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THOUSANDS of men are prisoners of disease as securely as though they were confined behind the bars. Many have lost their own chains by the vices of early youth, exposure to contagious diseases, or the excesses of manhood. The vim, vigor, and vitality of manhood are lacking. Are you nervous and despondent? Are you tired in the morning? Have you little ambition and energy? Are you irritable and excitable? Are you sickly, depressed and haggard looking? Memory poor and brain fagged? Have you weak back with dreams and aches at night? Deposit in urine? Weak sexually?—you have

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RAILWAY TIME-TABLE

GOING WEST

	No. 1	No. 8
Brockville (leave)	9:40 a.m.	8:40 p.m.
Lynn	10:10	8:54
Sealeys	10:20	9:04
Fortthorn	10:38	9:11
Elbe	10:39	9:16
Athens	10:58	9:24
Soperton	11:13	9:41
Lyndhurst	11:20	9:48
Delta	11:28	9:54
Elgin	11:47	10:07
Forfar	11:55	10:18
Crosby	12:08 p.m.	10:58
Newboro	12:12	11:08
Westport (arrive)	12:30	5:40

GOING EAST

	No. 2	No. 4
Westport (leave)	7:30 a.m.	2:40 p.m.
Newboro	7:42	2:55
Crosby	7:52	3:05
Forfar	7:58	3:12
Elgin	8:09	3:22
Delta	8:16	3:31
Lyndhurst	8:22	3:38
Soperton	8:29	3:46
Athens	8:46	4:24
Elbe	8:52	4:30
Fortthorn	8:58	4:37
Sealeys	9:08	4:48
Lynn	9:16	5:04
Brockville (arrive)	9:30	5:50

*Stop on signal

MARTIN ZIMMERMAN, W. J. CURLE, Gen'l Mgr. Supt.

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110-23, 12-38

THE PROBLEM IN INDIA

SEN. LORD KITCHENER IS BUILDING AGAINST INVASION.

See Menace in Russia's Two Railroads Across Afghanistan and Her 200,000 Men On the Frontier—What a Japanese Soldier Says Russia Can Do—Soundness of His Opinion Proved by Events.

The London Daily Mail says: In the last few years the military problem in India has been completely transformed by the rapid extension of the new Russian railways southward through Central Asia. Three years ago, at the close of the Boer War, there was only one Russian line which approached the Afghan frontier, and this was the Transcaspian Railway. It was not in uninterrupted communication with the railway system of European Russia, and to reach its terminus on the eastern shore of the Caspian troops had to be conveyed in steamers across the stormy waters of the Caspian Sea.

Now, however, a new military line has been completed from Orenburg, in European Russia, to Tashkent, which is on the Transcaspian system, and troops can be sent direct from St. Petersburg or Moscow to Central Asia. The Orenburg-Tashkent Railway is in progress of being extended southward, and in the near future it is to be linked up by new lines with the great Siberian Railway which traverses Northern Asia.

The construction of this new line has brought European Russia close to India, and has made the British Empire a Continental Power in its great eastern dependency. According to a Japanese soldier, who has made a personal study of India and the Indian frontier, Russia will be able with no great difficulty to place an army of from 500,000 to 600,000 men upon the Indian frontier and to maintain that army there.

As to the soundness of this conclusion little doubt can be felt, since in the present war with Japan Russia has been able to transport within a year 500,000 men from Europe to Manchuria, and to keep them there in fighting condition. It is true that Central Asia is not so rich, so densely populated, or so productive a country as Manchuria, but against this must be set the fact that there are two railways abutting upon the Indian frontier, whereas to Manchuria there is only one.

Lord Kitchener was among the first to realize the gravity of the situation created by the construction of the new railway. He is peculiarly and prominently a railway general. By railways he has reconquered the Sudan; the help of railways he crushed the last vestiges of Boer resistance in South Africa. It thus was not inappropriate that, after he had accomplished his work in the Transvaal, he should have selected India as the field of his activity, much though his presence as organizer and reformer was needed in England at the war office.

His first step on reaching India was to consider the necessities of India as a defence, which had before his coming been treated with insufficient attention. But a small part of the Indian army was available for war on the frontier. The sum allotted to the Indian army was inadequate, amounting to only £17,000,000, and had remained for many years at or about the same figure, though the danger had steadily increased.

After a hard fight the vote for military purposes has been raised till it now stands at about £22,000,000, a sum which is being expended in the most judicious manner. Even this, however, is not a large force with which to meet the possible Russian invasion. To-day the Russian Government has 200,000 men in Central Asia on the Afghan frontier, and this number is increasing. The British Government has had an expert's advice upon the matter, and that gentleman's opinion is to the effect that it will be quite possible to so strengthen the western point of the bridge that it will be almost as good as new. Unless the Town Council can clearly prove that the erection is absolutely dangerous it would be a great pity to destroy the "Auld Brig."

We are certain also that the members of the Town Council are as anxious to spare the bridge as anyone possible could be, and it is possible that, in the light of the expert's evidence, they may be able to devise means of strengthening the fine old structure.

The Deaf Juror.
Judge Adams, the County Court Judge of Limerick, and a well-known story teller in the National Liberal Club, is one of the wittiest of Irishmen, but occasionally in an encounter he comes out second best. Just now he is presiding at Quarter Sessions in Limerick. The other day a juror asked him to excuse him serving on account of deafness. "Were you in the court during my charge to the jury in the last case?" asked the judge. "Yes, yer honor," replied the juror. "Did you hear it?" "Yes, yer honor, I heard every word of it, but I couldn't make any sense of it." The reply evoked a roar of laughter, in which Judge Adams heartily joined. But he did not excuse that juror.—Westminster Gazette.

The Constable's Excuse.
A story in which an Irish member of Parliament tells of his rough treatment at the hands of the police while addressing his constituents in Galway recalls to The London Chronicle an anecdote illustrative of the attitude of the Royal Irish Constabulary toward the Nationalist members. During a disturbance at an eviction a constable brought his baton heavily down on the head of a young man who happened to be the reporter of The Irish Times. "Don't you know I am a member of the press?" inquired the reporter. "I beg your pardon," said the constable. "I thought you were a member of Parliament."

DESERT BILL OF FARE

SOURCES FROM WHICH THE INDIAN SUPPLIES HIS LARDER.

Some of the Things Eaten, Especially by the Insect and Reptilian Feeds, Are Not Only Not Inviting, but Are Not Even Palatable.

About some of the Indian villages of the west are to be seen small patches of maize or a few tiny melon patches, but these cultivated areas are at little account as compared with the number of persons to be fed. These, too, are exceptions rather than the rule, a majority of the towns having no such cultivated fields.

In the various parts of the arid region which shelters so great a portion of our barbarian population is found a tree remarkable for certain properties. The botanical name of this plant is Prosopis juliflora. It is popularly known as the algaroba, or honey mesquite. This tree thrives with little moisture, grows with thick, bushy top, to a height of twenty to forty feet, affords shelter from the wind and sun, and, best of all in the sight of the hungry natives, it yields abundant crops of fruit known as mesquite beans. The slim green pods hang in clusters from the tips of the boughs, often bending the branches nearly to breaking, so abundant do they grow. The pods, which are six or seven inches long, are pulpy, juicy, fairly palatable and nourishing.

These beans are gathered, dried and stored in the peculiar granaries of the Indians—huge baskets holding several bushels each—and are pulverized when wanted for food in wooden or stone mortars, and the meal thus formed is soaked in water and eaten without further preparation or it is baked into a sort of unleavened bread. It is the principal and favorite food of several tribes.

The screw bean is another food product, less plentiful, but even more highly prized because of its angry qualities. This fruit is often eaten as picked from the tree. It ripens the latter part of June or in July, a little later than the mesquite bean.

In some of the mountain sections the Prunus andersonii, or chamish, is found in abundance. The pits of this fruit are pounded in mortars, and the meal is then eaten. There are many varieties of the cactus fruit which are utilized for food, the fruit of the Opuntia tuna or prickly pear being a notable example.

The dead loco weed, the pest of the cattlemen, is a favorite with the Indians, for the yellow pods of the plant when pulverized serve as spice to render some of the otherwise insipid dishes palatable.

The roots of the cancer root are roasted over live coals, and when young, succulent and nourishing are prime favorites with the red epicureans.

Flowers of the yucca and agave are boiled, dried and preserved, to be eaten as occasion requires. The young shoots or crowns of these plants are also roasted and eaten. Seeds of the Artemisia tridentata or wormwood and the Atriplex lentiformis are pulverized and eaten. Pine nuts form a very important item of food with many of the tribes in the wooded section of the country, and accords furnish other tribes with a large part of their living.

There are other herbs which are utilized by the Indians as food. Indeed, there are few plants which are not capable of being rendered edible in some manner. There are, however, other things besides plants which are made to satisfy the pangs of hunger. In the animal kingdom are a number of varieties of creatures, not classed in the same list of the white man, which minister to the appetites and needs of the red man.

There are in the southwest, particularly in California, bodies of bitter, poisonous waters known as boracic lakes. Owens lake, twenty miles long, is of this class. It is a veritable Dead sea, and, like the sea of that name and its counterpart, the Great Salt lake of Utah, its heavy, brackish waters do not support fish or marine life.

At certain seasons of the year the waters of these boracic lakes abound in white grubs known to the Indians of that region as "koochabee." These grubs are the larvae of a two winged fly, the Ephedra californica. So plentiful are these grubs in their season they line the shores of the lake to a depth of several inches, where the waves cast them up from their watery incubator. The Indians at this season of the year camp upon the shores of the lake, gather this peculiar harvest and dry it in the sun. Later the grubs are ground in stone mortars into fine powder, and from this insect meal they bake a bread which is highly prized.

There are a number of other insects—lizards, reptiles and the like—which are used as food by different tribes. The chuckawalla, a lizard somewhat resembling the Gila monster, is a common article of food with Lower California Indians and with some of the tribes north of the line. It may not be the most inviting of foods—some of the insect and reptilian foods are far from palatable—but the Indian is not inclined to quarrel with anything which stops the gnawing beneath his belt, and he evidently believes that "not that which goeth into the mouth defileth the man."

Sparing His Feelings.
Alice—He thinks he hasn't made any impression at all. Clara—Oh, yes, he has, but I'm too considerate to let him know what kind of an impression it is.

Don't place too much value on your appearances. A good dress is a good thing, but it is not a virtue.

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General Changes of Time

Takes Effect

May 8th, 1906.

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Now is the time to have your buggy fixed up for spring

GORDON FOLEY.

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Died of Consumption, but this Linden lady used Psychine and is strong and well

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