

EXTERNAL CLEANLINESS NOT THE WHOLE THING.

If There is Not an Occasional Housecleaning Inside, Ill Health and Disease Surely Follow.

The most important of all health rules is activity and cleanliness of the bowels. Any doctor will tell you there should be one or two free movements of the bowels every twenty-four hours.

Most people resort to salts, harsh pills, senna tea, griping waters, etc., with the result that for one day's relief they pay up with a week's misery of binding and constipation, necessitating the same heroic measures over and over again.

If your system requires aid, don't whip it like a tired horse—don't destroy the life of your bowels and intestines by harsh medicine—be sensible and use a time-tested medicine that cures constipation by removing its cause.

Thousands of men, women and children, who to-day are in the throes of chronic weakness and ill health, can cure themselves quickly by Dr. Hamilton's Pills—can prevent backaches, bilious attacks, constipation, indigestion and all sorts of stomach distress by the use of this grand laxative tonic.

Dr. Hamilton's Pills are sold by all druggists and are the only pills that can be taken with safety by the most delicate and infirm.

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WHY THE WIND BLOWS.

The Basic Principle, the Tendency of Hot Air to Rise.

From "Nature and Science" in March St. Nicholas. The wind, like other things of everyday life, rarely invites notice, unless it is unusually "high," and rarely do we hear the questions, "Why does the wind blow?"

What is this wind that rushes "out of the nowhere into the here? Why should it blow at all, or why sometimes so gently and at other times with the resistless force of the hurricane?"

The wind could have no power, it could not even exist, if the air had no weight, this weight having been shown to be about thirty-one grains for each one hundred cubic inches of air.

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NA-DRU-CO DYSPEPSIA TABLETS

relieve and cure indigestion—acidity of the stomach—biliousness—flatulence—dyspepsia. They re-inforce the stomach by supplying the active principles needed for the digestion of all kinds of food. Try one after each meal.

Can be handled very easily. The sick are cured, and all others in some cases, so matter how "stagnant" kept from having the disease, by using NA-DRU-CO DYSPEPSIA TABLETS.

EDDY'S "SILENT" MATCHES

ARE THE MOST MODERN AND PERFECT A SURE LIGHT, THE FIRST STRIKE They make no noise or sputter—a quiet, steady flame. The match for the smoker, the office and the home.

All good dealers keep them and Eddy's Woodware, Fibreware, Tube, Pails and Washboards.

The E. B. EDDY Co., Limited, HULL, CANADA

FEBRUARY 27 IN HISTORY. (Toronto Globe.)

1881-1909—These famous dates make a rare historic coincidence. The first is that of the disaster to a small British force on Majuba Hill; the second is that of the surrender of General Cronje with his whole force at Paardeburg.

Not long ago M. Lepine, the prefect of police, organized an annual toy competition, and the toy that wins a prize becomes, so they say, well marked and is certain to attract attention.

THE OAK OF BEAUMARCHAIS. The famous oak of Beaumarchais, which formerly flourished on the Quai d'Orsay, has fallen to the woodman's axe.

SCRATCHED FOR 40 YEARS. Used D.D. D. Six Months—All Itching Gone. This is the actual experience of Anne Cronan, Santa Rosa, Cal., with the wonderful D.D. D. Prescription.

THE BROKEN DOLL. In a dusty, sunless corner, lay the broken doll, forgotten, unloved, and unloving. It was a poor, old broken doll.

THE Mitten Maker of Skowhegan. This winter George York, skowhegan, has knit twenty-one pairs of stockings and several pairs of mittens.

AMENDING THE UNIVERSE. They (politicians) do not stop at advice. They actively interpret, take into their own hands matters that God seems to be managing and undertake to set them right.

EDUCATION VS. INSTINCT. (Success Magazine.) Jacob Wendell, jun., who plays the part of the dog in a restaurant recently when a man, recognizing him as the actor, approached and said:

THE DRAMATIC FAMILY. (New York Mail.) "Mother," "Her Husband's Wife," "Baby Mine," "Her Children's Sake," "Brother Against Brother," "Wan-Kate," "My Wife," "Granny," "Her Sister," "Lily's Husband," "Nobody's Daughter," "Charley's Aunt."

INJUSTICE. (Chicago Tribune.) Indulgent-Uncle—Horace, my boy, they tell me you're a regular rounder.

PRIVILEGES OF PLUTOCRACY. (Chicago Tribune.) I suppose the Monteburns are so rich that they can afford to wear anything they take a fancy to in the way of diamonds.

COMPLETE. (Harper's Bazaar.) Knieker—Have the Subbubs a library? Knieker—Yes; a cookbook and a time-table.

DIRECTLY TO GOD.

Massachusetts Man Files a Strange Conveyance With Taunton Registrar.

A unique instrument was filed a few days ago with the Taunton Registrar of Deeds by Richard A. George of North Attleboro, in which a tract of land in New Boston, a suburb of North Attleboro, was conveyed to the Lord of Hosts.

So far as known it was the first instrument filed in New England making such a conveyance.

In the deed the Lord is named as the grantee and the representatives of the Lord in the transaction were Charles Carpenter, E. S. Barstow, and A. H. Jamison, all of North Attleboro, who are described in the paper as being trustees of the Christian Workers' Union, says the Boston Globe.

The deed is couched in the ordinary legal expression, and declares that Richard A. George, of North Attleboro, in consideration of \$1 and other valuable considerations paid by the Lord, represented by Charles Carpenter, E. S. Barstow and A. H. Jamison, trustees of the Christian Workers' Union of North Attleboro, the receipt of which is hereby acknowledged, do hereby give, grant, bargain, sell, convey and deliver unto the Christian Workers' Union, of the Boston Globe.

The land was purchased in 1881 by the Christian Workers' Union of North Attleboro, but the instrument setting forth the transfer was not presented to be recorded until last week.

It is supposed that the matter of tax assessments will have to be borne by the trustees of the Christian Workers' Union unless some special exemption from taxation is secured. This will be determined later.

New Boston is a small village some three miles from North Attleboro, on the road to Foxboro. A number of years ago some of the villagers formed a religious society and meetings have been held by the twenty-five or thirty members. The body took the name of the Christian Workers' Union.

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ISSUE NO. 16, 1911

AGENTS WANTED. START TEA ROUTE TO-DAY. SEND postal for circulars or 12c for samples and terms. Alfred Tyler, London, Ont.

AGENTS WANTED. Two new lines. Apply, Bellery, 23 Albert street, Ottawa.

MOSES' OIL FOR PAIN, ASTHMA, Bronchitis, Coughs, etc. and \$1.00. Druggists or Prof. Castle, Hamilton, Ont.

CERTIFIED AUDITORS, Accountants, Etc. Special Rate on all outside audits. Apply for terms, dates, etc.

RALPH C. MURTON & COMPANY, 5 KING STREET WEST, TORONTO, ONT.

Every Woman. HARVEL Whirling Spray. The new Vaginal Hygiene. Free on request. Write to Dr. J. L. Nichols, Windsor, Ont.

FREE TO BOYS and GIRLS. We will give you a beautiful watch or fountain pen or other valuable gift if you will send us the cards printed on the back of this advertisement.

SAVINGS OF AN AN. Here are a few of the bright sayings of the smart little Southern girl who in the "Annals of Aunt" tells in the first person a delightful love story.

There are two kinds of people who keep diaries—single ones and married ones. The single ones fill their full of poetry; the married ones tell how much it costs to keep house.

All famous people keep a diary "but I'm going to keep mine to hand down to my grandchildren, for nearly every lady can count on them, whether she's famous or infamous.

Dr. Bynum is a bacteriologist, which is worse than a prohibitionist, for while he won't let you drink whiskey in peace the other won't let you drink water in peace.

If there's anything on earth sweeter than a girl baby it's a boy one. Mammy Lou says: "If you want a good, wood cuttin' baby tendin' husband choose one that's fat in the face."

I've often heard Dr. Gordon say that diseases have a period of "incubation," but I believe that love is one disease that doesn't incubate. It just comes, like light does when you switch on the electricity.

But marryin' for riches is like puttin' up preserves. It looks to be a heap bigger pab beforehan' than afterward.

HAS A CORN ANY ROOTS? Judging by the pain they cause they have roots, branches and stems. Easily cured, however, if you apply Putnam's Painless Corn Extractor. Always safe, always prompt, and invariably satisfactory. Forty years of success stands behind Putnam's Painless Corn Extractor. Sold by druggists, price 25c.

SPOILED THE VIEW. (Philadelphia Record.) Mrs. Mary F. Metcalfe, discussing the pure food question at the Gotham Club's recent meeting at the Waldorf-Astoria in New York, smiled and said:

"I heard a food dealer once declare that chemists in food must be at right, since salt itself was a chemical. 'A queer argument, eh?' It depends, you see, on the point of view. What won't we say under the influence of the point of view?"

"Once, at Niagara, a gentleman said to his hotel proprietor, pointing toward the falls: 'Glorious, isn't it?'"

"Ah, but it ain't what it used to be, the proprietor sadly replied. 'No?' 'Why not?' said the guest. 'The hotel proprietor shook his head. 'Too many hotels,' he said."

Shiloh's Cure. Quickly stops coughs, cures colds, hoarseness, throat and lungs. 25 cents.

TRouble AT THE HUB. (Harper's Weekly.) "Highly!" said Wilkie. "I see that Boston, too, had a lowland trouble. The books of the Municipal Health Department are reported to show many irregularities, according to this paper."

"What's the matter?" asked Hobbs. "Somebody taken a bath without accounting for it?"

THE MODERN WAY OF HOME DYEING. It is to use ONE Dye that will color either Wool, Cotton, Silk or Mixed Goods. Perfectly. You will find this in DYOLA. ONE FOR ALL KINDS OF GOODS.

THE BISHOP'S LINCEN. (Munsey's Magazine.) Judge Harlan is the master golfer of the Supreme Court. He can hold his own on the three-mile links at Chevy Chase with the youngest of his colleagues. These links, by the way, were the scene of one of his most famous stories.

Minard's Liniment Cures Diphtheria. Birds Killed by Golf Balls. Not long ago one of the players in a golf tournament at Merion Park, near London, adopted an approach shot and another player on a putting green from his drive found that he had annihilated a wood.

NEW RAILWAY LINES. Approximate routes of the new lines in the States in the year 1911. The total length of the lines to be built is 1,000 miles.

VICAR OF ORLÉANS 71 YEARS. The vicar of Orleans, France, is 71 years old. He has been a vicar for 40 years.

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