

DRS. CORNELL & FISHER

DENTISTS
Corner Sixth and King St.
Over the Bee Hive.
Phone—Office 317, Residence 442

THE LOCAL BUDGET

Moonlight, June 9th.
L. Fisher, of Wallaceburg, was in the city yesterday.

Next moonlight, June 9th, auspices Park street League.

Ed. Thompson, of Blenheim, spent yesterday in the city.

Licence Inspector Thos. Doon, of East Kent, was in the city to-day.

Moonlight, Park street League, June 9th.

Farmers report a light frost, but little damage therefrom, last night.

Mrs. E. A. Moutser, Lorne Ave., is confined to her home through illness.

Clare Monteith has consented to sing a solo to-morrow evening in Christ Church.

Robert Deyo, of Toronto, an old Chatham boy, is spending a couple of days in town.

The regular monthly meeting of the Separate School Board will be held on Monday evening.

The civil paymasters for the past week were—Board of Works \$216.50, and local improvements \$31.85.

Colonel Rankin returned last evening from Peterboro, where he has been sitting as Drainage Referee on cases there.

C. W. Baxter, Adelaide street, will deliver a lecture at the cemetery if bought before one o'clock on Monday, June 5.

One of our Chatham ladies nearly dropped dead this a. m. when she saw the United burgans. Come prepared to be surprised.

The general meeting of the C. C. I. Board will be held on Monday, when the teachers will be re-elected and other important matters dealt with.

The funeral of the late Mrs. Williams, of the River Road, Raleigh, took place yesterday from the family residence to St. Joseph's church.

The funeral of the late Mrs. Wilfaubert, Sandys street, took place this afternoon from her late residence to St. Joseph's church and from thence to St. Anthony's cemetery.

The work of excavating for the new building of the Defence Iron Works is well under way. The factory will be situated on LaSalle street near the G. T. R. tracks.

The work of tearing down the old Ratley House will be commenced on Monday. The new building will be erected under the supervision of architect J. L. Wilson & Son.

One could scarcely turn around in Chatham some time ago without much cost, but now you can turn around and get turnovers for 50c and 10c at the Urban Store.

The many friends of the Rev. Mr. Locke, of Leamington will be pleased to hear that he has recovered sufficiently to be able to leave the hospital.

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MERRY PARTY

A Number of Local Fishermen Enjoy a Pleasant Day's Outing at the Lighthouse.

A merry party of pleasure seekers spent yesterday at the mouth of the river, presumably on a fishing excursion. The party was composed of Mac Gardner, Capt. McLaren, Frank Bedford, Dr. Russell, Will Stone, Frank Tschirhart, Will Turner and Joe Tilt.

They left the city early in the morning in Walter Stone's launch, which was under the command of Engineer James Trotter, and after several delays caused by a defective engine, arrived at the mouth of the river about eleven o'clock.

After lunch and refreshments, which were liberally distributed and eagerly enjoyed, the party proceeded to fish, and set their nets.

Some queer stories are afloat as to the amount of fish caught and the manner in which they were captured.

It is said the poles were soon abandoned and a fisherman from some place nearby was employed to superintend the hauling in of the nets.

This operation was managed by means of a crank and each man in the party took his turn at twisting the crank, much to his sorrow to-day.

The party, it is said, arrived home in bunches. Some came on the train and the others stuck to the launch and got home some time this morning. Everyone enjoyed the day's outing.

GO TO OTTAWA

His Worship Mayor Cowan, Matthew Wilson, K. C., Wm. Hickey, Reeve of Raleigh, and Hugh Cummings, Reeve of Chatham Township, leave Monday afternoon at five o'clock for Ottawa, where they will appear before the Dominion Parliament with a view to obtaining relief caused from river floods. Word has been received here that the delegation will be heard on Tuesday at twelve o'clock. This is the committee which was appointed to appear before the Government at the meeting of the Reeves recently held in Wilson, Pike & Gundy's offices.

ANOTHER RAILWAY

Herbert E. Stone, of Detroit, is spending a couple of days in the city in the interests of the Windsor, Essex and Lake Shore Electric Railway.

The prospects for the successful formation of this road are at present very bright, and the promoters are pushing forward the preliminary work as fast as possible. In conversation with a Planet reporter this morning Mr. Stone announced that he had nothing to say at present.

He is here for the purpose of securing, if possible, an entrance for his road into Chatham, and will try to arrange for a special meeting of the Council to deal with the matter.

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A NEW FIRM

James Fleming, manager of the Flaville Produce Co., and L. E. Tillson, lately local agent for the Pere Marquette Railway, have formed a partnership under the style of Fleming & Tillson, dealers in coal and ice, with offices on King street west. Mr. Fleming will continue to manage the Flaville business, and take charge of the office, while Mr. Tillson will manage the outside work. The firm has purchased the stock of the late firm of J. L. Scott & Co. from the Bank of Montreal, and the business already secured by L. E. Tillson will be merged into the new firm, for which The Planet speaks success.

DISTRICT DOINGS

RICHMOND

A football match between Town Hall school, Beattie, and Richmond school, took place at the football grounds at Daniel Jack's 4.30 p. m. Thursday. Richmond school scored 3 goals, Town Hall school 0.

The general talk of the farmers is the electric road. Good many are disappointed because it did not go the Townline. Dover will be greatly benefited by the road, much to his sorrow to-day.

The party, it is said, arrived home in bunches. Some came on the train and the others stuck to the launch and got home some time this morning. Everyone enjoyed the day's outing.

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OBESITY A DISEASE.

Vigorous Measures For Its Removal Should Be Taken.

At middle age certain organs lose functional activity and shrink and waste away, demanding less blood and nerve energy. This decreased need for taking into the body more food than can be oxidized and used either to build up tissue or for the generation of heat and energy. The result is kidney, liver and other excretory organs are overworked in the effort to remove the body wastes and become diseased.

says a writer in the Housekeeper. Then nature stores up this food material in the form of fat in all the lymph spaces, between the fibres of the muscles and every other old corner in the body where it can be stored away. In time this useless, useless structure of fat crowds out muscle, gland and other normal tissues and takes their place. This is what is known as fatty degeneration and always shortens life, ending often in sudden death from heart failure, apoplexy, diabetes or kidney disorders.

The prevention of obesity means regulation of diet, especially in middle life and when changing from an active out of door occupation to a sedentary indoor life. Often the amount of food should be cut down from one-fourth to one-half, especially avoiding fats and sweets, also soft foods, which tend to accumulate in the lymph spaces, and too hearty eating. No wine, beer or alcoholic drink or tea or coffee should be used. At meals even the use of water should be restricted. Exercise should be taken in the open air and deep breathing practiced to increase the intake of oxygen and burn up and oxidize bodily toxic matter.

For those women who are overworked, retain a fair amount of physical vigor, the day should begin with a cold bath, plunge, spray, cold towel rub or sponge bath, after which should be an active exercise in the form of work either in the open air or in a well ventilated room, horseback riding, bicycling or a brisk walk for an hour or two. Exercise in a well ventilated gymnasium may be substituted for the out of door, but is not so effective and invigorating.

POINTED PARAGRAPHS.

A girl is never going to go very far wrong who is a good chum of her father and brothers.

There is a family in every neighborhood which furnishes amusement for the rest and doesn't know it.

Every one has had more happy days in his life than wretched ones, but he lets the wretched ones stand out.

There are so many operations of late that a man can become distinguished by arriving in heaven all in one piece.

One great trouble in life is that the paths for going wrong are planted so prettily with flowers at the beginning.

Occasionally a disagreeable person will boast that at least he is sincere, but that is no excuse for being disagreeable.

Three things you never discover till there is death in the house: The goodness of the neighbors, the way time drags and how loud the clock ticks.

Fresh Fruit.

"Gold in the morning, silver at noon and lead at night" is always used with reference to fruit. Most people think it means that the explanation of the proverb is that digestion is strongest in the morning and weakens as the day goes on. But you will note that the proverb refers to fruit alone. If it has to do with the digestive power only it should be applied to all foods. The real explanation is very different. It is that fruit freshly gathered is fitted for eating and lessens in value as the hours pass. That is true not of fruit only, but of all vegetables. That which comes direct from the garden to the table is the most palatable and in every way best fitted for consumption.

Deepest Haul Ever Made.

The deepest haul of a net ever made in the world was achieved by Americans off the Tonga Islands, in the South Pacific. The trawl struck bottom 23,000 feet below the surface—that is considerably more than four miles down—but even at that depth animal life was found. These strange beings lived in water whose temperature was constantly just above the freezing point and under a pressure of 9,000 pounds to the square inch. To sink that net and bring it back again took a whole day of steady labor.—St. Nicholas.

Not So Wonderful.

Tourist (in retired village)—So that's the oldest inhabitant? One hundred and seven years old? I wonder you're proud of him. Native—I dunno. He ain't down there in this yer place 'cept 'grow old, and it's took him a sight o' time to do that.

Both Sides of a Question.

"There are many things you can't do with money," said the man who affects philosophy.

"Yes," answered Dustin Star, "but there are a whole lot more things you can't do without it."

One Advantage.

Green—This paper tells of a man who recently married his aunt, Brown.

He's in luck. Green—How so? Brown—Being his own uncle now, he will be able to wear his watch regularly.