time, and a bottle of
Cresolene, complete, \$1.50; extra supplies of Cresolene 25 cents and 50 cents Illustrated booklet containing physicians' testimonials free upon request. VapoCRESOLENZ Co., 180 Fulton St., New York, U.S.A.

There is talk in I
fing a rabbit commis
the reason being the
of jack rabbit meat
nually in the state.

"Halt! Who goes there?" "Friend." "Advance, friend, and give the coun-A figure advances out of the darkness and softly whispers the counter-

'Pass, friend, all's well." It is the relief. The sentries are rapidly changed, and in a few seconds the tramp of their feet dies away in the distance. It is a dark night. The faint light given out by the stars seems only to render objects dark and

The new sentry is a young soldier,

and this is his first experience as a sentry on active service. As soon as the relief goes away, he begins to feel a strange feeling of loneliness creeping over him. The silence is intense, it is a silence that can be felt. It tells on his nerves and almost terrines him. All his senses become quickened—he listens for the lightest sound he tries to pierce the inky darkness around him. He almost longs to hear a shot ring out and end his suspense. He conjures up visions of the enemy creeping up to a lonely sentry and giving him his quietus. How he longs for his two hours' vigil to expire; but the wings of time have suddenly become leaden. He thinks his time must have been up long ago. He tries to make it pass by counting away the minutes.

His nerves presently begin to play him tricks. He fancies he can hear the noise of a body of creeping men. He peers about him. He hardly breathes—there is an uncomfortable tight feeling around his chest-he can feel his temples wildly throbbing.

What's that? There is a black shadow not far way. Is it a man?

His gaze is riveted on it-it seems to move—to be creeping slowly up. It must have been a man—the tension is suddenly released, and his soldierly qualities return to him in an instant. He levels his bayonet and goes for the shadow, to find-a bush. He can hardly believe his own eyes.

He could have sworn it had moved. Could he have been so nervous as to suffer from delusions such as this? He had fought in battles without a tremor. In a battle a man feels full of fight, he boldly advances without thought of danger, action dissipates fear. Sentry-go at night is a different There is the terrible loneliness, the feeling that danger may come unexpectedly from any quarter, a forced period of inaction, when action is needed to dispel nervousness. It is an un-pleasat job, and there are few men who do not feel nervous. Few will own it, although the man who does not know fear is generally lacking in brain-power.

There is a well-known tale about a celebrated general, whose aide-decamp, a man of muscle but with very limited brain-power and deficient in sensibility, remarked that he, the general, appeared to be nervous. His answer was: "Yes, I am nervous, and if the other hand, went to populate the you were half as nervous as I am you'd run away!"

There is an end to everything, however, even to a sentry's vigil, and eventually the sentry hears the wel-come tramp of the relief. What a de-lightful feeling rushes over him! He feels who has b Is as a child ing in bed terrified by recollections of rumored ghosts and apparitions, when

its mother appears. Away they go back to the outpost, which consists of about 30 men, ensconced in a little natural fort, a rise of ground strewn with large boulders. Most of these men are fast asleep. In the ordinary way one could not feel like sleeping on outpost duty; but the continued physical strain of active service is so fatiguing that not even the danger of a night attack or sniping, to which an outpost is particularly liable, will ward off the much-needed

An army must have a certain amount of sleep, and what little sleep is does get should be, if possible, undisturbed. There is nothing more wearing to troops on active service than frequent night alarms. false alarms are both physically and morally injurious. Our system of outposts, however, gives us a feeling of tolerable security. Our enemy suffered more than ourselves from false alarms. They had had a few alarms which were far from false, and they were fol-lowed by attacks which our friend the enemy does not easily forget. On several occasions I was told by Boers they never had a comfortable night's rest for fear of a bayonet at-

tack. I believe them. The outpost system, like all good systems, is very simple. Outposts, consisting of 20 or 30 men, are placed round the army. Sentries are placed some distance in front of the outposts. The distance between sentries varies, but it is always such that no one could creep in between two sentries



In all departments

of active service stand in need of the readiness of mind and promptness of action which depend on a healthy nervous system. Let a railroad man be "rattled," and every life depending on him

is in danger. A great many railroad men have found in Dr. Pierce's Golden Medical Discovery a valuable tonic for the overstrained fiervous system. builds up the body, purifies the blood, nourishes the nerves, and induces a healthy appetite and refreshing sleep. "I suffered for six years with constipation and "I suffered for six years with constipation and indigestion, during which time I employed several physicians, but they could not reach my case," writes Mr. G. Popplewell, of Eureka Springs, Carroll Co., Ark. "I felt that there was no help for me; could not retain food on my stomach; had vertigo and would fall helpless to the floor. Two years ago I commenced taking Dr. Pierce's Golden Medical Discovery and little 'Pellets,' and improved from the start. After taking twelve bottles of the 'Discovery' I was able to do light work, and have been improving ever since."

without being seen by one of them This also applies to the flank sentries of adjacent posts. We have thus a

complete chain of sentries. In the case of a night attack, the sentry to whom the enemy first becomes visible retires to the outpost and reports, or, if there is no time for this, fires off his rifle. The outpost defends its position but if the attack be a genuine one, will probably be slowly driven back upon the main body, by which time it would be ready to meet the attack. The memory of deeds of valor performed by British outposts, not only in the South African campaign, but in previous wars, gives the British soldier that sense of security so necessary to prolonged active service. So much for the serious side of sen-

try-go; but there is another kind of sentry whose work is not fraught with physical danger, but which has the effect of impairing the temper of a saint. Have you ever heard of a gentleman called a line orderly He is sometimes called a stable picket or horse guard, or various other names, according to the fence of his the fancy of his commanding officer. His duty is to look after the horse lines at night. It is harrowing work. He takes charge of about 30 horses. These are in a line, with their heads tied together. Some of the horses try to graze, and in pushing forward the remainder step forward, so that a line orderly's work is principally keeping back the animals. He walks quickly up and down the line persuading the brutes to keep back. We found it a good plan to put our hands into our

overcoat pockets and flap the horses' noses with the skirt of the overcoat. It is effective, but doesn't improve the cloak. If it is the rainy season, horse lines are usually a quagmire, which doesn't make the work any pleasanter. There is one blessing, however—you may smoke; but, and this is a big but, you must first get your match. They are rare. If there is no fire you will probably have to forego your smoke, as your comrades have a peculiar objection to being woke up to be asked for a match.

A marvelous thing about horse fines is that, however tightly you tie the horses up, they will always be getting loose. It is always advisable to count the horses periodically. If one does get away, the orderly keeps his eyes open for a straying horse. A good orderly will always have his right number in the morning. It does not follow that they are all the original ones of the night before. It has occasionally been found that the number has increased during the night; but when interrogated the orderly puts on a vacant look and suggests that there might have been a mistake in the original counting.

Perhaps an orderly hears a disturbance at the other end of the line, and on going there finds that one of the horses has got its foot entangled in the head lines. While extricating the animal the horses at the other end of the line stroll forward and use the sleeping troopers' leg as a promenade. (On service each man sleeps a few feet in front of his horse.) A volley of abuse is at once leveled at the poor orderly's head. Sarcastic re-marks are passed as to his efficiency as a mounted man. It is suggested that he should be told off to keep the wagons still at night. And so on.

In one case an orderly was so zealous in trying to keep the horses off his comrades' feet, that he drove the line back on to the heads of the section sleeping in rear. Their remarks can be better imagined than described. -Percival C. Franklin, in London

### Christmas Day.

If this counsel or this work be of men, it will come to nought; but if it be of God, ye cannot overthrow it.—Acts, v.,

It does not always follow that a principle is true because it withstands the ravages of time. A piece of driftwood may float on the ocean for many a year eing destroyed, and yet it is only driftwood. A thought, even a superstition, may have a persistency which will keep it alive, half believed, half doubted, for generations. The mere fact survival, therefore, proves little or

othing.
But if a principle, after being incorperated into life, produces good results and shows that it can produce equally good results wherever and whenever it is accepted, we may safely conclude that it is very close to an absolute truth. I may read the score of a musical manuscript, and have only a vague notion of its merit, but when I listen while the full orchestra plays it, then I know whether it will live long or shortly die. If you place in my hand a kernel of corn and tell me that it will bring forth in plenty, my faith in your statement depends on my confidence in you as an authority. After I have planted the kernel and have witnessed the result, then I do not simply believe, for I know. You are no longer my sole authority, because I am an authority unto myself, and my relation to you is one of gratitude for a great benefit which I should not enjoy

ut for your generosity.

When I am told that progressive modern thought has perhaps already discovered truths which will render those of New Testament obsolete and oldfashioned, as the stage coach of our fathers is superseded by steam and electricity, I do not allow myself to be at all disturbed. What Christ taught inaugurated a new car in the stage of ated a new era in the moral consciousness of mankind, and I can see no evidence that those teachings have been worn threadbare, or that they have been outgrown. If there are men and women in the world whose lives are conducted on principles superior to those of Christ I have not had the honor of making their I have not had the honor of making their acquaintance. I have a right to judge others by myself, and as I find it extremely difficult to reach the ideal which he presented, I conclude that I am not exceptionally dull, but that I represent the average man, and that there is no more reason to believe that we can live beyond or above the Gospels than that we can thrive without sunshipe or be-

beyond or above the Gospels than that we can thrive without sunshine or become healthy without food.

We celebrate on Christmas Day the birth of an idea, of an uplifting faith in God and in our fellow-men, of a belief that this life is only one chapter in the biography of the soul, and this idea is like fresh air to one who has been stifled, like spring water for one who is wellred, like spring water for one who is wellred. like fresh air to one who has been stifled, like spring water to one who is wellnigh overcome with thirst, and like a full blaze of moonlight to one who is staggering in the darkness along an upward path. Introduce a man to this new and broader outlook, let his eyes rest on this far-off horizon line, give him opportunity to appreciate what such thoughts will do for him, and he becomes a new creature, gentler, brayer, truer, nobler more do for him, and he becomes a new creature, gentler, braver, truer, nobler, more cheerful and more resigned. A miracle has been wrought, for God and Christ have entered his life and made it as productive as a wheat field in which soil, sunshine and dew are bringing forth an abundant crop. It is this creative quality of Christianity which makes it permanent. We may not need it when we manent. We may not need it when we reach the end of our tether, when we are fully rounded and developed, when we are was no help for me; could not retain food on my stomach; had vertigo and would fall helpless to the floor. Two years ago I commenced taking Dr. Pierce's Golden Medical Discovery and little 'Pellets,' and improved from the start. After taking twelve bottles of the 'Discovery' I was able to do light work, and have been improving ever since."

Send 31 one-cent stamps to pay cost of customs and mailing for Dr. Pierce's Medical Adviser in paper covers, free.

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Mme. Ruppert's Wonderful
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hair without injury to skin in
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Mme. Ruppert's Pearl Enamel causes the skin to assume a girlish loveliness, mainly for evening use, Mme. Ruppert's White Rose Face Powder, an exquisite pow-der, Mme. Ruppert's Almond Oil Complexion Soap, a perfect scap, a combination of almond oil and war, not a boiled soap, and con-tains no lye,

Mme. Ruppert's World Re-nowned Face Bleach, large bottle clears the skin of any discolora-tion, and beautifies the com-plexion naturally,

Mme. Ruppert's Egyptian Balm, a valuable skin food, and used in connection with the Bleach removes wrinkles.

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CHEMISTS, ETC., 216 Dundas Street, London, Ont.

motives-motives which fill this life with beauty and hopes which dissipate the fog and bring the other life into full view. Under the impulsion of Chrisianity we move, slowly it may be, toward the ideal society and the ideal man. Every age gives us a clearer vision of the truth and larger strength to attain it. Eighteen centuries ago, when Christ preached to a wondering multitude, we heard the faintest echo of divine music, but every generation has brought us nearer to the grand chorus, and in good time we shall be under the same roof with the singers and join in the chorus of "Glory to God in the highest, and on earth peace and good-will."

Behind all our tests today is an un-Behind all our tears today is an unspeakable joy, for the very heavens have opened their gates, and the dim figures of the loved who have gone before move to and fro before our startled vision. The birth of Christ was the birth of a higher faith in the heart of mankind.

GEORGE H. HEPWORTH. Lameness in the muscles and joints indicates rheumatism. Don't dally with it a minute. Take Hood's Sarsaparilla

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