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No Alkalies

—OR—
Other Chemicalsare used in the
preparation of

W. BAKER & CO.'S

Breakfast Cocoa

which is absolutely
pure and soluble.

It has more than three times
the strength of Cocoa mixed
with Starch, Arrowroot or
Sugar, and is far more eco-
nomical, costing less than one cent a cup.
It is delicious, nourishing, and EASILY
DIGESTED.

Sold by Grocers everywhere.

W. BAKER & CO., Dorchester, Mass.

R. R. R. RADWAY'S READY RELIEF.

CURES AND PREVENTS

Coughs, Colds, Sore Throat, Influenza, Bron-
chitis, Pneumonia, Swelling of the Joints,
Lumbago, Inflammations, RHEUM-
ATISM NEURALGIA, Frost-
bites, Chilblains, Headache,
Toothache, Asthma,

DIFFICULT BREATHING.

CURES THE WORST PAINS in from one to twenty
minutes. NOT ONE HOUR after reading this ad-
vertisement need any one SUFFER WITH PAIN.

Radway's Ready Relief is a Sure Cure for
Every Pain, Sprains, Bruises, Pains
in the Back, Chest or Limbs.

It was the First and is the Only

PAIN REMEDY

That instantly stops the most excruciating pains,
allays inflammation and cures Congestions, whether
of the Lungs, Stomach, Bowels, or other glands or
organs, by one application.

ALL INTERNAL PAINS, Cramps in
the Bowels or Stomach, Spasms, Sour Stom-
ach, Nausea, Vomiting, Heartburn, Diarrhoea,
Colic, Flatulency, Fainting Spells, are re-
lieved instantly and quickly cured by taking
internally as directed.

There is not a remedial agent in the world that
will cure Fever and Ague and all other malarious,
bilious and other fevers, aided by RADWAY'S PILLS,
so quickly as RADWAY'S RELIEF.

25 cents per bottle. Sold by all Druggists.

RADWAY & CO.,

419 St. James Street, Montreal.

RADWAY'S PILLS,

Always Reliable.

Purely Vegetable.

Possess properties the most extraordinary in
restoring health. They stimulate to healthy action
the various organs, the natural conditions of which
are so necessary for health, grapple with and
neutralize the impurities, driving them completely
out of the system.

RADWAY'S PILLS

Have long been acknowledged as the
Best Cure for

SICK HEADACHE, FEMALE COMPLAINTS, INDI-
GESTION, BILIOUSNESS, CONSTIPATION,
DYSPEPSIA, AND ALL DISORDERS
OF THE LIVER.

Price 25c. per Bottle. Sold by Druggists.

Minard's Liniment cures Colds, etc.

SCIENTIFIC AND SANITARY.

In Germany the study of geology has
grown to the rank of a university
course.

The most powerful hydraulic crane at
present existing is reported to be that at
the Government arsenal at Spezzia, Italy.
It is capable of lifting 160 tons, or ten
tons more than the largest electric crane
at the Creusot Iron Works in France.

A curious phenomenon has been discover-
ed recently showing that workers in a strong
electric light are subject to a stroke similar to
sunstroke. The effects of the electric light,
however, are not so serious as the sunstroke.

Australians suffer great losses from the
ravages of white ants, which have the reputa-
tion of boring through iron and sheet lead.
Houses and furniture are ruined in a few
months, as the ant burrows into every kind of
wood, reducing it to powder.

Sir Henry Bessemer recommends the
use of aluminum as a substitute for bank
notes. He thinks the extreme lightness
of the metal would enable it to be dis-
tinguished in the dark from gold and sil-
ver, and to prevent its imitation with
lead or pewter.

The rate of multiplication of which germs
of contagious disease are capable is surprising.
A single germ placed in favorable surround-
ings for growth quickly divides into two; each
of these divides into two, these four into eight,
and so on, the number soon reaching into the
thousand, and by the end of twenty-four hours
to more than sixteen and a half millions.

Dr. Wm. Kinnear, in the North American
Review, states that a man may live to 200 years
(if he wishes to) by feeding on foods that are free
from "earthly salts," fruits, fish, young meat,
etc., and taking a mild corrective as well in
the form of dilute phosphoric acid, "ten drops
at intervals during the day." "Old age," he
says, "is a deposit of earthly matter of a gela-
tinous and fibrinous character in the human
system, which must be prevented.

Dr. Brown-Sequard recommends the fol-
lowing as the best way to overcome susceptibil-
ity to taking cold from getting the feet wet.
Dip the feet in cold water, and let them remain
there a few seconds. The next morning dip
them in again, letting them remain a few sec-
onds longer the next morning keep them in a
little longer yet; and continue this till you can
leave them in half an hour without taking
cold. In this way a person can become accus-
tomed to the cold water, and he will not take
cold from this cause. But be it thoroughly
understood that the "hardening" must be
done carefully.

Statistics are said to show that young men
do not, on the average, attain full physical
maturity until they arrive at the age of
twenty-eight years. Professor Scheiller, of
Harvard, asserts, as the result of his obser-
vations, that young men do not attain to the
full measure of their mental faculties before
twenty-five years. A shrewd observer has
said that "most men are boys until they are
thirty, and little boys until they are twenty-
five;" and this accords with the standard of
manhood which was fixed at thirty among the
ancient Hebrews and other races.—New York
Medical Record.

Dr. B. W. Richardson, an eminent English
authority in physiological study, asserts that
there is not in England a trained professional
athlete of the age of thirty-five, who has been six
years at his calling, who is not disabled. He
holds that when the artificial system of train-
ing ceases, the involuntary muscles—the heart
especially—remain in strength out of all due
proportion greater than the rest of the active-
moving parts of the organism. Contrary to
his theory is that of Dr. J. Madison Taylor,
as communicated to The Journal of the Amer-
ican Medical Association, who gives brief his-
tories of a score of athletes now living, which
illustrate how vigorous and strong such men
may be, even long after the age limit which
Dr. Richardson has assigned them.—New
York Ledger.

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A large staff of experienced Professors and Teachers.

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Music, Organist Central Presbyterian Church. PIANO,
ORGAN AND THEORY. Toronto Conservatory of Music
and 99 Bloor Street West.

Better discourage a man's climbing
than help him to break his neck. Pigs
will never play well on the flute, teach
them as long as you like.—Spurgeon.

The STAR Almanac of Montreal for 1894 is
out; happy is the man who can get a copy.
Thousands were disappointed last year.

Whatever you are from nature, keep
to it; never desert your own line of tal-
ent. Be what nature intended you for,
and you will succeed; be anything else,
and you will be ten times worse than
nothing.—Sidney Smith.

I pray this generation of women,
which has seen such enlargements of the
old narrow order regarding the sex,—I
pray it to deserve its high part of guar-
dian of the future. Let it bequeath to
its posterity a noble standard of wom-
anhood—free, pure, and, above all, labor-
ious.—Julia Ward Howe.

Prof. Thayer, of Harvard, expresses
the opinion, touching the discovery of
the Gospel according to Peter, that,
"Brief as is the recovered fragment, it
attests indubitably all four of our can-
onical books." Furthermore, when Pro-
fessor Hall and Dr. Harris published ar-
ticles to show that Psalm ex. was writ-
ten by David, they assumed the office of
higher critics according to their lights.
It is the abuse, not the use, of this or
any other method of Bible study that
is to be condemned.—Christian at Work.