

Living for years is well, but
living each year well is better

Old age requires no pity when it is accompanied by good health. Eat proper food and you will not only live long but enjoy every year you live. It stands to reason that if you give the proper food in Nature's exact proportions to each element in your body they will always be healthy and vigorous. Now the whole wheat grain contains every element the body requires to build it up. The only foods in which you can get the whole of the wheat are

SHREDDED WHOLE WHEAT BISCUIT AND TRISCUIT

The Natural Foods

Shredded Whole Wheat Biscuit is easy of digestion, being light and porous, offering great surface for the action of the digestive fluids, thus shortening the time of digestion and resting the digestive organs.

Triscuit is the perfect substitute for imperfect white flour bread and crackers. It makes ideal toast.

Make Triscuit your daily bread

Send for "The Vital Question Cook Book" free

The Natural Food Company, Toronto, Canada

DESCRIPTION OF SEA COW: AN AQUARIUM ATTRACTION.

Splendid Eight-Foot Specimen That
Was Captured in Florida and
Sent to New York.

The great attraction at the aquarium is the manatee, or sea cow, that was received from Florida and installed in the pool so long occupied by that great fun maker, the West Indian seal. The seal was a big fellow, but this manatee is a bigger creature still, being eight feet in length and weighing about 800 pounds.

This manatee was taken in the Sebastian River, a branch of the Indian, on the east coast of Florida, by C. W. Schoonmaker, and Capt. John Lynn, of Cocoa, Fla., with whom the New York Zoological Society had made a contract for the supply of a manatee.

When taken alive the manatee is captured with a net having a fourteen-inch mesh.

The manatee hunters spent eight days on the river before they captured this one. There were other manatees about, and one other at least approached the net in the course of that time, but not until the eighth day did they get one where they could secure it.

The manatee was placed in a stout express box and taken to Jacksonville, whence it was shipped to this port. On its arrival so long occupied by the great box was lifted bodily over the side of the pool in which the animal was to be put, the manatee swimming out of its own accord.

As matters go now this is a big one. Manatees have been taken that were thirteen feet in length. The National Museum at Washington there may be seen the skeleton of one that long, but Florida manatees in recent years have not commonly been so big as formerly, and, indeed, at one time, hunted for sport, they came to be in danger of extinction. Then the Florida legislature made laws for their protection, and now the manatee is again numerous in the Florida waters, which it inhabits.

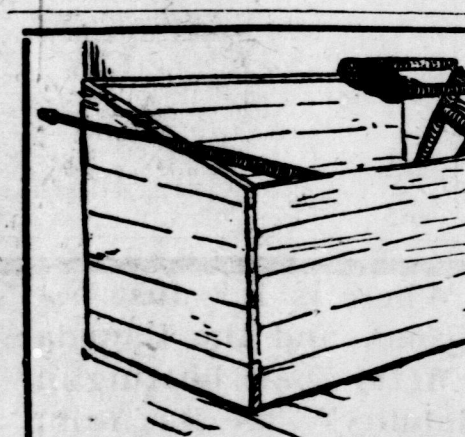
The manatee, or sea cow, is an aquatic mammal, found in salt and in fresh water, but making its home generally in brackish water, and in the lower waters of rivers; it is strictly herbivorous, subsisting on the vegetation found in the water it inhabits. In its general appearance and sores it much resembles a great seal; it has, however, no hind flippers, but only two forward flippers, and it has a broad, flattened tail. The manatee's tail at once suggests that of the beaver.

The manatee at the aquarium is believed to be the only one now on exhibition anywhere in the United States.—New York Sun.

To Break Up a Cold

Right quick nothing works so nicely as Nervine taken real hot. It sends a glowing warmth all through the body, and when rubbed on the throat and chest loosens up the cough and relieves tightness and soreness in the chest. Nervine is used as a preventive and cure for colds, coughs and winter ill in thousands of homes because it goes right to work and brings relief quickly. There is no remedy in the world with half the power and merit of Nervine. It's available in every house. In large bottles, price 25c.

Among the natural curiosities of Japan are its singing insects. The most prized of these is a small beetle, a black beetle named "susumushi," which means "insect bell." The sound that it emits resembles that of a little silver bell of the sweetest and most delicate tone.



and provided himself with this never failing remedy for all kidney disorders, and in a short time was enabled to cut the crutch into the woodbox, to take part in the building of his own funeral pyre.

Many people are suffering from kidney trouble who are not aware of it. They are sick, and unfit for work, business or pleasure. There may be one or many of the symptoms of kidney disease, and they are treating for symptoms instead of fighting the disease, which is kidney trouble.

London, Sept. 7, 1903.

Gentlemen:—I can't say too much about Bu-Ju, for what they have done for me. I can highly recommend them to anyone suffering from kidney trouble of any kind. I remain yours,

W. E. BROWN.

Bu-Ju, THE KIDNEY PILL, cures all forms of kidney disorders. Does it promptly and effectively. For sale by druggists, or sent by mail on receipt of price; 50c per box.

The Clafin Chemical Co., Windsor, Ont.

NEW YORK, N. Y., AND WINDSOR, ONT.

Interesting Gossip About Notable Men and Women.

BY THE MARQUISE DE FONTENAY.

Of obscure French or Swiss origin, Emily Bevard's marriage with Count Hermann Wedel was regarded as being to such an extent a miscalculation by his family and at court that he found it difficult to remain in Germany and was forced to take up his residence in Switzerland. The couple did not remain long together. In fact, the count left her after only a few months, and immediately took steps to obtain a divorce from her, regretting too late the mistake which he had made in giving her a name so honored as that of his family to be dragged in the gutter and to be misused in the half world in Berlin and Vienna. He secured his divorce from her, in fact, several years before the accession of Emperor William to the throne, and at the time when the present Kaiser commenced his reign had already been married for at least eighteen months to his second and present wife.

In spite of the divorce it was found impossible to prevent the woman from styling herself Countess Hermann Wedel, and thanks to this she very soon and again managed to get men ignorant of her history and devoid of brains and knowledge of the world entangled in her coils, being repeatedly on this account expelled both from Germany and from Austria by the police.

Whether she ever met the present Kaiser prior to his accession it is difficult to say. But to judge from her book entitled "My Relations with Emperor William II." one would be disposed to disbelieve it. For, in the first place, he was not king when she married Count Hermann Wedel, and the Wedels are to such an extent identified with Berlin court society and with the entourage of the reigning

dynasty placed upon Leopold, indicative of the Emperor's displeasure. The Belgian ruler was equally unsuccessful in his effort at Paris to induce the King and Queen of Italy to stop over at Brussels on their return from staying with Edward VII. at Windsor last autumn, and it will have been noticed that, although Leopold made elaborate preparations to welcome Emperor William at Antwerp on the occasion of the latter's trip from Bremen to the Mediterranean, yet that the Kaiser passed by without touching at any Belgian port. Nor has King Edward visited the court of Brussels since his accession, although Leopold is a former friend and a near relative, as which indeed he attended in person the obsequies of Queen Victoria.

In one word Leopold is being subjected just at the present moment to something much akin to a boycott by his fellow-rulers, even President Loubet having turned a deaf ear to his proposal that he should return at Brussels, in state, the numerous visits which he, Leopold, has paid to Paris, and while they do not go to the length of closing their doors against him, and are at home to him when he chooses to call, they refrain from returning his visits.

The suggestion credited to that arch-reformer, Lord Esher, to abolish the leaves held by the Viceroy of Ireland at Dublin Castle on the ground that no one should hold leaves but the sovereign has aroused, curiously enough, a storm of protest among the Irish nationalists, who will not hear either of the abolition of the Viceroyalty or of the diminishment of any of the Lord Lieutenant's privileges and prerogatives, on the ground that any such diminishment would impair the principle that Ireland is "a separate entity" and a distinct kingdom. Leopold, however, has not yet decided upon the proposal that King Edward himself would hold two leaves each year at Dublin Castle in person to reconcile them to the proposed reform.

Incidentally, I may mention that there are no "lord lieutenants" of counties in Ireland, as there are in England, Scotland, and Wales. In



IT IS THE UNEXPECTED THAT HAPPENS.

house of Hohenzollern that Count Hermann's marriage, which forced him to expatriate himself with the woman, must have been known to Prince William (as the Emperor was then), as well as to every one else at court. Nor is it likely that after leaving her husband and being divorced by him, Prince William would have cared to have any connection with a woman who had brought so much trouble upon his friends and associates, the Wedels.

It is Count Hermann's younger brother, Charles who is at the present time German ambassador at Vienna, after having held the position of governor of Berlin and general A. D. C. to the Kaiser. He is married to an immensely wealthy Swedish widow, who is the daughter of the household to the Duke of Saxe-Weimar, while still another occupied a high position in the household of the late King of Hanover until having had the misfortune to kill the King's son, which he was obliged to quit in order to make his home in this country.

As the periodical agitation in the Greek press once again has been in favor of the return to the Parthenon at Athens of the famous Elgin marbles purchased by Lord Elgin, and presented by him to the British Museum, where they have been carefully preserved among the treasures of that institution for three-quarters of a century, it may be pointed out that at the time when Lord Elgin acquired them the marbles were suffering daily injury, so much so that the Greeks of the day who possessed a proper appreciation of art and archeology not only approved and rejoiced at the sale of the marbles, but also positively grounded for the fact that the sculptures that Lord Elgin left behind. A justification of the sale of the marbles is supplied by the additional deterioration which the sculptures that were left in position at the Parthenon have suffered since his time. Indeed, even quite recently the dilapidation has been going on so fast that the late Mr. A. S. Murray, of the British Museum, of photographs taken in 1897 with casts executed in 1872 show the most lamentable injuries.

It was the son of this Lord Elgin of Parthenon marbles fame who left such an agreeable impression at Washington, where he spent some time as special ambassador in negotiating a treaty between his country and the United States, which is popularly reported to have been brought through the senate on an ocean of champagne.

There seems to be a disposition on the part of old world sovereigns to present to avoid King Leopold. A short time ago it was officially given out at Brussels that while Prince and Princess Albert were likely to visit the St. Louis exhibition it would be impossible for the King to cross the Atlantic to the necessity of his remaining at home to welcome in June Emperor Francis Joseph on the conclusion of that monarch's journey in England. In response to this a semi-official and curt announcement has been given out at Vienna that the Emperor Francis Joseph has for the present no intention whatsoever of paying a visit to Belgium or to the court of Brussels. Yet Leopold's visit to Vienna last autumn, and his close acquaintance with King Edward, and the old Emperor is now about to return the English ruler's call. Leopold may be excused for expecting that Francis Joseph would pay him a similar compliment on his return to Belgium. But this expectation should be withheld, must, under the circumstances, be looked upon as an inten-



tion slight placed upon Leopold, indicative of the Emperor's displeasure.

It is hardly correct for the London Daily Mail to describe as the "biography of a German court scandal" the resignation at Berlin, in Switzerland, of the Emperor's Countess Hermann Wedel to a lunatic asylum. For while the countess retired some years ago in Europe a silly book entitled "My Relations with Emperor William II." which she endeavored in vain to get published in America, she has never been a member of the court of Berlin, or indeed of any other court, her life both in the German and Austrian capitals, being that of a dermadomine, and she is now in Paris during the closing years of the reign of Napoleon III., was afflicted with the folies des grands, and was to such an extent convinced that she was a personage of political importance, and that the man who frequented her society were anxious to have her for their political capital, that she virtually married her career as a star of the half world.

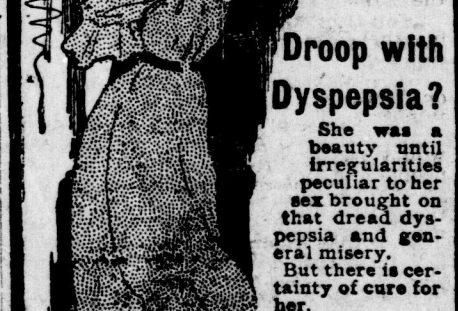
I hear that Lord Dudley, during the eighteen months or so that he has been viceroy of Ireland, has spent over half a million dollars of his private fortune over what he calls his "Irish tour," a year in maintaining the dignity and splendor of his office. The King and Queen's visit to Ireland last year alone cost the Earl \$150,000 of his personal income, and it is probable that their stay in the Emerald Isle next month will constitute another heavy drain upon his purse.

It is only a rich man that can afford to accept the office of viceroy of Ireland, and it is this consideration, more than anything else, that renders probable the appointment of the Duke of Marlborough to the post when Lord Dudley retires in May on account of the ill health of Lady Dudley and of his recent bereavements. Lord Dudley has been a great success in Ireland, and has made himself more popular there, even with those politically opposed to him, than any of his predecessors. The Duke of Marlborough, indeed will have difficulty in making so good a record, and must be prepared to do everything else to be quite as genial and quite as lavish in his expenditure as the Earl.

Hilton Brice's impending marriage to Miss Lilian King bodes ill for the Earl to any hopes that he and his American wife may have entertained of recovering the title and possessions of the earldom, and which were left by the seventh earl to his widow, Lucy, Lady Egmont, now Countess of Egmont. The latter is a younger brother of Sir Musgrave Egmont, whose eldest son, Hilton—the heir to the earldom—has been announced, and who will inherit all her property at her death.

Lucy, Countess of Egmont, was in her early days connected with the stage, and her marriage to the late Earl of Egmont created a good deal of a sensation in 1881, on account of her somewhat stormy antecedents. The late Lord Egmont evidently thought that these would after a time be forgotten. But when on one memorable occasion in the seventh year of his reign he was seen in the streets, dressed in a magnificent, and was subjected to the most public affront on the part of the Duke of Richmond's house party, including royalty and all the "grande monde" assembled there, who absolutely ignored them, the Earl withdrew completely from society and lived virtually alone with his wife, to whom he was devoted, until his death, about seven years ago, when it was found that he had bequeathed her everything of which he could dispose save Cowdray Park, which is entailed.

His cousin, the present Earl of Egmont, has had almost as extraordinary a career as his cousin. As "Gussie" Porcove, the name by which he was known prior to his accession to the peerage, he was educated on board the training ship Worcester, anchored at the mouth of the Thames, the graduates of which are supposed to be the best officers of the third and fourth officers in the mercantile marine. The discipline on board was too strict, however, for Porcove, who was one of his messmates the Japanese Admiral Togo, now besailing Port Arthur, and so the future Earl of Egmont deserted, shipped before the mast, and served his way up as an ordinary sailor until he had obtained a berth as second mate. Tiring of the sea, he enlisted in the London fire brigade, with which he remained eight years, subsequently becoming janitor of the town hall at Chelsea, on losing which job he secured employment in some cement works near London. His wife, the daughter of one



Warwick Howell, of South Carolina, who died in London, leaving his daughter penniless, earned her living as a barmaid at a refreshment counter in London until he succeeded to the peerage. The heir to his peerage has likewise served before the mast, and is now in the Natal Mounted Police.

A steam plant has just been shipped from Philadelphia to China to operate a woolen mill.

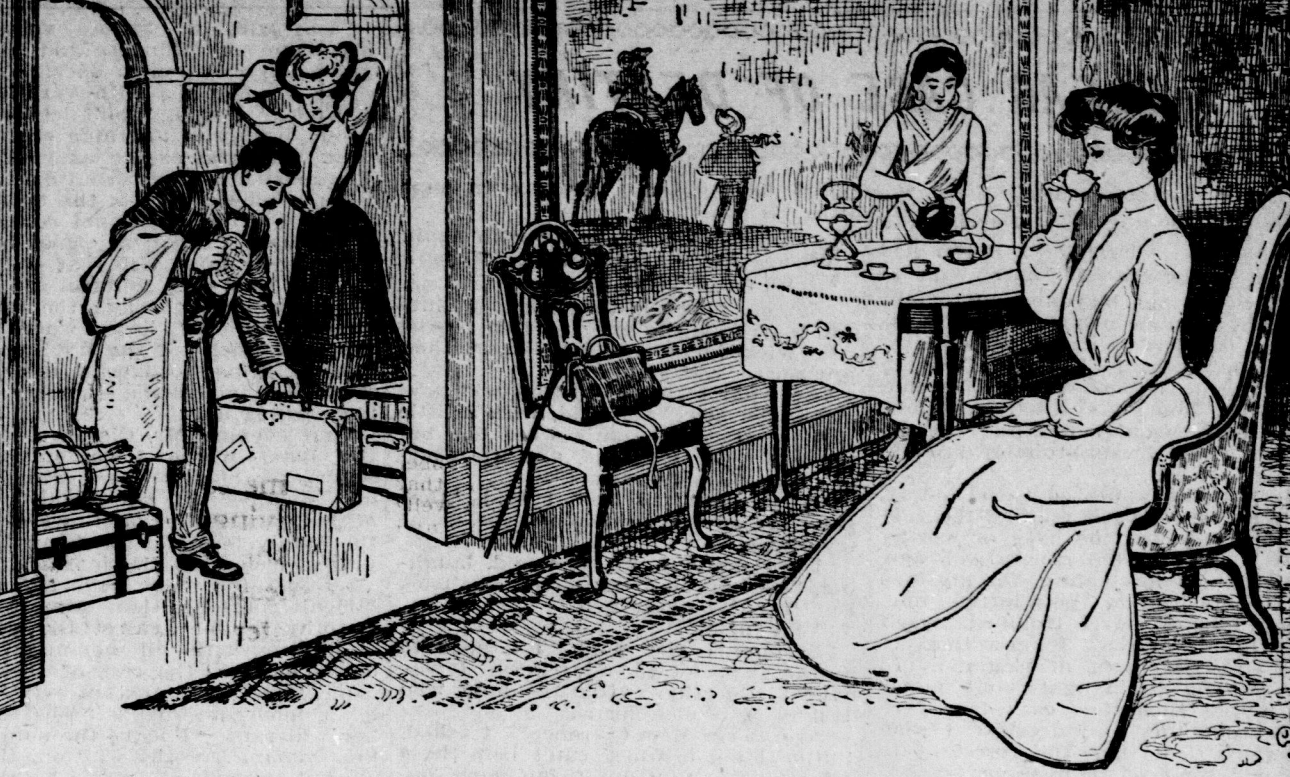
By an English law, passed in 1296, it was provided that a silver penny called a sterling, should equal in weight 22 wheat grains, well dried and taken from the center of the ear. This is the origin of our grain weight.

WHILE MORE PREVALENT in winter, when sudden changes in the weather try the strongest constitutions, colds and coughs and ailments of the throat may come in any season. At the first slight of derangement use Hickle's Anti-Consumptive Syrup. It instant relief will be experienced, and use of the medicine will protect the colds, diphtheria, whooping cough, and all throat and chest weakness it cannot be surpassed.

There is an increasing consumption of potato alcohol for automobile purposes in Germany, where at present five times as many potatoes are raised in proportion to the population as in the United States.

High Pressure Days. Men and women alike have to work incessantly with brain and hand to hold their own nowadays. Never were the demands of business, the wants of the family, the requirements of society, more numerous. The first effect of this pressure is upon the nervous system, which results in dyspepsia, defective nutrition of both body and brain, and in extreme cases in complete nervous prostration. It is clearly seen that what is needed is what will sustain the system, give vigor and tone to the nerves, and keep the digestive and assimilative functions healthy and active. From personal knowledge, we can recommend Hood's Sarsaparilla for this purpose. It acts on all the vital organs, builds up the whole system, and fits men and women for these high-pressure days.

According to a Paris physician, who has noted a great deal of cases of nervous prostration, his observation covering a period of several years, the maximum hour of death is from 5 to 6 a. m. and the minimum from 9 to 11 a. m.



When the body is tired out and the nerves jaded from much travel try Blue Ribbon Tea.

The warm exhilarating glow that it gives the body refreshes the nerves and gives new tone to the muscles.

It soothes nervous headache and is a pure health-giving tea.

Delicious to the taste—an ideal family tea is the Red Label brand.

Blue Ribbon Ceylon Tea

Black Mixed Ceylon Green

Ask for the Red Label

40 Cents should be Fifty

It is worthy of note that whereas the name of her brother, Ex-Archduke Leopold, now a Swiss citizen, of the name of Duke Leopold in small print, here is printed in the same type as that of the archduchesses and other members of the imperial family. As this would not have been done without special indications from the deportment of the imperial household at Vienna, it may be taken to confirm the belief that, whereas the exclusion of Ex-Archduke Leopold from the Hapsburg family is final, that of his sister, the Ex-Crown Princess, is temporary.

It is hardly correct for the London Daily Mail to describe as the "biography of a German court scandal" the resignation at Berlin, in Switzerland, of the Emperor's Countess Hermann Wedel to a lunatic asylum. For while the countess retired some years ago in Europe a silly book entitled "My Relations with Emperor William II." which she endeavored in vain to get published in America, she has never been a member of the court of Berlin, or indeed of any other court, her life both in the German and Austrian capitals, being that of a dermadomine, and she is now in Paris during the closing years of the reign of Napoleon III., was afflicted with the folies des grands, and was to such an extent convinced that she was a personage of political importance, and that the man who frequented her society were anxious to have her for their political capital, that she virtually married her career as a star of the half world.

I hear that Lord Dudley, during the eighteen months or so that he has been viceroy of Ireland, has spent over half a million dollars of his private fortune over what he calls his "Irish tour," a year in maintaining the dignity and splendor of his office. The King and Queen's visit to Ireland last year alone cost the Earl \$150,000 of his personal income, and it is probable that their stay in the Emerald Isle next month will constitute another heavy drain upon his purse.

It is only a rich man that can afford to accept the office of viceroy of Ireland, and it is this consideration, more than anything else, that renders probable the appointment of the Duke of Marlborough to the post when Lord Dudley retires in May on account of the ill health of Lady Dudley and of his recent bereavements. Lord Dudley has been a great success in Ireland, and has made himself more popular there, even with those politically opposed to him, than any of his predecessors. The Duke of Marlborough, indeed will have difficulty in making so good a record, and must be prepared to do everything else to be quite as genial and quite as lavish in his expenditure as the Earl.

Hilton Brice's impending marriage to Miss Lilian King bodes ill for the Earl to any hopes that he and his American wife may have entertained of recovering the title and possessions of the earldom, and which were left by the seventh earl to his widow, Lucy, Lady Egmont, now Countess of Egmont. The latter is a younger brother of Sir Musgrave Egmont, whose eldest son, Hilton—the heir to the earldom—has been announced, and who will inherit all her property at her death.

Lucy, Countess of Egmont, was in her early days connected with the stage, and her marriage to the late Earl of Egmont created a good deal of a sensation in 1881, on account of her somewhat stormy antecedents. The late Lord Egmont evidently thought that these would after a time be forgotten. But when on one memorable occasion in the seventh year of his reign he was seen in the streets, dressed in a magnificent, and was subjected to the most public affront on the part of the Duke of Richmond's house party, including royalty and all the "grande monde" assembled there, who absolutely ignored them, the Earl withdrew completely from society and lived virtually alone with his wife, to whom he was devoted, until his death, about seven years ago, when it was found that he had bequeathed her everything of which he could dispose save Cowdray Park, which is entailed.

His cousin, the present Earl of Egmont, has had almost as extraordinary a career as his cousin. As "Gussie" Porcove, the name by which he was known prior to his accession to the peerage, he was educated on board the training ship Worcester, anchored at the mouth of the Thames, the graduates of which are supposed to be the best officers of the third and fourth officers in the mercantile marine. The discipline on board was too strict, however, for Porcove, who was one of his messmates the Japanese Admiral Togo, now besailing Port Arthur, and so the future Earl of Egmont deserted, shipped before the mast, and served his way up as an ordinary sailor until he had obtained a berth as second mate. Tiring of the sea, he enlisted in the London fire brigade, with which he remained eight years, subsequently becoming janitor of the town hall at Chelsea, on losing which job he secured employment in some cement works near London. His wife, the daughter of one

Warwick Howell, of South Carolina, who died in London, leaving his daughter penniless, earned her living as a barmaid at a refreshment counter in London until he succeeded to the peerage. The heir to his peerage has likewise served before the mast, and is now in the Natal Mounted Police.

A steam plant has just been shipped from Philadelphia to China to operate a woolen mill.

By an English law, passed in 1296, it was provided that a silver penny called a sterling, should equal in weight 22 wheat grains, well dried and taken from the center of the ear. This is the origin of our grain weight.

WHILE MORE PREVALENT in winter, when sudden changes in the weather try the strongest constitutions, colds and coughs and ailments of the throat may come in any season. At the first slight of derangement use Hickle's Anti-Consumptive Syrup. It instant relief will be experienced, and use of the medicine will protect the colds, diphtheria, whooping cough, and all throat and chest weakness it cannot be surpassed.

There is an increasing consumption of potato alcohol for automobile purposes in Germany, where at present five times as many potatoes are raised in proportion to the population as in the United States.

High Pressure Days. Men and women alike have to work incessantly with brain and hand to hold their own nowadays. Never were the demands of business, the wants of the family, the requirements of society, more numerous. The first effect of this pressure is upon the nervous system, which results in dyspepsia, defective nutrition of both body and brain, and in extreme cases in complete nervous prostration. It is clearly seen that what is needed is what will sustain the system, give vigor and tone to the nerves, and keep the digestive and assimilative functions healthy and active. From personal knowledge, we can recommend Hood's Sarsaparilla for this purpose. It acts on all the vital organs, builds up the whole system, and fits men and women for these high-pressure days.

According to a Paris physician, who has noted a great deal of cases of nervous prostration, his observation covering a period of several years, the maximum hour of death is from 5 to 6 a. m. and the minimum from 9 to 11 a. m.

WHILE MORE PREVALENT in winter, when sudden changes in the weather try the strongest constitutions, colds and coughs and ailments of the throat may come in any season. At the first slight of derangement use Hickle's Anti-Consumptive Syrup. It instant relief will be experienced, and use of the medicine will protect the colds, diphtheria, whooping cough, and all throat and chest weakness it cannot be surpassed.

There is an increasing consumption of potato alcohol for automobile purposes in Germany, where at present five times as many potatoes are raised in proportion to the population as in the United States.

High Pressure Days. Men and women alike have to work incessantly with brain and hand to hold their own nowadays. Never were the demands of business, the wants of the family, the requirements of society, more numerous. The first effect of this pressure is upon the nervous system, which results in dyspepsia, defective nutrition of both body and brain, and in extreme cases in complete nervous prostration. It is clearly seen that what is needed is what will sustain the system, give vigor and tone to the nerves, and keep the digestive and assimilative functions healthy and active. From personal knowledge, we can recommend Hood's Sarsaparilla for this purpose. It acts on all the vital organs, builds up the whole system, and fits men and women for these high-pressure days.

According to a Paris physician, who has noted a great deal of cases of nervous prostration, his observation covering a period of several years, the maximum hour of death is from 5 to 6 a. m. and the minimum from 9 to 11 a. m.

WHILE MORE PREVALENT in winter, when sudden changes in the weather try the strongest constitutions, colds and coughs and ailments of the throat may come in any season. At the first slight of derangement use Hickle's Anti-Consumptive Syrup. It instant relief will be experienced, and use of the medicine will protect the colds, diphtheria, whooping cough, and all throat and chest weakness it cannot be surpassed.

There is an increasing consumption of potato alcohol for automobile purposes in Germany, where at present five times as many potatoes are raised in proportion to the population as in the United States.

High Pressure Days. Men and women alike have to work incessantly with brain and hand to hold their own nowadays. Never were the demands of business, the wants of the family, the requirements of society, more numerous. The first effect of this pressure is upon the nervous system, which results in dyspepsia, defective nutrition of both body and brain, and in extreme cases in complete nervous prostration. It is clearly seen that what is needed is what will sustain the system, give vigor and tone to the nerves, and keep the digestive and assimilative functions healthy and active. From personal knowledge, we can recommend Hood's Sarsaparilla for this purpose. It acts on all the vital organs, builds up the whole system, and fits men and women for these high-pressure days.

According to a Paris physician, who has noted a great deal of cases of nervous prostration, his observation covering a period of several years, the maximum hour of death is from 5 to 6 a. m. and the minimum from 9 to 11 a. m.

WHILE MORE PREVALENT in winter, when sudden changes in the weather try the strongest constitutions, colds and coughs and ailments of the throat may come in any season. At the first slight of derangement use Hickle's Anti-Consumptive Syrup. It instant relief will be experienced, and use of the medicine will protect the colds, diphtheria, whooping cough, and all throat and chest weakness it cannot be surpassed.

There is an increasing consumption of potato alcohol for automobile purposes in Germany, where at present five times as many potatoes are raised in proportion to the population as in the United States.

High Pressure Days. Men and women alike have to work incessantly with brain and hand to hold their own nowadays. Never were the demands of business, the wants of the family, the requirements of society, more numerous. The first effect of this pressure is upon the nervous system, which results in dyspepsia, defective nutrition of both body and brain, and in extreme cases in complete nervous prostration. It is clearly seen that what is needed is what will sustain the system, give vigor and tone to the nerves, and keep the digestive and assimilative functions healthy and active. From personal knowledge, we can recommend Hood's Sarsaparilla for this purpose. It acts on all the vital organs, builds up the whole system, and fits men and women for these high-pressure days.

According to a Paris physician, who has noted a great deal of cases of nervous prostration, his observation covering a period of several years, the maximum hour of death is from 5 to 6 a. m. and the minimum from 9 to 11 a. m.