Wise Ways of Women.

Wise Ways of Womer.

No "prizes" offered with common soaps will long tempt the wise woman to use common soaps. The wise woman soon sees she has to pay dearly for "prizes" in the low quality of soap, in the damage common soaps do her clothes and her hands. The wise woman considers her health—so soon ruined if she were to continue breathing the steam of adulterated common soaps. The wise woman recognizes the difference between such soaps and Sunlight Soap—Octagon Bar. 212 difference between such soaps and Sunlight Soap—Octagon Bar. 212

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### VENEZUELAN STATES

THEIR PEOPLE, THEIR CHARACTER ISTICS AND THEIR GOVERNMENT.

originally One of the Free States Found ed by Simon Bolivar in Spanish New Granada-Government Resembles That of the Swiss Confederation-Venezuela Never at Peace-Population 2,444,816.

When war news is scarce and peace seems hovering over this wranging world of ours, somebody starts a fight in Venezuela. The Venezuelan seems always spoiling for a fight. Hardly had President Castro succeeded in putting down the rebellion against the Government when the ships of England and Germany appeared on the coast to demand settlement of long standing accounts. And so it goes. The Venezuelan is never at peace. To his credit, however, the size and strength of an opponent never appear to enter into the Venezuelan's calculations when he unslings his rifle.

he unslings his rifle.

The Republic of Venezuela is situated on the northeast corner of the continent of South America. It was originally one of the free states founded by Simon Bolivar in Spanish New Granada. The present form



reconstructions were passed in 1864 embles that of the Swiss confedera-

tion. The national Legislature of the United States of Venezuela, which comprises eight states, consists of two houses, one of senators and two houses, one of senactive houses, one of senactive another of deputies, endowed with another of deputies, endowed with another of deputies, endowed with another or senactive and administration of the senactive and the senacti the most ample power in all affairs related both to politics and adminis-tration. To form the Senate each state designates by means of its re-spective Legislature three senators spective Legislature three selections and an equal number of substitutes to fill the vacancies that may occur, and to form the other House each state returns by popular election one deputy for each 35,000 inhabitants and another for any number exceedand another for any number excepting 15,000. In the same manner an equal number of substitutes are returned to replace principals in case of need. Both senators and deputies are elected for a term of four years.

The last census, taken in 1901, hows a population of 2,444,816, or shows a population of 2,444,816, of whom about 45,000 are foreigners. The population of the capital, Cara-cas, is given as 72,429; Valencia, 38,654; Maracaibo, 34,284; Barqui-simeto, 31,476; Ciudad de Cura, 12, 198; Barcelona, 12,785; Ciudad Boli-

198; Barcelona, 12,785; Cludad Boilvar, 11,686, and Guanare, 10,880.

La Guayra, practically the only port of the country, has a population of less than 10,000. It was at this point that the English and German allies landed and where the custom house is located. It was in the har bor of La Guayra that the ships were captured.

Harbors there are practically none on the Venezuelan coast, and ships lie in open roadstead except at La Guayra, which has been improved by a breakwater. But, after all, La Guayra is only a port of call, a starting point for the capital, and of late years modern enterprise has made swift and easy what was a most uncomfortable journey before the railroad was built.

For Caracas, the capital, lies 3.the Venezuelan coast, and

For Caracas, the capital, lies 3,-000 feet above the level of the sea, and the distance by zigzag road is twenty-seven miles around, less than seven as the crow flies. It is a most wonderful piece of engineering. During construction the line for miles could only be reached by what is called widercutting workmen being called widercutting workmen being called undercutting, workmen being suspended by ropes over precipices 1,000 feet down, where now the trair apparently risking quite as much



LAKE DWELLERS OF MARACAIBO.

creeps safely along the scratch they have left upon the mountain side.

The state religion of the republic is Itoman Catholic, but other religions are tolerated. When the last census was taken, there were 3,575 Protestants and 411 Jews in the republic and 5,906 inhabitants "without profession." The rest were Roman Catholics. There are about 33,000 coffee plantations in the country, covering from 180,000 to 200, 000 acres.

The wast interior of this great have left upon the mountain side.

O00 acres

The vast interior of this great land, comprising over 500,000 square miles, is almost unexplored. A story is told of a certain inland

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CURE SICK HEADACHE.

riyer for whose purchase a large sum was offered by England and a larger demanded by Venezuela. Sur-veyors were sent out at great expense to ascertain the course of the stream. They came back and report ed "there was no such river in The pargain had to be istence." The bargain had to be suspended while a new map was drawn. Amed the mountain ranges, upon mighty "llanos," vast plains like our western prairies, there still reside remnants of the ancient Caribs, whose ancestors captured the islands where Columbus found the

ibs, whose ancestors captured the islands where Columbus found the race when he came. They retain their language and their customs, living by the chase and by predatory warfare upon their neighbors.

Caracas, the capital of Venezuela, is the pride of the people. There the first steps toward South American independence were taken. It was the birthplace of the liberator Simon Bolivar, and, with its forty bridges, ten public squares, broad streets, Bolivar, and, with its forty brages, ten public squares, broad streets, railways and modern buildings, it is as interesting as it was when Baron von Humboldt visited the place.

Another important town is Mara-

noted for its coffee, great quantities of which are exported. Valencia is the most important of the

inland cities.

The recent internecine troubles of the country, on top of which was added the embroglio with two powers. added the embrogno view erful European nations, can but have a most depressing effect on the prosperity of Venezuela. German and British merchants, and these comprise the bulk of those doing business with the republic, will hardly ness with the republic, will hardly care to embark or continue in any such hazardous occupation as trading in that country. In other words, the commerce of that republic is practically dead so far as its foreign spects are concerned.

When Babies Walk.
Experiments upon 1,220 children show that 95 per cent began to walk under the age of twenty-four months, a little over half under eighteen months, one-third under twelve months and 10 per cent under ten months.

Three babies out of the whole number began to walk under eight months.

# Do You Lookon

## Dr. Chase's

Nerve Nood Irritability and mental depression,

Irritability and mental depression, sometimes amounting to melancholy and despondency, are marked symptoms of nervous exhaustion.

In the beginning you feel languid and tired, find it difficult to remember and next to impossible to concentrate your thoughts. The tasks of the day are put off till the more with the theirs worry won, you for

of the day are put off till the morrow, little things worry you, you for get your blessings and look on the dark side of things.

At times there may be nervous headaches, spells of dizziness, indigestion, sleeplessness and general weakness of the body. You dread what the future may bring to you and feel the work and responsibilities of life more than you can bear.

Mrs. James Le Ber, Grey street, Chatham, Ont., whose husband is the well known contractor, states—
"As a remedy for nervousness and its attending ills, such as headaches, dizziness and sheeplessness, I con-

Doctor Who Has Become

Dr. F. J. Campbell, the founder and principal of the Royal Normal College and Academy of Music for the Blind, takes premier rank in the great kingdom of the blind. From boybood he has thrown off the inertia which attacks the blind, and has revealed a constant tenacity and perrevealed a constant tenacity and persistence worthy of his Scotch ancestry Born in the slave State of Tennessee with normal eyesight, if was
during play between his third and
fourth year that a sharp acacia
thorn on his father's farm pierced
the eyeball. Bad doctoring caused
inflammation, and the sight of both
eyes was lost. Surreptitiously he
began to learn music—his great mainstay in life. He then obtained pupils, learnt Latin and Greek, beginning at 4 o'clock in the morning; ning at 4 o'clock in the morning; climbed mountains, hunted, fished, skated and thus preserved the vitality which was his heritage.

At length he went to Harvard Uni-

At length he went to Harvard University, married, lost his money, took again to music teaching in Tennessee and was within a few hours of being hanged as an Abolitionist but his infirmity saved him. Boston for seven years provided him with music pupils. A year's furlough enabled him to visit all the principal blind institutions in Europe, with a view to starting a great conservatorium for music in the States. During a three days' stay in London on the homeward journey he met Dr. Armitage. Thanks to his assistance, with that of Prof. Fawcett, the Duke of Westminster and others, the institution intended for the States has blossomed among us instead—The London Chronicle. London Chronicle

A SUSPENSION FOOT BRIDGE.

ow This Convenience May Easily and

Generally speaking, foot bridges are not considered an absolute necessity, but there are many places where they would be used if the time that could be saved were taken into consideration. The accompanying consideration. The accompanying cut is of a foot bridge on the farm of Mrs. M. Hogg. Don, Ont., about seven miles north-east of Toronto, and spans the Don River at this particular point. This bridge is 105 feet long, and consists of one span the entire length. It has been in the entire length. It has been in constant use for a number of years and it is to-day in apparently as good condition as when first erected good condition as when first elected.
The principal material used in the
construction of this bridge is wire,
the web in the bottom and those on
the sides being of wire fencing. To
make a bridge of this kind an entire
success it is necessary in the first stream (or whatever it is that the bridge is intended to cross), and about 12 feet back from where the bridge will begin. This trench should be crosswise to the end of the bridge. Into it put a log or piece of timber about 9 feet long, and not less than 12 inches in diameter or 10 inches square. The next step is to set the posts to which,



later on the wire is attached.

the Dark Side?

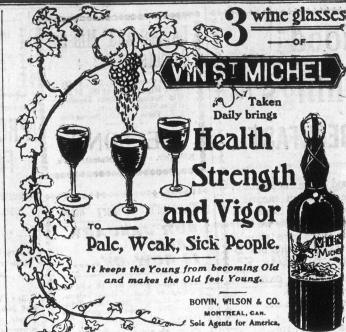
Are You Blue. Discouraged, Irritable and Depressed? It May be Your Nerves are Exhausted and You Need

Dr. Chase's

later on, the wire is attached. For this purpose another trench should be dug, at the point where bridge begins, 12 feet from trench No. 1. The trench should be 2 feet wide, 6 feet long, and 4 feet deep. The posts should be 12 feet long and at least 8 inches in diameter at the small end. There should be a flat surface about 4 inches by 10 inches made on large end of these posts. Place two posts on the ground parallel to each other 4 feet 6 inches apart, and spike on to them a piece of plank 2 inches posts on the ground parallel to each other 4 feet 6 inches apart, and spike on to them a piece of plank 2 inches by 10 inches, and 6 feet long, having the posts equal distance from each end of the plank. Place a piece of plank in the bottom of trench No. 2 and put in the two posts which are fastened together, then fill up the hole with earth and rock, packing it as solidly as possible. A cross-tree, consisting of a piece of good sound timber; not less than 6 inches square, is then bolted to the back of these posts at proper height for bottom of bridge. A cable is then stretched from the top of each post, also from the post where the cross-tree is attached, to the log or timber in the bottom of trench No. 1, that is, two cables from each post to the timber cables from each post to the timber at bottom of trench. To make these cables put four or six double strands of No. 9 gauge soft wire from post of No. 9 gauge soft wire from post at each point where a cable is required to the timber in the bottom of the trench, and then with a small iron bar inserted between an equal number of the strands, twist the wire into a cable. Each cable is constructed in this way. After the cables are all in position and are twisted up fairly tight fill up trench No. 1 in the same manner as trench No. 2. Repeat this operation at the point where the opposite end of the bridge is intended to be located. Attach the web for the sides of the bridge to posts at one end; stretch tightly and attach to posts at the other end. Attach the bottom web in the same manner. The bottom web is then attached to the web on each side at intervals of 2 feet, and "As a remedy for nervousness and its attending ills, such as headaches, dizziness and sleeplessness, I consider Dr. Chase's Nerve Food the very best remedy obtainable. I have used the Nerve Food for the above ailments myself and found that it has toned up my system generally, steadied the nerves and cured me of dizziness and headaches."

The wonderful medical power of Dr. Chase's Nerve Food has been demonstrated in thousands of cases. Gradually and certainly it creates new merve cells, builds up the system and overcomes the weakness which gives rise to nerwous ailments and feelings of depression and despondency. New hopes, new confidence, new vitality are instilled into the body and health and strength take the place of disease.

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