

# HEALTH

## COLITIS.

Colitis is an inflammation of the colon, or large intestine, which occurs in several forms. Simple catarrhal colitis is a not uncommon affection. It may arise from the same cause as catarrh of other mucous membranes, as of the bronchial tubes, for example, or it may be caused by the presence in the intestine of indigestible or partially decomposed food; a not infrequent cause is constipation, the matters which should be discharged being retained, and by their presence setting up an irritation. The most prominent symptom is diarrhoea. This usually comes on suddenly, and is watery in character, often tinged with blood. Associated with this is considerable abdominal pain, occurring in paroxysms, and following the course of the large intestine, or on the right or the left side of the abdomen or along its upper border. The appetite is poor, the tongue is coated with a white fur, nausea is common, and vomiting sometimes occurs. There is usually more or less fever, and the pulse is rapid and weak. The treatment consists in absolute rest in bed, a very restricted diet (preferably milk and lime-water in small quantities), and the administration of astringent remedies. The latter is, of course, to be left to the physician, for much harm may be done by injudicious medication. The symptoms of dysentery are very similar to those of the disease under consideration, but dysentery is a much more serious affection. The possibility that the disease is dysentery rather than simple colitis is an added reason for seeking medical advice, and not attempting to cure the trouble with domestic treatment. Another and more serious form of inflammation of the colon is what is called membranous colitis. This disease occurs usually in young adults, and in women more commonly than in men. The initial symptoms are similar to those of simple colitis, but the diarrhoea does not last long, and alternates with periods of obstinate constipation. In the passages, especially during the periods of constipation, are patches of membrane, sometimes of considerable size, looking like wet parchment, formed of sheets of tenacious mucus. The subjects of this disease, which is chronic in character, are usually dyspeptic, suffering much from flatulence, anemic, and depressed in spirit. The treatment is mainly hygienic. The patient should live much in the open air, have long hours of sleep, eat plenty of nourishing food, scrupulously avoiding fried meats, pastry, and other indigestible articles of diet. A change of air and scene is often curative in its effects. The patient should also, if possible, have some light but interesting occupation, which will serve to turn his mind from his ailment.

## ACQUIRE ART OF RELAXING.

Relaxing is an art not difficult to acquire. Just flop, limbering every joint to your body as a baby does. Don't allow any stiffness to remain anywhere in your anatomy. Begin with your neck and think about every joint from there down to your toes, until they are loose. Then try to think of nothing whatever or of something trivial and pleasant. Fifteen minutes passed in this way will rest you more than hours of restless, troubled sleep. Your nerves will relax, your tone, and small troubles will be easily passed over; your expression will be cheerful and attractive, and ugly lines will be smoothed out and driven away, making you appear years younger.

## HOME REMEDIES.

For colic of infants use one drop of essence of peppermint in two ounces of sweetened water. For toothache dampen a small piece of cotton with oil of cloves and put in cavity of tooth. For pain in chest or headache with a cold apply camphorated oil with rubbing and cover with cloth. For sprains, mosquito bites, stomach rash, and summer heat apply witch-hazel. For chronic indigestion add one-half ounce of lime water to pint of liquid. For sour stomach take a teaspoonful of soda bicarbonate in a glass and sip slowly before meals. Dry sulphur, rubbed thoroughly into the scalp, will stop falling hair. Some pimples are so deep they leave a scar after they heal. Carbulated vaseline, purchased at any drug store, often will cure the most obstinate red spots. If the thin girl wants to get fat quickly let her take the Viennese chocolate cure, she must eat chocolate for ten days; then resume her regular diet for a week, returning to the chocolate preparations for ten days more and so on. It is excellent for the stomach, giving it plenty of nourishment and rest meanwhile. The average man thinks he will have plenty of time for everything if he winds up his watch every day. In after years a spinster may have cause to congratulate herself on the number of times she didn't get married. The total wealth of the United States is about equal to that of the United Kingdom and Russia combined, or to rather more than that of France and Germany together.

## DR. CORSETS

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# MAN STILL MUCH EATEN

THE FAVORITE FOOD OF THE SAVAGES OF THE CONGO.

## Cannibal Tribes Are Superior, Mentally and Physically, to the Non-Eaters.

Man is still much eaten by his fellow man. It is estimated that millions of savages on the upper Congo are inveterate cannibals. Millions more perhaps have the same taste in New Guinea and certain groups of the South Sea Islands, notably the Solomons, the New Hebrides and New Ireland. Why this should be so is a mystery that has perplexed the anthropologists. David Livingstone, the first white man to cross the Manyaema country in Central Africa, was reluctant to believe that cannibalism was not in some way associated with superstitious rites. But when he saw the eagerness of the natives for what was evidently their favorite food he could no longer close his eyes to the simple fact—the Congo man preferred human flesh to any other kind of meat.

The extent of the practice is indicated in the evidence given before the various Congo inquiry commissions. One native witness after another came forward and laid out the table bundles of twigs or leaves, each one representing a human being that had been killed and eaten by the so-called sentries employed by the Belgian administration to supervise the bringing in of rubber. It has even been asserted that those tribes which do not indulge in the practice are inferior, mentally and physically, to the cannibals. "And yet," said Livingstone, speaking of the Manyaema, "they are a fine looking race. I would back them to be superior in shape and general physique to the entire Anthropological Society."

For many years travellers generally omitted from their books mention of cannibalism. Such stories would, if founded, be considered exaggerated if not positively untrue. But of late the explorers of all nationalities have studied both people and practice with scientific zeal. Sir Harry Johnston, Herbert Ward, Commandant Guy Burrows of the Congo administration, Dr. Parke, Capt. S. L. Hinde, also in King Leopold's service, and many others have spent years among the Congo tribes, and then given in a matter-of-fact way details of the habits of the savages which are almost incredible. In the Bangala country not only are the bodies of those slain in battle eaten, but the natives habitually kill men for food. And about this there is much curious system, such as inclines students of anthropology to suspect some hidden origin. Thus the prisoner is not killed outright, but is placed chin deep in a pool of water with his head made fast to a log lest he drown. The victim's limbs, by the way, have been broken three days previously. On the third day the poor creature is taken out and killed. This procedure, the fierce Bangala say, makes the flesh more tender. Capt. S. L. Hinde, returning home from Stanley Falls on the Congo, had personal experience of these people. On the down river trip to Boma six of the Bangala crew were put in irons, charged with having eaten two of their own companions, over 6 feet high and superbly proportioned. Two of the crew, it seemed, had fallen on the voyage up, and were allowed by the captain to take a few days rest. But when next rations were served the men were missing. The master of the steamer was told they had died in the night and been buried ashore. And this seemed likely enough. But the captain of the ship and his doubts. He made a sudden raid on the quarters of his Bangala hands, and discovered

PAIRTS OF THE MISSING MEN. In truth, the Darwinian theory of the survival of the fittest is seen in Central Africa in all its pluckiest application. The weaker of the warriors are killed and cut up for food instead of being left behind at the mercy of other tribes or wild beasts. Nor do the blacks of the Congo forest encumber the land with the sick or lame, who are similarly disposed of. The cannibals in all cases extract the teeth of their human prey for necklaces and bracelets. The hair is made into fishing lines and nets; the skulls become fashionable decorations in the homes of tribal chiefs, whose greatest glory is a long array of these trophies of the chase. Commandant Guy Burrows, lately in the service of the Congo Administration, told the writer of a curious story of the Batake people, a body of whom he led in a punitive expedition against the Malode tribes. "I saw a boy hit in the shoulder by a ball from an old muzzle loader," he said, "and yet, although seriously hurt, he looked entirely unconcerned; they are utter fatalists, these fellows. His comrades carried him on one side, away from the rest of the wounded, and when I saw this I remarked: 'Take that boy up or he'll get hit again.' 'At this half a dozen grave elders came to me expostulating. 'He is only a young lad,' they grumbled. 'You might just as well let us have him for killing when the fight is over.' I drove the monsters from me with my machete or hippo hide whip. 'The boy recovered and served me for years. But these Batake cannibals never forgive me. They deserted in dignified protest, disgusted with me for refusing them such a trifle after he had borne the heat and burden of the day. And I know they smarted long under a sense of gross injustice.' During the same campaign Commandant Burrows saw another side of this practice. Sitting at his tent door one evening after camp had been pitched he watched his man getting the supper ready. The day had been marked by forced marches and sharp fighting, in which both sides left many dead in the thick jungle. Presently in the gathering dusk a huge

bundle on his shoulder wrapped in leaves of the wild banana palm. Challenged by Burrows, the man said he was only clearing his camp. His comrades—just bananas food. But in fact he and several others had been constantly going to and fro from the scene of the fight, cutting up the bodies and bringing them down in small parcels so as not to attract the white man's attention as they passed his tent.

Yet in this very country are tribes that would not eat human flesh if they were starving; the curious little pygmies, for instance, of the Great Forest. Yet these are infinitely lower in the social scale than the cannibals—little better than apes, in fact. Their huts would disgrace an intelligent animal. They have no arts, nor do they till the soil. These queer little nomads exist by hunting, trapping and fishing. They even pursue the elephant, shooting it in the foot with poisoned arrows and then tracking it until it becomes helpless, when they finish off the monster with their spears. Capt. Ewart S. Grogan, the explorer, who walked the whole length of Africa from the Cape to Cairo, collected ample testimony of the pygmies' aversion to human flesh. He witnessed a big tribal fight in this country between the Baka and the Bangala, and after all was over he came upon the victors feasting on the bodies of the slain, while the tiny apes, weary as they were with their hunt for the fry, were securing the country round for vegetable food.

Herbert Ward, F.R.G.S., is another traveller who has given much study to this question. And he, too, testifies that the savages of the Upper Congo simply prefer human meat to any other. "They do not enjoy it, and each headman in bringing presents to the white traveller, skinny fowls, bananas, sugar cane, and so on—invariably included quantities of smoked dried meat, spitted on skewers and unmissably of human origin. 'We do as our fathers have done,' these savages told him with an indifferent shrug, when remonstrated with on the subject. 'It is good to eat meat that talked,' the Ubangi chief said another time. In the Ubangi country Mr. Ward beheld the men's necks adorned with strings of human teeth, dried fingers and collarbones; and all the houses were decorated with skulls on the outside. In the Ngoni region on the Luabanga River, a mighty tributary of the Congo, eight hundred miles from the Atlantic coast, Mr. Ward found a series of strongly fortified villages, where the Ubangi cannibals came to buy slaves, drawing upon the supplies for food as required. Turning to the South Sea Islands, the Germans, Dutch and British are striving to put down cannibalism in their respective spheres in New Guinea. So far these efforts have met with little success. The practice is too deeply seated to be eradicated in a generation or two. No New Guinea maiden will look with favor on a suitor whose hut is not plastered with human skulls as testimony to his prowess as hunter and general provider for the home.

In the Solomon Islands, New Britain and New Ireland, the natives are also cannibals from deliberate choice. In the Fiji Islands as late as 1850 lived cannibals as ruthless as any on earth. They regarded the victims of the Congo eight months, which you may see in Ovalau, to this day, together with notches on the trees recording the number of human beings sent to the ovens.

Here the eating of human flesh was full of symbols, poetry and philosophy, a thing sanctified by the gods and governed by intricate rules. Lord Stanmore, G.C.M.G., formerly High Commissioner of the Fiji Islands, records that the natives regarded the victims of the Congo eight months, which you may see in Ovalau, to this day, together with notches on the trees recording the number of human beings sent to the ovens.

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## SHOULD THE DOCTOR TELL? In Regard to Whether His Patient's Disease is Fatal?

"Ought the doctor to tell his patient frankly what is the matter with him, even though the disease be a fatal one?" This question, raised by the cure of a coroner's jury of a doctor whose patient, who had had consumption, committed suicide, was discussed by Dr. Harley Street, London physician lately. Speaking to a London Daily Mail representative, he divided patients into (1) those who want to know the truth, (2) those who do not want to know, and (3) those who do not know. "The majority of patients," he said, "leave the doctor no alternative. They demand a 'yes' or 'no.' Take heart disease. The patient says: 'Is my heart diseased?' He is paying for your opinion, and you reply: 'Your heart is not diseased; it is weak. Don't run to catch trains, and do not do this and that.' 'The trouble is that heart disease to the public means one thing only—death. If it meant a variety or more or less grave affections of the heart we should not perhaps have those 'stand and deliver' questions. Another question is: 'How long shall I live?' No doctor who knows his business will set a limit by request on any patient's days. Many a doctor has been borne to the grave followed by hale and hearty men that he 'gave up' years before."

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remedies cure all skin and blood diseases—Eczema, Salt Rheum, Sores, Piles, Constipation, Indigestion and other results of impure blood. They correct the cause and destroy the evil condition.

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Ointment and Tablets, each 50c. Blood Tonic, \$1. At drug stores—or from The Chemist's Co. of Canada, Limited, Hamilton—Toronto.

# BOMBARDED WITH STONES.

Experience of Thousand Troops at Field Work Exhibition.

Several men of the 3rd Infantry Brigade were injured in the exploding of a mine on Faith Hill, one of the heights of Chobham Ridges, at Aldershot, England. The troops, some thousand in all, had been paraded to witness the Royal Engineers of the brigade demolish a portion of a field work by undermining and blowing up. Brigadier-General Campbell, the officer in command, had the work explained to the men, who were drawn up about a thousand yards away, that they considered a safe distance. For some inexplicable reason the force of the explosion, instead of being downwards or upwards, as was expected, was expended in a lateral direction. The men suddenly found themselves developed. When water sprang forth, they were confined to the legs and are not likely to prove dangerous. A snapper in the entrenchments had his kneecap blown off. When it was all over it was found that ten men were hurt. Two had to be removed to the Connaught Military Hospital for treatment. Their injuries were chiefly confined to the legs and are not likely to prove dangerous. A snapper in the entrenchments had his kneecap blown off.

## FAN BATHS FOR FEVER.

New Method of Treating Patients Who Have Typhoid Fever.

Fan baths is the latest remedy employed by the city hospital physicians in the treatment of typhoid fever. Herebefore the ice plunge was used, and a patient whose temperature had reached the danger point was soured in a bath, filled with broken ice until his teeth rattled. This treatment after a time was found to be too heroic, as the shock was too severe and pneumonia sometimes developed. When water sprang forth, they were confined to the legs and are not likely to prove dangerous. A snapper in the entrenchments had his kneecap blown off.

## Deafness Cannot Be Cured.

By local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be impaired forever. The cause of deafness is caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces. We will give One Hundred Dollars for any case of Deafness (caused by Catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free. F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c. Take Hall's Family Pills for constipation.

## DOGS PICK MASTERS' SHEEP FROM THOUSANDS.

While on a walking tour in Scotland on the road to St. Catherine's, some Americans met two shepherds, who, after some conversation, offered to take a short cut over the moors and show us the clever way in which their dogs worked. There were three flocks of sheep on the hills belonging to different owners. Sitting down on the hillside, the shepherds told their dogs (in Gaelic) to separate the sheep and bring their own flocks up to where we were resting. There were a thousand sheep or more scattered over the moor. First rounding them all up in a bunch, the dogs collected their own sheep together, driving away the strangers by barking and chasing them, but not hurting them in the least. Within an hour they had the two flocks belonging to their masters compactly gathered, and brought them in two divisions, one on each side of us.

## COMPRESSED PHILOSOPHY.

The man who has nothing for which to strive can find no pleasure in this world. Trouble is so perverse that it never comes to the man who is fully prepared for it. Many a man has failed because his desire for fame did not equal his love of sleep. It takes a really great man to come out bravely and admit that he was in the wrong. Few men are courageous enough to follow their own conscience if the conscience of the world doesn't agree with it. The danger of the delights of this world vanishing even after we have them, is what makes them so precious.

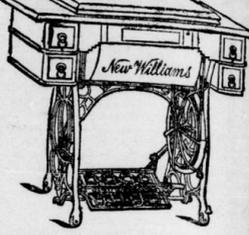
## OUR RULE OF THREE.

Three things to govern—temper, tongue, and conduct. Three things to cultivate—courage, affection, and gentleness. Three things to command—thrift, industry, and promptness. Three things to despise—cruelty, arrogance, and ingratitude. Three things to wish for—health, friends and contentment. Three things to admire—dignity, gratefulness and intellect. Three things to give—alms to the needy, comfort to the sad, and appreciation to the worthy.

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## RAILWAYS TOLL OF DEATH.

Numbers Injured by Railways in the United States and Canada.

Year.	Killed.	Injured.
1890	6,335	29,027
1891	7,029	33,881
1892	7,147	36,552
1893	7,346	40,333
1894	6,447	31,889
1895	6,126	33,748
1896	6,443	38,687
1897	6,437	36,731
1898	6,859	40,832
1899	7,123	44,620
1900	7,865	50,320
1901	8,445	53,339
1902	8,588	64,662
1903	9,840	76,553
1904	10,046	84,155
1905	9,703	86,008
1906 (last 6 mos)	1,034	67,770
1906 (last 6 mos)	721	30,073

## GREATEST WRECKS IN U. S.

Year.	Place.	Killed.
1856	Camp Hill, Pa.	66
1876	Ashstaba, Ohio	80
1887	Chatsworth, Ill.	85
1888	Mud Run, Pa.	66
1891	Atlantic City, N. J.	67
1903	Laurel Hill, Pa.	65
1904	Eden, Colo.	94
1904	Newmarket, Tenn.	63
1904	Pinson, Colo.	60
1906	Allentown, N. J.	64
1906	Woodville, Ind.	63
1906	Washington, D. C.	53
1907	Salem, Mich.	30

## CASUALTIES IN CANADA.

Statistics for 1905 in Canada, which are the latest given officially, show that in that year 468 people were killed and 1,357 injured by railways in Canada. HOUSE TO COST TEN MILLIONS. Mr. George J. Gould, of New York, has decided to pull down his house at the corner of Fifth Avenue and build another, which will cost him \$10,000,000. The new house which will be six storeys high, will be built on Indiana limestone.

A piece of board, about one-half inch in thickness, cut in the crude shape of a key, represents the idea of a woman who was never able to find her keys when they were wanted. The wooden key was suspended on the inside of a cupboard-door, and every miscellaneous key in the household not in use was hung on hooks upon this board.

## POPULAR MARRYING MONTHS.

April, June, and December are the principal marrying months in this country, and May the poorest of marriage months. Yet in Holland May is the month of all others for marriages. In Russia January and February are the marriage months, and in Norway June and July.

## NOW CACKLE.

"Say, what's the best food for hens?" "What?" "Laver cake!"

In the United States only one building in three thousand is even nominally fireproof.

Some of the people who are dissatisfied with this world will be disappointed with heaven—if they get there.

It's all right to judge a man by the company he keeps, but it isn't fair to judge a woman by the company she is forced to entertain.

"Maud, can't you play tennis without all that noise?" "Now, how do you suppose we are going to play tennis without raising a racket?"

Young Barrister—"My dear, she isn't a shoplifter. She may have been formerly, but she has saved so much money in the last ten years that she has become a kleptomaniac."

Hostess—"Mr. Smith, may I help you to another piece of pie?" Guest—"No, thank you, Mrs. Jones; I really don't not take any more." Little Willie—"Then, ma, you said I could have another piece if Mr. Smith left enough!"

Three months after facing the parson together they were sealed at the altar. "Do you love me still?" queried the young wife, after the manner of her kind. "Of course, I love you still," he answered. "Now keep still while I read the paper."

## Stop Limping Cure

Quickly done by Putractor. Acts in one pain, removes every tr. Fifty years of success p. the best. Refuse subst. Here are some ver manuscripts. Miss D only one kind of orig that I care anything for Papa's check.

The secret of fashion asked the question of a list. In order to be r very stylish, make E Mountain Tea. 35c ten by J. E. Richards. Gladys—You say yo that throe Jack Ha seem to be encourag your might. Irene—I v satisfaction of refusin proposed yet.

## The Cause of Hay

Is a microbe that fic rapidly into the throa and excites infla cause is as simple as a t ger. Extract the thiatc pain. Destroy the hay i you get well. That's w frags so marvelously in to the microbe death. C as quick to act on the organisms as lightning well as cures and is alw: Druggists 50c and \$1 or Kingston Ont.

Smith—What become Brown? Jones—Dead, p by hanging. Smith—H possible? Jones—Yes, I believe.

## Diet is not the Whole

Your table is loaded v gestible and wholesome; gain strength. What's Look within and what d lazy liver, stomach ov work—useless work beca and liver are not suffic Relief is quickly supplie licus Pills. They mak strong by removing the weakness. Digestion impa tion leaves, liver takes nays wake up, the whole lived by Dr. Hamilito better medicine for the s! all dealers.

A prominent surgeo class of students said:—I at my first operation that take. A serious one sir? as Oh, no, the surgeon anv took of the wrong leg.

## Oh, my stomach's a ve

I suffered the torment ness brins, But how I am happy, free, A miracle wrought by ters Rocky Mountain Tea. E. Richards.

Miss Sharpe—I've paid t Baker—Indeed, ma'am, I that I didn't recollect it. —I dare say that you ar didn't recollect it, but I' that.

## Rheumatism Almost Kill

For years Mrs. S. Sta Humberston, Ont., was a rheumatism. She writes: stiff and lame I could hardly attack striking my limbs r impossible. Friends and d prescriptions but I only got Terrozone. I took twelve gained from the first. Tod feel stronger, weigh heavie the picture of health." W culary or inflammatory, otherwise, Ferrozme does matism and sciatica. 50c pe dealers.

An empty purse causes a It flows like electricity t veins; it does the work, wasting away take Hollis Mountain Tea. 35c ten t by J. E. Richards.

I flatter myself that m does something toward br of fiction up to date. How gins with the divorce of t heroine.

## When Illness Comes

Have you not at hand a i will alleviate pain and help to come? A wise thing, right in your home a bottle line which gives instant relief known for the stomach and compares with Nerviline. indigestion, heartburn and its indispensable. For fifty sons Nerviline in 25c bottles family standby. Get it to d

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