

ABSOLUTE SECURITY.

Genuine
Carter's Little Liver Pills.

Must Bear Signature of

Wm. Wood

See Fac-Simile Wrapper Below.

Very small and so easy to take as a candy.

CARTER'S LITTLE LIVER PILLS.

FOR HEADACHE, FOR DIZZINESS, FOR BRUISES, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLON SKIN, FOR THE COMPLEXION.

Cure Sick Headache.

DENTAL.

A. A. HICKS, D. D. S.—Honor graduate of Philadelphia Dental College and Hospital of Oral Surgery, Philadelphia, Pa., also honor graduate of Royal College of Dental Surgeons, Toronto. Office, over Turner's drug store, 26 Rutherford Block.

LODGES.

WELLINGTON Lodge, No. 46, A. S. & A. M. G. R. C., meets on the first Monday of every month, in the Masonic Hall, Fifth St., at 7:30 p.m. Visiting brethren heartily welcomed.

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SMITH, HERBERT D.—County Crown Attorney, Barrister, Solicitor, etc. Harrison Hall, Chatham.

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The Chatham Loan and Savings' Co.

CAPITAL, \$1,000,000.

INCORPORATED A. D. 1881.

Money to Lend on Mortgages.

Apply personally and secure best rates and low expenses. Deposits of \$1 and up wards received and interest allowed.

Debentures issued for three, four or five years with interest. Coupons payable half yearly. Executors and Trustees authorized by Act of Parliament to invest Trust Funds in the Debentures of this Company.

S. F. GARDINER, Manager.
Chatham, November 30, 1903.

MAGAZINES AND PERIODICALS

By Annual Subscription.

At lowest rates to the public. If you are a subscriber to one or more periodicals, I can save you time and money. A post card will bring price lists.

G. W. SPRAGUE,
CHATHAM, ONT.

WHAT HAPPENS AFTER FIVE HOURS.

Dr. Bouchard, the eminent French physician, has furnished facts which show that if food is retained in the stomach more than five hours it becomes fermentative and putrefactive, not digestive, and that this is the starting-point of disease.



Eating too much starchy foods

This food mass becomes putrid. Generates gas. The stomach dilates. There is a seething lump-weight, burning or belching.

Blood, fibre, tissue, and cells begin to absorb poison from the stomach and alimentary canal instead of nourishment, and right here is the producing cause of Constipation, Diabetes, Bright's Disease, Uterine and Ovarian troubles, Rheumatism, Gout, Nervous and Mental Disturbances, Bronchitis, Heart Affection, Pulmonary Consumption, Jaundice, Liver and Skin Diseases.

Inability of the stomach to properly handle food is mainly caused by overeating, drinking too much liquid, gases generated from slow digestion, preventing the mixing of food with gastric juice to properly prepare it for use in the body.

Dr. J. B. Leonard worked for years in perfecting Anti-Fill, so that it would guarantee regular stomach action, and its astonishing cures are proof of its mission being fulfilled, of its being the greatest System Treatment in the world. 30 cents a drugstore or mailed to any address by WILSON-PIKE CO., Niagara Falls, Ont. Sample free.

ICE-BATH CURE

Patients Plunged into a Hole Chopped in the Frozen Rivers of Russia.

Ice-cold baths for the purpose of curing disease are the rage just now among a certain class of Russian physicians. This does not mean simply cold water as it runs from the faucet, or is pumped from the well or cistern. It means to go to the lake or river, frozen over several inches thick, and after chopping a hole in the ice, the patient is plunged into the water up to his neck, the temperature being 32 degrees Fahrenheit. Marvellous virtues are attributed to this heroic treatment, but it is obvious that a person must be of a robust constitution to be able to stand for the fearful shock of the bath. However, it is said that when rolled up in blankets, and perhaps stimulated with a little brandy, very pleasant after effects are experienced, and the vigorous efforts to fight the cold are rewarded by the paralyzing effects of the icy water are said to be sufficient to banish any more or less imaginary disease.

The ice-bath cure is similar to the Knapp snow-cure. At the little village of Worshofen, near Munich, thousands of suffering people are said to have been cured by means of cold water. Pure air and icy cold water bring about a proper circulation of the blood. The patients not only take baths of every kind, but walk bare-footed on the snow and rub themselves all over with it. They drink water from morning to night, wear cotton underwear as socks next the skin, and eat very rich nitrogenous foods, such as meat, cheese, fish, milk, peas, beans and lentils.

Most of the famous cures ring the changes on water. Bouchard's treatment of typhoid fever consists of bathing the patient eight times a day. The remainder of his waking hours is spent according to a medical authority, in taking medicines, so that the microbes are content on the defensive and cease to worry the patient.

The most remarkable point in connection with cures is that a most every remedy has its contrary. Dr. Knapp's cure is Dr. Knapp's water cure is Dr. Schroth's dry cure—an ordeal which no disease ought to survive. In this method the food is freed from all moisture, and the patient has nothing to drink except one small glass of hot wine morning and night. Dinner consists of boiled vegetables thoroughly dried, with pepper and salt. For all other meals the patients eat only dry bread. This is said to cure colds, rheumatism in the joints, and those painful effusions of fluids between bones and their surrounding membrane, the periosteum.

Every year some new cure is added to the long list. Quite 50 different kinds of baths are used, including blood baths, saline baths, peat, sand, glue, wine, alcohol, milk, bran, and acid baths. Some people in the bath cure, electricity, music, needles, and others to rarefied air, or cold air. There is the oxygen cure and the ozone cure, the milk, the shaking cure, the sun cure, the darkness cure, electricity, music, needles, and percussors—and in spite of all one might get the rounds of the medical profession and fail to get cured of an ordinary little cold in the head.

HELD POTLATCH

Indians Slashed Themselves With Knives and Practiced Other Barbarities.

Yorktown, Assa, Jan. 28.—Edward Field, who arrived here last night, reports the drunken orgies of Indians holding a potlatch at Fishing River. Inspired by whiskey supplied by a trader, the Indians held a sun dance. This did not content some, who wanted a potlatch, in which knives are freely used to test the courage of the Indian braves.

One got his companions to cut the tendons of his back to insert sticks, after the custom of the ancient dances, but could not bear the pain when one tendon had been cut. Another put pine needles in his arms and then applied a light to them, severely burning himself, but his bravery was established when he bore the pain without a murmur.

Others slashed themselves with knives, inflicting bad flesh wounds, and then retired from the dance, to be attended by medicine men. The dance continued for three nights, more than a hundred Indians taking part in the performance on the snow, with the temperature 30 below zero.

PENETRATED THIBET.

AN ENGLISHMAN'S JOURNEY BY MULE BACK TO VATUNG.

A People Whose Religious Rites Are a Mixture of Pagan, Buddhist and Christian—Power of the Priest Government—Prayer Wheels, Curious Inventions of Devotion, Seen on All Sides.

An English lady, one of the few white women who have ever penetrated Thibet, recently returned from a rough journey to Vatung, the trading town where Thibetans meet the rest of the world. In 1888 the grand lama of Thibet gave permission to his subjects to admit "foreign devils" as far into his domain as a certain point specified, eight miles within the Thibetan border. At that point the village of Vatung was built, a more hamlet of little wooden houses. One or two foreign commissioners of trade live there. The commissioner for the Chinese Government is an Englishman, and it was on the invitation of him and his wife to visit them that the adventurous English lady set out with two friends and a troop of pack mules with Thibetan drivers and guides.

The road leads uphill all the way. To reach Thibet the party passed northward through the Province of Sikkim, crossing a mountain pass nearly three miles above sea level. This is Jelep pass, and from it one can look down into the forbidden land. At the top of the pass a rough stone wall marks the boundary between Sikkim and Thibet, and every traveler who crosses the boundary must add one stone to that wall. It is a curious custom, but observed by all. In addition to the stone, pious Thibetan Buddhists push often into some crevice a stick to which is tied a rag or paper having a prayer inscribed upon it. The people in Thibet are tremendous on prayers, so zealous that they cannot say them fast enough or often enough.



THE SALAM IN THIBET.

by mere force of tongue, so they call machinery to the hand. At Vatung may be seen on all sides that curious invention of Thibetan devotion, the prayer wheel.

Once at Vatung, every traveler of course is wild to go farther on, to penetrate to Lassa itself. But a wall is built behind Vatung, and no white man may go. The wall is guarded by Thibetan soldiers, very dirty and somewhat dangerous looking. Up the hill above Vatung is a lama monastery, where the travelers visited—that is, to say, they visited the outside of it. They begged to be allowed to enter, but the lama priests drew their forefingers across their own throats. That indicated the fate awaiting them if they let the travelers in.

Thibet is a hierarchy whose priest rulers terrorize their people. Thibetan religious customs and observances bear a weird resemblance to those of western civilized nations. There are monasteries; there are also choirs, nuns, fasts, holy water, nuns, rosaries and bells. The nuns are expected to give their time to prayer and nursing the sick.

Thibetans wear a queer loose garment with a belt. It is so long and full that they drag it up in front above the belt, making it form a sort of bag or pouch, and in that receptacle they carry often food enough to last them for days—a very convenient arrangement. The Thibetan salaman is a very odd form of oriental, bowing his head low and spreading his hands apart. Then after the bow is over and his head is raised again he sticks out his tongue at the person he is bowing to. He means it as a compliment.

The women's dress is nearly the same as the men's, except that on great occasions the female adorn their heads with a fantastic silver hoop, having turquoise studs around it. They pile their hair around this hoop. One queer thing about both Thibetan men and women is that they rarely either cut or comb their hair from birth till death. To make up for that, however, both men and women wear many turquoise ornaments. Of these gems the English lady says, "One sees stones hanging from a dirty ear that would cause pangs of envy in the breast of many a London belle."

Thibetan women are handsome, many of them, and decidedly better looking than the men. All wear long boots to enable them to wade through the snow. At the lama monastery where the lady was not allowed to go into there was a great row of hideous looking masks, or false faces, put out upon the fence to air. These masks are worn by the priests in religious festivals. The object is to familiarize the people with the looks of devils, so they, the good Thibetans, will not be scared at the evil spirits when they see them in the other world.

AT THE TOP.

It is a laudable ambition to reach the top of the ladder of success. But many a man who reaches the topmost rung finds his position a torment instead of a triumph. He has sacrificed his health to success.

A man can succeed and be strong if he heeds Nature's warnings. When there is indigestion, loss of appetite, ringing in the ears, dizziness, spots before the eyes or palpitation of the heart; any or all of these symptoms point to weakness and loss of nutrition. Dr. Pierce's Golden Medical Discovery cures diseases of the stomach and other organs of digestion and nutrition. By perfect and abundant nourishment distributed to each vital organ it enables the co-operation of all the organs to preserve the perfect health of the body.

For about two years I suffered from a very obstinate case of dyspepsia, writes R. E. B. Esq., of 13 Eastern Ave., Toronto, Ontario. "I tried a great number of remedies without success. I finally lost faith in them all. I was so fatigued that I could not bear any solid food in my stomach for a long time; felt melancholy and depressed. Could not sleep nor follow my usual work. About a month ago a friend recommended your 'Golden Medical Discovery.' After a week's treatment I had derived so much benefit that I continued the medicine. I have taken three bottles and am convinced it has in my case accomplished a permanent cure. I am conscientiously recommending it to the thousands of dyspeptics throughout the land."

The "Common Sense Medical Adviser," 1008 pages in paper covers, is sent free on receipt of 51 one-cent stamps to pay expense of customs and mailing only. Address Dr. R. V. Pierce, Buffalo, N. Y.

CRUSADE IN ENGLAND AGAINST CIGARETTES

A new crusade against juvenile cigarette smoking has been inaugurated in the columns of the London Times by the publication of a man's manifesto calling for legislation to check the serious hindrance to the young life of the nation which is caused by this practice.

The manifesto bears 129 signatures including those of numerous prominent statesmen, scientists, doctors, headmasters, clergymen of the Church of England, Nonconformist divines, lawyers, authors and philanthropists. The movement also has the support of the Duke of Fife, the Archbishop of Canterbury, and the Bishop of London.

The extraordinary dimensions to which the cigarette smoking evil has grown is attributed mainly to the lack of home discipline. Teachers do their best to repress the habit, but parents, it is alleged, give them no support.

Some astonishing revelations with regard to the evil were made at an inquest the other day at Tredegar on a boy of fourteen who died from nicotine poisoning.

The doctor in the case referred to a boy who killed himself by smoking five packets of cigarettes, two cigars, and a pipe of tobacco in one day. Boys fourteen, he said, were frequently brought to him suffering from the effects of smoking, and he gave an instance of the habit in the case of a baby of five.

Miss Antique—I wonder if I shall ever live to be eighty?

Miss Gastique—Not if you keep on being twenty-six much longer.

A martyr is a man who lives up to his wife's expectation of him.

Could Not Sleep At Night.

Was All Run Down.

Had No Appetite.

FOOD WOULD NOT DIGEST.

Mrs. I. W. Warner, Riverdale, N.S., is glad there is such a remedy as

Burdock Blood Bitters.

IT CURED HER AND WILL CURE YOU.

She says: "I wish to add my testimony to the many others who have spoken so highly as to the unfailing virtues of Burdock Blood Bitters. I was all run down, had no appetite, lost all ambition, could not sleep much and had terrible headache and backache, and my food did not digest properly. I saw B.B.B. advertised, so concluded to give it a trial, thinking if it did so good it could do no harm. After using one bottle I began to feel better, and by the time I had used three bottles I was feeling like a new person. I am so glad there is such a remedy provided for suffering humanity, and cannot praise it enough for I think there is no medicine like it on the market."

Glenn & Co.,

WILLIAM ST.,

import direct the finest Ceylon, Assam and China Tea, Black Gunpowder and Young Hyson, Best English Breakfast Tea, 35c. 40c. and

THE DEATH CUP.

This Deadly Fungus Resembles Several Edible Mushrooms.

Perhaps the most deadly of the poisonous fungi of our woods and fields is the fairly well known death cup (Amanita phalloides), particularly dangerous from its resemblance to several of the edible mushrooms, though gathering fungi for the table should be thoroughly acquainted with the different species, as it is altogether too easy for the ignorant enthusiast to make an error which may prove fatal to his friends.

The death cup referred to has a round cap, white, yellowish or greenish in color, and the stem has a swollen base, surrounded by an envelope, or veil, of a white filmy substance, which parts as the stalk extends upward. This stalk is pithy when young, but hollow at maturity, and the gills of the cap, which in the meadow mushrooms are pink or brown, are white in the deadly variety, as are also the spores, which can be plainly seen if the cap is laid gills downward, on a piece of colored paper for a few hours. The swollen, or bulbous, base is a distinguishing characteristic, and no fungus of that appearance should be gathered for cooking. One of the liabilities is that these caps may be broken off without due observance of its base, which is often covered with earth or dead grasses, hence not distinguished from some of the lepiotas, which, however, are never surrounded with the filmy veil of the death cup.

The poisonous property of this fungus is largely the same as that found in the venom of a rattlesnake and also in cholera and diphtheria, and so far science is unable to produce any satisfactory antidote, atropine, the stomach pump and all purgatives being about the only resources.

A KOREAN CINDERELLA.

The Quaint Story of Peach Blossom.

In Korea the people tell a Cinderella story that is much more ancient than that familiar to western people. The key of the latter story is the slipper, but not so theirs. Peach Blossom, the Korean Cinderella's name, was the family drudge. One day as the mother was starting off with the favorite daughter to a picnic she said to Peach Blossom, "You must not leave until you have hulled a bagful of rice and filled the broken crock with water."

While sitting there bemoaning her hard lot she heard a twittering and a fluttering of wings. Looking up, she saw a flock of sparrows pecking the hulls off the rice. Before recovering from her surprise a little imp jumped out of the fireplace and so skillfully repaired the crock that but a few minutes of work was required to fill it with water. Then she went to the picnic and had a royal time.

On another occasion the mother said, "You must stay until you have pulled up all the weeds in the field." This time a cow came out of the forest and ate up the weeds in ten mouthfuls. Peach Blossom followed the cow into the woods and was led to where there was an abundance of ripe, luscious fruit. Gathering a large quantity, she went to the fete and was the most welcome guest. Her jealous sister asked about it and, on being told, determined she would get some of this fruit for herself.

When the next gala day came the sister stayed at home and let Peach Blossom go. The cow came out of the woods as before, and the sister followed it through tangled briar and thorn bushes, with the result that her face was much scratched and her skin deep beauty all gone.—Exchange.

A Lazy Man.

On a hot summer's day a gentleman who was waiting for his train at one of our country stations asked a porter who was lying on one of the seats where the station master lived, and the porter, not moving, lazily pointed to the house with his foot.

The gentleman, very much struck at the man's laziness, said, "If you can show me a lazier action than that, my good man, I'll give you two and sixpence."

The porter, not moving an inch, replied, "Put it in my pocket, guv'nor."—London News.

Definite Information.

"How much are these Scotch flannels, please?" asked a woman in one of the large department stores one day last week.

"This lady will show them to you," airily replied the clerk, indicating with an indifferent nod a girl about three feet distant.

"But," persisted the woman, "I don't want to buy now. I simply want to know how much they are."

"Oh, different prices and up," was the nonchalant answer.

A Judge of Human Nature.

"Doctor, tell me honestly whether my health is improving or not."

"My dear sir, you're getting on unusually—famously."

"You are not speaking the truth, doctor, but I can tell without your assistance whether I am getting better or not."

"How can you judge?"

"By the behavior of my hairs."—Paris Gaulois.

The Serious Part of It.

Actor—Hurry, or we'll miss the train. Actress—I can't find my diamonds or my purse.

"Oh, well, never mind."

"Yes, but the purse had \$10 in it."

For everything you have missed you have gained something else.—Barrington



There is nothing like Sunlight Soap for Household Utensils.

When you have to use hard water it is not an easy matter to wash household utensils. To do good washing you should have good soap and soft water (rain water). If you use hard water you must have good soap, and the best soap you can get is Sunlight Soap because it softens the hard water and makes a copious creamy lather. Use Sunlight Soap for all household purposes and the results will surprise you.

SUNLIGHT SOAP

ASK FOR THE OCTAGON BAR.

Sunlight Soap washes the clothes white without injuring the hands.

LEVER BROTHERS LIMITED, TORONTO.

CHANGING ONE'S NAME.

The Method Is a Rather Costly One in Great Britain.

Many people change their names without asking permission from any one or paying any fees whatever. This is certainly the simplest way of getting rid of a name you do not appreciate, but it is apt to prove expensive. For instance, such a course is strictly illegal, and the government could step in at any time and demand the payment of a heavy fine; and, further more, if the individual who changed his name without consulting anybody happened to come in for a large sum of money unexpectedly the authorities would decline to recognize his claim if he had failed to pay the fees due to the heralds' college for assuming a name not given in baptism.

There are two ways of changing your name, and they are both rather costly. One method is to have a private act of parliament passed for your benefit. This course is generally followed only by peers and people to whom money is no object, for it costs £750. This nearly all goes in fees to minor officials for bringing your case before the legislature, inasmuch as the actual passing of the bill costs practically nothing. And the only advantage you will gain from this expensive way of going to work is that it acquiesces in the fact that your past history, which by the other alternative are unavoidable.

The usual method adopted for legally changing the name is somewhat tedious, if less costly, and you must have very substantial reasons for so doing or your claim will not be allowed. If, for instance, you inherit property which makes it conditional that you change your name you can do so on payment of about £50 in fees.

In the first place you must communicate with the home secretary, who, if he considers your claim valid, will refer you to the heralds' college and the king of arms. These officials will make full inquiries into your history and satisfy themselves beyond question that your reason for wishing to make the change is in every way legitimate. This done, they will again communicate with the home secretary, who will lay your claim before the king, for he alone has power to authorize the change being made. Eventually, after some months of waiting, you will be informed by the heralds' college that his majesty has approved of your claim and the change of name is published in a remote corner of the London Gazette.

Finally it is worthy of mention that no one can hold a public appointment under government who has changed his name without the consent of the king, however brilliant may have been his services to the country. The reason for this is rather curious. The name given you at your baptism is in theory ratified by the sovereign as head of the church, and by assuming another on your own responsibility you are deliberately breaking a law of the land.—London Tit-Bits.

She—Is she a business woman?

He—Yes.

She—What business is she interested in?

He—Everybody's.

F. B. Proctor,

Commission Broker.

N. Y. Stocks, Grains, Provisions, Cotton....

No better service anywhere. Why don't you trade at home? In formation free.

Telephone 240.

WEDDING STATIONERY

The latest in Wedding Stationery and Calligraphic Boxes can be had at the PLANET Office.

AN UNDESERVED SLUR.

Montreal Star.

An English correspondent of the Toronto News says that Gilbert Parker desires not to be known as "the Canadian." And he certainly has done his best in his Canadian novels to prove that he never saw this country.

Stocktaking

BARGAIN LINES.

Ladies' Felt Shoes, fur topped, very warm and comfortable, in sizes 5, 6, 7, reg. \$2.00, now \$1.00.

Ladies' Overshoes in sizes 2, 2½, 3, 4, reg. \$2.00, now \$1.00.

Men's Felt Shoes, reg. \$3.00, now \$2.00.

AT THE SIGN OF THE BIG CLOCK.

A. A. JORDAN

THE GIBSON PICTURES

AT THE GIBSON

STUDIO.

Cor. King and Fifth Sts CHATHAM.

Sure Sign of Spring.

People are beginning to leave their orders for papering and painting now. So be wise and don't wait until the rush is on.

Come now and pick your papers and set the date for your work, and we will do the rest.

TILT'S ART STORE.

OLIVER TYPEWRITERS!

Exclusively in use in many of the largest Mercantile Houses in Canada. If you intend purchasing one of the best typewriting machines call and examine sample and get our prices.

THE "PLANET"

Agents.