Val Racino, Que., Feb. 9 .- Specialt. Among those in this neighborhood who openly proclaim the ber fits they have received from the use of Dodd's Kidney Pills is Emilien Clouatre. M. Clouatre was long a sufferer from that most trying of troubles, Pain in the Eack, that adds to its incon-venience the disquieting knowledge that it is one of the surest symptoms

Kidney Disease. whow M. Clouatro is well and strong, able to do a good day's work and enjoy a good night's sleep. Interviewed regarding the case, he says; "I am not able to do otherwise than praise Dodd's Kidney Pills, for I am cured. I work well. When I go up to bed I get rest. Before I used Dodd's Kidney Pills I got up feeling more fatigued than the night before. I had pain in the back and fore. I had pain in the back and headache which bothered my rest. I took nine boxes of Dodd's Kidney Pills and am cured. I praise them to all who speak to me about them."

Others suffering from the pains and aches resulting from Kidney Complaint have followed M. Clouatre's advice and used Dodd's Kidney Pills.
They too are compelled to admit the truth of the oft repeated statement,
"There is no form of Kidney Com-plaint that Dodd's Kidney Pills can

Sunday School.

INTERNATIONAL LESSON NO. IX. MARCH 1, 1903.

Paul and Apollos -- Acts 18:24 to 19:6. Study Acts 18:18 to 19:7.

Commentary .- Paul's stay in Jerusalem was very short. This was the fourth time he had visited the city since his conversion. He "saluted the church" (v. 22) and hurried on to Antioch. "There is too much reato Antioch. "There is too much reason to fear that his reception at Jerusalem was cold and ungraciousthat a jealous dislike of that free position towards the law which he established amongst his Gentie converts, led to that determination out the part of some to follow in his track and to undermine his interest and to undermine his interest. this track and to undermine his in-fluence, which, to the intense em-bitterment of his later days, was so

(vs. 24-E6).

24. Apollos—A preparation for Paul's labor at Ephesus had been made by Apollos who had instructed a small company of Jews up to the twilight of John the Baptist's teachings concerning the Messiah. Alexandria—This city was built near the mouth of the Nilo by Alexander the Great. Eloquent—learned — The word in the original expresses not only ability as an orator, but also calls about 124 and mighty as this man was, two humble tentmakers, a man was, two humbles tentmakers, a man was a seat of learning. At one time to be trained up in a devont of his birth place, Alexandria, This word.

Eloquent and might to exhausting the Messiah Alexandria and might a devont of his birth place, Alexandria and his birth place, Alexandri

guments as well as courage." Had heard—In the synagogue. Took him—Persons of great learning may be led into the light by those in obscure positions. Apollos gives proof of his greatness by showing his will-II. Apollos vi its Achaia (vs. 27, 18.

11. Apollos vi its Achaia (vs. 27, 18, 27, Was disposed—"The original expresses more than an inclination on his part; he wished to go," Into Achaia—Of which Corinth was the capital, and it was Corinth which he

was the Messich and that they could be saved only through Him. "This they refused to do, and we know the

ARE WE FARMERS BLIND?

The Detroit Journal recently is-cued a special export number. It contained an article written by Mr. H. C. Morris, the United States Conin Windsor, Ontario. Among lowly in heart.

other things, he said:
"It is commonly known here that some of the larger concerns in the United States, in order to undersell competitors here, have shipped into Canada machines of a former and older pattern. The American farmer will buy nothing that is not strictly up to date, and at the end of every season there are left over some machines that will be a year old the next season, and these machines may lack some new innovation, but will do the work, and are 'just as good' as the work, and are 'just as good' as the work of the mechine and these do the work, and are 'just as good' as the up-to-date machine; and those mach nessent numbers—are shipped into Canada at a much reduced invoice value, thus saving duty, and they are just as acceptable to the Canadian farmer as any machine."

So, according to no less a person that a consul of the Republic to the search of us we farmers who hay scuth of us, we farmers who buy United States machines are really buying the obsolete machines gathered at the United States implement agencies and shipped into Canada. It is not to be wondered at that United States machines shipped into Canada do not wear or give satisfaction like the Canadian imple-ments One could hardly expect this runs the cell go funny paper; and the tens the case under the rather not at all certain that he finds there atisfaction like the Canadian impleextraordinary conditions cited by Mr. to do any of the commoner duties and the more and the commoner duties are commoner duties and the commoner duties and the commoner duties are commoner duties are commoner duties and the commoner duties are commoner duties and the commoner duties are commoner duties and the commoner duties are co

consequence. Their city was sacked, their temple burnt, and more than a million of them were killed and the rest scattered over the face of the earth."

earth."

11. Came to Ephesus—Ia acordance with the promise made them when returning from his second missionary jurney (chap. xviii. 21). "Ephesus was not only the capital of the province, but was the city of the greatest importance in all Asia Minor—a sphendid city, and the emporium of trade in the east. It was called one of the eyes of Asia, Smyrna, forty miles to the north, being the other The city stood on the south of a plain about five miles long from east to west, and three miles broad, with the Icarian sea, an arm of the Aegean, on the west."

1V. The baptism of the Holy Ghost (vs. 26).

2. The Holy Ghost—Paul was a Holy Ghost breacher. His first sentence brings these unenlightened disciples face to face with the deeper things of God. "It was the common privilege of the disciples of Christ to receive not only the ordinary graces, but also the extraordinary graces, III. Pagi arrives at Ephesus (v. 1).

privilege of the disciples of chief to receive not only the ordinary graces, but also the extraordinary glits of the Holy Spirit; and thus the dis-ciples of Christ differed from those of John." The genuine disciples of Christ are still distinguished from all others by the baptism of the Holy Spirit, which enlightens, quickens and purifies.

4. Or repentance-John called upon 4. Or repentance—John called upon the people to repent and prepare the way of the Lord and pointed to Jesus as the Messiah. That is, on Jesus—"The closing words of the sentence are a condensation of all the explanations by which the apostle convinced them that Jesus, whom he preached, was the prophet whom John announced."

6. Space with tongues—This was 6. Spake with tongues—This was Pentecost repeated. A new out-pouring of the Holy Spirit upon a new twelve. Prophesied—Not the ability to foretell future events, but the power to preach the general and the power to preach the gospel and to expound the Scriptures was given them. See I. Cor. xiv. 3. No person is qualified to preach the gospel, or to do Christian work of any kind until he has received the baptism of the Spirit.

Teachings.—We should all seek a deeper knowledge in the word of God. Those who know the most of God still knew but little, comparatively, and on many points need instruction. The followers of Christ should be bold as well as humble. We should all strive to be helpers in the church. When men are illuminated and purified by the Spirit

PRACTICAL SURVEY.

his track and to undermine his influence, which, to the intense embitterment of his later days, was so fateful, successful. It must have been with a sad heart that St. Paul hurriedly terminated his visit. But none of those things moved him.

I. Apollos receiving instruction (vs. 24-26).

24. Apollos—A preparation for Paul's labor at Ephesus had been

mouth of the Nile by Alexander the Great. Eloquent—learned — The word in the original expresses not only ability as an orator, but also the possession of stores of learning. 25. Was instructed—Probably by some disciple of John who had left Judea before the Saviour commenced his public course, or possibly by John himself, whose earlier ministry Apollos may have attended—Hackett Fervent—He had a "glowing religious disposition and ardent zeal."

26. Boldly—The Jews were not all ready even to listen to announcements of the approach of the Messiah. The speaker who dwelt on this theme must be prepared with a regumenta as well as courage." Had heard—In the synagogue. Took him unto them and expounded the way of God more perfectly." God like way of God more perfectly." God like willingness to learn of himself with the wildingness to learn of them. True Christians are always humble. When Paul again visited Ephesus be found "certain disciples" and soon discovered immature Christian experiences. He did not condemn or reject them because of this, but wikely asked a pertinent question, "Have ye received the Holy Ghost since ye believed?" This question with them.

Took him since ye believed? This question may be was honestly answered; but the were earnest seekers after God Our lesson brings out very clearly this fact, namely, God uses all classe such humble people. Expounded.....
more carefully—Aquila and Prisellia unfolded to Apollos the wonderfull fact of a Messiah acready come.

this fact, namely, God uses all classes
this fact, namely, God uses all classes
the fact, namely, God uses all classes
work. Apollos, the eloquent preacher,
was able to mightly convince the
able to mightly and Priscilia,
two humble tentmakers, were used to fit Apollos for greater useful-ness. The Brethren wrote commend ing this great preacher, thu opening his way and augmenting hi

his part; he wished to go." Into Achain—Of which Corinth was the capital, and it was Corinth which he decided to visit. He may have been directed to this field of labor by Aquila and Prissilla.

28. Mightily convinced—See R. V. "He powerfully confuted the Jews, and that publicly," showing by the Oll Testament Scriptures, which the Jews received as inspired, that Jesus was the Messich and that they sould be seved cult through Him. "This is a simple of the principal was a single of the Epplesian because of the control of the principal was the principal and principal used their knowledge of spiritual things to help Apolos. Paul skillfully led the Epplesian because of the principal was a single principal wa lievers into a positive knowledge of the things of God A humble or teach spirit is absolutely essentia in order to be heiped; both Apollos and the Ephesian disciples possessed this. Gol's people should always keep such a spirit. The truly great are truly humble, and in this they mitate Christ, who was meek and

A Humorous Hamlet.

A story is told of Mr. Beerbohn Tree, for the truth of which I cannot vouch, but it is at least worth repeating. A young gentleman who was very anxious to try his luck on the London stage managed to get an introduction to Mr. Beerbohm Tree, to whom he confided his ambi-tions. "Oh," replied the great actornanager, "I could not possibly give oou a part, I am afraid, but I dare on the stage with the growd in the last act." "My dear Mr. Tree," replied the aspiring young actor, pleasantly, "I do not think I have leard anything quite from you since your Hamlet.

A College Man. "Your son goes to college, Mr.

that | Binks ?" "I on't know whether he goes to college or not. He plays on the foot-

Manufacturers Life

INSURANCE COMPANY

16TH ANNUAL REPORT For the Year Ending 31st December, 1902.

INCOME.

Net Premiums on New Policies. Net Renewal Premiums

Total Net Promiums

Taxes 8,857,6 Dividends to Stockholders 24,000.0 Excess of Income Over Expenditure 600,003.1	Total IncomeSI	,240,899.83	
Death Claims	Matured Indowments and Investment Policies and An-		
Expenses and Office Furniture 201,412 + 7	Death Chine 174.965.20		
Excess of Income Over Expenditure 600,003.1	Expenses and Office Furniture	8,857,67	
010400000	Excess of Income Over Expenditure	600,003.12	

ASSETS.	
1902. Municipal Debentures, Bonds and Stocks Loans on Debentures, Bonds and Stocks Mortgages on Real Estate Real Estate Loans on Policies and Life Reversions	971,978.41 46,229.80 330,328.29
Office Furniture, less 20 p.c. written off Agents' Current Accounts Interest Due and Accrued Net Premium Outstanding and Deferred Cash on Hand and in Banks	5,643.81 59,850.79 216,142.49
Total Assets S4.40	06.329.19

All Other Liabilities	45,318.63	
Surplus on Policy-holders' Account (including Capital Stock Faid Up, \$300,000)	607,118.56	
\$4,4	06,329.19	
NOTE :— For Security of Policy-holders the Company holds		
(a) Surplus as above\$ 6	07,118.56	
(b) Reserve as above 3,7	58,892.00	
(c) Uncalled Capital Stock	00,000.00	

LIABILITIES.

The following Directors were ele
HON, GEO. W. ROSS. Toronto.
LIEUTCOL H. M. PELLAUT, Toronto.
LLOYD HARRIS. E-q. Brantford.
J. F. JUNKIN, E-q., Toronto.
E. R. WOOD, Erg., Toronto.
E. J. LENNOX, Esq., Toro to.
A. J WILKES, E.q., K.C., Brantford.
PROF. JAMES MILLA, Guelph.
R. L. PATTERS IN Esq., Toronto.
HON. J. A. OUIMET, Montreal.
R. R. McLENNAN, Esq., Cornwall.

william Strachan, Esq., Montreal.
ROBERT ARCHER, Esq., Montreal.
HON. J. D. KOLLAND, Montreal.
HON. V. W. LARUE, Quebec.
D. D. MANN, E. q., Toronto.
LIEUT.COL. JA-Y. MASON, Toronto.
KOBERT JUNKIN, Esq., Toronto.
B. F. PE ARSON, Esq. Halifax.
A. P. BARNWILL. E-q., St., John, N.B.
WM. MACKENZIE, Esq., Toronto.

.\$8,758,892,00

At a subsequent meeting of the Directors, the following officers were re-elected: President Hon. Geo. W. Ross; First Vice-President, Lieut.-Col. H. M. Pellatt; Second Vice-President, Lloyd Harris, Esq.

Low death rate, low expense ratio, and high interest-earning power, all demonstrate the sound basis on which the company is do-

A full report will be sent to all policy-holders. Booklets regarding the insurance plans of the company and copies of the annual report can be had by application to Head Office, Toronto, or to any agent of

THIS COMPANY IS THE ONLY, ONE IN AMERICA WHICH OFFERS SPECIAL ADVANTAGES TO TOTAL ABSTAINERS.

UTILIZING THE EUPHRATES

It is Said That Mesopotamia May be Reclaimed by its Waters.

Explorers say that in no region of western Asia is the ground strewn with more numerous ruins than in Mesopotamia. Its present poverty is almost as remarkable as were its ancient fertility and wealth. The soil is mixed with fragments of bricks and earthenware: the so-called tells or mounds ware; the so-called tells or mounds of rubbish are dotted in thousands of places over the plains, while a few remains of towers and crumbling walls mark the sites of large cities, the very names of many of which are now unknown.

The plains of Mesopotamia have fallen from their former pre-emin-ence for two reasons. One is that the traders and farmers scattered the plains were exposed on ides to the incursion of barall sides to the incursion of bar-barous hordes, their cities were sacked and razed to the ground and the population was reduced till to-day it is scarcely over 1,000,000 in a territory as large as France; more than one-half of the present inhabitants are nomads, whose tents are pitched on the verge of the desert.

The other reason for the present desolation is that irrigation works vere destroyed and the fertile areas were destroyed and the level after were ruined by the invasion of the sands of the desert on the south-west side. Just as the sands of the Sahara have been blown over grass lands to the north and thus extended the desert toward the Mediterranean, so in the region of the Euphrates and Tigris mil.ions of acres of once fruitful lands have been turned into waste places by

the invasion of sandstorms. Mr. Elsworth Huntington, who has recently visited the Euphrates, says there can be no doubt that the river will be utilized some day to reclaim the plains of Mesopotamia, through which it passes. He says the Euphrates needs controllers in the Pritish are conling, just as the British are con-trolling the Nile. England has found that the only way to secure

mastery over the Nile is to control its sources; therefore she is now making the huge dam at Assuan and is considering the greater task of regulating the outflow of African lakes

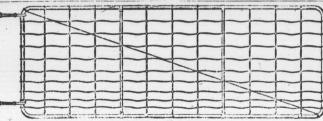
More than three fourths of the rainfall of the upper Euphrates falls in the seven months from October to April. If the precipitation of this period could be retained among the mountains and allowed to escape during the late spring and summer it would not retained as and summer it would not retained as and summer it would not retained as a summer it would not retain a second summer it wou to April. If the precipitation of this period could be retained among the mountains and allowed to escape during the late spring and summer, it would not only save Mesopetamia from the late of late and at Mongreta continues of fair diaments on this season. The cold weather and deep enow in the country had tended to retriet trade somewhat but retailers have been giving quite the potamia from the annual floods, which carry away great sections of land along the banks, but would also enable vast tracts of best land to be irrigated and re-

claimed from the desert.

The extent of this region that may be reclaimed by means of the river seems to be as large as England. Me opotar 'a can produce two crops in a year, and with irri-gation it might support ten times as many people as now live there, besides exporting great quantities of all kinds of food stuffs Mr. Huntington believes that these wide plains are again destined to be numbered among the richest parts of the world,"

Tonald Revolted.

A Highland shepherd, who had come down to winter his flocks in a more congenial clime than his own. secured lodgings at a farm house. The first morning after his arrival he got for his breakfast porridge, and, milk being scarce, raw sowens to sup them with. "Drinkin" sow-ens along with cakes and cheese served for his dinner. "Tonal" man-aged to consume the last two diets with difficulty, but when he entered the kitchen at night and sat down to tackle boiled sowens, with raw to tackle coiled sow-ins, with raw sow-ins as a substitute for milk, his stomach revolted at the prospect, and he exclaimed, "She'il tak' her parritch an' a sewan till her, an' she'il tak' her sow in an' a preed an cheese till her; but she'll be plowed if she'll tak' a sow in and a sow-il if she'll tak' a sow in and a sow-il if she'll tak' a sow in and a sow-il if she'll tak' a sow in and a sow-il if she'll tak' a sow in and a sow-il if she'll tak' a sow in and a sow-il if she'll tak' a sow in and a sow-il if she'll tak' a sow in and a sow-il if she'll tak' a sow in and a sow-il if she'll tak' a sow il in the s England has ed if she'll tak' a sowan and a sow an till her.'



THE FROST STEEL GATE is the strongest and lightest can Good agents can handle a large number of them yearly If we are not represented in your district, write us about the agency. One agent in each locality. Write for Catalog. THE FROST WIRE FENCE CO.. WELLAND, ONT .. WINNIPEG, MAN.

The Markets.

Feb 23.—Grata receipts were smaller Saturday, with no changes in p.i.es. Wheat is steady, with soles of 200 bushels of white at 72 1-2c, 200 bushels of red whiter at 72 1-2c, 100 bush of goose at 682, and 100 bush of spring at 71 to 72c. Rye, firm, 100 bushels selling at 53 1-2c. Barley is unchanged, 300 bushels selling at 50 to 51c. Outs weaker, with sales of 500 bushels at 37c. Hay quiet and firm, with sales of 15 loads at \$12 to \$15 a ton for timothy, and at \$3 to \$3 for mixed. Straw is nominal.

Butter and eggs in fair supply. Loronto Farmers Markets

Straw is nominal.

Butter and eggs in fair supply.

The best roll butter sold at 13 to 20; and eggs at 20 to 22cper dozen for new laid and at 14 to 15c for held stock.

Dressed begs are firm, small lots of light selling at \$3 to \$8.25, and heavy at \$7.50 to \$7.75.

Following is the range of quota-

Following is the range of qubta-

Following is the range of qubtations:

Wheat, white, bushel, 72 to 72 1-2c; red, 72 1-2c; spring, 71 to 72c; goose, 68; oats, 37c; peas, 75 to 78c; harley, 50 to 51c; buckwheat, 50 to 51c; rye, 53 to 53 1-2c; hay, timothy, per ton, \$12 to \$15; mixed, \$6 to 89; straw, \$8 to \$9. Seeds, per bushel-Alsike, No. 1, \$6.75 to \$7; No. 2, \$6 to \$6.50; red clover, \$6.50 to \$7.50; timothy, \$1.75 to \$2.50; ; Apples, per bbl., \$1 to \$1.75; dressed hogs, \$7.50 to \$8.25; czgs, new, laid, 20 to 22c; butter, dairy, 16 to 20c; creamery, 21 to 25c; chickens, per pair, 75c to \$1.25; ducks, per lb., 10 to 12c; turkeys, per lb., 15 to 18s; potatoes, per bag, \$1.25 to \$1.30.

Leading Wheat Markets.

Leading Wheat Markets. Following are the closing quota-

tions at important	WIRECTE	Centre	33 60-
to-day;	Cash.	May.	July
New York Chleago		81%	76%
Toledo	77% 76%	80%	76%

British Live Stock Markets. London, Feb. 21.—To-day Canadian cattle are quoted at 11 to 12% cents per lb. (dressed weight); American cattle firmer at 12% to 13% cents per lb.; refrigerator beef is firmer at 10c per lb.

Toronto Live Stock Market

20101110				
Export cattle, choice, per cwt	84 00	to \$4		
do medium	3 60	to 4	00	
do cowr	3 40	to 3	80	
Butchers' cattle, picked	4 10	to 4	30	
Butchers' cat.le, choice	3 90		25	
Butcher Cat. le, Choice	3 00		55	
Butchers' cattle, fair	2 00		70	
do common				
Bulls, export, heavy,	351		25	
do light	3 00	to 3		r
Feeders, short-keep	3 50		00	
do medium	3 25		50	
do light	3 00	to 3	50	
Stockers choice	2 75	to 3	25	
Stockers, common	2 25	to 2	75	
Milch cows, each	SO 50	to 50		
	3 50	to 4	25	
Sheep, ewes, per cwt	3 00		04	
Bucks, per cwt			50	
Lambs, per cwt	# 50			
Calves, per hoad	2 00		00	
Hogs choice, per cwt	5 80		00	
Hogs light, per cwt	5 80	to 0	UU	
do select, per cwt	5 89	to 0	00	
Hogs, fat, per cwt	5 50	to 5	65	
do sows, per cwt	4 40		00	
	2 00		Or.	
do stags, per cwt	2 00	10 0	O.C.	

Dunn's Review.

In retail circles at Hamilton a moderate volume of trade continues with comparatively a fair increase over the corresponding period of 1902. In a number of the leading lines of manufactures, including machinery, implements, bent stuff, fabrics, boots and shoes, whips, cigars, etc., orders are reported heavy and several concerns are making improvements to and several concerns are making improvements to cope with the demand. In wholesale clothing, dry goods, groceries and produce, orders have been steady and prices generally considered fair payments average well. erage well.

Bradstreets on Trade. Wholesale trade at Montreal con

eral sorting orders for spring and summer goods. There has been a stendy demand for goods for the coming ccason at Toronto, and jobbers have generally been booking coming ceason at pobbers have generally orders at advanced prices compare with values quoted at the opening of the year. The mills and factories continue busy and skilled labor is not very easy to secure in some de-partments. Business on the Pacific Coest is fairly good for this sea-son. There have been many buy-ers in the Winnipeg market the past ten days, and a large amount of buying for the opring and summer and also for next fall has been done in anticipation of a large increase in the demand this year. Business in the demand this year. Business at Hamilton has been active the past week. Reports from the contry show that the cold weather recently has helped greatly to reduce the stocks of heavy goods in retairers' hands and it looks now as it the ctocks to be carried over will be much lighter than expected of the greatly area Corters for the a few weeks ago. Orders for the coming season have been numerous. Shipments continue heavy. Values of staple goods are firm. At London staple goods are firm. At London jobbers are busy rec iving orders for the spring and summer goods and in the oping and summer goods and in the ping to retailers in various trade centres. Payments recently have been very fair. Ottawa whole sale firms report a steady demand for goods for the coming soason.

Home Again.

We have roamed in the fragrant fields,
We have heard the love talk of the

and the whisper of the breeze.

we have rocked on the laughing Wave,
Where the breaker tossed its form;
Now we turn again as the bright days wane To the happy hours of home.

For not on the mountain top Nor in the soltest vale, Not where the canvas fills and strains To the bol terous summer gile.

Not in the secret wood, Though the restlass heart may roum would around out for be found Like the joy of tove and home.

-Good Housekeeping.

Young women may svoid much sickness and pain, says Miss Alma Pratt, if they will only have faith in Lydia E. Pinkham's Vegetable Compound.

Pinkham's Vegetable Compound.

"I feel it my duty to tell all young women how much Lydia E. Pinkham's wonderful Vegetable Compound has done for me. I was completely run down, unable to attend school, and did not care for any kind of society, but now I feel like a new person, and have gained seven pounds of flesh in three months.

"I recommend it to all young women who suffer from female weakness."

MISS ALMA PRATT, Holly, Mich... 25000 forfett if original of above letter proving genuinaness cannot be produced.

forfett if original of above letter proving genulneness cannot be produced.

FREE MEDICAL ADVICE TO YOUNG WOMEN.

All young girls at this period of life are earnestly invited to write to Mrs. Pinkham for advice; she has guided in a motherly way hundreds of young women; her advice is freely and cheerfully given; her address is Lynn, Mass.

Judging from the letters she is receiving from so many young girls Mrs. Pinkham is inclined to the belief that our girls are pushed altogether too near the limit of their endurance nowadays in our public schools and seminated. adays in our public schools and seminaries; less learning and more health

DEPEW ON SMOKING.

The Well-Known Railwayman Tells Why He Quit it.

R. Chauncey Depew, the wellkrown orator and railroad president, relates the following experience in his victory over the cigar: "I used to smoke twenty cigars a day, and continued it until I be-

came worr out. I didn't know what was the matter with me, and physicians that I applied to did not mention tobacco. I used to go to bed at two o'clock in the morning, and wake at five or six. I had no appetite and was a dyspeptic. "I was in the habit of smoking

at my desk, and thought that I derived material assistance in my work from it. After a time I found that I couldn't' do any work without tobacco. I could prepare a brief or argument without tobacco, but still I was harassed by feeling

but still I was harassed by feeling that something was amiss, and the result was not up to the mark.

"I also found that I was incapable of doing any great amount of work. My power of concentration was greatly weakened and I could not think well without a lighted quar to my mouth. Now it is porfectly clear that without this power of concentration a man is incapable of doing many things. It is this which enables him to attend to various and multifarious affairs; to drop one absolutely and take up to drop one absolutely and take up another and give it full attention.

"One day I was puffing a cigar with a feeling of pleasure which is only possible to the devotee. I smoked only a few minutes and then took it out of my mouth and looked at it. I said to it: 'My friend and bosom companion, you have always been learer to me far than gold. To you re the cause of all my ills. You have layed me false. The time has come that we must part. I gazed sadly; and longingly at the eight, then threw it into the strest. I had been convinced the tobacco was ruining

"For three months thereafter I unervent the most awful agony. I never expect to suffer more in this world or the next. I didn't go to any physician or endeavor in any way to palliate my sufferings; possibly a physician might have given me something to soften the travers. Notice thing to soften the tortures. Neither did I break my vow. I had made up my mind that I must forever aban-don tobacco or I should be ruined

"At the end of three months my "At the end of three months my longing for it abated. I gained 25 pounds in weight. I slept well for seven or eight hours every night. "I have never smok of om that day, to this; and while no one knows better than I the pleasures to be derived from tobacco, I am still well content to orego them, knowing their effect."

ONE-WAY RATES. To many points in the States of Call-

fornia, Oregon and Washington. EVERY DAY.

The Union Pacific will sell One-way Colonist Tickets at the following rates from Missouri river terminals: \$25.00 to San Francisco, Los Angeles and many other California points. Tickets on sale Feb. 15 to June 15, 1903.

\$20.00 to Ogden and Salt Lake City. \$20.00 to Dutte, Anaconda and Hel-

\$22.50 to Spokane and Wanatchee, Wash. \$25.00 to Everett, Fairhaven and New Whatcom, via Huntington and

\$25.00 to Portland, Tacoma and Seattle. \$25.00 to Ashland, Roseburg, Eugene, Albany and Salem, via

Tickets on sale Feb. 15 to April 20, 1903, For full information call on or address H. F. CARTER, T. P. A., 14 Ignes Building, Toronto, Cauada, 61 F. B. CHOATE, 125 Woodward avenu Detroit, Mich.