

The Planet.

Business Office 53
Editorial Room 102

G. STEPHENSON Proprietor.

WEDNESDAY, JULY 13.

DO WE NEED THREE MEALS?

Physiologists say that the Japanese present the most perfect physique of any race in the world. Most of the diseases common to the Occident are unknown among the subjects of the Mikado, and this happy condition they themselves attribute to the fact that they eat sparingly and only of plain, nourishing food. A Japanese visiting in this country is appalled at the quantity of food consumed by his host in one day. Especially is he impressed with the extravagance of our poorer people, writes Robert Webster Jones in the Housekeeper. In Japan meat once a day is a luxury even among the well-to-do. It has often been said that to enjoy perfect digestion one should arise from the table just short of the point of repletion. A Japanese saying which might be cited in confirmation is: "I am happy because I am hungry." Certainly when we remember how small an organ, comparatively, the human stomach is, the danger from overloading it becomes very apparent.

A distinguished diplomat from Japan was recently the guest of honor at a dinner in Washington. After the first two courses of oysters and soup the waiters were bringing in the fish, he exclaimed: "What! Can any one possibly want more to eat?" During the remaining six courses he opened his mouth for the exclusive purpose of conversation. When his abstemiousness was commented upon, he said: "I am satisfied. I feel bright and wide awake. If I were to eat as much as you, I should fall asleep, and then I could not make my speech. Most of the men around this table are fat, because they eat too much. It is a misfortune to be so fat. I am stronger and healthier than any fat man."

It is a popular fallacy that three "hearty" meals a day are necessary to one's physical well-being. Doubtless we should all feel better if we ate less. In this, as in many other matters, self-denial and happiness go hand-in-hand.

THE ORIGIN OF EVIL.

A reader of The Express, who thinks there is altogether too much mystery about the origin of evil, has furnished the editor with a copy of a Pittsburg paper containing a report of a sermon by pastor C.T. Russell of Allegheny—Russell of the Millennium Dawn—in which the problem of the ages is disposed of in short order.

The problem is this: Why is there so much seemingly unnecessary and purposeless suffering and misery in a world that is supposed to have been created by a God of all goodness and to be ruled by a Divine Father. Pastor Russell's answer is that the race is fallen from divine favor. As man was originally created he was perfect, upright, and the image of his Creator, and provided with everything needed for his well-being, and that to all eternity; he was placed upon trial with the alternative of either retaining his relationship with God or of forfeiting all this and coming under the curse of sentence or death. He took the course of disobedience, and all the sin, suffering, pain, sorrow, dying there is in the world from Adam's day to our day is the result of that disobedience. Mankind, therefore, says Pastor Russell, is a race of convicts, under sentence of death, and merely serving out the sentence. God did not interfere to save the helpless victims of the Iroquois fire or the Slocum disaster, because man is a convict under sentence of death, and for God to interfere to prevent the accomplishment of his own sentence would be astounding, inexplicable. On the contrary, it is only in accordance with the properties of the situation that the great Judge, having rendered his sentence of death against mankind, should permit the various agencies and channels of death to work their legitimate course to bring death upon the world of mankind.

Pastor Russell's explanation is not a new one. It is almost as old as the mystery itself. The fact that the mystery still remains is an evidence that the explanation has not served to satisfy humanity. In fact the explanation, if it does anything, serves to deepen the mystery. We are told that a God all powerful, all wise, all loving, created man as a perfect creature, and with everything necessary for his well-being for all eternity; yet about the first thing this perfect creature of a perfect creator did was to show his imperfection. And God must have known from the beginning that this perfect creature would fall, and in his fall would involve all humanity. To explain the origin of evil by saying that God created a perfect being who almost immediately pro-

Indigestion

Isn't always the stomach's fault. Constipation clogs the bowels—lazy liver won't work—kidneys get upset. No wonder food is not digested properly.

ABBEY'S SALT stirs up the liver and kidneys—cures constipation—makes the bowels move regularly. It tones up the stomach, aids digestion and gives you an appetite. Absolutely free of alcohol. At all Druggists—in 25c. and 60c. bottles.

Abbey's Effervescent Salt

ceeded to bring sentence of death upon the world is simply to add mystery to mystery. Men have seen this difficulty in all ages, and have wrestled painfully with it, but have only surmounted one obstacle to be confronted by a greater. Why should an innocent and helpless child to-day suffer for an act of disobedience committed thousands of years ago? The introduction of free will complicates the problem rather than helps to a solution. Jonathan Edwards, to whom a good many people in this degenerate age have had their first introduction in The Bonnie Brier Bush, was forced by the merciless logic of the situation to claim that there can be no question of justice between God and man. Most men are to be damned, and the blessed will thank God that it is so. Pastor Russell escapes this conclusion by wiping out eternal damnation altogether, and by providing a millennial period in which all mankind, living and dead, and the angels as well, will have an opportunity of witnessing the justice of the love and the mercy of God. The great Butler went back to nature and sought light in analogy; but Butler and Edwards are seldom mentioned to-day. The world is still looking for a solution of the mystery as if they had never lived.

Incidentally it might be asked if the whole animal creation was involved in Adam's fall. The birds of the air and the beasts of the field suffer from disease and disaster; are they under divine condemnation, too, for the sin of Adam? and for them too, will there be a millennial dawn? But modern science says there was no fall of man; that man since his first appearance on the earth has been gradually rising in the scale, becoming better, more moral, more intelligent, and approaching more nearly the perfect being. Nobody, of course, is bound, under any penalty, to accept the conclusions of modern science; but they are entitled to consideration from the earnest student whose aim is the pursuit of truth, and to those who are able to accept them the problem of evil presents a new aspect. The doctrine of evolution does not remove the mystery, however.—Woodstock Express.

POOR TIME FOR REVOLUTIONS.

Detroit Tribune.
Canada is in no reciprocal mood. She has taken a leaf from the American book of protection, and is now in no way to let down the artificial trade barriers without accomplishing an economic revolution.

LACK OF COURTESY.

Montreal Gazette.
At Vancouver a party of bookmakers returning from a local race meet, were held up by two masked highwaymen and robbed of \$7,000. In these degenerate days there really seems to be no professional courtesy among men in the same line of business.

FLAGOPHOBIA.

Brockville Times.
It is a perpetual puzzle to Canadians why the union jack should always act upon the United States people like a red rag to a bull. If a Canadian sees the stars and stripes flying in Canada he thinks, "Holloa, there's a Yankee!" and passes on without further thought on the subject. But a union jack in the States rouses to fury the ardent patriots of the land, who neither sleep nor eat until the obnoxious emblem is removed from their sight.

VICTORY IN COURT.

New York Herald.
Rufus W. Peckham, judge of the Supreme Court, tells the story of a young lawyer who was trying his first case.

"Evidently," he said, "he had studied it until he knew it by heart. He began speaking. When he had arrived about half way we decided the case in his favor and told him so. But he had got going and found it impossible to stop. On and on he went, like an automobile past control."

"At length one of the judges, leaning forward, said snarlingly: 'Mr. —, in spite of your arguments, we have decided to conclude this case in your favor.'"

NOT SETTLED UNLESS SETTLED RIGHT.

Montreal Witness.
There will be no real solution of the Newfoundland question till the adjacent islands are surrendered and all special privilege on the coast is abolished. Britain certainly paid enormously for what France yielded, whatever it may have been, and all gratitude is due to her for that, but she seems to have got little or nothing in return, and the sore seems to be as active as ever. Foreigners should be welcome on all British shores, but it is entirely wrong and demoralizing that people living in their own territory should be forever dominated over and flouted by foreigners.

DISTRICT DOINGS.

WALLACEBURG

July 13.—Miss Alice Colwell is visiting Miss Bessie McDonald, Port Lambton.

Mrs. John Rankin and son are visiting Mr. Rankin at Tweed, Ont.

Miss Stacia McRae has returned home after visiting in Toronto and other places.

Mr. and Mrs. Sanford Platt are spending a few days at Port Lambton.

Mr. and Mrs. Bert Wilson, of Jersey City, are visiting the latter's parents, Mr. and Mrs. Taylor.

Mr. E. Snavely is on a business trip to London.

Mr. Percy Seager, of the City Drug Store, is visiting at his home, in Bridge, and other places. Mr. Harry Taylor is filling his position while he is away.

Mr. Raymond Smith, of Sombra, visited friends in town last Monday. W. W. Turner, of Chatham, called on his many friends in town yesterday.

Mr. N. Parsons, McGill University, Montreal, spent yesterday with his father, W. Parsons, traveller for Colin McArthur, wall paper dealers.

Mr. and Mrs. Chas. Sauvey are taking an extended trip through the States.

Mr. Martin is building an addition to his residence on Nelson Street, and will open up a confectionery.

Mr. T. B. West has fitted up a tennis court at his residence.

Mr. J. C. Shaw's new brick residence is nearing completion. Mr. Shaw will have one of the finest houses in town when completed.

Tassie Dancing Pavilion will be open to dancers this evening. The Wallaceburg band will furnish the music.

Carnation Rebekah Lodge, No. 58, elected new officers on Monday evening last. The following are the officers: Noble Grand, Sister Patrice; Vice Grand, Sister Dunderdale; Recording Sec., Sister Fox; Treas., Sister Quinell; Chaplain, Sister Benedict.

Mrs. Rev. A. Barker, of Camalachie, is visiting friends and relatives in town this week.

Mrs. E. H. Morse and children are visiting in Walkerville this week.

DRESDEN

July 13.—Quite a number of the members of Oakdale and Dawn Orange lodges took in the big celebration in Dresden yesterday.

Leo Miller, of East Huron, is visiting relatives in town.

Chas. Willson, of Florence, was a Dresden visitor yesterday.

The case of Thos. King vs. the town of Dresden came up before Judge Dowlin yesterday. Judgment was given for the plaintiff for the full amount due him.

Harold Green, of Toronto, is spending his holidays with friends in town. F. A. McKim was a Maple City visitor yesterday.

Alex. Cuthbert spent Monday in Chatham on his way home from Detroit.

Judge Dowlin, of Chatham, was in town yesterday holding the regular Division Court.

Miss E. Morningstar, of Dawn, who has been visiting in Detroit, returned home yesterday.

Mr. E. H. Bayhow and children, of Detroit, are the guests of Mr. and Mrs. Chas. Alkin.

Arthur Smith, of the Standard office, spent the 12th in Blenheim.

Part of the town was in darkness for about an hour last night on account of a fuse in one of the transformers being burned out in the severe electrical storm of the night before.

Peter Sutton was a Blenheim visitor yesterday.

NEW YORK EXCURSION.

Write Louis Drago, 69 1-2 Yonge St., for information about New York Central excursion, July 14th to New York City.

July Sale Bargains!

More and more people come every day to see what we are selling and to take advantage of the unusual values we are offering. They have found out to their profit that many of the best bargains never get mention in print. But we print enough to show the trend of values—even then you cannot appreciate them until you see the goods these prices represent. Here are a few good reasons why you should come THURSDAY.

HOSIERY AND UNDERWEAR—

20 Dozen Ladies' Hose, fine, plain knit, full fashioned, seamless feet, double heels and toes, fast black, sizes 8-1-2, 9, 9 1-2 and 10; sale price 2 pair for

25c.

LADIES' CASHMERE HOSE—

Fine quality, summer weight, seamless feet, full fashioned, extra good value at 25c a pair; sale price

19c.

RIBBED HOSE—

25 Dozen Ribbed Hose, in all sizes, elastic knit, fast black, regular up to 15c; a pair; sale price

10c.

LADIES' DROP STITCH HOSE—

Fine imported make, in fancy drop stitch patterns, full fashioned, seamless feet, double heels and toes, fast dye; sale price, a pair,

25c.

LACE LISLE HOSE AT 39c. PAIR—

10 Dozen Fine German Lace Lisle Hose, sizes 8-1-2, 9, 9 1-2, superior quality, pretty designs, seamless feet, Hermsdorf black dye, regular 50c. a pair; sale price

39c.

CHILDREN'S POLKA DOT HOSE—

Fine imported quality, black with white dot, fast dyes, sizes 4 1-2 to 8 1-2, special a pair, 25c, 25c and 30c

30c.

CHILDREN'S DROP STITCH HOSE—

Fine quality, fine black, in fancy open designs, sizes 1-2 to 7 1-2, special a pair 18c, 20c, and

22c.

CHILDREN'S LACE LISLE HOSE—

Superior quality, best black dye, in pretty open lace designs, sizes 4 1-2 to 8 1-2, at a pair 20c, 22c, 25c, 28c, 30c, 35c and

40c.

LADIES' VESTS—

Elastic knit, no sleeves, special each

5c.

LADIES' VESTS—

Fine soft, elastic knit, with half sleeves, special each

7c.

LADIES' VESTS—

White and cream, half sleeves and sleeveless, lace trimmed, assorted sizes

75c.

es, elastic knit, special each

10c.

LADIES' WHITE VESTS—

Pure bleach, fine soft elastic knit, half sleeves and sleeveless, trimmed neck, special each

12 1-2c.

LADIES' VESTS—

Half sleeves and long sleeves, cream finish, elastic knit, trimmed with lace assorted sizes, special each

12 1-2c.

LADIES' VESTS—

Pure white, pink and sky, fine quality, half sleeves or sleeveless, lace trimmed, special each

15c.

LADIES' VESTS—

Long and short sleeves, buttoned front, fine pure bleached finish, elastic shaped knit, lace trimmed, assorted sizes, special each

25c.

MERCERISED LISLE VESTS—

In fancy lace knit, fine elastic quality, sleeveless, lace and button trimmed, special each 40c, 50c and

75c.

SEVEN STORES The NORTHWAY CO'Y, Limited TWO FACTORIES

THE LOCAL BUDGET

Briscoe's bicycle repairs and livery. Miss Emma Robert, Third St., has returned from a pleasant visit with friends in Detroit and Mt. Clemens.

Arthur Penning, West St., who had the misfortune to fall from a maple tree last week and break his arm, is getting along nicely.

The City Band has arranged for a promenade concert at the Eau for Monday and Friday nights of next week. Music for a number of the latest and most popular dances have been secured. Train will leave C. P. R. station at 7:30, returning at 11 o'clock. Fare 30 cents.

Wait for the Sons of England excursion to Niagara Falls, on Civic Holiday. This is the most popular excursion of the season, and you are given a large part of the day to visit the points of interest at this charming place of natural grandeur.

The season for holiday trips having arrived, most people are considering the easiest places to reach, where they will derive the benefit of rest and change of air. Mr. W. E. Rispin, general ticket agent, 115 King St., can furnish you full information and supply you with lowest rate tickets to all the principal summer resorts, including the Georgian Bay and Lake Superior, Muskoka, St. Lawrence River, by the passenger lines running between Toronto and Montreal, Atlantic Coast, New England Mountains, or any point considered desirable.

***** ECHOES FROM ERIEAU *****

Miss Marjorie Kingsmill has been visiting Mrs. (Dr.) Brown.

Miss Mildred McLean is visiting at the residence of A. F. Falls.

Miss Nan Bell is visiting Mrs. A. C. Woodward, Crystal Lodge.

Miss B. Bertram, Dundas, is the guest of Miss Bonnie Greening.

Miss Nita Bounsal and Alex. Bounsal are visiting at Penryn Cottage.

Mrs. Dr. Brown, Brandon, Man., has taken Uneda Rest Cottage for the summer.

Will Houston has purchased the Thomas Cat boat and the row-boat Sophia from Frank Thomas.

Miss Susie Baine, Toronto, who has been the guest of Miss Jessie Harper for the past week, will leave for her home to-morrow.

Grace and Margaret Cameron returned to Chatham to-day, after spending a few days at Sandrean Cottage, the guests of Mrs. W. H. Harper.

C. B. Moore, the Erieau grocer, has moved one of his cottages up from Erieau terrace and will use it as a dwelling for himself. He finds that he requires all the space he can get for his store.

C. C. Greening and W. H. Harper play pedro together every night. They are inveterates. Generally their opponents are Dr. Bray and Samuel Glen, but C. C. and W. H. are getting tired winning. They have won so many that they would like to lose one to see what it feels like. They are open to challenge any two on the bar to a rubber and they don't want anybody but good players to accept the challenge. They claim that it is getting monotonous beating poor players.

TWICE DAILY TO THE WORLD'S FAIR.

A few days spent at the Great World's Fair, St. Louis, is in itself worth a year's education and a sight you cannot afford to miss. Reduced rates in effect from Chatham permit to stop over at Chicago, Detroit, to stop over at Chicago, Detroit, for tickets, illustrated literature and full information, 115 King St.

Ask for Minard's and take no other.

REMEMBER JULY 14.

Do not forget that New York Central will run a cheap excursion to New York on July 14th for \$10.25 return from Suspension Bridge, and Buffalo, good 15 days, returning with privileges of trip on Hudson River boats between Albany and New York in both directions. Write Louis Drago, Canadian Passenger Agent, 69 1-2 Yonge Street, Toronto.

When you want an artistic design, call up or visit Victoria Ave. Green Houses. Phone 181.

It takes a woman to make a man feel his want of importance.

TENDERS

Tenders will be received until July 20th, by the undersigned for all the various trades in the erection of a grain elevator on a concrete foundation, for Samuel Glenn & Son.

Plans and specifications may be seen at the office of the undersigned. Lowest or any tender not necessarily accepted.

T. J. RUTLEY & SON, Architects.

NOTICE TO CONTRACTORS.

Sealed bulk and separate tenders will be received at the office of M. J. Hurley, Esq., grocer, James St., Wallaceburg, secretary of the Separate School Board Trustees, and at the offices of the undersigned architects at Chatham, Ont., up till 7 o'clock p.m., Friday, July 22nd, 1904, for the several works required to erect a Brick Separate School House in the Town of Wallaceburg, in the County of Kent.

Plans and specifications to be seen at the offices of the secretary and at the offices of the architects.

Lowest or any tender not necessarily accepted.

Trustees of Separate School Board—Thos. Forhan, Esq., chairman; M. J. Hurley, Esq., secretary; Miles McCarron, Esq., P. T. Barry, Esq., Thos. O'Donnell, Esq., Edward Kelly, Esq.

JAS. L. WILSON & SON, Architects, Chatham, Ont.

Wallaceburg, Ont., July 7th, 1904.

CANADIAN PACIFIC RAILWAY

Corrected July 3rd, 1904.

GOING EAST

*2.55 a.m. Express *1.03 a.m.

*6.55 a.m. " 1.11 a.m.

*3.32 p.m. " *8.42 p.m.

*Daily except Sunday

THE WABASH RAILROAD CO.

The Great World's Fair Route.

GOING WEST

No. 1—6.45 a.m. No. 2—12.23 p.m.

3—1.07 p.m. 4—11.06 p.m.

13—1.25 p.m. 116—2.25 a.m.

115—7.03 p.m. 6—1.32 a.m.

9—1.18 a.m. 8—2.49 p.m.

The Wabash is the short and true route from Chatham to the Great World's Fair, St. Louis, Mo.

J. A. RICHARDSON, Dist. Pass. Agt., Toronto and St. Thomas.

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GRAND TRUNK WEST.

*8.23 a.m. for Windsor, Detroit and intermediate stations.

*12.42 p.m. for Windsor and Detroit.

*2.30 p.m. for Windsor and intermediate stations.

*4.23 p.m. for Windsor and Detroit.

*8.45 p.m. for Detroit, Chicago and west.

*EAST.

*8.27 a.m. for London, Hamilton, Toronto, Buffalo.

*1.45 p.m. for Glencoe and St. Thomas.

*2.07 p.m. for London, Toronto, Mo.

*Buffalo and New York.

*5.08 p.m. for London, Hamilton, Toronto, Montreal and East.

*8.50 p.m. for London and intermediate stations.

*Daily except Sunday; *Daily.

MARRIAGE LICENSES

are in great demand just now and that creates a demand for

Wedding Rings..

I have now on hand the largest stock in the city, both the English and the celebrated Tiffany patterns. These are the nicest and most up-to-date patterns made.

COME AND SEE OUR LINE BEFORE PURCHASING

A. A. Jordan, Jeweller, Sign of Big Clock, Chatham

NOTICE

The Company or Individual assuming to act as Executor or Trustee should not engage in other Business. That is the principle upon which this Company acts, and is accountable for its success.

The London and Western Trusts Co., Limited, London, Ont.

DR. OVENS, London,

SURGEON, SPECIALIST,