

A Good Hair-Food

Ayer's Hair Vigor, new improved formula, is a genuine hair-food. It feeds, nourishes, builds up, strengthens, invigorates. The hair grows more rapidly, keeps soft and smooth, and all dandruff disappears. Give your hair a good hair-food. Does not stain or change the color of the hair.

J. C. Ayer & Co., Lowell, Mass.

"Could the consumptives of any given community be seen at one time, or pass in panorama before the people, public consciousness of the magnitude of the affliction might be aroused. A physical disaster shocks the world and lets loose the sympathy of millions. A few thousand deaths are nothing as compared with the deaths from consumption." LAWRENCE F. FLICK, M.D., Medical Director of Henry Phipps Institute for the Study, Treatment and Prevention of Tuberculosis.

MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES.

Other hospitals refuse the consumptive. This institution cares for them.

Not a single applicant has ever been refused admission to the Muskoka Free Hospital for Consumptives because of his or her poverty.

Seven hundred and thirty-eight patients have been cared for since the Free Hospital was opened in 1902. Take a week's record:

63 patients in residence; 37 absolutely free, not paying a copper toward their maintenance; 15 paying 50 cents a day or less; 5 paying \$4.00 a week; 4 paying \$5.00; one paying \$7.00.

These figures tell plainly of a large deficit on maintenance account each month. To cover this the trustees are dependent upon the contributions that come to them from friends in all parts of Canada.

Not since the days of George Muller has so great a work of faith been carried on.

WILL YOU HELP DIVIDE THIS LOAD WITH THE TRUSTEES?

Contributions may be sent to SIR WM. R. MEREDITH, Kt., Chief Justice, Osgoode Hall, Toronto, or W. J. Gage, Esq., 54 Front Street, W., Toronto.

Applications for admission and all information from J. S. ROBERTSON, Secretary National Sanitarium Association, (Saturday Night Building), 28 Adelaide Street, W., Toronto, Canada.



ADMINISTRATION BUILDING, MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES.

Radium Clinic a Possibility.

There seems to be a chance of a radium clinic or special hospital for the use of radium being opened before long in Austria, according to a special cable dispatch from Vienna to the Chicago News. For months the Joachimsthal mines have been sending uranium ore to a firm of light works at Vienna, amounting to 20,000 pounds, which has been treated by chemical experts in charge of Dr. Hietinger. The result has been the acquisition of some \$200,000 worth of pure radium, which will be given to various hospitals and scientific laboratories.

The Physical Institute of Vienna, in view of this experiment, proposes to set up a laboratory at the Joachimsthal mines for the manufacture of radium salts. From this has sprung the idea that the radio active springs, which abound in the mines, might be used for drinking purposes. Samples of the water are undergoing analysis in Vienna and if the results come up to expectations a bath establishment probably will be immediately called into existence. The question is exciting widespread interest in medical circles and among people generally.

The Metric System.

The adoption of the metric system of weights and measures by Kynochs, Limited, one of the great manufacturing firms of Birmingham, has revived interest in the question of its general adoption. Its proponents and opponents are fighting the question out valiantly. Sir Samuel Montagu, president of the Decimal Association, is very optimistic. He sees in this action of a leading firm the early adoption of the system. In an interview he said: "No nation which changed its system of weights and measures has ever adopted our system, and no nation that has adopted the metric system has ever gone back on it. It is so much easier to count in tens, is it not? It has been estimated that a million sterling a year would be saved in the education of the children if they were not obliged to learn our present cumbersome system. These considerations apart we want to follow other nations in adopting the metric measure. It will greatly facilitate our foreign trade. For instance Japan uses the metric system, and in trading transactions, will naturally give a preference to Germany or France, where the same system is in use, because their merchants will be saved the great trouble which our system of weights and measures puts upon them."

A Bear in Parliament.

The young ladies on the ground floor of the Langverin Block, Ottawa, were in a state of fright the other day when a bear made its appearance in the corridor. The animal belonged to Mr. Sam Cassidy, and had escaped from a shed nearby. It was soon in custody again.

TALE OF LIVING DEATH

MINER DESCRIBES EMOTIONS DURING ENTOMBMENT.

Hops Was Always in His Heart— "Sometimes I Liked It," Says Hicks, Who Thinks Tobacco Kept Him Alive—Rats and Dead Comrades His Only Companions—Not Emaciated When Rescued.

Lindsay B. Hicks, the miner who was rescued at one o'clock in the morning of Dec. 23 from the tunnel of the Edison Electric Co. at Bakersfield, Cal., talked almost merrily within a day thereafter of his fifteen days' living entombment. He said there were times when he really enjoyed himself, imprisoned though he was in the bowels of the earth, with rats, who feasted on the dead bodies of his fellows, as his only companions. Hicks was not at all weakened by his experience. In excellent spirits, he related the following story: "It was awful close in there. At first I thought I would die like the poor fellows above me. God, it was awful to hear them moaning and twisting in the debris, dying by inches from suffocation. But after awhile a cool draft of air came sweeping up from below and I knew then I would never be without air, as there would always be a current through the crevices.

"When the crash came I started to run up the shaft, keeping along the right rail. A falling timber struck me, and I fell to the floor. When I



LINDSAY B. HICKS.

tried to get up I was closed in. The timber didn't hurt me much, and in a few days I was all right again.

"I never had any fear. The death struggles of the other men were awful enough. After the fifth day I knew that I would be saved. A feeling came over me that God was with me. I am grateful to God, and I will never go to hell if praying can save me. "And maybe you won't believe me, but sometimes down there I really enjoyed myself. That tobacco saved my life. It is the greatest foodstuff on earth. But for it I would be in there a cold corpse right now. "After my plug gave out I tried hard to reach an empty sack which lay just above me. The rats would run across it and I had a hard time keeping them from eating it. I struck at them, but they were almost out of reach.

"At last two hit it and knocked the tobacco sack down. There were only a few grains in it, but the taste of these gave me renewed life. "The rats became thicker each day. Sometimes it gave me a shudder when I felt one run across my face. Then I thought how it had just returned from a meal off the bodies of the poor fellows who had died near me. "Then sometimes I amused myself with the bell wire, which fell right in front of me. By pulling a long time I broke this, and then I would play tunes on the wire, and many weary hours passed in this amusement.

"I was so cramped in there that I could not stretch my legs out. When I wanted to rest I would stick one of my legs down a crevice and stretch. You see the seat of my trousers is worn out from shifting about.

"When I wanted to sleep I just put my hat on a wheel of the car and rested my head on it."

"The last cut on the tram rail—the final work necessary to Hicks' rescue—was finished after midnight. No sooner was the section removed and the way left open than Hicks began to scrape away the rocks and dirt and crawl toward the opening.

"With arms in front of his head he went into the miniature tunnel and began to work his way slowly through to the other side of the car. When he had progressed about half way he stopped. Supt. Frank Miller, who stood at the tube at the mouth of the shaft, immediately asked what was the matter.

"O, nothing," Hicks called back. "I'm just going to stop. I'm out of wind. My wind is short, you know."

Hicks moved a few inches farther toward freedom. Then his arms were seized by Dr. Stinchfield and Miner Gents, who, exerting all their strength, pulled the miner into the main tunnel, where he was placed in a sitting position.

Hicks was not emaciated, as was expected. He was strong, the stimulants that had been prepared for him were not needed. His beard was thick and stubby, but not grown out. His face and hands were dirty, but his clothing was fairly clean and in good condition.

As soon as Hicks had stood up, stretched, and blinked his eyes in the candlelight, Dr. Stinchfield stepped forward, with tears in his eyes, and, laying his hands affectionately on Hicks' shoulders, said:

"Well, how are you, old boy?"

"I am feeling fine. I can never thank you, doctor, for what you have done."

Then Supt. Cone, who had staid by the work day and night, came forward, took Hicks by both hands, and said:

"I am glad to see you again, old man."

Hicks attempted to thank Cone also for his efforts in his behalf, but his feelings choked him.

Hicks has since accepted a lecture engagement for a year at a salary of \$500 a week from R. J. Schmidt of Berkeley, Cal. Harry Linville, prominent in the rescue work, has been engaged to act as lecturer, and two of the miners will also be taken along.

ART OF CONVERSATION.

Modern Methods and Manners Have About Destroyed It—Polished Conversationalist Is Rare To-day.

In olden times the art of conversation reached a much higher standard than to-day because of the complete revolution that has taken place in the conditions of civilization. Formerly people had almost no other way of communicating their thoughts. Knowledge of all kinds passed almost wholly through the spoken word. There were no great daily newspapers, no magazines or periodicals of any kind. People were not in so much of a hurry as they are to-day.

The great discoveries of vast wealth in the precious minerals, the new world opened up by inventions and discoveries and the great impetus to ambition have changed all this. In this lightning express age in these strenuous times, when everybody has the mania to attain wealth and position, we no longer have time to reflect with deliberation and to develop our powers of conversation. In these great newspaper and periodical days, when everybody can get for one or a few cents the news and information which used to be the province of the morning sheet or is buried in a book or magazine. There is no longer the same need of communicating thought by the spoken word.

It is a rare thing to find a polished conversationalist to-day. So rare is it to hear one speaking exquisite English and using a superb diction that it is indeed a luxury.

We are not only poor conversationalists, but we are poor listeners as well. We are too impatient to listen. Instead of being attentive and eager to drink in the story or the information, we have not enough respect for the talker to keep quiet. We look about impatiently, perhaps snap our watch, play a tattoo with our fingers on a chair or a table, hitch about as if we were bored and were anxious to get away and interrupt the speaker before he reaches his conclusion. In fact, we are such impatient people that we have no time for anything excepting to push ahead to elbow our way through the crowd to get the position or the money we desire. Our life is feverish and unnatural. We have no time to develop charm of manner or elegance of diction. "We are too intense for epigram or repartee. We lack time."

Life is becoming so artificial, so forced, so diverse from naturalness, we drive our human engines at such a fearful speed, that our life is crushed out. Spontaneity and humor and the possibility of a fine culture and a superb charm of personality in us are almost impossible and extremely rare. —Success Magazine.

STORY OF UNION JACK.

Mr. Barlow Cumberland Addresses Empire Club At Luncheon.

The splendid story of "that small bit of bunting," the Union Jack, the outward and visible emblem of all that British rule and British history and the British ideal stand for, was the subject of a half-hour address by Mr. Barlow Cumberland at the Empire Club luncheon in Toronto recently.

"The Red Cross of St. George, the first flag of England," said Mr. Cum-

berland, "had braved a thousand years the battle and the breeze, and under it England's mariners had in the days of Queen Elizabeth made Britain the mistress of the seas. Since the defeat of the Spanish armada the Red Cross of St. George had been the flag of the British navy. The White Cross of St. Andrew, Scotland's national flag, had a similar proud history. It had been carried by Bruce at Bannockburn and by a long line of Scottish heroes famous in romance and chivalry.

The flag of Ireland, the Cross of St. Patrick, dated back to a time of obscure Irish history, being first carried by the Fitzgeralds. Mr. Cumberland briefly reviewed the story of the uniting of these three flags in the present Union Jack. In Queen Anne's reign came the Union Jack of England and Scotland, and under this emblem United Britain won her world-wide colonial possessions. Then in the reign of George III. came the incorporation of the Irish emblem in the Sovereign's flag. Henceforth the Union Jack meant the sign of Imperial power. No other flag in the world had a nobler history, none stood for high ideals of national life, none deserved greater respect among the nations of the world.

Home of Chieftains.

Sir Walter Parratt, the organist at St. George's Chapel, Windsor Castle, in a letter stated that he had always considered Yorkshire to be the land of choral music.

Thousands of Women suffer Untold Misery Every Day with Aching Backs That Really have no Business to Ache.

Under ordinary conditions it ought to be strong and ready to bear the burdens of life. It is hard to do housework with an aching back. Backache comes from sick kidneys, and what a lot of trouble sick kidneys cause.

But they can't help it. If more work is put on them than they can stand it is not to be wondered that they get out of order. Backache is simply a warning from the kidneys and should be attended to immediately so as to avoid years of terrible suffering from kidney trouble.

Doan's Kidney Pills will cure you in the same way as they have cured thousands of others.

Mrs. Thos. Craig, Almonte, Ont., writes: "I was doctoring for six months for kidney trouble and my back was so lame I had to lie in bed. I was advised to try Doan's Kidney Pills. I did so and in one week I was able to walk with very little pain, and in five months my back was as strong as ever."

Doan's Kidney Pills are 50 cents per box or 3 boxes for \$1.25 at all dealers, or will be mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

Bathroom Wall Paper.

It has been said that a well equipped bathroom is the hallmark of respectability.

ABSOLUTE SECURITY.

Genuine Carter's Little Liver Pills.

Must Bear Signature of

See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.

FOR HEADACHE. FOR DIZZINESS. FOR BILIOUSNESS. FOR TORPID LIVER. FOR CONSTIPATION. FOR SALLOW SKIN. FOR THE COMPLEXION.

Price 25 Cents. Purely Vegetable. Fac-Simile.

CURE SICK HEADACHE.

Jap Squadron Damaged.

Tokio, Jan. 21.—The damage sustained by the training squadron, which was forced to enter Yokohama harbor Monday by a severe storm met after the squadron had started on a cruise to Honolulu, it not so great as at first supposed. It had been ascertained that the masts of one of the vessels was broken. During the storm the squadron lost six boats, and thirty of the crew were injured. It is expected that the voyage will soon be resumed.

STOMACH TROUBLES

To wrong action of the stomach and impaired digestion a host of diseases owe their origin.

When the food is imperfectly digested the full benefit is not derived from it by the body, and then stomach troubles start to appear.

Thus you become thin, weak, nervous and debilitated, energy is lacking, brightness, snap and vigor are lost and in their place come dullness, dizziness, loss of appetite, depression and languor. The great point is to get the stomach back into good shape again so it can properly digest the food, and the easiest, quickest and best way to do it is by the use of

BURDOCK BLOOD BITTERS

Miss Lizzie Furlette, Jaquet River, N.B., writes: "I was very much troubled with my stomach and did not know what to do. I consulted several doctors, got medicine from them, but all to no purpose, and was constantly growing worse. One day I had the good luck to meet with a friend who had been troubled in the same way as myself. My friend told me of the wonderful cure Burdock Blood Bitters had made with her and advised me to try a bottle. I did so, and what a happy change the first bottle made. I took two more and am completely cured, and I shall ever sing the praises of B.B.B."

Price \$1.00 per bottle or 6 bottles for \$5.00.

1000S STORM SEMINARY.

Expulsion of Catholics Causes Disturbances, But Resisters Escape.

Angers, France, Jan. 21.—The expulsion Saturday of a number of students from the Catholic seminary at Beaupreau was the occasion of serious disturbances.

Troops stormed the seminary building and broke in the doors, while the students, crowding the windows, bombarded them with stones, chairs and tables. The sub-prefect of police, the commander of the gendarmerie and the commissary of police were seriously wounded, while fifteen officers and soldiers were slightly hurt.

When the troops finally forced an entrance to the building they discovered that the students had escaped over the back wall.

A WOMAN'S BACK WAS NOT MADE TO ACHE

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WOMAN'S WORLD

COUNTESS OF CARLISLE.

The Peeress Who Is President of the World's W. C. T. U.

Lady Rosalind Frances, countess of Carlisle, president of the World's Woman's Christian Temperance union, is also president of the British Woman's Temperance association and has been for many years an aggressive temperance worker and one of the leading members of the Woman's Liberal Federation of Great Britain, of which organization she was president for several terms. While Lady Carlisle is active in all movements for the betterment of the status of her sex, temperance is her greatest cause, and she it was who led and directed the recent crusade against the employment of women in England as barmaids.

The Countess of Carlisle is the youngest daughter of Lord Stanley of Alderly and in 1884 was married to

Style and Comfort.

How many rooms there are, correct and beautiful, which fall of being lovely! Everything is perfect. Some "period" has been carried out faithfully by a professional interior decorator of big reputation, with the result that the room has style and distinction, is cold, correctly exquisite or magnificent, and yet no one would voluntarily choose that room to live in. No one would deliberately elect to spend a delightful afternoon in it with a novel. No one would dream of repairing to it for the purpose of being unmitigatedly lazy. The fact is art and comfort are not synonymous terms by any means. Many an artistic room is uninteresting, cold and characterless because it bears no stamp of personality, yet correct style and comfort can and ought to go hand in hand.

Before altering a sleeve pattern the arm should be measured from the arm eye to the bend and thence to the wrist; also from the back of the arm to the point of the elbow and thence to the wrist. Then measure the pattern and make the alterations. If the sleeve is too long between the top of the arm and the elbow place a tuck through the pattern. If it should be too long between the elbow and the wrist place a tuck there also, making the sleeve the required length. If, on the contrary, the pattern should be too short cut it through just where it is necessary, either above or below, allowing for space to give it the desired length.

Cleaning Papered Walls.

Papered walls may be cleaned with a mop of cheesecloth strips an inch and a half wide and eight inches long made fast to a light handle. Brush the paper well with it twice a month.

Every spring and fall mix cornstarch, whiting and powdered fuller's earth in equal parts, dip the mop into the powder and rub walls and ceilings well with it. Then shake all powder from the mop, cover it with a damp flannel and go all over the wall again, wiping in long straight strokes. The flannel must be damp only. Wet, it is apt to leave marks. As soon as it is dry change it for a fresh one.

Old Lace Curtains.

A clever device for utilizing the beauty that remains in fine lace curtains that have seen their day is to cut out the rich raised work rings and wreaths from which the delicate net has worn away. Apply them to squares of velvet or satin for use as cushion covers. Applied on olive or metallic green velvet or some soft wood brown shade the effect is rich and elegant, especially when further set off with a fringe of silk or corresponding tone.

Old Medicine.

It is a wise thing to throw out old medicine. Keeping it is rash economy, as many drugs lose their strength, while others deteriorate and become dangerous to take. Then the same physical conditions do not often occur, and it is always safer to get a new prescription or at least have the old one freshly put up. Besides, if old bottles accumulate one is apt to forget what they contain and in an emergency seize on the wrong one, with serious results.

The Peaked Chin.

The girl with a wedge shaped face must not wear her hair spread out over her ears. This only accentuates the triangular lines. With a peaked chin it is necessary to avoid broad effects above the brows. Wave the hair at the temples and draw it up to the top of the head in soft rolls. This gives the face a delicate oval outline.

Brooms.

If you have a prophetic outfit it is best to have every broom and scrubbing brush marked with the name and object for which it is designed, so that there will be no danger of your Persian rug being swept with a greasy kitchen broom.

After cleaning an article that requires to be dipped in a bowl of gasoline the gasoline that is left can be used again if strained through filter paper, which can be bought at a drug store, or through chamols leather.

When pins are swallowed give the child all the mashed white potatoes he will eat and no water for a day, and the danger will be reduced to a minimum.

In the case of a tiled floor a little linseed oil rubbed in and the tiles subsequently polished brings up the colors wonderfully.

A pine floor washed with a solution of a pound of copperas in a gallon of strong lye will take on the color of oak.