

**WATER DRINKING.**

**Some of the Good Effects It Has on the Human System.**

Hygienists and physicians alike preach the therapeutic nature of water, ranking it far above any drug in materia medica in its actual remedial value. Scarcely any up to date physician fails to give it a prominent place in his practice.

Water is not merely a mere mechanical conveyor of poisons out and foods in. It is a powerful vital stimulant, a divinely appointed agent which nature uses in her healing work.

"Water drinking," says the editor of a medical journal, "is an internal bath. It dilutes the fluids of the body in which the cells and fibers are bathed. It purifies the body by diluting the medium in which it lives. By the free use of water the movement of the mass of liquid in which the living elements of the human body perform their work is quickened, and the stream of life runs clear and pure."

"To the great thinning of the blood which follows copious water drinking is due the remarkably increased activity of the kidneys, skin and bowels which it produces."

In rheumatism cold water is useful as a means of diluting the blood so it can dissolve and carry out of the body a larger amount of uric acid and allied substances. As a means for encouraging activity of the skin and kidneys it is always useful in this disease.

Water drinking is an essential adjunct to the exercise, baths and other means employed to reduce obesity. It dissolves and carries out of the system the broken down material made by the treatment.

To increase the volume of the blood and introduce permanently a larger proportion of water a small quantity should be taken at frequent intervals; the amount taken during the day may sum up several pints, but the quantity taken at any one time should not exceed four to six ounces. This quantity may be taken every hour or hour and a half to advantage. The temperature of the water should ordinarily be about 70 degrees F. Very cold water is indicated only in fevers, constipation and hypoplasia.

The quantity must depend on the effect desired. A thirst for water is an indication that it may be taken with advantage. In fevers a glass may be taken every hour. For inactivity of the bowels one or two glasses of cold water should be taken in the morning on arising and as much more on retiring, continues our authority, "is nothing more than chronic toxemia (poisoning), resulting from the putrefaction of food in the alimentary canal, and requires the free use of water. Eight or ten glasses a day would be none too much for such cases."

Copious water drinking is one of the most effective means of relieving a common cold by aiding the elimination of tissue poisons, which, accumulating, give rise to the difficulty known as a "cold."

In short, it seems that if we would be healthy, hearty and happy we ought to drink freely of that nonintoxicating but exhilarating beverage known as "Adam's ale."

**Indigestion and Dyspepsia**

Mr. Henry Moore, Pickering, Ont., writes: "I used three boxes of Dr. Chase's Kidney-Liver Pills for Constipation and Stomach Troubles, and never found anything to compare with them. I had suffered from these complaints for many years and taken many kinds of medicine, but it remained for Dr. Chase's Kidney-Liver Pills to cure me; an' now well and strong."

Mr. Patrick J. McLaughlin, Brantford, Ont., writes: "I was troubled with Kidney Disease and Dyspepsia for 20 years and have been so bad that I could not sleep at nights on account of pains in the back; but would walk the floor all night and suffered terrible agony. Dr. Chase's Kidney-Liver Pills made a new man of me, and the old troubles seem to be driven out of my system."

One pill a dose, 25 cents a box, all dealers, or Edmondson, Bates & Co., Toronto.

**Dr. Chase's Kidney-Liver Pills.**

What we have we'll h... As every man who has purchased Pa... know he has the best Fence in the...

**GLASGOW'S SHOW NEARLY READY.**

Every Nail Will Be in Place For the Formal Opening on May 2.

Glasgow, April 29.—There were great local congratulations yesterday over the announcement that not a single nail will remain undriven when the International Exhibition opens on May 2. The preparations are so far complete that the management this week invited a large party of home and foreign newspaper men to inspect the show, which is cordoned off from the public.

The best of the secondary exhibitions that have been given in Europe in the last half century. In the first place non-essentials are so completely eliminated that the show can be thoroughly inspected and becomes a pleasure instead of a task.

Secondly, the magnificent Fine Arts Building contains the best collection of British owned pictures ever assembled under any roof except the National Gallery.

The American exhibits are very creditable, but are limited and practically confined to machinery and tools. The Glasgow people are wondering how British preparations for the Pan-American Exhibition will compare with theirs.

**YUKON GOLD ROYALTY REDUCED.**

Canadian Government Decides to Make It Only Five Per Cent.

Washington, April 29.—Consul-General Bittinger, at Montreal, reports to the State Department that the Canadian Government has decided to reduce the royalty on gold and silver in the Yukon from 10 to 5 per cent. The rush to the Yukon and Alaskan gold fields for the season has begun, and will be continued, says the Consul-General. Already over a thousand claims have been recorded near Clear Creek, a branch of the Stewart River, which runs into the Yukon, where important new finds are reported.

**Adam Laidlaw Dead.**

Hamilton, April 29.—A most respected citizen, Adam Laidlaw, died about 3 o'clock yesterday morning, after a long illness, he having suffered for some time from locomotor ataxia. The deceased was born at Bedrule, Roxburghshire, Scotland, on March 18, 1833, and came to Hamilton in 1855. He was associated with various business enterprises from 1866 to 1894. The deceased was a prominent Liberal, and unsuccessfully contested the Hamilton constituency with William Doran in the Dominion election of 1891.

**Gen. Calles Got Away.**

Manila, April 28.—Captain Wilson Chase, with a detachment of the 21st Infantry, on April 26, surprised the camp of the insurgent Gen. Calles at Dugol, situated nine miles east of Cavinti, in the Province of La Guna. Calles was at his camp at the time of the American attack, but managed to escape. Captain Chase's force captured his adjutant-general, five other of his staff officers, 14 men, 20 rifles, a large amount of ammunition and stores and all the papers and personal effects of the Philippine general.

**Awarded \$10,000 Damages.**

Vancouver, April 29.—Mrs. Mary Jane Bigger, who was among the passengers rescued from a watery grave in the Point Ellice bridge street car disaster in Victoria in 1896, was on Friday awarded \$10,000 damages for shock to her nervous system. Her husband and four children were on the car with her. Two of the children being drowned. Her husband is suing for \$50,000 damages and \$10,000 for the loss of each child.

**A New Steel Co.**

New York, April 29.—Word comes from Philadelphia that the new steel company, to include English and Canadian interests, which has been rather indefinitely hinted at in the papers for several months past, is organizing under the name of the International Steel Iron & Pipe Co. It is to have a capital of \$50,000,000. It is proposed to build steel mills on both sides of the "Soo" Canal, to have a capacity of 600,000 tons.

**Statement at Quebec.**

Quebec, April 29.—It has been stated at headquarters of the 8th regiment of eight companies, remains of the 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th, 101st, 102nd, 103rd, 104th, 105th, 106th, 107th, 108th, 109th, 110th, 111th, 112th, 113th, 114th, 115th, 116th, 117th, 118th, 119th, 120th, 121st, 122nd, 123rd, 124th, 125th, 126th, 127th, 128th, 129th, 130th, 131st, 132nd, 133rd, 134th, 135th, 136th, 137th, 138th, 139th, 140th, 141st, 142nd, 143rd, 144th, 145th, 146th, 147th, 148th, 149th, 150th, 151st, 152nd, 153rd, 154th, 155th, 156th, 157th, 158th, 159th, 160th, 161st, 162nd, 163rd, 164th, 165th, 166th, 167th, 168th, 169th, 170th, 171st, 172nd, 173rd, 174th, 175th, 176th, 177th, 178th, 179th, 180th, 181st, 182nd, 183rd, 184th, 185th, 186th, 187th, 188th, 189th, 190th, 191st, 192nd, 193rd, 194th, 195th, 196th, 197th, 198th, 199th, 200th, 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**Members Invited to Quebec.**

Ottawa, April 29.—An invitation has been extended by the Harbor Commissioners of Quebec to members of Parliament to visit the Ancient Capital on Saturday, May 11. A special train will be run from Ottawa to Quebec on that date, and it is expected that many of the M.P.'s will take in the trip.

**Lobster Fisherman Drowned.**

Port Hawkesbury, C. B., April 29.—A young man named McDonald from Creighton, was drowned Saturday off of Low Point. He was in a lobster smack, two miles off shore, when a squall struck the boat, causing it to fill and sink before any help could reach him.

**Parliament to Close May 30.**

Ottawa, April 29.—The expectation now is that the House of Commons will conclude business about May 20.

**The Baby Sick?**

Then probably it's a cold. Babies catch cold so easily and recover so slowly. Not slowly, however, when you use Vapo-Cresoline. Then a single night is all that is necessary for a cure. You just put some Cresoline in the vaporizer, light the lamp beneath, and place near the crib. While baby sleeps he breathes in the healing vapor. Cold loosens, inflamed membranes heal, and all trouble ceases. It's a perfect specific for whooping-cough and croup.

Vapo-Cresoline is sold by druggists everywhere. A Vapo-Cresoline outfit, including the Vaporizer and Lamp, which should last a life-time, and a bottle of Cresoline, complete, \$2.50; extra supplies of Cresoline 25 cents and 50 cents. Illustrated booklet containing Physicians' testimonials free upon request. Vapo-Cresoline Co., 180 Fulton St., New York, U.S.A.

**Recommended by the Government.**

**NORTH BRUCE PROTEST.**

James McAlpine, a Wiaraton Man, Petitions Against the Return of Mr. Halliday, M.P., on Account of Bribery.

The New York State Canals will be opened for navigation May 7. President McKinley and suite started on his over the United States tour on Monday.

A snowslide occurred on April 12 at Sunrise City, Alaska, in which 20 or more lives were lost. Percy Barrington, 8th Viscount Barrington, and Baron Shuttle, died Monday morning, aged 76.

Carrie Nation has left jail in Wichita, Kansas, and the cases against her will be dropped. Premier Ross has gone for a few weeks past, during his absence Hon. J. M. Gibson will be acting Premier.

Japanese cotton manufacturers have purchased 250,000 bales of raw cotton from Bombay. This will cut into the United States trade greatly. Officials engaged in combating the bubonic plague at Calcutta were assaulted Monday by natives while disinfecting. Several arrests were made.

The Ontario Cattle Breeders' Association has a \$15,000 order to fill from British Columbia and the Northwest. It calls for thoroughbred horses, cattle, pigs and sheep.

The return of Mr. Halliday, M. P. for North Bruce, has been protested by James McAlpine, a resident of Wiaraton, who charges bribery, etc. Mr. Halliday's disqualification as well as unseating is demanded.

A despatch to The Paris Patrie, from Rome, published today, says the Pope has finished his encyclical on the subject of anti-clerical measures in France, Spain and Portugal. It will probably be published in a fortnight.

During the last 60 hours 16 fresh cases of the bubonic plague have been officially reported at Cape Town. Eight of these are Europeans. Since the outbreak of the disease there have been 319 cases, of which 217 have proved fatal.

The Provincial Audit Department report finding the treasurer of No. 1 school section, Sandwich Township, Essex County, \$214 short in his accounts. The shortage was made up, the treasurer allowed to resign, and a new treasurer appointed.

Mr. Louis E. Heyd, K.C., Toronto, has received instructions to issue a writ against the Ontario Evening Journal Printing Company for \$10,000 damages for alleged libel on behalf of Mr. W. T. R. Preston, superintendent of Dominion Immigration offices in London.

**EXPORT COAL TAX MUST STAND.**

Sir Michael Hicks-Beach Claims Extra Cost Will Fall on Buyers. London, April 30.—A representative delegation from the miners of the United Kingdom met the Chancellor of the Exchequer, Sir Michael Hicks-Beach, yesterday and asked for the withdrawal of the export tax on coal. The Chancellor, replying, controverted the suggestion that the tax would injure the export coal trade. The tax, he said, would ultimately be paid by the foreigner, and therefore the colliery owners could not pretend it was necessary to reduce the miners' wages on that account.

Many South Wales miners enjoyed a holiday yesterday as a protest against the tax demonstrations took place at various points. Won't Pa... Genoa, April 29.—Here yesterday... It was... (24) contracts, and to re... write against all contracts that de... payment of the additional... made necessary by the re... cent budget arrangements.

**Passed All But Coal Tax.**

London, April 30.—The House of Commons last evening adopted by a large majority all the budget resolutions in the report stage, with the exception of the coal tax resolution, which will be taken up to-day.

**A UNIQUE EXPERIENCE.**

**Aeronauts in the Heart of a Thundercloud Escape Unhurt.**

To be in the very heart of a thundercloud and escape unhurt is an unusual if not a unique experience. That is what happened to the Rev. John M. Bacon and some companions in one of his balloon ascensions from Newbury, England. Mr. Bacon, in telling of his experience, says: "In scarcely more than 20 minutes from the start a sudden and surprising change took place in our circumstances. Our environment, which had appeared absolutely calm and clear, began changing with the rapidity of a transformation scene. Below us the few hundred feet that separated us from earth began filling in with a blue haze quite transparent, but growing palpably filthier, while ahead, as also right and left, the horizon at the level of our eye and higher opposed a dense fog barrier of an ashen hue. Overhead, of course the sky view was entirely hidden by the huge silken globe. At this time we were being swept along on our course, which remained sensibly unaltered in direction, at a speed which we subsequently were able to fix at approximately 1000 feet per hour."

"To ourselves the full significance of these circumstances was not immediately apparent, but the outlookers at our point of departure—the town gas works, now some five miles in our wake—clearly detected the approach of heavy thunder and hail, and they reasonably asserted coming against the wind. It towered above the balloon, now seen projected plainly against its face. It came on rapidly and assumed formidable proportions. The balloon was flying due west at high speed, and at apparently no great distance overhead the thundercloud was progressing at a moderate velocity not accurately determined, but due east or directly opposed to the surface current."

"And now with a whistle a blinding sheet of hail attacked the aeronauts, stinging their faces so sharply as to give the idea that the stones were falling from a great height, and immediately afterward from all sides and close around flashes of lightning cut out with remarkable frequency and vividness. We were, in fact, fairly embosomed in the thundercloud. Other and near observers narrowly watched the phases of phenomena now in progress. These were the countrymen who became interested spectators and who presently came to our assistance. They seemed to have imagined that the balloon must be infallibly struck, inasmuch as it appeared to them completely encircled with lightning. It was indeed the worst storm the countryside had known for many years. The hail fell, only a few miles ahead, it lasted for five hours continuously. A little way on our right a house was struck and burned to the ground, and on our left a couple of soldiers were killed on Salisbury plain."

"The lightning struck us with a force which appeared to lag behind the wind that bore it along. It did not seem to advance against us as a whole, but rather about us, forming itself out of what a few moments before had appeared mere empty air."

The lightning as seen by the people in the balloon seemed to leap from cloud to cloud and not from the clouds to the earth, and the noise of the thunder consisted of short, sharp reports like the explosions of gun powder without any of the rolling reverberations heard on the earth. The aeronauts passed through the thunderstorm uninjured, but it was trying to the nerves. The question is, "With the lightning playing all around it and houses and men being struck on the earth below, why was not the balloon demolished by a thunderbolt?"

**The Ring and the Cross.**

The form of cross known distinctively as the Irish and consisting of a cross surrounding and binding together the head of the cross is in all probability but a representation of the ancient Milesian standard—a serpent twisted about a cross staff. Such crosses, rudely wrought, have been seen in various parts of the world, and are probably relics of the serpent worshippers. The form, which is a very beautiful one, was retained by the early Christians with many other memorials of paganism. Upon these crosses the most beautiful and intricate sculpture was subsequently lavished; specimens fortunately remain to us in the celebrated cross of Cong and those of Monasterboice, one of which is 27 feet in height. A monkish manuscript in the possession of the Rev. Dr. Todd, contains a drawing of a cross with a serpent entwined about it, and the circle overlaid life, but this was also symbolized by the serpent, of which the circle was undoubtedly a pagan representation.

**Taking No Chances.**

A young man took his gold watch to a fashionable Chestnut street jewelry establishment to have the photograph of a young woman placed in the case. He just wanted it pasted in. "Why don't you have it photographed directly on the inside of the case?" asked the salesman. "We can have it done for you for \$5, and it is so much more artistic."

**Quickly Disposed Of.**

Agent—I am an expert machinist, madam, and called to see if you had any sewing machines in the house that you wished to have repaired. Sharp Featured Female—Indeed! So you're looking for a breach of promise suit, are you? Agent—I don't quite understand you. Sharp Featured Female—Don't, eh? Well, I happen to be the only sewing machine in this house, and as I'm a widow as well I've got the right to look upon your remark as a proposal.

**A Born Diplomat.**