

GRAND TRUNK
Takes effect Sunday, Oct. 1st, 1905.
WEST.
3.30 a.m. for Windsor, Detroit and intermediate stations except Sunday.
12.50 p.m. for Windsor and Detroit.
4.18 p.m. for Windsor and Detroit.
9.19 p.m. for Detroit, Chicago and west.
International Limited, daily.
Mixed 2.30 p.m.

EAST.
3.37 a.m. for London, Hamilton, Toronto, Buffalo.
12.00 p.m. for London, Toronto, Montreal, Buffalo and New York.
5.18 p.m. for London, Hamilton, Toronto, Montreal and East.
9.00 p.m. for London and intermediate stations.
Daily except Sunday: *Daily.

CANADIAN PACIFIC RAILWAY
Corrected Oct. 1st, 1905.
GOING EAST GOING WEST
7 a.m. daily, ex. Sunday 1.03 a.m.
3.18 a.m. Express. 1.13 a.m.
3.32 p.m. 8.50 p.m.
This train runs daily except Sunday
Starts from here and remains over night.

THE WABASH RAILROAD CO.
GOING WEST EAST BOUND
6.45 a.m. No. 2-12.23 p.m.
3-1.07 p.m. 4-11.19 p.m.
13-1.25 p.m. 6-1.32 a.m.
9-1.13 a.m. 8-2.49 p.m.
J. A. RICHARDSON,
Dist. Pass. Agt., Toronto and St. Thomas.
J. C. PRITCHARD,
Station Agent,
W. E. RISPIN,
W. P. A. 115 King St. Chatham.

CANADIAN PACIFIC
166,570,000
bushels of wheat, oats and barley were harvested from
5,884,800 Acres
—IN—
MANITOBA, ALBERTA
SASKATCHEWAN
in 1905.

Facts and figures of practical interest to the prospective settler are found in "WESTERN CANADA" and "SETTLERS' GUIDE" free upon application to W. H. Harper, Chatham, or write C. B. Foster, D. F. A., Toronto.

GRAND TRUNK RAILWAY SYSTEM
Winter Resorts in February.....
California, Mexico, Florida, Cuba, offer attractions difficult to find in any other part of the world.
Delightful, restful, health restoring climate, luxuriant hotel.
Round Trip Tourist Tickets are on Sale daily to all Southern Resorts.
The Mount Clemens, Minn., Bath, and St. Catharines, Minn., Springs, situated on our direct line, are celebrated for their curative waters. Try it.
Tickets and full information call on W. E. Rispin, City Agent, 115 King St.; J. C. Pritchard, depot Agt.

THE WABASH
For Mardi Gras Festivities
New Orleans, La., February 22nd to 27.

The Wabash will sell round trip tickets at single first-class fare plus \$2.25; tickets on sale February 21st to 26th inclusive, good to return until March 3rd, on payment of fifty cents; tickets can be extended until March 17th.
Special round trip rates to Cuba, Old Mexico and California on sale daily.
Sweeping reductions in the one-way tourist rates to Pacific Coast ports, from February 15th to April 1st.
For full particulars address any District Agent, or J. A. Richardson, District Passenger Agent, North-east corner King and Yonge Sts., Toronto and St. Thomas, Ont.
J. C. PRITCHARD, Depot Agent.
W. E. RISPIN, City Pass. Agt., Chatham.

Coal AND Wood
Order your COAL and WOOD from
J. GILBERT & CO.
We have the best to be got and at low market prices. Orders promptly delivered.
OFFICE AND YARDS Queen St., near G. T. R. Crossing. PHONE 719

Fire, Life and Accident
Money to Loan at lowest rate of interest.
GEO. K. ATKINSON
Phone 346, 5th Street
Next to Harrison Hall

THE FOUR ELEMENTS.

Maricus Reed Discusses the Second and Gives Some Data.

II.—EARTH.
Being of such a compound nature, this can only be called an element in a representative sense as standing for the earth on which we live. Not, be it understood, for the whole globe, which is in reality a ball of fire. The habitable earth, with its soil and rocks, forms no more than a thin outer crust, not as thick in proportion as the skin of an orange.

This skin, formed in the course of countless ages by the gradual cooling of the surface, is so thin that it quivers with earthquakes, and is yet so solid that no accumulation of mountains on any given spot makes the slightest impression on it. In fact, like all Cosmic theories, we must accept this slightly uncomfortable knowledge as purely scientific, and may consider the earth's crust as quite solid enough in England, though in other countries Japan for instance, it is still too shaky to be altogether comfortable or trustworthy. So frequently is it shaken in that otherwise delightful country that cards are affixed in some of the hotel bedrooms, advising travelers how to behave when they feel an earthquake coming on!

There was a time when such seismic disturbances were attributed to the Earth Spirits, the Gnomes mentioned in a previous article; misshapen dwarfs guarding the untold treasures of jewels and gold buried deep down in the bowels of the earth—spirits malignant for the most, male and female, for our ancestors were particularly well-informed of such details. It is true these Gnomes never showed themselves, but a man who only believed what he saw would have been completely out of his element in the Middle Ages.

We ourselves have still to take very much upon trust. Science tells us much concerning this earth which we cannot expect to verify for ourselves, such as the incomprehensible rapidity of its flight through space, spinning round meanwhile like a gigantic top; but we have ocular proof of the existence of the internal liquid fire upon which we live, from which we are only separated by the thin earth's crust, and which is the indirect cause of earthquakes. Now and again this immense sea of liquid fire, everywhere some seven thousand miles deep, forces itself to the surface through volcanoes, and even permanently boils the water in the geysers of Iceland and the hot lakes of New Zealand, where the waves, instead of putting a kettle on the fire, just cook their dinner in the thermal village pond.

The friable, brownish substance more specially called earth is of a most peculiar nature. Originally formed by the action of heat and moisture, integrating the surface of the rocks, it was then no doubt sufficient for plants which required little additional organic substance, but later on its composition has been altogether changed, as Darwin has shown in his masterly theory, by the agency of earthworms, who by eating the fallen leaves and ejecting the digested matter, have gradually enriched the siliceous earth and made it into the rich and fruitful soil, or earth, as we know it. This slowly produced substance is comparatively scarce; it is spread in many places very thinly over sandy or stony subsoil; we must deduct deserts, forests and mountain ranges, and remember that the sea moreover covers quite three-fourths of the whole globe. Yet it is on this rich, but scarce, substance that our race must dwell from day to day, and it is a small wonder, therefore, that the immense globe bears its name, though in bulk it be but as a little dust on an apple or the bloom on a rose. From this substance or element our bodies are produced; to it of this return. Its quantity is not increased thereby; every succeeding generation reappears, in a manner of speaking, in the bodies of preceding generations. It has been calculated by Herschell that, were it otherwise, the earth would now be surrounded by a layer miles deep of dead generations.

Though forming part of this element we do not live in it; we live in the elastic fluid known as air or the third element. There is little life in the earth itself, except in subterranean lakes or rivers; we should be ignorant of this fact but for a most astonishing phenomenon. The Cotopaxi and other volcanoes of America sometimes eject, with quantities of water and mud, enormous quantities of fish! Humboldt mentions that such masses of fish have been thrown by the Cotopaxi on the estate of the Marquis Salvaiega that they poisoned the air all round.

It is not always easy to bear in mind that the appearance of the earth as we know it now is transitory. We can with difficulty imagine the gloom and wretchedness of our earth during the first Geological Periods, when the heat came from below rather than from above, when thick, impenetrable clouds and vapor surrounded the globe for ages, and never permitted the sun's rays to penetrate; when trees and ferns some hundreds of feet high covered the whole surface of the land in a deep, green, mysterious twilight, and when no animal life existed. The time when the climate of England was tropical, and the hairy elephant, the sabre-toothed tiger roamed where now London stands, must have been quite cheerful by comparison. Grumble as we may about the climate, we are privileged to live in perhaps the happiest period of the existence of our globe; during the special period only the icebear and seal could live in England, and this uncomfortable period is surely coming back! The time of its return is known to within a fraction to our astronomers, who foretell that the glaciers of Greenland shall one day stretch again as far south as the Rhone, in France, leaving England as a frozen Nova Zembla in the midst of a sea of Arctic ice and snow, uninhabitable for ages and ages. The extremes of cold and heat, eternal ice and liquid fire, are united on one single spot in the world; and nowhere else could such a dramatic position be witnessed. Mount Erebus in the Antarctic Sea, near the South Pole, is enveloped in snow and ice from the base to the summit, resembling an immense block of ice of frozen snow, and yet this is a fiery volcano in perpetual activity! Very appropriate is its name, Erebus, the son of Chaos, and the name of that dark and gloomy cavern through which the shades pass into Hades.

HOW TO TAKE THEM

CONSTIPATION FOR BILIOUSNESS TORPID LIVER INDIGESTION DYSPEPSIA HEADACHES IMPURE BLOOD RHEUMATISM KIDNEY TROUBLE NEURALGIA NERVOUSNESS IRRITATED HEART BAD COMPLEXION

Begin treatment by taking one "Fruit-a-tives" tablet three time a day and two at bedtime—for 3 or 4 days.

Take the tablets twenty minutes before meals, and always drink half a tumblerful of cold water (not iced) with each tablet.

Then take two tablets every night for a week—and then one every night for a month.

Be careful about the diet—eat regularly—avoid veal, pork, dark meat fowls, and never drink milk with meals.

Bathe frequently—dress warmly—exercise sensibly—take "Fruit-a-tives" faithfully—and see how much better you are at the end of the month.

50c. a box. At all druggists.

Vinegar.
Vinegar is fatal to many kinds of bacteria. We read that during the great plague in London a couple earned fabulous sums in nursing the wealthy who trusted their own means of defense was swathing the lower part of the face with cloths dipped in strong vinegar. Some one says, "My grandmother used a gargle of salt and pepper with vinegar for all our children, and she didn't have to go to a sanitary club to learn it." True, no doubt, a timely though utterly empirical use of that gargle has saved many lives.—St. Louis Globe-Democrat.

"Carat" as Applied to Diamonds.
Although the term "carat" is applied to diamonds as well as to gold, it does not mean the same thing. Used with regard to the metal it expresses quality or fineness, 24 carat being pure gold and 22 carat equal to coined gold. But applied to the diamond carat means actual weight, and by this measure 115½ carats are equal to an ounce troy. The value of a diamond is not merely so much per carat, irrespective of size, but increases in an increasing ratio with the weight of the stone.

Trust to Nature.

A great many Americans, both men and women, are thin, pale and puny, with poor circulation, because they have ill-treated their stomachs by eating or too much eating, by consuming alcoholic beverages, or by too close confinement to home, office or factory, and in consequence the stomach is not treated in a natural way before they can rectify their earlier mistakes. The muscles in many such people, in fact in every weary, thin and puny person, are so tired and worn that they cannot do their work with great difficulty. As a result fatigue comes early, is extreme and lasts long. The demand for nutritive aid is loud. To insure perfect health every tissue, bone, nerve and muscle should take from the blood certain materials and return to it certain others. It is necessary to prepare the stomach for the work of taking up from the food what is necessary to make good, rich, red blood. We must go to Nature for the remedy. There were certain roots known to the Indians of this country before the advent of the whites which later came to the knowledge of the settlers and which are now growing rapidly in professional favor for the cure of obstinate stomach and liver troubles. These are found to be safe and yet certain health every tissue, bone, nerve and muscle should take from the blood certain materials and return to it certain others. It is necessary to prepare the stomach for the work of taking up from the food what is necessary to make good, rich, red blood. We must go to Nature for the remedy. There were certain roots known to the Indians of this country before the advent of the whites which later came to the knowledge of the settlers and which are now growing rapidly in professional favor for the cure of obstinate stomach and liver troubles. 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