

# SINCE THE ADVENT OF "SALADA"

Natural Leaf, Pure, Unadorned Ceylon Green Tea

Japan Tea drinkers are giving it lavish support because while similar in flavor to Japan it is much more delicious. "Then it's Pure" Sealed Lead Packets Only. Never sold in Bulk. 30c and 40c.

Ask Your Grocer

For

## Eddy's

"Eagle" Parlor Matches, 200

"Eagle" Parlor Matches, 100

"Victoria" Parlor Matches, 65

"Little Comet" Parlor Matches

The Finest in the World.

No Brimstone

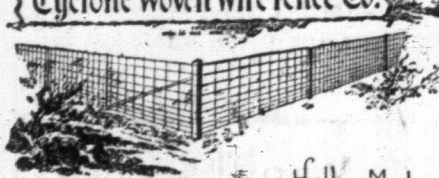
The E. B. Eddy Co. Limited

Hull, Canada.



Some such position as the one indicated below is likely to await every pupil who is graduated from this school.

Cyclone Woven Wire Fence Co.



Always write to Home Office, Holly Mich. Dec. 7th '99.

Dear Sir:—Replying to your Dec. 5th favor with reference to our Mr. P. J. Beaune, a former pupil at your school, will say, if the ability and efficiency evidenced by our Mr. Beaune are indicative of the quality of your school (which we believe they are, at least in part) we could not imagine a higher recommendation for any business college than is found in the work of our Mr. Beaune. We trust that you may send out hundreds like him every year.

Yours respectfully,  
D. McLACHLAN & CO., Chatham, Ont.

Mr. Beaune, referred to in this letter, is well known in Chatham and Fletcher, where he formerly lived.

Wherever our pupils are to be found, the same gratifying success attends them.

## It Pays to Attend the Best

Intending students would find it greatly to their advantage to commence during Nov. or early Dec. if circumstances will allow of it.

For catalogue of either department, call at the College.

D. McLACHLAN & CO., Chatham, Ont.

## Wanted Immediately

AT THE

## ...KENT MILLS...

LARGE QUANTITIES OF WHEAT, OATS, BARLEY, NEW AND OLD BEANS  
BUY KENT MILLS FLOUR

THE BEST IS THE CHEAPEST.

Flour made by the Gyrator System takes more water, and gives you a larger whiter and sweeter loaf, and makes more oaves to the barrel than any other Flour. Stevens Breakfast Food and Family Cornmeal, freshly ground, always on hand. Farmer's Feed ground on quick notice by a three reduction roller process, much ahead of the old system of chopping.

Why

## Buy at Jordon's?

Because!

You always get the best. A 21 year gold filled case and 17 jeweled movement at prices below anything ever offered in Chatham. Also clocks that will astonish you in prices. Call and see them before they are all gone. Sign of

## ..The Big Clock..

## PURIFY YOUR LUNGS.

PROPER BREATHING IS ESSENTIAL TO GOOD HEALTH.

A Prescription Which Costs Nothing and Which Has Been Known to Cure Colds and Avert Pneumonia. A Warning to Mothers.

Sensible people who are tolerably familiar with the benefits conferred upon their race by modern science have ceased to hold up the ways of our forebears as examples for our imitation. Unless the exception to this rule be a barbaric blockhead, he admits that wells sunk in the heart of the city or in the vicinity of a cemetery had much to do with the putrid fevers that walked, a devouring pestilence, in the darkness of the good old times. He appreciates that the active life led by day in the open air was needed to counteract in his great-grandfather's system the evil effects of sleeping upon a feather bed in a low browed room whose dormer windows were not opened all winter long. He is not ignorant of salutary distinctions and food values, although he may cling to the wretched theory that our ancestors lived longer and were stronger even down to old age than we, their degenerate descendants, can hope to do and to be. Yet a majority of sensible people in this cycle of practical common sense are ignorant of or culpably negligent in the practice of the technique of breathing. Four-fifths of the race do not breathe properly once in 24 hours. They borry off quick and never stale, set the pace of the average thinker. It is no more rational to opine that the right method of respiration comes by nature than that reading and writing do. In the golden by and by which is to come all which is good in our generation and to rectify the evil, breathing will be taught in the nursery and made the first order of the day in the kindergarten. The intelligent mother will explain to the child upon her knee the use of his lungs as she now expatiates upon the propriety of washing face and hands.

How many educated mothers—though they may be college graduates—believe themselves of the unpleasant fact that they carry about with them daily and all day to remain in their children's lungs a quantity, more or less in volume, of foul, unchanged air? Physiologists know and physicians will tell you—with carefulness and stress—that it is strange when one considers the gravity of the circumstance—that there is always in the lungs what is known technically as "residual air." Furthermore, that seven deep, deliberate respirations are necessary to expel this residual air and to supply its place with fresh air. If plied with further questions, the man of healing divulges that most people never breathe all the way down to the bottom of the lungs; that, in consequence of this neglect, the lower lungs become inactive, sometimes atrophied—occasionally (although such cases are phenomenal) ossified.

Reduction to intelligible English elucidates the truth, and health and vigor depend largely upon the action of the lungs and that when this important function is impaired disease and weakness must ensue.

A celebrated health club to which I have had the honor and happiness to belong for some years enjoins upon each member the duty of taking 100 deep breaths every day, advising that these be drawn in sections of ten each, at convenient seasons. Those who practice learn to take advantage of the freshest air to be had in the course of the day. The first ten breaths are enjoyed after leaving the morning bath. The shoulders are thrown back, the chin is level or slightly raised, the arms are held tightly at the side, the lips are firmly closed. "Never breathe with the mouth open" is an admonition which cannot be too rigidly enforced.

The ten breaths are drawn from now, live air, not that which has stagnated all night in the house. Each inspiration is slow and steady, filling the lungs to their depths, the live air is held for a few seconds, then respired as slowly as it was drawn in. To throw it out in a rapid pant is hurtful to muscles and tissues. Ten breaths taken in this way will not only strengthen and refresh the respiratory apparatus, but quicken the blood into a livelier flow so naturally and healthfully that the action of the heart is not made irregular. The skin all over the body is tinged with a clear pink, the system having been awakened all along the line of life. In cold weather ten deep breaths, taken on the ferryboat, the keen salt air tingling in the nostrils, or in the teeth of a north wind tearing down the street, will warm one from head to toe. The thought and the action become an instinct in time, the duty a pleasure which is missed when omitted.

When the lungs are threatened with a severe cold, pneumonia may be often averted by persistent and careful deep sea sounding and dredging. I have personally known more than one case where a cure of inflammation of the lungs was effected by the simple process of lying in bed and breathing deeply and regularly for hours together. The respirations were timed by the resolute patient's watch, and the air replenished, not from oxygen tanks, but from the blessed service of heaven, judiciously introduced into the sickroom.

## KRAUSE CONSERVATORY OF MUSIC

Winter Term  
BEGINS FRIDAY, NOVEMBER 17TH  
HARMONY CLASSES  
Meet in Studio No. 1, on Monday's at 5 p.m.  
SENIOR THEORY CLASSES  
On Thursday's at 5.30 p.m.  
JUNIOR THEORY CLASSES  
On Thursday's at 5 p.m.  
FREE to Conservatory Students.  
A. VICTOR CARTER, Musical Director

## Choice Cut Flowers And Designs

I am now prepared to supply my numerous customers with the finest and choicest Cut Flowers that can be had in Western Ontario. Funeral designs are a specialty that for artisticness cannot be surpassed in the city.

## The Central Green Houses

Adelaide St. 2 doors North of Park St

## CARE OF THE EYES.

An Old Oculist Points out the Danger of Cheap Glasses

A Great Many Eyes Ruined by Attempts at Economy

Looking back now to the time when the itinerant quack doctor and the wandering dentist spread misery and destruction over the land, we wonder at the ignorance or carelessness of our fathers in trusting their teeth or even their lives to hands so untrustworthy. A very similar thing is done today by people who buy spectacles or eyeglasses from men who sell them on the streets or have their eyes fitted by opticians who have no qualifications for doing the work.

A surprising number of people buy their glasses from vendors on the streets. They get glasses for 50 cents which seem to them just as good as a pair they would pay \$5 for having made on an oculist's prescription, and they think they have saved money. Glasses acquired in all sorts of ways by inheritance or exchange from a friend or even glasses found on the streets are used to the detriment, even to the destruction, of the wearer's sight.

"People seem to think glasses are like clothes," said an old oculist the other day, "and if they are fairly comfortable and look well they ask no further questions." Another way in which people damage their eyes is through carelessness in trying to remove dust or cinders from them. They try themselves, a friend or the nearest drug store, and the nearest optician are called on, all before an oculist is consulted. The result is that the eyeball is often badly rubbed and scraped, and in many instances permanent injury is done.

One Child For Each Hour.  
Henry Bloch, a business man of Brooklyn, eats breakfast at half past nine, goes to bed at 15 minutes to twelve and retires for the night at twelve. He has 12 children, 9 girls and 3 boys. He is fond of his family and in order that he might always have them in mind had a watch made with the miniature photograph of one of the children in the place of each of the hours on its dial. Thus where the figure 7 would be on an ordinary watch dial the pretty face of his daughter Rosie looks out. The face of the boy Gabriel represents 1 o'clock, that of Freda 2 o'clock and so on around the dial. At his home Mr. Bloch has a large clock, on the dial of which the figures are represented in the same way.

The Deacon and the Prayer.  
"I didn't like your prayer very much this morning," said a fault finding deacon to his minister.  
"What was wrong with it?"  
"Well, in the first place, it was too long, and then I thought it contained two or three expressions that were unwarranted."  
"I am very sorry it meets with your disapproval, deacon," the good man responded, "but you must bear in mind that the prayer was not addressed to you."

Vulgar Trade.  
She shuddered and averted her face.  
"To marry for money," she protested, "is to sell oneself, and I can't see why it isn't just as bad to sell oneself as it is to sell dry goods or groceries. Trade is trade."  
She was a candid girl and scorned the subtle artifices of logic whereby some are wont to still the voice of conscience.

As to Penitencing Nests.  
"My experience," said the reformed confidence man who had played the races frequently in his day, "is that it is hard to pick the winner, but comparatively easy to pluck him."—Chicago Tribune.

The Wrong House.  
Minister's Wife—Wake up! There are burglars in the house, John.  
Minister—Well, what of it? Let them find out their mistake themselves.—Woman's Journal.

## THE BRAIN IN SLEEP.

INTERNAL AND EXTERNAL CAUSES THAT PRODUCE DREAMS.

The Influence on the Nerves by the Stomach and the Food That It Contains—Events That Occur in a Fraction of a Second.

Dreams are generally a repetition of thoughts unguided by reason. Those caused by internal action or brought about by action within the body are due entirely to the action and state of the stomach, which in turn is affected by the quantity and quality of food consumed.

The first ends or feelers of the nerves are located in the walls of the stomach, and as the food is digested they draw up the nourishment and distribute it throughout the nervous system to replace the waste that has taken place during the day. If the stomach be surcharged with an abundance of heating food, too much nourishment is forced upon the brain, causing an abnormal filling of the channels, thereby expanding them, bringing them in touch with others and causing the matter from one to overflow into or mix with the fluid of neighboring channels. Whenever the fluid traverses a channel more or less forcibly the thought which originated that passage is reproduced more or less vividly; hence, "saures the general mixing up of thoughts which originally had no connection with each other."

An overloaded stomach also causes a flow of blood to the brain, sent there by nature to assist in assimilating the extra nourishment, and the overcharged blood vessels, pressing upon the nerve channels near the brain, cause even more turbulent disturbances. This accounts for the advice of so many medical men that no considerable quantity, especially of animal food, should be taken immediately before bedtime. The crossing, recrossing and touching of these thought channels brought about in this way produce the absurd mixtures of fancies that often come to us when we sleep.

The stomach, too, is a mill which keeps on forever grinding, the walls acting as the grindstones. When, therefore, there is nothing between them, or, in other words, when the stomach is empty, one wall grinds upon the other, causing an irritation of the nerves which produces that peculiar sensation of falling from some great height.

To understand how external action will affect the dream of a sleeper it must be borne in mind that those dreams which seem to take hours, and even days, in passing really occupy but a minute fraction of a second. If, therefore, we are awakened by some loud, strident noise, say by the cracking of a whip, then between the time that the sound strikes the ear while we are yet asleep and the time that we are fully awake to realize what has caused the sound a few moments only have elapsed, but those few moments were sufficient to allow of a dream of apparently several hours' duration.

As an example: A milkman, driving up beneath an open bedroom window, cracks his whip smartly. Immediately the thought produced by the sound causes a dream. The sleeper imagines himself a soldier who has fallen into the hands of the enemy. He is led out to be shot. He stands blindfolded, with hands tied, before the platoon of soldiers. He hears the click, click as the rifles are cocked. He hears the word given, and the noise of the volley rings out on his ears. Then he awakes with a start, to hear the rumble of the milkman's wagon as he cracked his whip and drove off over some rough cobblestones.

A blow, a cut or a sensation of pain will operate in the same way and awaken certain channels of thought connected with pain just as the noise awoke those connected with sound. For instance, a sleeper dreams that he is closed up in some close traveling carriage and is being driven rapidly off in an unknown direction by a man who has designs upon his purse and life; He tries to shout, in vain he struggles to get free and in the tussle drives an arm through the glass window of the carriage. The hand is cut and bleeding. It smartly and he awakes to find that in his sleep he had carelessly thrown out an arm, and his hand has smashed some fine medicine glass on a stand by the bedside. The whole dream passed between the time that the hand first struck the glass, creating the sensation of pain, and the moment that the sleeper awoke to realize the fact.

A Woman's Complaint.  
"After you had been at my house the other day," said one woman to another, "my little maid said she thought you were such a pretty woman. I don't like to correct her too often for taking such an interest as she does in every one who calls to see me. The first time Miss Blank called she thought she ought to say something, so she said: 'Isn't Miss Blank a nice lady; she's so quiet.' And you know she isn't that either!"

And silence reigned while the other woman digested it.—New York Sun.

Blissful Moments.  
Hanson—He assured me he was very sorry that I made myself appear so ridiculous.  
Melville—That's all right. There are a great many persons who are never happier than when they are feeling sorry for somebody else.—Boston Transcript.

Women get used to being sick. They come to consider back-ache, head-ache, side-ache, dragging, dreary, bearing-down feeling, hot flashes and nervous irritability as a part and parcel of their womanhood. They get used to being half dead all the time. They forget that they ever were anything else. If they don't have to go to bed and stay there they don't try to get well.



Nine-tenths of all the sickness of women is due to some derangement or disease of the organs distinctly feminine. All such sickness can be cured—it is cured every day by

## DR. PIERCE'S FAVORITE PRESCRIPTION:

It Makes Weak Women Strong. And Sick Women Well.

It acts directly on the organs affected and at the same time a general tonic for the whole system. It cures female complaint right in the privacy of home. It makes unnecessary the disagreeable questioning, examinations and local treatment so universally insisted upon by doctors, and so abhorrent to every modest woman.

J. S. Everett, of Hagerman, Washington Co., Florida, writes: "For five years my wife was in an almost helpless condition, suffering from female weakness. Last September I decided to try Dr. Pierce's Golden Medical Discovery and his Favorite Prescription. I am now a happy man, whereas I thought for four years that I would be left in this unfriendly world without a companion. Dr. Pierce's medicines are truly worth a thousand times the money they cost and every suffering woman in the world should try them."

## PAID BY UNCLE SAM

Some of the Odd Expenses the Government has to Bear

Costs Almost \$400,000,000 a Year to Run the United States in Times of Peace.

Every one knows that it costs almost \$400,000,000 a year to run the United States government in times of peace and that the department of war and the navy, the Indian and pension bureaus absorb the larger part of this amount, but in the course of years a large number of dependents upon Uncle Sam's purse have come into being of which the general public knows little.

Such, for example, are the international bureau for the repression of the African slave trade, located at Brussels, a highly laudable institution, to the expenses of which our government contributes \$100 a year; the international bureau of weights and measures, also at Brussels, to which \$2,270 is contributed, and the International Geodetic association, the expenses of which our government shares to the extent of \$1,500 yearly.

As a leading member of a group of nations specially interested in humane and philanthropic work we subscribe \$325 a year to a lighthouse service on the coast of Morocco, about \$4,500 to be divided among citizens of other lands for service rendered to shipwrecked American seamen \$500 a year toward maintaining a hospital for sailors at Panama and \$8,000 for keeping and feeding American convicts imprisoned in foreign countries.

Among the unfamiliar purposes in the home country for which money is appropriated from the federal treasury is the maintenance of the Washington monument, costing \$11,520 annually, and the provision of artificial limbs for soldiers calling for \$547,000 a year.

Even when the unexpected happens there is always someone who says, "I told you so."

A bad beginning may make a good ending, but too many people never make any kind of beginning.



## SICK HEADACHE

Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Heart Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They Regulate the Bowels. Purely Vegetable.

Small Pill. Small Dose. Small Price.

Substitution the fraud of the day.

See you get Carter's,

Insist and demand

Carter's Little Liver Pills.

WELLINGTON Lodge No. 44 G. R. U., A. F. & A. M., meets on the first Monday of every month in Masonic Hall, Fifth street, at 7.30 p. m. Visiting brethren heartily welcomed.  
J. R. BATTISBY, W. M.  
ALEX. GREGORY, Sec.

## VETERINARY.

S. C. BOGART—Veterinary Surgeon. All diseases of domestic animals skillfully treated. Dentistry in all its branches. Filing done without scarring. Office open day and night. Office and residence, south side of market square. Telephone in connection.

## MUSICAL.

Mr. and Mrs. S. H. Marshall, having been appointed organist and choir-master of St. Andrew's Presbyterian church, will receive pupils in singing, voice development, piano and organ. Classes in sight singing and church psalmody, on and after Sept. 4th. Residence, Park street, directly opposite Dr. Battisby's residence.

T. DUMONT—Piano Tuner and Repairer. References given by owners of the best pianos in the city. All enquiries will be promptly answered. Address, 464 P. O., St. Thomas, P. O., 521, Chatham. 18-17

## LEGAL.

J. B. RANKIN—Barrister, Notary Public, etc., Eberts' Block, Chatham.

W. C. ARMSTRONG—Barrister, Solicitor, Notary Public, etc. Money to loan. Thamesville, Ont.

C. F. W. ATKINSON—Barrister, Solicitor, etc., 115 King street, Chatham, Ont.

THOMAS SCULLARD—Barrister, Solicitor, Notary Public, etc. Office on ground floor, Eberts' Block, Chatham, Ont. Money to loan at lowest current rates.

W. FRANK SMITH—Barrister, Solicitor, etc. Office, King street, west of the market. Money to loan on Mortgages.

J. B. O'LENNY—Barrister, Solicitor, etc. Conveyancer, Notary Public, Office: King street, opposite Merchants' Bank, Chatham, Ont.

FRASER & BELL—Barristers, Office—Merchants Bank Building, Chatham. JOHN S. FRASER, EDWIN BELL, LL.B.

SCANE, HOUSTON, STONE & SCANE—Barristers, Solicitors, Conveyancers, Notaries Public, etc. Private funds to loan at lowest current rates. Scane's block, King street. E. W. SCANE, M. HOUSTON, FRED. STONE, W. W. SCANE.

WILSON, KERR & PIKE—Barristers, Solicitors of the Supreme Court, Proctors of the Maritime Court, Notaries Public, etc. Office, Fifth St., Chatham, Ont. MATTHEW WILSON, Q. C., J. G. KERR, J. M. PIKE. Money to loan on mortgages at lowest rates.

## BANK OF MONTREAL

ESTABLISHED 1817.  
Capital (all paid up) \$12,000,000  
Reserve Fund 6,000,000

Drafts bought and sold. Collections made on favorable terms. Interest allowed on deposits at current rates in Savings Bank Department, or on deposit receipts.

DOUGLAS GLASS, Manager, Chatham Branch.

## STANDARD BANK OF CANADA

HEAD OFFICE, TORONTO.

Branches and agents at all principal points in Canada, U.S., and Great Britain. Drafts issued, and notes discounted. Savings Bank Department deposits (which may be withdrawn without notice), received, and interest allowed thereon at the highest current rates.

G. P. SCHOLFIELD, Manager, Chatham Branch.

## Struck a Rock AND DOWN TO THE BOTTOM PRICES

In Dinner Sets—Tea Sets—Jams & Sets—quality good; prices low

GROCERIES:  
1 lb. can Baking Powder..... 15c  
1 lb. can Coffee..... 18c  
Best Lard, per lb..... 9c  
Clothes Pins, per doz..... 1c

Jno. McConnell  
Golden Star Store, Park Street  
Goods Delivered.

## WHEAT

The most active speculative commodity just now

L. J. Atwater

COMMISSION BROKER

Chicago Grain & Provisions

New York Stocks & Bonds

NORTHWOOD BLOCK, 7FL. B.

Correspondent

DEMARBY BENTLEY & LYMAN Buffalo, N.Y.

## KEEP YOUR EYE ON... TORONTO

And when visiting the City you will find no place so comfortable, and up-to-date as

THE ARLINGTON HOTEL  
RER OMNIBUSES  
The Hotel will pay Toronto Co. all bus charges.  
A. REACHMAN, Proprietor  
Minard's Liniment is used by Physicians.