A Living Prisoner;

Or, Friends in Name, Enemies at Heart.

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WAS & CONFIRMED ATSPEPTIC Now Finds it a Pleasure to Enjoy Moals

Here is case which seemed as hed, and as hep-sizes as yours can possibly be. This is the experience of Mr. H. J. Brown, 564 Pathumst St., Toryste, in his own,

Words : "Gentlemen—I have much pleasure in mentioning to you the benefits received from your Ns-Drn-Co Dyspepsis Tablets and can cheerfully recommend them. I imply had confirmed dyspeptia with all its wretched symptoms, and tried about all the advertised curss with no success. You have in Ns-Drn-Co Dyspepsis Tablets the best curative agent I could find. It is now such a pleasure to enjoy, meals with their consequent sourish-ment that I want to mention this for the benefit of others." The four that a list of presection on on

MARVELS OF HUMAN BODY. Its Mechanism Acts Automatically and Continuously.

Beally our human body is a mir-acle of mechanism. No work of man can compare with it in accuracy of its process and the simplicity of its laws. An English scientist has recently told some of the facts of this mechanism.

For instance, our ear contains a perfect miniature piano of about 3,000 double fibers or strings stretched or relaxed in unison with exterior sounds. The longest cord of this marvelous instrument is onefifteenth of an inch, while the short est is about one-five hundredth of an inch. The 3,000 strings are distributed through a register of seven octaves, each octave corresponding

to about 400 fingers and every half tone subdivided again into 320 others. The deepest tone we can hear has 32 vibrations a second; the highest has 70,000.

Though there are only nine per-fect tones in the human voice, there are 17,592,115,044,415 different sounds.

The eye is hardly less wonderful, being a perfect photographer's camera. The retina is the dry plate on which are focused all obplate on which are focused all objects by means of the crystalline lens. The cavity behind this lens is the shutter. The eyelid is the drop shuttle. The draping of the optical darkroom is the only black member of the entire body. This miniature camera is self-focusing, self-loading, and self-developing, and takes millions of pictures every day in colors and enlarged to life day in colors and enlarged to life size

Charts have been prepared-man velous charts-which go to show that the eye has 729 distinct expressions conveying as many dis tinct shades of meaning.

The power of color perception is overwhelming. To perceive red the retina of the eye must receive three hundred and ninety-five million million vibrations in a second; for violet it must respond to seven hundred and ninety million million. In our waking moments our eyes are bombarded every minute by at

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Sugar

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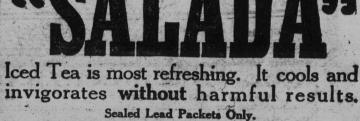
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allat



WHEN IT'S HOT AND STICKY

Allow the tes to steep for five minutes and then pour off inte another vessel to cool gradually. Never use artificial means of cooling until rand, to serve; then add sugar, ice and lemon.

least six hundred million million actual work, while science has vibrations.

Our body takes in an average of 51-2 pounds of food and drink each day, which amounts to one ton of burnt under the boiler. solid and liquid nourishment an- And all this mechanis nually, so that in 70 years a man eats and drinks 1,000 times his own weight.

Every time we breather the pro-cess is no less wonderful. For each 100 muscles are employed, 40 per cent. of the muscles of the body being active in wonderful co-operation in this single act.

Another marvel of the human body is the self-regulation process by which Nature keeps the temperature in health at 98 degrees. Whether in India, with the temperature at 130 degrees, or in the arctic regions, where the records show 120 degrees below the freezing point, the temperature of the body remains the same, practically body remains the same, practically steady at 98 degrees, despite the extremes to which it is subjected.

Of the total heat given out by the combustion of food man can make one-fifth available in the form of one-fifth available in the form of er or later.

never constructed a steam engine that could utilize more than one-ninth of the energy of the fuel And all this mechanism acts au-

tomatically and continuously.

Weather Lore.

It is universally recognized that a "high dawn" is the sign of a bad day, for it shows that the lower levels are thick with masses of vapor: A "low dawn," on the other hand, is a pretty sure pledge of a fine day. Gloom and storm are likely to follow a rainbow which appears in the morning, while a vivid straw-colored sunset foretells violent wind. Some folk say that when rain follows it kills the wind. Rain does not affect the wind. Wind will drive furiously when rain is coming down in torrents. It is simply a matter of squalls. When

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