The headache to which an ansenic, ervous woman is subject, arises from enirely different causes from that of her eshy, full-blooded sister. It comes from inctional disarrangement, to be sure, but where in the one case the machinery is logged up and retarded by an accumulation of extraneous matter, in the other the inctional inactivity is simply because of insufficient force, power or strength to keep p the necessary work.

The British Museum, the great European storehouse of things out of the ordinary has hundreds of Egyptian mummies of all dynasties carefully stowed away within its walls. Some of these are comparative recent efforts at embalming, and others date back to the "wide revolving shades of centuries past." The oldest of the entire of the entire of the mummy of Mykerinos. He was a King in Egypt in what is known to history as the "fourth dynasty," and wore his golden tiara and sat on the throne of thrones 4,000 years before the wise men followed the star of fate, till it stopped over the lowly hovel in Bethlehem where the infant Jeaus lay. Mykerinos was the builder of the third pyramid of Ghizeh, where his headless mummy was discovered in the year 1836. The stone coffin in which he was being transported to England was lost at sea and lay at the bottom of the coean for two years before being recovered. It is seldom that a man's bones are subjected to vicissit tades, especially 5,000 or 6,000 years after his death.—St. Louis Republic.

Past Masters' Association met at the Masonic Hall last night for its annual meet ing. The following officers were elected for the ensuing year: President, T. F. Blackwood; vice-president, E. T. Malone; Scoretary-treasurer, R. B. Harcourt; executive committee, William Roaf, F. F. Manler, What more do you want?

What more do you want?

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MANUFACTURERS.

We are now receiving the last consignment of our fall orders.—Plate, and the past of the horse of the heat is relieved, even the worst case of consumption is relieved, when the recent is say is may be after present and large. It is a medicine prepared from the active principles or virtues of several medicinal herts, complaints.

Past Masters' Association met at the Masonic Hall last night for its annual meet in the ensuing. The following and there was be-ing transported to England was lost at sea and lay at the bottom of the coean for two years before being recovered. It is seldom t

Following are tables of diseases or crimes according to the wealth of the unfortunates

MR. BIGGAR GETS TWO MONTHS and Is Instructed To Get An Assi

absence in order to recruit his impaired health. He was also instructed to an assistant at a salary not to exceed \$3500 a year to fill the position made vacant by the resignation of Mr. Mowat. Mr. Biggar said that the cause of his sending in his resignation was not so much a matter of salary as of help in his department.

Workingmen "Peers" In New Zealand. The Christchurch (New Zealand) cor-respondent of The Standard writes on Oct.

The New Zealand Government have los no time in availing themselves of Lord Ripon's instruction to the Governor, that The remedy is difficult because it depends so much apon the will and determination of the woman herself, but it is easy and sure when we can bring the patient to an understanding of her case.

Briefly: Take things easier.

Do not fret. Do what you can and do not worry about the work left undone.

Concrol your temper and your fongue.

Avoid worrying, and fault-finding.

Sleep more than you do. Take your sleep the first part of the night.

Of course you will say: "Where is the use in retiring early when I just lie there awake." Simply another matter of habit, and one easily overcome.

Get your druggist to put up for you seem capsules of eight grain anti-febrin each, and take one each night as you retire at mine o'clock. In a week you will have a life. One of them the House. The new labor "Peers" have had no previous experience in public political transport. The previous experience

awake." Simply another matter of habit, and one easily overcome.

Get your druggist to put up for you seven capsules of eight-grain anti-febrin each, and take one each night as you retire at nine o'clock. In a week you will have a new and good habit formed, and the old one broken up.

What I have previously written about attention to regular habits applies to all women.

But in the matter of eating and nourishment, do not stint yourself in any way. Eat what you like, whatever agrees with you, but eat slowly, masticate your food thoroughly, and depend entirely upon nature to furnish all the fluid that is necessary for mastication.

As for medicine, in all probability you need a tonic. A one-grain quinine capsule three times each day, for three days if you are not in the habit of taking this drug; or tincture of iron, five drops in a wineglassful of water three times each day, for three days of medicine with three days of rome of iron, five drops in a wineglassful of water three times each day, for three days of medicine with three days of no medicine. Your system may not take kindly to ron; one in a while we meet with a person who cannot take if the any form. You can readily tell, howeyer, by a dull pain which comes just over the eyes. The pain comes when one continues to use the iron too long, or takes it in too large doses, and readily disappears on reducing the dose, or perhaps stopping its use entirely. An infusion tea, of wild cherry bark in water, is an old-fashioned, but valuable and safe tonic. Make it strong, until it is bitter and youckery." Take a wineglassful twice a day.

You may consider the treatment I am advising as too radical—too thorough. You as doubt in the following day, for fear, it is presumed, of incurring the censile of the Disenalific.

Aday.

You may consider the treatment I am advising as too radical—too thorough. You may think that there ought to be a quick way to a cure for a simple headache, but do not deceive yourself. There are means of speedy relief, but the cure I want you to make is thorough, complete and lasting, and like all things well done, requires patience.

Do you know what that narrow chest of yours indicates? It means that you are Do you knew what that narrow chest of yours indicates? It means that you are only half living. It means that you are not well-balanced. Your brain and neve machinery are working away at full speed, probably with abnormal activity, and you are breathing with half your lung power.

Every morning on rising bathe the throat, chest, shoulders and arms. Commence with tepid water and each morning use it a little cooler until in a month you can use cold water on the coldest morning in winter. Put a teaspoofful of alcohol or cologne in the water, and after the bathing rub yourself with a coarse towel until you are nearly out of breath with a coarse towel until you are nearly out of breath with a coarse towel until you are nearly out of breath with a coarse towel until you are nearly out of breath with a coarse towel until you are nearly out of breath with a coarse towel until you are nearly out of breath with a coarse towel until you are nearly out of breath with a coarse towel until you are nearly out of breath with the exercise.

Now tof sum up: The radical, permanent cure for sick fiscadache in weak, nervous women must combine the following:

A general toning up of the system. Regularity of habits.

Plenty of sleep at the right time.

A powerful exercise of the will be keep up a cheerful, quiet, easy frame of mind. As to immediate relief there is nothing better than monthol.

Get your druggist to make for you a Get your druggist to make for you are greated as good deal of senses in commence of the will be keep up a cheerful, quiet, easy frame of mind. As to immediate relief there is nothing better than monthol.

Faraham Ledge No. 286, A.O.U.W.

The following were elected officers for the cologn.

The foll

Farnham Lodge No. 286, A.O.U.W. The following were elected officers fo Get your druggist to make for you a strong solution thus:

Menthol, half ounce. Mix.

For external application, use this tineture full strength. Paint it right over the pain. Then take half a glass of hot water and add from three to ten drops. of the tineture, inhale the fumes until it cools off, so that you can drink it, and remember that it should be taken as hot as possible.

There is another headache which comes from unusual exhaustion, and is terribly acute. It is the headache of the brain worker.

The Painters' Brotherhood.

Farnham Lodge No. 286, A.O.U.W.

The following were elected officers for the ensuing year at the last regular meeting held in the hall, corner Spadina-avenue and College-streets: P.M. W., Thomas Bloodworth; M.W., A. B. Williamson; foreman, H. Hewlett; overseer, J.W. Kirkness; recorder, A. E. Winton; receiver, George Burton; financier, Joseph R. Fraser; guide, Robert Coulter; inside watchman, Joseph Brierton; trustees, H. Lovelock; outside watchman, Joseph Brierton; trustees, H. Lovelock, W. W. Hodgson and A. R. Williamson.

The Painters' Brotherhood.

Worker.

It can always be stopped, however, by taking a fair dose, say ten grains, of quinine at bed time and a good night's sleep. Then, too, we have the traveller's headache; even this may be avoided.

First, do not work yourself up into a nervous frenzy of hurry by trying to do a thousand and one things, and then rush to catch a train.

Do not worry all the way to the station about things you have left undone.

Do not go too long without eating; when your regular lunch time or dinner time or tea time comes, eat something, if it be only a cracker.

Tried to "Square" the Japaneter of Union No. 3, Brotherhood, Painters and Decorators of America, held in Richmond Hall, the following officers were elected: President, J. Bilton; vice-president, F. Winn; conductor, L. Judge; warden, J. Murphy; R.S., William Crawford; F.S., D. Cashman; treasurer, C. March; trustees, G. Harris, J. Rooney, D. Gillard; auditors, J. Phinemore, Jeffrey Secord; delegates to Trades and Labor Council, C. March, G. Harris, F. Horn; delegates to Federated Council of Building Trades, G. Harris, H. Burns, D. Gillard.

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An excellent plan is to take a few raisins in your pocket and sat them when you feel tired or relaxed. Raisins are peculiar, and while I would not advise you to eat many on ordinary occasions—they are indigestible—still they will give an empty stomach plenty of work, and their stimulant effect upon a tired, exhausted person is quick, effective and pronounced. — Ladies' Home Journal.

Tried to "Square" the Inspector.

Sanitary Inspector Wilson yesterday charged Thomas Henderson with improperly depositing night soil in the rear of 116 Teraulay-street. Wilson testified that Henderson had tried to "square" him with a subsidy of \$2 to "keep quiet." There were two previous convictions against Henderson, who was fined \$10 and costs or 14 days in iail. days in jail.

Past Masters' Officers.

Rich man, shortage.
Poor man, steating.
Rich man, debility or heart failura Well-to-do man, alcoholism.
Poor man, delirium tremens.

Rich man, delirium tremens. The Liberals Will Be Festive

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(Sgd)

Yours truly,
A. E. PLUMMER, Manager.

HENRY K. MERRITT, R. W. HIGGINS, Superintendent 31, 32, 33 BANK OF COMMERCE, TORONTO.



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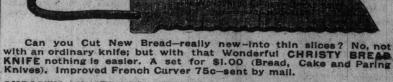
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