

OVER-WORKED KIDNEYS

Cause. Rush of Blood, Fullness, Dizziness.

J. T. Chetland, the well-known railway engineer of Hamilton, found the strain always resting upon men of his occupation vastly intensified by a tendency of the blood to rush to his head, and often at times when clearness of vision and great steadiness were demanded, a stiffness with pain having settled in his back, it occurred to him that his kidneys might be at fault. "This was a happy idea, for by it I not only got rid of the pain but many other troubles as well. I took a full dose of Dr. Hamilton's Pills and was glad to note that some obstruction of the kidneys, which I had lately noticed, was at once relieved. The flushed appearance of my face gave way to a more rational color and there was a perceptible improvement in my appetite. Dr. Hamilton's Pills certainly act splendidly upon the blood, removing heat and fullness and that sort of dizziness that makes a man at the throttle wish when it seizes him that he were elsewhere."

No medicine gives such unquestionably good results for stomach, liver, and blood troubles as Dr. Hamilton's Pills; they are mild, certain, and always curative. Refuse any substitute. All dealers sell Dr. Hamilton's Pills, 25c per box, or The Catarthosone Co., Kingston, Ont.

Dr. Hamilton's Pills
Cure
Kidneys and Liver

Guide-Advocate

Watford, Ont.
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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS
WATFORD, DECEMBER 29, 1911.

Joking and Working.

"It's a pity to joke when you have work to do," says Mrs. Hetty Green, one of the richest women of the continent. But is it? Are there not times when a joke adds zest to work just as salt adds flavor to the meal? We all know what flat, insipid dishes would be set before us, where it is not for salt, and we all know how disagreeable food is when it contains too much salt. The salting must be done in the right proportion, and so, we fancy, it must be with joking.

That peculiar quality that we call magnetism in public speakers, and other people whom we meet depends largely upon the power to see a joke, to take it and pass it on. They use a joke to make an opening or to drive an argument home, and they win where they would not if they were seriously at work all the time. The joke has its place, and we believe it is sometimes to be put before work, like the carrots before the nose of the mule to make him travel faster. With a joke as an incentive, we may do the work better and more quickly. It relieves the strain, stirs the sensibilities, quickens the sluggish blood and drives one on to success.

We should not quit joking any more than we should quit playing. We need them both in our work, to make it effective and to finish it and get on to something else that is worth doing. But we must, of course, not abuse that which was meant for good.

How's This P

We offer One Hundred Dollars Reward for any case of Catarth that cannot be cured by Hall's Catarth Cure.
F. J. CHERNEY & CO., Toledo, O.
We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry

out any obligations made by his firm.
WALDING, KINNAN & MARVIN,
Wholesale Druggists, Toledo, O.
Hall's Catarth Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75c per bottle. Sold by all Druggists.
Take Hall's Family Pills for constipation.

DOESN'T KNOW FEAR.

Bucknam, the Yankee Rear Admiral of the Turkish Navy.
Not very many people in New York know Ransford D. Bucknam, but those who do have a mighty high opinion of him. Bucknam is the Yankee rear admiral of the Turkish navy. He is not only the most capable officer of the Turkish navy, but he will not trade the gunpowder in at the corner grocery, as is the endearing habit of many of the other Turkish seamen.

"Bucknam doesn't know what it is to be afraid," said Lewis Nixon the other day. "I mean precisely that. It never occurs to him that there can be anything of which he is afraid."

Nixon had been telling a number of Bucknam's early exploits, which had translated the runaway kid who sought the berth of cabin boy on a schooner on Lake Erie into the head of the Turkish navy. "The last time Bucknam was in New York," said Nixon, "he was out a bit late. Perhaps it was 2 o'clock in the morning when he marched down Twenty-eighth street to his hotel. No police were in sight. A large highway person, gun in hand, stepped out of a dark corner. 'Hands up,' he roared.

"Bucknam came to a dead stop and asked the robber to repeat his request. The ruffian bawled a bullying command at him. 'Stick them hands up or I'll blow you head off,' he howled. 'Nonsense,' said Bucknam. 'You don't know who I am. Here is my card.' And he went on his way, whistling."—New York Letter to Cincinnati Times Star.

ANCIENT PORTRAITS.

An Egyptian Cemetery Gives Up the Earliest Paintings Known.
Professor Flinders Petrie has recently exhibited some remarkable color portraits which he discovered in an Egyptian cemetery at Fayum. The face of each mummified body was covered by a portrait painted on a thin piece of cedar wood. The basic material of the paint was beeswax, which must have been melted to receive the pigment and then melted again immediately before use. The colors themselves are mineral, ochre and hematite, the blacks are charcoal, and the pinks and purples are madder.

The cemetery dates from about the first century, and its occupants were probably Romans. Professor Petrie says that these are probably the earliest paintings known and that many of these portraits are of such individuality and strength as to challenge comparison with the technique and imagination of modern artists. Moreover, it is to be remembered that they were executed at a time when the race was already decadent, and the still more ancient color work was probably far superior.

The use of wax must have been attended with many difficulties through its tendency to harden either too slowly, which would cause the colors to run, or too quickly, which would clog the brush. Some modern artists have attempted to use wax by way of experiment, but the results were not satisfactory.—London Standard.

A German Diplomat.

Herr von Kiderlen-Waechter, the German foreign minister, acclaimed "the new Bismarck," is not of noble birth, but is a scholarly, industrious man, bold and ostentatiously contemptuous of others' views, who has won his position by merit and indomitable courage. He was born in 1852, his father being director of a Stuttgart bank. As the result of the marriage of his father to a noble lady—Waechter—the family adopted the name as it now stands. Young Kiderlen fought in the war of 1870-71, afterward entering Tubingen university. He has been secretary of the embassy at St. Petersburg and in Paris and counselor of embassy at Constantinople. In 1909 he first appeared in the reichstag, where his maiden speech was greeted with laughter.

Ground Squirrels and the Plague.

Bubonic plague may be transmitted by ground squirrels. This is the conclusion of Dr. G. W. McCoy of the United States public health and marine hospital service, who has been investigating this subject for three years past. In the Journal of the American Medical Association he reports eleven cases of plague of ground squirrel origin, six of which gave a history of having handled ground squirrels within a week of their illness, while the other five lived in localities where the squirrels are known to be diseased. Of these eleven patients six died and five recovered. Bacteriological examination showed the plague germ present in all cases.

RULED THE HOTEL.

D'Annunzio Slept Till Noon, So All Noise Was Banned Till Midday.

Signor Gabriele d'Annunzio having returned to Italy, the visitors at a certain little French resort are deprived of his distinguished company. But for two months they could boast of living in the same resort as the famous poet and playwright. Some of them had even the honor of sharing the same hotel—a hotel which appreciated the great master at his just value and therefore neglected nothing that contributed to his glory. The servants had strict orders to make no noise before noon, and all work was therefore prohibited till midday. The other guests rose and dressed in silence and then stole noiselessly away to the sea or the forest, where they were requested to remain until the hour of departure. About 12 o'clock Signor d'Annunzio would appear at his window, and, as that was the sign that he had ceased to sleep, the normal routine was resumed.

In some places this severe regime would surely have emptied the hotel. But no such thing occurred here. On the contrary, for two months there was not an empty room. After dinner Signor d'Annunzio used to go to his apartments, which overlooked the sea, and there he would work all through the night, never seeking his bed till the sun rose.

During his stay he is said to have written 2,000 pages of verse and prose in French and Italian. And as the hotel keeper, delighted to have such a guest, gave the poet special terms he shows his gratitude by declaring that this particular spot is the finest resort in the world.—Chicago News.

TRADE AND TIGHT SKIRTS.

French Industries Clamor For a Return to Petticoats.

The return of the petticoat is clamored for by the muslin, cambric and lace industries. Tarare, near Lyons, which formerly thrived on the production of the first material, is threatened with ruin if women's skirts grow much narrower, if that be possible, or even if they stay where they are now. Tarare may as well shut up shop. The only fashion that Tarare favors is that of the voluminous petticoat. The trade is therefore appealing to the redresser of all evils—the French government. M. Couba, minister of commerce, is called upon to reverse the decrees of fashion. How the minister of commerce can force fashionable women to wear as many petticoats as the Dutch matrons of old is not known, but Tarare has faith in him, and unless he succeeds Tarare is doomed. Those who know, however, hold out small hope of his succeeding.

Unfortunately for the trade in muslins, lace, etc., its cause is not that of the dressmakers. The latter, as one of them has ingeniously pointed out, have no objection to the present fashions. It takes about four times less material to make a gown than a few years ago, but prices do not dwindle.—Paris Letter to London Telegraph.

TRAINS THAT DON'T STOP.

An Endless Screw Railway Now Proposed in England.

In these days of frantic rush and scurry, when all things must continually speed up or succumb, it is interesting to read of a proposal that railway trains, particularly those on the tube lines, shall never stop running during the hours the service is opened to the public.

It is a fact that the power required to stop a train is greater than that necessary to start it, and, apart from this consideration, the stoppages account for at least half the time occupied by a journey on the underground railways.

Briefly, the idea is to attach the cars to a kind of endless screw. The screw shaft would run for the entire length of the line, but the thread would be widely varied. For instance, on the open stretches of line between the stations the thread would be extended so that speed would be increased to its highest point. On the sections in which there were stations, however, the thread would be compressed, so that the train would slow down to a speed not exceeding three miles an hour.

At this pace it would be possible for every passenger to enter or leave the train while it was in motion, and, although there might be occasional stumbles at first, the public would be speedily educated up to the point of agility required.

A screw thread railway would travel at a speed of 25 per cent more than the present electric vehicles, and neither brakes nor signals would be required.—London Answers.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

It is up to You

To protect your family from the ravages of disease and infection; and the rigors of winter; to make your home the abode of Health and Happiness.
Statistics tell us that there were over 250,000 deaths in North America last year from Fever and Pneumonia; over 90 per cent. of these cases were traceable to out-door closets, and all were the result of insanitary conditions.
Are you going to allow this terrible death rate to continue.

Why not Insure Health by Installing A "Parkyte" Sanitary Chemical Closet

Absolutely Sanitary and Odorless; carries the endorsement of Physicians and Health Officials, and our own iron-clad guarantee. Requires no expensive water system; no plumbing; no sewage. Can be installed in any part of your home at the cost of a few minutes of your spare time; lasts a lifetime, and

Costs Less Than a Cent a Day

"Parkyte" Chemical has been proven by Bacteriological test to be the most powerful Disinfectant, Deodorant, and Germicide, known to Science.

The "Parkyte" Sanitary Chemical Closet

is sold by J. McKERCHER, Watford, Ontario.
A Call there will convince you. No further argument will be necessary

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If You Contemplate putting in a Furnace this year you Cannot do Better than leave your order with Us. We handle

The Best Makes in the Dominion And give you the Best Satisfaction.

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quickly stops coughs, cures colds, heals the throat and lungs. . . . 25 cents.