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or the following brands : :

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r Mills Co., I

East of Market.

ADE

TIMESUP

JAPAN TEA HAS HAD ITS DAY

Ceylon Natural Green Tea by its absolute purity and delicious flavor will displace Japan Tea just as Salada Black tea is displacing all other Black Teas. Sealed lead packets only. 25c and 40c. per lb. By all Grocers.

"Three hundred and sixty-five and s

Something to Say Quickly.
The selfish shellfish shoved the shelf till all fish fell.
The wrinkled winkle whimpered, winkled and whispered. "Well!"
The keenly quivering quahaug quaked with qualm.
Cancily, craftly, kind clams cried, counsaling sale.

FOR A DISORDERED STOMACH.

"I have been troubled for some time with indigestion and sour stomach," says Mrs. Sarah W. Curtis, of Lee Mass., "and have been taking Cham-

trouble with your stomach why not sale by All Druggists.

COLDS ARE DANGEROUS.

When you pay the price of success you do not always get as much change as you really expected.

Wash greasy & shes, pots or pans with Lever's Dry Soap a powder. It will re-

nove the grease with the greatest case. 36

A JOURNEY OF PLEASURE. The Wabash-West Shore route is the quick and comfortable one to use to New York. See your ticket

PACIFIC

World's Fair, St. Louis, April 30 to Dec. 1, 1904

Settlers'One=Way

Excursions, 1904.

To Manitoba and Canadian Northwest, will leave Poronto every. Turspar during March and April if anficient business offere Passengers travelling without Live Stock hould take train leaving Toronto 1.45 p.m. cassengers travelling withLive Stock should also the train leaving Toronto at 9 p.m. Colonist Sleeper will be attached to each rain.

CANADIAN

spring is feared.

CANADIAN PACIFIC PAILWAY

Corrected June 8rd, 1902.

OING RAST GOING WES 7.00 a.m.; arrives in Chatham from To ronto, 9.35 p.m.

THE WASASH RAILROAD CO. The Great World's

from Chatham to the St. Louis, Mo.

J. A. RICHARDSON,

Dist. Pass. Agt., Teronto and St. Thomas
J. C. PRITCHARD,

Station Agent

R. RISPIN, W.P.A. 115 Kine St. . . Chathau

PEREMARQUETTE R.R. BUFFALO DIV S'ON FFECTIVE MARCH 1st, 1904 Chatham Mail and
Por Exp. Exp. Mix. Exp. Exp.
own.... 10.30 a 7.10 p.m

Walkerville... "
Dreaden... 9, 10 a 11, 10a 5 43 P
Wallaceburg..."

GRAND TRUNK. WEST.

\$ 8.15 a.m. for Windsor, Letroit and inermediate stations.

* 12.42 p.m. for Windsor and Detroit.

‡ 2.30 p.m. for Windsor and intermedi

1.45 p.m. for Glencoe and St. Thomas
2.27 p.m. for London, Toronto, Mostre Buffalo and New York.
5.08 p.m. for London, Hamilton, Te.
ento, Montreal and East.
1.8.50 p.m. for London and intermediatestions.

1 Daily except Sunday : "Daily.

OVER THE

ERSON WABASHIE

e. PRITCHARD,

GRAND TRUNK RAILWAY

ORLD'S FAIR, ST. LOUIS; APL. 30-DEC. 1, 1904.

Special one way Excursion Tickets on the daily until April 30th, 1904, to points Montana, Colorado, Utah, British Col-nbia, Washington, Idaho, Oregon, Cau-ria

PULIMAN SLEEPER TO OTTAWA DALLY. mmencing Sunday, March 6th, and consumpting during session of Parliament Eastern Flyer" leaving Chatham 508 m. will earry Sleeper from Toronto for tawa, arriving 9.30 a.m. Returning seper will arrive Toronto 6.50 a.m. Special Services Trains to the output West will leave Toronto at 9 p.m. erry Tuesday during March and April, hose travelling without live stock should be the Pacific Express leaving Toronto at 45 p.m.

JP SEASO King St., Chatham, J. PRITCHARD, of Ticket Agent. e house. The Canada Flour eted their new and up-to-date

We have just put in, at great expense, a Wonderful Machine, heated by ateam, work only passing through the rollers once; the result—WORK IS BLASTIO, WILL NOT BREAK,, and will last much longer than when ironed by the old method, heated by gas, which has to pass through the rollers eight times.

P.S.—We have also added a newly invented machine to Iron the edges of Collars and Cuffs.

The Parisian Steam Loundry Oc. of Octorio, Limited.

Indon, Hamilton and Toronto.

mard's Liniment Cures Burns, etc

ADD TO A MAN'S YEARS

SIR HERMANN WEBER, M.B., F.R.C.P. TELLS HOW TO PROLONG LIFE.

minent English Physician Gives Definite Makes the Startling Announcement That the Age of 100 Years Might Be Attained by Most People-The Week

Sir Hermann Weber, M.D., F.R.C. P., the distinguished English medical authority, in a recent lecture before the Royal College of Physicians and Surgeons made the somewhat start-ling announcement that the age of 100 years might be attained by most people.

"Temmy," asked the teacher of a small pupil, "how many days are there He proceeded to lay down many definite rules covering the food and fourth," answered Tommy.
"How can there be a fourth of a day" asked the teacher. exercise to be taken to accomplish this end. Coming from an authority so highly esteemed the advice cannot be taken too seriously. In discussing the problem Dr. Weber said: "Oh," replied the little fellow, "that's the Feurth of July!"

Subject a Large One. "The subject of the prolongation of life is a very large one, especially if considered with regard to the whole population from infancy on-ward. The diminution of infant morward. The diminution of infant mortality and the improvement of the hygienic conditions of towns and houses have raised and will continue to raise the average duration of life. Here is a wide field of usefulness, and one of the most important sections of it will be the combat with the various forms of pathogenia the various forms of pathogenic microbes, in which men have rendered microbes, in which men have rendered immortal services to humanity. And, besides, the physical education of the entire population, which ought to commence in the nursery and ought to be insisted upon at all schools, public and private, will not only contribute to the prolongation of life but improve the whole race. Our Mass., "and have been taking Cham-berlain's Stomach and Liver Tablets which have helped me very much, so that now I can eat many things that before I could not." If you have any grandchildren ought not to hear any more of the deterioration in the sol-diers, the professions or trades. "We are therefore justified in as-

Boston, Jan. 19.—The latest reports to the American Board from the Relief Centres in Macedonia show that there are now 100,000 persons "We are therefore justified in assuming that although life is usually limited to eighty years it may occasionally be prolonged to one hundred and even more through the operation of careful training. By carefully studying these agencies we may sometimes succeed in prolonging life to the limit natural to the human receives. who are homeless and without means of support for the winter.

Over 52,000 are in Monastir district. The Turkish Government is affording some relief and funds are coming from America and England.

Another political outbreak in the

Long Livers Temperate.

"Some of the most long lived persons have led injudicious lives, How often you hear it remarked:
"It's only a cold," and a few days
later learn that the man is on his
back with pneumonia. This is of
such common occurrence that a cold,
however slight, should not be disregarded. Chamberlain's Cough Remedy and great longevity occurs occasionally under the most different circumstances. After having carefully entered into the records of more than one hundred cases of very long lived per-sons I have reason to say that by far the majority of them were tem-perate, were small meat eaters, lived much in the open air and led an ac-tive life. Many of them lived a life of counteracts any tendency toward pneumonia. It always cures and is pleasant to take. For sale by All firmerists toil with great restrictions as to food and comforts, while most of them were early risers and a great number of them had a joyful dispo-sition and performed their work Your destiny will not depend on any chance of the moment; you are fixing it yourself in your choices and acts, in your habits and life. Coughs, colds, bearseness, and other threat allments r. a qu'ckly relieved by Gresolena ablets, ten cents er box. All druggists

sition and performed their work cheerfully. Only a few were intemperate or idle and lazy persons.

"Death from old age is caused by a kind of atrophy of the tissues and organs connected with the changes in the blood vessels. We must counteract this tendency by supplying the tissues and organs with healthy blood. To do so we must endeavor to produce a healthy state of the blood and to maintain the blood vessels and lymphatics in a sound and God's mercy is like the ocean, if it blood. To do so we see a healthy state of the produce a healthy state of the produce a healthy state of the produce and so maintain the blood versels and spends and seemed by man. The Great Wester Lieuwis and colossal undertaking ever them teams and controls its own rails, from amada, direct to the world's Fair strees.

The new superb and magnificent came built especially for this traffic, laces the Wabash in the very first sank for this business. For full parculars, address any railroad agent, or . A. Richardson, Dist. Pass. Agent, . E. Cor. King and Yonge streets, . W. E. RISPIN.

O. P. A. Chatham, . Cores, and cores are superbased and mattritions. It is a positive our face the blood of the most sels and lymphatics in a sound and vigoro's condition. Life, we may vigoro's condition. Life, we may be stomated by man, the different or currected the organs of digestion and nutrition, the food which is put into it is largely lost. The nutriment is not extracted from it. The body is weak and the blood impover shed.

The pocket cau be mended. The given by the different forms of exercise. The action of the heart of exercises and power on the stomach and blood, not the stomach and blood. To do so we sels and lymphatics in a sound and vigoro's condition. Life, we may vigoro's condition of the state of the organs of digestion and nutrition, the food which is put into it is largely lost. The messels and lymphatics in a sound and vigoro's condition.

We have the food which

inspirations are increased, more oxygen is taken up and more carbonic acid is given out. Walking, however, acid is given out. Walking, however, does not only act directly on the heart, but by the action of the muscles of the levs more blood is attracted to them and all afferent vessels of the lower extremities carry away more blood from the heart, and the afferent vessels, the veius and lymphatics, carry more blood back to the heart and force it to contract more energiand force it to contract more energiand force it to contract more energiand. The boy brags of what he will do when he is a man; when he becomes a man he boasts of what he did when a boy. and force it to contract more ener

The Week-Evd Heilday.

"It is of great use for those who are still in fair vigor to take regularly, once a week, a day of more prolonged exercise up to four and six hours, and those who live in town ought to spend this day of extra exercise in the country, if possible, on account of the purer air and the change of scene. The benefit of such a long walk is increased if only a very small quantity of fluid and food be taken during the walk-for instance, a sandwich or a few biscuits and an apple or an orange. One of the visible effects of such a walk, combined with a very restricted taking in, is that the body loses mostly between two and sevea pounds during the walk. The weight lost on the long walk is usually regained within two or three days.

"One of the great advantages of several hours' exercise in the country is the exposure to the open air, which is scarcely to be overrated it strengthens the skin and the nervous system and the whole organism; it cheers the mind; it increases the resisting power to meteorological infinences, and diminishes the tendency to chills and other morbid affections, and this resisting power is one of the great factors of longevity. Life in the open air, by itself, without The Week-End Heliday.

'Great moderation in the amount

"Great moderation in the amount of food, and especially of the most nourishing articles (flesh food and pulses), ought to be practiced by everybody, particularly by old people, and is a great aid to longevity. Almost all authorities are agreed on the subject that in old age the amount of food ought to be very limited. Dr. George Cheyne, for instance, says in one of his rules, "The aged should lessen the quantity and lower the quality of their food giadually as they grow older, even before a manifest decay of appetite forces them to it." An important subject constantly preached but almost as constantly preached

properly masticated. This is likewise a grave mistake, committed frequently by great eaters and by those who take much fluid during meals, which is in itself a bad habit.

"Alcohol is not necessary to healthy persons, and most men would be better without it. Many diseases are no doubt produced by the abuse of alcohol. Yet a small quantity of wine or whiskey or comme or beer. wine or whiskey, or cognac, or beer, according to the individual condi-tions, is to most persons not injurious, to some even useful.

Alcohol and Tobacco.

"A very prevalent idea with regard to alcohol is that it is most useful to aged people, in fact that wine is the milk of old people,"

warful to aged people, in fact that 'wine is the milk of old people,' that it does for them what milk does for children. Alcohol taken in any large quantities diminishes the resisting power of the organism against chills, microbes, and other causes of disease, and this resisting power is one of the great agents in the prolongation of life, and ought to be strengthened in every possible way, not weakened.

"Tobacco is to many persons a means of enjoyment and is well borne by them if they take it in moderation. It soothes nervous irritability and makes many men look more contentedly on their troubles. On the other hand, excessive smoking is decidedly injurious to the great majority of people by affecting the heart, the nerves and the throat. In many cases diminution of the amount of smoking or taking a milder form of tobacco remedies the bad effect, while others must give it up entirely.

"A further point of self-education." entirely.

"A further point of self-education is the restraint of our passions; not only that we must not allow ourselves to become furious if anything displeases us, but we must also con-quer our ambition, our avarice, our jealousy, our sexual desires, which often become the sources not only of unhappiness, but as you know, of bodily and mental disease, premature death or 'miserable' old age. "Attention to the digestive system

and feed is almost as nicessary for the promotion of longevity as to the circulatory and respiratory systems. It is impossible to lay down strict

Some Conclusions

"The main points of my advice nay be comprised in a few sen-

tences:
"Moderation in eating, drinking and physical indulgence.
"Pure air out of the house and

"The keeping of every organ of the body as far as possible in constant working order.
"Regular exercise every day in all

"Regular exercise every day in all weathers, supplemented in many cases by breathing movements, and by walking and climbing tours.

"Going to bed early and rising early and restricting the hours of sleep to six or seven.

"Daily baths or ablutions according to individual conditions, cold or warm, or warm followed by cold.

"Regular work and mental occurses."

Regular work and mental occupa-

"Cultivation of placidity, cheerfulof mind in controlling passions and

of mind in controlling passions and nervous fear.

"Strengthening the will in carrying out whatever is useful and in checking the craving for stimulants, anodynes and other injurious agencies.

"In laying down these precepts I wish not to create a life of privation, but to promote a long life and a useful and happy one to the end without suffering, and I can assure you that it has been my good fortune to succeed in a great many cases."

Door Covered With Buman Skin Door Covered With Human Skin.

The historic Pyx Chapel, in Westminster Abbey, the massive door of which is a familiar object in the dark cloisters, is about to be lighted by electricity and thrown open to the public. The chapel is now under the control of the office of works. At one time it was the depository of the regalia of the Scottish kings, and it was here that the famous robbery of the £100,000 which had been collected for the Scotch wars by Edward I. took place.

Stotch wars by Edward I. took place.

The nature of the concession to the public may be inferred from the fact that access to this remarkable apartment, with its double doors of oak, has hitherto been possible only by the aid of seven keys in the possession of as many officials of the Exclequer. In former times the Government standards and assays of gold were deposited here.

Among the other contents of the place are a curious stone altar and some ancient chests, in which State documents, exchequer tally sticks and other things are stored. The woodwork of the inner door was formerly covered with human skin, a warning, no doubt, to the burglariously inclined, but little, if indeed any, of this gruesome covering remains.

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\$1,000 to \$10,000 a Year.

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Complete reorganization of the producing department of the Company in this section affords a chance for a few good men. Eight vacancies on the agency force in this rich territory remain open for men of character and ability; you can find out by writing whether it will be worth your while to make a change. No previous experience is necessary. A course of professional instruction given free.

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THOMAS MERRITT, Manager, TORONTO, ONT.

Edwin, aged five, was one day being put to bed for asking foolish questiens.
As his mamma was leaving the recom Willie called:

"Mamma!" "What is it. dear?"

"Just let me ask you one more ques-tion. When a feller wears a hole in his stocking, what becomes of that part of

NO DIFFERENCE.

No distinction is made as to the kind of Piles that Hem-Roid cures. Heeding, Blind, Itching, Suppurating, etc., are simply names of the different. The names Internal, External, stages through which every case will pass if it continues long enough.

Piles are caused by congestion or stagnation of blood in the lower bowel, and it takes an internal remedy to remove the cause.

Dr. Leonhardt's Hem-Roid is a tablet taken internally.

let taken internally.

It is a permanent cure and no case of Piles has ever been found it failed

to cure.

Money back if it does.

A guarantee with every package.

Sold by C. H. Gunn & Co., Central

Drug Store, Chatham. The people who complain that they don't get their rights are apt to get

A girl doesn't care to accumulate collection of birthdays.



The first Americans had a hard time The first Americans had a hard time keeping warm. Their trials are unnecessarily carried into many homes of to-day. For it is unnecessary to put up with the uneven heating of stoves, the dust and impure air of the hot air furnace, and the many other inconveniences of imperfect heating systems when you can get the

Oxford **Hot Water** Heater

and Oxford Radiators which form the perfect system of home heating. perfect system of home heating.

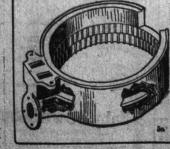
The accompanying illustration shows where the water is introduced into the fire-pot at the rear and is thrown by a diaphragm from the rear towards the front of the fire-chamber and then passes over the surface of the horizontal sections. Thus the coldest water of this system is kept on outside of heater preventing the radiation of heat into the cellar.

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Toronto, Canada

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Ring up 391 for that bursted water pipe or call and get an estimate on contemplated plumbing, hot water, steam and gas fitting work. Your patronage is respectfully solicited by

R. McG. Coyle

King St. West. Phone 391......

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Such as ours, must be worn to be fully appreciated. We have so much confidence that our glasses are a trifle better than you can buy any place else that we offer free tests, or give you back your money if dissatisfied.

A.A. JORDAN Jeweller.

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Two Storey Frame House, 7 rooms, and lot 200 x 100 feet, desirable FOR SALE CHEAP

If desired the house with half to will be sold. **Dunn & Charteris**

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A Good, Stiff Argument

for our laundry work can be put up on just one article—the stiff bosom shirt. If there is any one that launders these as well as we do they are unknown to us. There our tainly is no one who does the work any better than the

OHATHAM STEAM LAUNDRY Parfect finish is not the only thing sough's here. Care is taken that the collar band is not stretched out of shape or made unsven or the breoms of open-front shirts ironed so buttonholes do not come opposite. We

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