

DO STIFF HATS CAUSE BALDNESS?

The Vena extending around the outside of the head is compressed by them. Are you predisposed to baldness? If so, don't wear a stiff hat. A doctor, a wig-maker and a barber have said that the stiff hats commonly worn are responsible for the increasing light of baldness.

The hair, they say, depends for its nutrition on the blood supply that flows in the fine vessels around the scalp. Some of the veins that supply the hair follicles with food come through the skull, but those veins extending around the outside of the skull are most important. If they are constricted, it is pointed out that if a rose tree were to be bound tightly around the trunk a great deal of nutrition would be cut off from the bark. If, in addition to this, you were to tie the tree with a great bag and tie the mouth tightly around the trunk, the tree would die. The result of wearing the stiff hat is similar to this. Every time you pull your hat from your head and it comes loose with a jerk you are overloading the vessels of pressure it exerts on the skull.

The doctor says it is not at all improbable that the increase of baldness is due in a great measure to the stiff hat. Particularly is that the case where men wear stiff hats indoors. Any covering which confines the head will work havoc with the hair, but the difference in rigidity between the sweatband of the stiff hat and that of the soft hat would make the latter preferable for men.

The old cavaliers wore great soft hats, and their hair was always long and luxuriant. Women wear their hats high on the crown of their heads, and they are seldom bald. Primitive man did not wear a hat, his hair was long and thick. Nature gave it to him as a protection from the elements. It shed snow and rain and it kept his head warm, yet it gave ventilation to the scalp.

It is in evidence to-day. Those peoples remaining nearest the primitive condition give up their hair the soonest. The wig-makers of Europe draw their supply of hair from the peasants of Europe. The Eskimo shows how nature still looks to the needs of the primitive man. On the other hand, the negroes of the tropics need less protection than the natives of cold climates; therefore they have less hair.

To preserve his hair man needs to go back to nature. He needs to wear his hair more than he does. He should go without a hat, and particularly without a stiff one. The idea is to let any part of the body work to do its own part to preserve it. Nature weakens in the long run all organs not in healthy use. We men use their hair as it was intended to be used more than do men. That is the reason why they are balding. Man should follow the example of women in their dressing. At this rate, he should not cover his head with a constricting band that prevents ventilation and compresses the vessels of the scalp so that the blood cannot supply the hair roots with nutrition. Particularly, he should not wear a stiff hat in the house. The whole question centers upon a necessity of giving the scalp a chance to maintain itself.

SLOW STARVATION.
THE CONDITION OF THOSE AFFLICTED WITH INDIGESTION.
Flatulency, sick headache, offensive breath and eructations, irritability, and a feeling of weight on the stomach are among the first symptoms of indigestion. It is one of the most frequent ailments that afflict mankind. When the stomach loses its craving for food, and the power to digest it, the person is afflicted in both mentally and physically in a condition of wretchedness. The symptoms of the disorder are manifold, and among them may be noted, a feeling of weight in the region of the stomach, sick headache, offensive breath, heartburn, a disagreeable taste in the mouth, irritability of temper, disturbed sleep, etc. The condition is in fact one of slow starvation of the blood, nerves and body, and on the first symptoms treatment through the use of Dr. Williams' Pink Pills should be sought. Mr. William Bickel, a well known chemist at Plaquemine, E. L., is one who suffered for years from similar sufferings. Mr. Bickel says: "For many years I was a victim of indigestion, accompanied by nervousness, palpitation of the heart and other distressing symptoms. My appetite was irregular, and what I ate felt like a weight in my stomach. I was unable to sleep, by a feeling of stupor or sleepiness, and yet I rarely enjoyed a night's sound sleep. When I would retire a creeping sensation would come over me, with pains and fluttering around the heart, and then when I arose in the morning, I would feel as tired and fatigued as if I did before I went to bed. It is needless to say that I was continually taking medicine, and tried, I think, almost everything recommended as a cure for the trouble. Occasionally I got temporary relief, but the trouble always came back, usually in a still more aggravated form. All this, of course, cost a great deal of money, and as the expenditure seemed useless I was very much discouraged. One day one of my neighbors, who had used Dr. Williams' Pink Pills with much benefit, advised me to try them, and I decided to do so, thinking nevertheless that it would be but another hopeless experiment. To my great gratification, however, I had only been using the pills a few weeks when I felt decidedly better, and things began to look brighter. I continued taking the pills for several months, with the result that my health was as good and my digestion better than it had ever been. One of the most flattering results of the treatment was my increase in weight from 125 pounds to 155 pounds. It is more than a year now since I discontinued the use of the pills and in that time I have not had the slightest return of the trouble. We all ways keep the pills in the house now, and my family have used them for other ailments with the same gratifying results."

These pills may be had from any dealer in medicine, or will be sent post paid at 25 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockton, Mass.

Through Storm and Sunshine

CHAPTER L.—Continued.

He need not have feared. Nurses and children looked up surprised when she entered, looking so pale and so weary. She dismissed the servants, and then took the child Arthur in her arms.

"It is all over, my little boy," she said—"all over."
She kissed him as some mothers kiss a dead child in a perfect passion of grief; tears fell from her eyes on to his brown curls and upturned little face.

"It is all over, my darling," she said.
He would never be heir of Lancelwood—this child for whom she had formed such proud hopes.

"Mamma," said the little one with solemn upturned face, "why do you cry so? Am I going to die?"
"No, my darling," she replied, and then she tried to compose herself.

"No, dear child," she answered; and she thought to herself there were troubles greater than death.

She perturbed the self, ahning curls on his forehead. What a lovely face it was—so noble, so fair. What a noble lord and master he would have made for Lancelwood! It was all over; the home she had fought for, struggled for, planned and suffered for, would be the prey of the spoilers once again, and she could not help it.

That same evening, after all their visitors had left them, Lord St. Just told his wife what he had decided upon.

"To begin with," he said, "it would be advisable, before taking any steps to install Oswald as heir of Lancelwood, to study the boy for a time, to see what he is like before placing a magnificent fortune in his hands—not that there should be any unnecessary delay in making him master of Lancelwood, but that it would be well to note his tastes and habits, so as to know better how to deal with him. What I propose," continued Lord St. Just, "is this. We are going to King's Rest; let us ask him, as your visitor, to go with us to spend the summer."

ONE TASTE OF SALADA

CEYLON GREEN TEA will captivate the taste of any Japan tea drinker.

where the grounds sloped, ran a broad, clear, deep river, the water seemed to sing as it ran, yet it was a deep, dangerous stream, with swirling currents and whirling eddies.

"How beautiful the river looks this morning!" said Lord St. Just. "Vivien, we must have a new pleasure-boat, I find our present one not only ugly but unsafe. Ah, here come the boys!"

But there were only two of them, young Oswald and little Arthur. Master Francis had refused with great dignity to leave his nurse, Lord St. Just stood by laughing heartily, for the big boy had put himself "in harness," and the little one was driving him with the greatest ease, laughing as he flourished his little whip.

"Look at my horse, mamma!" cried little Arthur—his beautiful face was flushed with exercise, his curls were flying in the wind. "Ah, here come the boys!"

"Do not stop me, mamma—look at my horse!" cried the child, who was flushed with exercise, his curls were flying in the wind. "Ah, here come the boys!"

"Take care of him, Harry," said Vivien; "he is very little—mind he does not get into mischief. What a beautiful horse he is!"

"Oswald must marry," decided Lord St. Just. "We have a fortune sufficient for our children—we need not want his."

They stood watching the boys until they disappeared behind the trees. "They will not go near the river, I hope," said Lord St. Just.

SEARCHING FOR TREASURE

SAID TO BE HIDDEN IN A CARthaginian TEMPLE.

Most Extraordinary Stock Company attracts attention by bearing "treasures" within.

To Tunis belongs the honor of being the headquarters of the most extraordinary stock company in the world, the object of which is to unearth the treasures of a mythical or semi-mythical Carthaginian deity, which, according to tradition, have for ages been buried beneath the waters at a little distance from Tunis.

People talked about this wonderful treasure as far back as Emperor Nero's time. Suetonius, in his history of Nero, and Tacitus, in the sixteenth book of his annals, say that Nero sent a fleet to Carthage in the hope of recovering this treasure, about which he had heard surprising stories from a Carthaginian knight named Cælius Cassius. The fleet, however, searched in vain and as a result Cælius committed suicide.

Forty years ago a native of Morocco attracted wide attention in Tunis owing to the fact that he had succeeded in recovering a portion of the treasure of extreme poverty he suddenly attained a position of great wealth. Daily he squandered large sums of money, and there seemed no limit to his riches.

"I had for years patiently borne the disease, suffering misery and privations due to it. I was unable to do my work, and my health was rapidly declining. I had heard of your medicine, and I decided to try it. I had done so, and I had found it to be a most valuable remedy. I had heard of your medicine, and I decided to try it. I had done so, and I had found it to be a most valuable remedy."

They cannot stand rain. Chatham's World Over Dredging Machine is a gem.

It is one of the specialties of the Chinese to carefully avoid being caught in the rain. The chief reason for this is that they have a superstition that drops of rain falling on the hair breed vermin, which with their very long hair, is very difficult for them to get out.

Some authors. The Most Cheerful Author—Samuel Smiles. The Noisiest Author—Howells. The Most Voluptuous Author—Hawthorne.

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DUDELLA

How long will it look fresh?

That's one question you should ask when you buy paint. It will pay to buy good paint—paint that has been tested for years.

Ramsay's Paints retain their glossy newness, and look fresh and bright, longer than any others, because they are made right. They are pure paints. They are the best.

A Ramsay & Son, Montreal, Paint Makers

ENGLISH TEething SYRUP

Comforts Crying Children Largest sale in the World. 25¢ Everywhere.

AN APPROPRIATE ANSWER. It was in the restaurant. What will Mary have asked the man who was dining in the restaurant. A little lamb, replied Mary. She was a girl who did not believe in shattering the traditions.

VALUE OF MAIL DELIVERY. It is estimated that free rural mail delivery is increasing the value of land in Colorado, where it is in operation, \$5 an acre.

APROPOS OF MPN. Alice—Aren't men funny? Laura—Yes, they are; suppose a lot of women should rig up in fantastic costumes and parade.

OLD FASHIONED. Mr. Jagger—I see Barnabas, the circus man, was married the other day. That was something of a come down for him.

There is more catarrh in this section of the country than in any other. It is caused by the use of cheap, inferior medicine. It is a disease that is very common, and it is very dangerous. It is a disease that is very common, and it is very dangerous.

WELL RECOMMENDED. Mistress: You say you are well recommended. Indeed, ma'am, I have thirty-nine excellent references.

SMALL VOLCANOES. Not far from Laytonville, Cal., a crop of little volcanoes has appeared. There are 25 of them, each with the characteristic crater, and from each crater gushes mud and warm vapor. Each volcano is about five feet high.

CALVERT'S Carbolic Disinfectant, Soap, Gilt Metal, etc. It is a most valuable remedy for all kinds of diseases. It is a most valuable remedy for all kinds of diseases.

Catholio Prayer Book, Bibles, etc. It is a most valuable remedy for all kinds of diseases. It is a most valuable remedy for all kinds of diseases.

Brass Band Instruments, Drums, etc. It is a most valuable remedy for all kinds of diseases. It is a most valuable remedy for all kinds of diseases.

LAW MILLS, MILLS & HALES. Poultry, Butter, Eggs, Apples, etc. It is a most valuable remedy for all kinds of diseases. It is a most valuable remedy for all kinds of diseases.

WOOD & PHOTO ENGRAVING. It is a most valuable remedy for all kinds of diseases. It is a most valuable remedy for all kinds of diseases.