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The Science of Life, or Self-preservation, is a treasure more valuable than gold. Read it now, ery WEAK and NERVOUS man, and learn to STRONG.—Medical Review. (Copyrighted)

#### The Way of the World.

Oh, he was poor, and I was poor; So, though I was fair, I had scarce a wooer. But he said the sheen of my golden hair Was brighter than gold, beyond compare, And no jewels, I thought, could ever outshine The light of his eyes when they looked into

But the world had taught us its cold, stern rules We knew it would mock us and call us fools.

So he chose for himself another bride
To reign in his home, to walk at his side.
Of gold she brought him a goodly store,
Of gold and silver; but ah, what more?
I go clad in velve's right royally,
And my rich old lord feasts his eyes on me,
And the world applauds; we have followed its But our own hearts mock us and whisper -David N. Brooks.

## A DUAL LIFE.

Florence had been a little puzzled and a good deal distressed by the sudden indis-position and sudden departure of the guest whom she had been so glad to welcome and so delighted to recognize as the lovely woman who had made such an impression upon her long ago at the Plymouth photographer's. The change from the undis-guised liking with which Mrs Phillipps-Twysden had regarded her at first, to the barely concealed aversion which marked Mrs. Phillipps-Twysden's manner after her recovery from her brief faintness, struck Florence as being capricious and almost insolently ill-bred.

'I never want to see Mrs. Phillipps-Twysden in my house again, Jack,' she exclaimed when her husband came home rather late for dinner that evening. 'I have so much to tell you, I hardly know where to begin. In the first place an awful thing has happened; some one has stolen your photographs, every one of them—' She paused in anger, for he had thrown himself back into his chair, and was laughing loudly, 'artificially,' she

Poor little woman, have I given you a fright? he said presently. Then he told her that 'for a joke' he had hidden his photographs, and affected to be very much amused at the anxiety she had undergone.

'I fail to see the joke,' she said, coldly, when he affected to recover himself; 'you have caused me to be unjust to the servants, for I accused them of carelessness, if not worse, and declared they must have left the doors open and have allowed thieves to get into the house. I am not a child, Jack-the joke was unworthy of

'Don't be cross, my darling,' he said. becoming gravely patient in a moment. 'I won't make a fool of myself in that way again. Forgive me, and let me enjoy my dinner. We have not much time to spend

ting her indignation at having been fooled, at the prospect of seeing a play that was the talk of the town in those days. But just listen, Jack, I want to tell you. Mrs. Raymont brought her friend Mrs, Phillipps-Twysden and a dear little boy—such a duck of a chap. I wish you had seen him. And at first Mrs. Phillipps-Twysden was as nice as possible, but the heat made her faint or ill or something, and then she got almost rudely impatient to be off. She walked off in such a hurry that she forgot

to say good bye to me.'
'Indeed! what upset her?' he forced himself to ask.

'I don't know, unless it was the scent of much to say in the morning when he has the flowers. I have a lot of tuberoses and been out late at night," said the wife's gardenias on the mantel-piece and all about mother. the room. By the way, there's the bill; the flowers came to more than I thought they would. I meant to have made a floral shrine for your big porcelain por-traits, you know. I wanted to show you to my visitors. As it was, the only likeness I could find of you was the one I have in my locket.

His lips felt curiously dry; he could hardly compel them to ask: 'And did you exhibit that to your guests?'

'Indeed I did-'Good God!' he ejaculated. Then, her look of amazed consternation paid the same wages as men.

recalling him to himself, he added: The amount of your flower bill staggered me, my darling. Five pounds for a few flowers for your drawing-room is rather a

'Oh, is that all? you frightened me so, she said, sighing with relief. I won't be so extravagant again.

'No wonder your visitor fainted, or whatever she did,' he went on, agitatedly. The atmosphere must have been sickening. We musn't loiter about now, darling. I'll THE SEVEN WONDERS OF THE WORLD smoke my cigarette while you are putting on your cloak, and we will start at once. I do not want to miss the first scene.'

A Greater one in Our Own Land—Thousands Have Found it and are Full of Admiration:

Nor do I, she cried, as she ran off to get ready, forgetting Mrs. Phillipps - Twysden's faintness, and of Jack's startling exclamation when he saw the bill for the

# CHAPTER XXX.

SHE IS BLAMELESS. When Mr. Phillipps-Twysden found that his wife had spared him, even though she must have recognized his likeness in that his wife had spared him, even though she must have recognized his likeness in the locket which poor Florence had so proudly exhibited, his first emotion was one of profound admiration for the self-control displayed by the woman whom he

nervous apprehension and doubt of the in- life. tegrity of Violet's motive. Perhaps she was only making a feint of resignation ful blessing; it will bless your life if you or at the corners of the barn where all the and forbearance. Probably she only acted in this way to lull suspicion and inveigle Florence into further intimacy in order the more effectually to overthrow and confound the latter, and irretrievably walue your life. disgrace himself. It would be only a fair

suade himself that her beastly pride would be his surest safeguard.

She will never let the world know that I preferred another woman to her, so she will wink at the wickedness rather than let

it be known that I got weary of her,
Still, though he argued himself into the belief that Violet would endure her wrongs in silence and never expose him, he dreadher-strong, burning words of reproach and wrath, and fancied he heard her uttering them. He almost saw the action with which she would withdraw his little son from his contaminating influence.

And as the picture grew on the canvas of imagination he talked fast and rather incoherently to Florence in a vain attempt to blot it out.

seemed a restful prospect now to the unhappy, short-sighted fool, who had wrecked three lives that had been launched under the fairest auspices.

'I will forget, and be happy for to-drowns him with 'yarb' tea. The night at least,' was the substance of his perhaps dies and we get the blame." thoughts as he jumped out of the hansom. There are several diseases by at the door of the theatre and helped; Florence down.

## To be continued. ON THE BIAS.

WAIL OF A WOMAN. Oh, when that servant first with me Oh, when that servant first with me Her situation gained, She really didn't know enough To go in when it rained. I taught her how to sweep the floor, I taught her how to dust, And o'er her failures with the food I wept and fumed and fussed, For months with unremitting toil I hopefully advised, Until with trimment I could say

I hopefully advised,
Until with triumph I could say
I had her civilized.
And now that she has learned it all,
And I to hope begin—
She'll "soon be afther lavin me,"
She tells me with a grin.
My cheerfulness has disappeared,
My heart is full of pain;
I can't and won't go over that 1 can't and won't go over that Curriculum again! On, teach the orphan boy to read, The orphan girl to sew! But train another servant girl?

I answer firmly "No."

For if I do then peace and I
Will daily be at odds,
So to the mammoth storage place
I'll send my household gods,
To keep a school for serving maids
I really can't afford;
Executed to all the loss of home Farewell to all the joys of home.

For we shall go and board!

-New York Recorder.

NATURALLY. Quericus-What is Miss Autumn's opin ion of valentines? as nice ones as they used to years ago.

HOW NICE IT WILL BE. Lavina-Yes, James and I are to bes come partners for life. Mable-And you will be the senior part-

ner. How sweet! GETTING SQUARE. I mailed her such a valentine I'm sure she will resent it, But still this consolation's mine, She doesn't know I sent it.

Artist-I suppose you're joking to offer ninepence for a picture like this. Why, the canvas cost a shilling. Picture Dealer-Very likely, my good sir. But when you bought it it was clean.

AN OPEN SECRET. She-If so much was to be gained by it over it, for I've got stalls for the Bernard why didn't he make a secret of his mar-

Oh, I have wanted to see her in that ble. You see the girl was bound to be in

GOT THERE LATE. He took her to the matinee,
And they were two hours late
Because she went back fourteen times
To put her hat on straight. WHY SHE CRIED.

"What was Helen crying about, Polly?" isked Polly's mamma, as the little one came in from the playground. "She dug a great hole in the garden, and her mamma would not let her take it in quarantine stations is not as formidable as

the house with her." TOO THIRSTY TO TALK, "I notice that your husband has never

"No," was the reply of the wife, "he's mum then, extra dry.' A BASE ADVANTAGE.

An angular maiden named Ann Fell in love with an architect man, But they had a big row, And she's suing him now, For he used her for making a plan. A MARTYR TO PRINCIPLE. Mrs. Strongmind-Why don't you go to

Tramp-Please, mum, I made a solemn vow twenty years ago that I'd never do another stroke of work until women was

> INTRODUCTION. O'er the ice reverberating We were indolently skating. Past each other oft we glided; She felt shy, and I think I did. And I fondly wished I knew her. When I got a knockdown to her. Suddenly—no words were spoken But I'm sure the ice was broken.

Full of Admiration! The seven wonders of the world, which Diana at Ephesus, the walls and hanging tation by poor fences. Better no fence at gardens of Babylon, the Colossus at all and a shephard dog than a poor fence Rhodes, the statue of Jupiter of Olym oius, and the Pharos or watchtower of Alexandria never created the wonder, sur

old-time wonders never benefitted diseased This phase of feeling quickly passed. men and women; Paine's Celery Com-

disgrace himself. It would be only a fair and just reprisal if she did do this, he admitted to himself. But yet it would not be like Violet to act basely, even for the sake of justly punishing a gross offender. Somewhat comforted by this remembrance of her character, he went on to perbase to the medicine that never fails to effect a cure. Those who have used it say it acts promptly, and unpleasant sensations are felt and peevish, and unpleasant sensations are felt invariably after eating, then get a bottle of Northrop & Lyman's Vegetable Discovery, and the medicine that never fails to effect a cure. Those who have used it say it acts promptly, and bottles of Vegetable Discovery entirely cured the medicine that never fails to effect a cure. Those who have used it say it acts promptly, and unpleasant sensations are felt invariably after eating, then get a bottle of Northrop & Lyman's Vegetable Discovery, and the medicine that never fails to effect a cure. Those who have used it say it acts promptly, and the medicine that never fails to effect a cure. Those who have used it say it acts promptly, and unpleasant sensations are felt invariably after eating, then get a bottle of Northrop & Lyman's Vegetable Discovery, and the medicine that never fails to effect a cure. Those who have used it say it acts promptly, and prevish, and unpleasant sensations are felt invariably after eating, then get a bottle of Northrop & Lyman's Vegetable Discovery, and the well of the proper remedies had been where the prop

# MEDICAL NOTES.

A sanitary inspector learned that a man had been taken ill in a lodging house, and upon going to the place found that the man was so stupid that he could give no account of himself and seemed to be drunk. It turned out, when a doctor was brought in, ed nothing so much as the possibility of meeting her face to face. He pictured her face with its expression of sadness and scorn. He framed a huadred speeches for marked stapor throughout its course, marked stapor throughout its course, The sufferer often lies in apparent somnolency, and when aroused has a stupid, low, muttering delirium. An inexperienced person may endanger his own life by handling the sufferer as if he were drunk.

The greatest trouble encountered by diso blot it out.

He longed for the play that night. He charity patients from disobeying orders and longed for the distraction to his somber, sorrowful, remorseful, thoughts, which would be mercifully given him by the powerful acting of Mrs. Bernard Beere. Above all, he longed for the period of easy silence which would be his portion while all Florence's attention was being given to the stage. To be able to sit and brood over his sins and the complications in which these had involved him, seemed a restful prospect, now to the unspect of the cure of all diseases, and they will do it. There is nothing that a physician dreads so get out of the home where everything is much as to treat a case in a house where dosing themselves with quack medicines. much as to treat a case in a house where

> There are several diseases by which where, people may be suddenly prostrated, the symptoms of which may lead even policemen to suppose that the sufferers from them are in a state of drunkenness. A very short time ago an officer kind. He caught sight of a man who was acting queerly in the street. The man staggered, recled up against a lamp post, and then tumbled into the gutter. The officer rushed up to arrest the content of t made a serious mistake in a case of the officer rushed up to arrest the prostrate toper, who looked like a respectable citizen. He ordered him to get up, tapped him with his billy, seized him, raised him to his feet, saw that he could not stand, and after much trouble had him in the station house. In a few moments the man spoke, looked around, stocd-straight, and came to a realizing sense of his situation just in time to save himself from a night in a cell. The unfortunate man is an epileptic, or rather subject to occasional attacks of an epileptoid kind, and it was one of these attacks that the officer had mistaken for drunkenness. There are yet other diseases with symptoms resembling those of intoxication. Every policeman ought to know something of them.

Experiments made with cholera garms since last year's Hamburg epidemic have brought out some facts that should be remembered, In Munich Dr. Pettenkofer has been experimenting on himself by swallowing a portion of a fresh culture of the comma bacillus, which caused nothing Cynicus-She doesn't think they make worse then moderate choleraic symptoms lasting about a week. No doubt the bacteria swallowed were the real comma becilli. But their failure in this case to kill merely proves that some persons are relatively cholera-proof. Had a hundred other persons taken half as much of the cholera poison as the Munich professor did it is pretty certain that more than fifty per cent of the number would have died of the Asiatic plague. This experiment may, nevertheless, be useful in disarming people of a superstitious and inordinate dread of cholera. Still more encourageing are the results of Dr. Sternberg's experiments with cholera cultures from cases occurring at New York Quarantize last autumn. He found that bouillon cultures put in the sunlight without moisture survived only four hours, and in the dark only forty-eight hours. In a moist and dark place the cholera spirillum retained its vitality eight days, but on the tenth it became dry and could not be propagated. The tests showed that the disinfection of merchandise and mails is unnecessary, provided they were dry when shipped. In ordinary milk the spirilla lived only twenty-four hours, but in sterilized milk---from which the antagonistic bacteria that kill the cholera germ have been removed—they lived nine days. These and other results indicate that the liability and actual spread of the cholera infection have been generally much exag-gerated, and hence that the problem of coping with an epidemic by disinfection at

## nervous people imagine. The Tea Table.

A pretty bouquet of summer flowers, a nice china tea sett with the fragrant aroma of the finest Ceylon tea coming from every cup, some good bread and creamery butter, and a plate covered with nice light tea biscuits baked with Pure Gold Baking Powder is sufficient to make the rich as well as the poor rejoice and be thankful.

There are cats and cats. Some of them are more useless than the average dog about a poor man's yard. It does not pay to keep cats in the house by a warm stove all the Winter, any more than it pays for the farmer to keep himself there. If cats are left to earn their living they will thrive just as well, and do work that the farmer cannot otherwise get done in clearing the place of mic; and other small vermin.

Now is the Time. - In this the season of coughs, colds, asthma, broachitis and other throat and lung complaints, it is well to be provided with a bottle of Dr. Wood's Norway Pine Syrup, which effectually cures all such diseases, and that very promptly and pleasantly. Price 25 and 50c. Sold by all druggists.

The habit of sheep in always following their leader makes the jumping habit easy to acquire and hard to cure. Even a barbed wire will not teach them caution. per-haps because their wool rather toan their are the Egyptian Pyramids, the Mausolskin is caught and torn by the barbs. The eum erected by Artemisia, the temple of safest way is not to lead sheep into temp-

# A Sensible Man

The waste of manure piles are better understood and more regarded than the used to be. We have often in boyhood

If you are despondent, low-spirited, irritable

### Women of Irritable Temper. Ella Wheeler Wilcox in Ladies' Home Journal

It is like living in a den of snarling animals to live with a person who has this sort of temper. Many an Eden is destroyed by it, while the possessor prides himself upon being a good Christian and doing his whole duty by his family. Yet, if the soup lacks a little salt, or contains a little too much pepper, if a meal is a moment delayed, if a child is noisy in its mirth, if a drawer sticks or a door slams, or a chair creaks, each trifle calls forth an exhibition of disagreeable temper, which The sufferer often lies in apparent somnol-ency, and when aroused has a stupid, besotted expression of countenance, with a besotted expression of countenance, with a dicted to this sort of temper and calls it "her nerves," and considers herself the most devoted wife and mother in the world. Yet if she is obliged to delay her dinner for any member of the family, if she is called from one task to perform another, if the children scatter their playget out of the home where everything is uncomfortable, and the parents wonder there is an old woman, for he is hardly out of the door before she goes at the patient with blisters and plasters, and nearly drowns him with 'yarb' tea. The patient of little about their home, and why they seem so assous to seek pleasures else-

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1	Railway P. O. Mails for all Places East of London	5 001	1 10		18 30	1 30	1300
1	Eastern States	5 00	3 30	11 00	8 00	1 30	••
	New York, Buffalo, G. T. R. East of Toronto, Maritime Provinces Quebec, Rail-		1 10	12M	8 00	12 15	1.00
1	Buffalo	5 00	1 10	12M		1 30	••
1	G. T. H. East of Toronto, Maritime Provinces Quebec, Rall-		3 50	1000	0.00	12 15	
1	way P. O		BORLING STORES	12M	8 00	13 15	••
1	Ottawa		1 10		K-900-F	15.5	
1			1 20	12M	8 00	12 30	
	Montreal, Sunday night, 12 o'clock			12M	0.00	12 80	
1	Kingston		3 50	LEM	800	12 30	
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	Bothwell, Glencoe and Thamesville	5.00	1 10		8 00	13,38	1
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	Western States	4 40	1 10	6 00	8 00	1 00	
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	Date of Closing. Steamer.				S	ailing	From

	Closing.	Steamer.	
Feb.	2-Thursday	Numidian	
	2-Thursday	Etruria	New York
	6-Monday	Teutonic	New York
••	9 Thursday	Sarnia	Halifax.
	9—Thursday	Servia	New York.
••	13-Monday	Germanic	New York
	16—Thursday		
	16-Thursday		New York
	20 - Monday	Majestic 4	New York
	23-Thursday	Labrador	
	23-Thursday		New York
	27-Monday		New York.
T	he mails from Halifax	k close 3 p.m., and from New York 9 p.m., o	on date of sailing.

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Pacific Railway and Ocean Steamers for China and Japan, closes at this office at 3.50 p.m. daily. Postage, 5c per 16 oz. Mails leave Vancouver, B. C., for China and Japan, 6th Feb. and 6th March, 1893. To insure

connection. correspondence should be posted at least eight days before the date of sailing. resembling typewriting will not be allowed to pass at the reduced rate. Communications, however, when produced by the Neostyle process, are entitled to pass at one cent for each N. B. -Parcels are forwarded via Canadian the mails for Jamaica, via Halifax, will close at this office, Feb. 24th, 3.50 p. m.

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The mails for Australia, New Zealand and the Fiji Islands leave San Francisco on the 3rd and March, 3rd 1893.

The mails for Sandwich Islands will leave San Francisco on the 3rd, 14th and 15th February, 1893. China and Japan, 4th, 14th and 23rd Feb.,

R. J. C. DAWSON, Postmaster,