

SUDDEN DEATH.

It is Usually the Result of Long Neglect to Exercise.

In almost every daily paper are to be seen several announcements that somebody has died suddenly. These sudden deaths are more liable to be men than women. Mr. So-and-so fell dead on the street or in his office while writing letters or preparing a sermon or doing something or other. "Found Dead in His Room" is becoming a very common headline. These deaths are hardly ever accounted for. Generally something is said about the heart—some vague insinuation that the heart was not acting in a proper manner—but, as a rule, no explanation which is really rational is furnished.

It is a well known fact that the heart is a muscle. If the muscles of the body are allowed to become flabby, the heart also becomes flabby. A flabby heart may be trusted to pump the blood through the system ordinarily, but a sudden fright or emergency, a sudden expenditure of energy, as in running up steps or any other unusual exercise, is liable to overpower the heart. It suddenly stops, and the man falls dead.

Tobacco tends to produce a flabby heart; whisky tends to produce enlargement of the heart; lazy, indolent habits weaken the heart and thin the ventricles. That man who indites editorials, dictates letters, but takes no muscular exercise, is in danger of falling dead. The life insurance man better steer clear of him. It is of vastly more importance to know what his habits are with reference to physical exercise than to know whether his grandfather died of heart disease or his grandfather had rheumatism. The doctor might a great deal better interview his wife and discover how the man behaves himself than to examine the blood for microbes or the urine for urate crystals.

If a man must be strenuous, let him be strenuous all round. He should take a little strenuous physical exercise every day as well as strenuous mental work. It is even dangerous to neglect to take daily physical exercise. Fatty degeneration is killing more men today than is smallpox.

MUSINGS.

Wit that wounds is the cruel surgery of speech.

Heaven help the man whose friends are all enemies.

If you must refuse a favor, learn the art of being polite about it.

The money that makes one more go often makes the other more stop.

You have not lost your fortune as long as you have not lost your life.

Make chums of your wife and children and know the whole charm of home.

There is no such thing as ease within the belief of men and women whose hearts are unselfish.

Men of small minds are slow to see in any man more than they are capable of seeing in themselves.

You can bet your boots, my boy, your boss knows what you are about. You don't fool him; you fool yourself.

To be important is one thing; to look important is another thing, but to feel important, there you have the fellow who really enjoys his own society.—Schoolmaster.

Finnish Grammar.

Finnish grammar is of a difficulty absolutely repulsive. None of the other languages of the same group is half so hard. Hungarian—nay, even Turkish, despite the vexatious initial impediment of the Arabic alphabet—is easy in comparison. The syntax is at once provokingly elaborate and perplexingly obscure. It possesses fifteen distinct cases and four and twenty differentiated infinitive forms; but, on the other hand, there is no real distinction between nouns, adjectives, adverbs, prepositions, infinitives and participles, so that the student must not be startled by finding infinitives regularly declined like nouns, and nouns taking upon them degrees of comparison like adjectives.

Spaniels.

Spaniels, of which there are many breeds, are supposed to have first come from Spain, from which circumstance is derived their distinctive name. Charles I. was an ardent admirer of a small variety of this animal, and from that arose the designation of his pets, known the world over as King Charles. Blenheim or Marlborough spaniels, which greatly resemble the latter in form and general appearance, get their English name from Blenheim palace in Oxfordshire, where the breed has been preserved since the beginning of the eighteenth century.

Stamina Needed.

The one indispensable quality of success in these days of tremendous competition is stamina. The young man who lacks that will never get far. He will soon be forced out of the race and sidetracked. Those who have possessed it have conquered innumerable difficulties.—Success.

Incurable.

We hear of six newspaper editors who recently inherited fortunes. Trouble is, when such things happen, they generally enlarge the paper and get poor and happy again six months after.

The First Requisite.

Ascum—Haven't you got a job yet? Layzee—No, I'm still waiting for something to turn up. Ascum—What you need to turn up are "our sleeves."

Gets There Just the Same.

You often hear it said a woman has intuition. As a matter of fact, it is suspicion.—Aitchison Globe.

If You Fail to Remove Your Burden of Disease in June, Your Life is Not Secure.

PAINE'S CELERY CO

Will Do For You What It Did For Mr. J. B. Butts.

There was never a remedy so highly recommended for making sick people well in summer time as Paine's Celery Compound. It successfully grapples with all the ailments common in summer time, and never fails to remove long standing and chronic diseases that have baffled the skill of physicians. When Paine's Celery Compound is used, there is no long waiting for results. It tones the stomach, improves the appetite, assists digestion, gives sweet sleep, excites the bowels to healthy action, expels all foul humors from the blood and braces the nervous system. Mr. J. B. Butts, Spadina Ave., Toronto, Ont., says—

"I had a very bad attack of la grippe, which left me with a nervous and broken-down system; I also suffered from indigestion, and sleeplessness added to my misery. I was troubled with horrible nightmares and dreams; indeed, my sleeping hours were to me times of terror and fear. I commenced to use patent medicines for my trouble, but derived little benefit from them. I happened to get one of your books at my house, and after reading about the wonderful cures effected by Paine's Celery Compound, I decided to give it a trial. In three months I found myself fully and perfectly restored to health, and had gained fifteen pounds in weight. I am satisfied Paine's Celery Compound saved my life, and without it I would not now be alive. It is, without doubt, the best remedy in the world."

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HONORS FOR CANADIANS.

Twelve Receive Imperial Service Order.

London, June 1.—A long list of appointments to the Imperial Service Order, which is the King's direct recognition of merit, is gazetted. There are twelve Canadian Companions of the order, namely:—J. M. Courtney, Deputy Minister of the Department of Finance and Secretary of the Treasury Board, Dominion of Canada.

W. G. Parmelee, Deputy Minister of Trade and Commerce, and Chief Inspector of Chinese Immigration, Dominion of Canada.

Eugene Tache, Deputy Minister of Lands, Mines and Fisheries (Quebec). Charles S. Jones, Chief Clerk of Patents for Ontario.

Col. D. A. Macdonald, R. O., Chief Superintendent of Military Stores. Augustus Power, K.C., Chief Clerk of the Department of Justice.

Kivas Tully, Consulting Engineer and Architect, Public Works Department, Ontario.

Martin Murphy, Provincial Engineer, Department of Public Works and Mines, Nova Scotia.

James S. Beck, Auditor-General, New Brunswick.

Col. R. Wolfenden, King's Printer, British Columbia.

S. W. McMichael, Chief Inspector of Customs for the Dominion of Canada, Toronto.

Frederick Montzambert, M.D., F.R.C.S., Director-General of Public Health, Ottawa.

A medal of the order is granted to seven Canadians: Robert Winton, Jean Gauthier, Robert Rivers, Lighthouse keepers; James Barnes, postman, Toronto; Patrick Denney, lockman; Alexander Adams, laborer, in the Department of Railways and Canals.

What To Eat at Breakfast and How to Eat It.

Malt Breakfast Food, the original and only Malt-Wheat, is the result of years of successful scientific experience. It is an honest health food that satisfies the taste and meets the needs of young and old. Malt Breakfast Food is the great morning invigorating dish.

Malt Breakfast Food requires cooking before eating. It is a mistake to imagine that the cold food foods with which the country is deluged, can impart health or strength. Malt Breakfast Food brought to the table steaming and hot, gives to young and old in fullest measure its deliciousness and health virtues. Any cereal food worthy of a place in the home, should be cooked and eaten while hot. Here is the difference: Cold food foods produce cold and stomach troubles; Malt Breakfast Food eaten hot, imparts life and vim. All Grocers.

That Scolded Him.

"Give the devil his due, my dear," he said.

"Well," replied the little wife, "it's hard to give you up, John, but—the will of Providence be done!"—Atlanta Constitution.

He Didn't Understand.

Spartacus—Have you been watching the curio sale?

Smarticus—No, I didn't know there was such a vessel in the harbor.—Baltimore American.

A Possibility.

Lawson—Do you believe in luck?

Dawson (grumpily)—Yes; bad luck!—Somerville Journal.

A Triumph in Medicine

Dr. Pettingill's Kidney-Wort Tablets

A Non-Alcoholic Remedy and a Positive Cure for All Forms of Kidney Disease.

The use of liquid kidney medicines containing alcohol is suicidal, and must quickly come to an end. A deadly poison like alcohol aggravates and assists troubles like Bright's disease and Diabetes.

Kidney-Wort Tablets are a triumph of medical science—a boon to victims of a disease that cuts off tens of thousands every year. Kidney-Wort Tablets are today, curing well-developed and established cases of kidney diseases, urinary and bladder troubles; no other remedy has ever

given such marvellous and assuring results.

Kidney-Wort Tablets are now prescribed and recommended by eminent medical men in Canada and the United States. Do not fail to give them a trial if you experience the slightest symptoms of deranged or weak kidneys. If you are making use of liquid medicines, throw them aside at once, the alcohol in them will hasten your destruction and death. Ask your Druggist for the positive cure, Kidney-Wort Tablets.

THE NEW GOWNS.

They Show a Distinct Improvement Both in Style and Cut.

Dresses show a distinct improvement both in color schemes and in cut. Broad shoulders are now the rule, and this is atoned for by the long perpendicular lines of the trimmings. Circular lines are used on the shirred skirts of volle and eolonne, but even these dip considerably in the front to give a long effect.

Graduated flounces are only used to give the outward sweep which a long skirt requires. These flounces are so skillfully concealed under trimmings and embroideries that they can only be detected by looking at the underside of the cloth.

Trains are not quite so long. On the other hand, the sides and front of the skirt are longer.

Waists are made with fullness in the front and at the wrist or elbows.



BLACK CREPE DE CHINE GOWN.

Drawn lace is very smart, also malle, and, in fact, these lighter laces are to a great extent supplanting the Irish weaves, which are more suited for outer wraps and cloth gowns than thin materials.

From Paris we have a quantity of rough linen hand embroidered blouses. These are for country and river wear and are made with a high neckband with a turnover Prussian collar and neat little stock and tie. Some, too, are made with a high neckband of fine batiste embroidered in different colors, with insertions of hand beadings and veining. These are very dainty, are practical for washing purposes and look delightfully fresh.

The illustration shows a smart crepe de chine dress trimmed with black and white embroidery.

JUDIC CHOLLET.

WHAT IS WORN.

Long Dust Coats For Motoring—The New Embroideries.

Long dust coats for motoring have perfectly flat trimmings, as lace, frill, etc., hold too much dust.

Quite a protective veil for motoring can be arranged by one small veil of chiffon draped closely around the face to just below the mouth and over this



WAIST OF BOUR CREPE DE CHINE.

fine lisse veiling with black spots drawn less tightly. This has been found sufficient even in dusty weather and keeps the face warm despite keen winds.

The embroideries this season are lovely and costly, but clever fingers can make charming imitations. Medallions of printed muslin are laid on silk and inclosed in lace, which would bear very close inspection, and really the finer muslins are like painted lisse. A pretty ball gown worn at quite an important function had an exquisite trail of apparently painted flowers which were actually cut out from muslin and applied with fine embroidery silk.

Modes are becoming daily more complicated. The best of all fashion is apparently simple, but herein lies a great deception, for there never was a time when more attention was given to every detail of dress.

The cut shows a smart waist of crepe de chine trimmed with fine tucks and strappings of the same.

JUDIC CHOLLET.



Mrs. Fairbanks tells how neglect of warning symptoms will soon prostrate a woman. She thinks woman's safeguard is Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—Ignorance and neglect are the cause of untold female suffering, not only with the laws of health but with the chance of a cure. I did not heed the warnings of headaches, organic pains, and general weariness, until I was well high prostrated. I knew I had to do something. Happily I did the right thing. I took Lydia E. Pinkham's Vegetable Compound faithfully, according to directions, and was rewarded in a few weeks to find that my aches and pains disappeared, and I again felt the glow of health through my body. Since I have been well I have been more careful. I have also advised a number of my sick friends to take Lydia E. Pinkham's Vegetable Compound, and they have never had reason to be sorry. Yours very truly, MRS. MAE FAIRBANKS, 216 South 7th St., Minneapolis, Minn." (Mrs. Fairbanks is one of the most successful and highest salaried travelling saleswomen in the West.)

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues, and hopelessness, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles. Refuse to buy any other medicine, for you need the best.

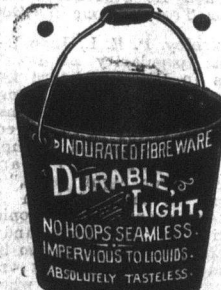
"DEAR MRS. PINKHAM:—For over two years I suffered more than tongue can express with kidney and bladder trouble. My physician pronounced my trouble catarrh of the bladder, caused by displacement of the womb. I had a frequent desire to urinate, and it was very painful, and lumps of blood would pass with the urine. Also had backache very often.

"After writing to you, and receiving your reply to my letter, I followed your advice, and feel that you and Lydia E. Pinkham's Vegetable Compound have cured me. The medicine drew my womb into its proper place, and then I was well. I never feel any pain now, and can do my housework with ease."—MRS. ALICE LAMON, Kincaid, Miss.

No other medicine for female ills in the world has received such widespread and unqualified endorsement.

Mrs. Pinkham invites all sick women to write her for advice, she has guided thousands to health. Address, Lynn, Mass.

5000 FORFEIT If we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.



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