

Laughter and Health.

"A Physician" writes in the London Chronicle:

If it were generally understood how salutary the act of laughing is to the bodily health there might be more laughter than lamentation in the world, and the farcical comedies prove more attractive to the invalid than physicians. The old adage, "Laugh and grow fat," is founded on a sound physiological basis. It is commonly observed that fat men laugh with considerable facility. But they do not laugh because they are fat. They are fat because they laugh.

The immediate physical results of indulgence in laughter are numerous. In the first place, the act of laughing involves the exercise of a large number of muscles, including many of those of the face, neck, chest and abdomen, which if they are exercised sufficiently, often become correspondingly well developed, as do also all those glands, blood vessels, nerves and other tissues in intimate connection with them.

During what is called a "fit of laughter," the lungs may be almost completely contained previously only stagnant air. Fresh air is thus drawn in to the fullest extent of their capacity, inflating perhaps, those little used air cells which contained previously only stagnant air and bacilli—for in the shallow breathing we ordinarily practice comparatively large tracts of air cells are not used.

During this process the general circulation is accelerated, impure air is hurried out of the system and fresh air hurried in. With the forcible ascent and descent of the diaphragm during inspiration, the pulmonary organs undergo a kind of kneading not unlike that undergone during massage, and this is of great benefit in rousing them from that torpor to which they are liable. The heart is also stimulated to more vigorous contractions during the active circulatory process.

"Love spirits," or what is popularly termed a "fit of the blues," is a mental state often caused by a poisoning of the nervous system by one of those curious toxins which the body occasionally elaborates from the food supplied to it, and which perhaps a sluggish liver, (whose duty it is to guard the portals of the system and prevent the entrance of harmful matters) from the alimentary canal, has allowed to pass unchallenged.

The spare, melancholy and miserable looking man who is seldom or never given way to healthy laughter. Mental worries, real or imaginary, will so prevent nutrition through the influence of mind on body, as to produce wasting of the muscular system and those other tissues which subserve it. If such a man would look on the lighter side of life and laugh a little more, his appetite and digestion would improve, and he would be able to acquire that minimum amount of fat which is necessary to the well-being of the body.

THE DEEP SEA FISH. Some New Notions About the Coloring of the Skin. "Recent research," said a member of the United States expedition, "tend to show that deep sea fishes are not black, as is commonly held, but are a bluish black color, the black skin being due to an excess of melanin in the scales and fins, produced by their luminous organs."

As these organs are distributed over the body, in an arrangement peculiar to the species, and shine with light of various hues, it is inferred that they serve, like the pigment cells of bright animals, to form characteristic specific patterns. So far from being black, then, these fishes must present weirdly gorgeous spectacles, illuminated as they are by the dark surrounding waters.

English Spavin Liniment

Removes all hard, soft or calloused lumps and blemishes from horses, blood spavin, curbs, splints, ringbone, swellings, stiffness, sprains, sore and swollen throat, etc. Saves \$50 by use of one bottle. Warranted the most wonderful Blemish Cure ever known.

Heroin's Reward. The Carnegie Hero Fund Commission is not prodigal in its awards. To a girl who skated out on thin ice with a pole for a rescue of a young man who had broken through, it gave a bronze medal. To a boy who ventured three times into deep water to rescue another lad, being forced to give him up the first two times because the drowning one hampered him by clutching him too tightly, it gave a bronze medal. To a Coney Island ticket seller, who jumped out and brought back a man who fought desperately to commit suicide, it gave a bronze medal. To an Ellis Island hospital attendant who swam 100 feet against the tide with a domestic who had tried to drown herself, it awarded a bronze medal.

Then His Rheumatism and Other Pains Vanished Once and for All—His Case Only One of Many. Barwick, Ont., June 5.—(Special)—That Dodd's Kidney Pills will cure Rheumatism or any other disease resulting from disordered kidneys is the experience of many of the settlers in this Rainy River country. The case of William John Dixon, of this place is a fair sample of the work the great Canadian Kidney Remedy is doing.

STOP THE PAIN, BUT DESTROY THE STOMACH. This is sadly too often the case. So many nervous stomachs pertaining to cure, in the end do the patient immensely more harm than good. Dr. Von Stan's Pigeon Tablets are a purely vegetable, peptic preparation, as harmless as milk. One after eating prevents any disorder of the digestive organs, 60 in a box, 25 cents.

FREE! LADIES, send name and address and you will receive a copy of PENNYROYAL TEA. Every day in New York there is some fresh matron to matrimony cropping up in places affected by bacilli. It costs 10 cents more to be rubbed with alcohol than it did six weeks ago. Manufacturing is \$1 instead of 75 cents. For years the standard chair of the Turkish bath, chromoplast and barber shop had been 50 cents. It is now 75 cents all over the city. Cocktails in bars were formerly 25 cents for a quarter. They are now 15 cents straight. Same with cigars, drug stores are charging more for toilet articles. The tailor who used to press a suit for 50 cents now asks 75 and 25 cents instead of a quarter for pressing trousers. Charges for laundry work have gone up 25 per cent. In small expenditures alone it costs the man who has to look out for himself \$8 a week more to live now than it did six months ago.

FREE! LADIES, send name and address and you will receive a copy of PENNYROYAL TEA. Wanted Another Flood. Tommy—Say, man, were all the bad men destroyed by the flood? Memma—Yes, dear. Tommy (who has just been licked by his father)—Say, man, do you think there is ever going to be another flood?

Proper Sort of Son-in-law. "Yes, sir, I love your daughter, and while I don't mind her, I don't mind you either. There, there, don't spring that old gag about being poor but honest. I wasn't brought up to be going to say that I was honest enough to let it keep me from going on in the world when I got my opportunity." "That's the talk! Go and marry her and then come back here. I want to unfold a little scheme."

THE OWL. His head is large. Owls are nocturnal. The owl has a meditative manner. A snowy owl is the prettiest at the Zoo. An owl steals noiselessly upon its prey. In courting he dances most ludicrously. Many owls take and keep a mate for life. He is more a case of stupidity than wisdom. Mrs. Owl lays the most globular of eggs. He occupies the same nest from one year to another. Owls have been known to fix up an abandoned hawk's nest. His eyes and ears are surrounded by a stiff fringe of feathers. A look at the owl will show the most foolish person what a wide expression and silliness does for one. From the goddess of wisdom was foisted into adopting it for her own bird.

Mother's Ear

SCOTT'S EMULSION SUPPLIES THE EXTRA STRENGTH AND NOURISHMENT SO NECESSARY FOR THE HEALTH OF BOTH MOTHER AND CHILD. Send for free sample. SCOTT & BOWNE, Chemists, Toronto, Ont., Can. and 101 King St. W., New York, N.Y.

Noble Through Baptism. Nobility is usually a heritage, but in the case of one famous English showman the title was gained through baptism, and not through birth. The circus business is a hereditary one, and appropriating the advantages accruing from an unusual cognomen, the son of a circus proprietor was baptized "Lord George Sanger." Since his menagerie has several times shown before royalty, there are thousands who firmly believe that "Lord George" gained his title as did Sir Henry Irving and other titled actors.

RAINY RIVER MAN HAD TROUBLES. Till Dodd's Kidney Pills Cured His Kidneys. Then His Rheumatism and Other Pains Vanished Once and for All—His Case Only One of Many. Barwick, Ont., June 5.—(Special)—That Dodd's Kidney Pills will cure Rheumatism or any other disease resulting from disordered kidneys is the experience of many of the settlers in this Rainy River country. The case of William John Dixon, of this place is a fair sample of the work the great Canadian Kidney Remedy is doing.

Holidays on Saturday. One of our correspondents has suggested that all holidays be celebrated on the Saturdays that come nearest their dates. There is something in this idea and it is deserving consideration. We suspect however, that the consideration would end in the reaction of the idea. Of course holidays are a rather serious interruption to trade and industry, but it is far from certain that, in moderate numbers, they are as much of an injury as of an interruption, and a holiday celebrated on another than its natural historic date is robbed of most of its sentiment and enthusiasm.

HO! FOR NEW YORK! Only \$9.00 from New York and return, on Lehigh Valley Railroad excursion, Friday, June 10th. Tickets good for return until June 20th. Tickets good on regular fast express trains, leaving Suspension Bridge, June 10th, at 3.30 and 7.15 a. m., 6.25, and 10.15 p. m. Don't fail to go. For tickets, apply at Station Ticket Office, Suspension Bridge, or to R. S. Lewis, Canadian Passenger Agent, L. O. R., 19 King street east, Toronto.

WEALTH OF THE CAZAR. The Czar of Russia, it is said, has \$25,000,000 in vested in English securities, and it is also declared that he would in an extreme crisis fly and live in England, as other troubled monarchs have done before him. Then he has a second string to his bow in the \$6,000,000 invested in American rails, iron and coal. So long as he remains in Russia, however, he draws, according to a French international almanac which was recently suppressed in St. Petersburg, \$42,573,000 a year. That does not represent the total income of his family. The swarm of relatives account for a huge sum, the imperial appanages alone representing \$10,000,000 a year.

CATARRH AND COLDS RELIEVED IN 10 TO 60 MINUTES.—One short puff of the breath through the blowers supplied with each bottle of Dr. Agnew's Catarrh Powder diffuses this powder over the surface of the nasal passages. Painless and delightful to use. It relieves instantly, and permanently cures catarrh, hay fever, colds, headache, sore throat, tonsillitis and deafness. 50 cents—41.

Offers a Simple Solution. "Give you a nickel!" said Miss De Style. "Oh, no, I never dispense promiscuous alms. Why do you not obtain employment?" "Please, mum, was the timid reply, "I have a small baby and need help and am bothered by a woman with a child." "Then, you absurd creature, why not leave the child at home with its nurse?"

PRICE OF SHARK'S HEAD.

As High as \$400 Offered for Those of the Man-Eating Kind. The Marine Board of Trieste, Austria, has issued a circular in which, Austrian marine officers are instructed to stimulate the killing of sharks. Premiums are offered as follows: For each specimen of shark, of whatever species (the estab. ones excepted), up to 6 feet in length, \$2.30; for larger ones, \$4.00, and for very large specimens of the species Oxyrinna spianzani and Odontaspia ferot, \$11.50. For the capture of man-eating sharks premiums of from \$9.20 to \$20 are offered. Fishermen making application for payment are to exhibit the specimens to the nearest harbor officer.

PACIFIC COAST EXCURSIONS. During June, July, August and September the Chicago and North Western Railway will feature a round trip excursion ticket to San Francisco for larger ones, \$4.00, and for very large specimens of the species Oxyrinna spianzani and Odontaspia ferot, \$11.50. For the capture of man-eating sharks premiums of from \$9.20 to \$20 are offered. Fishermen making application for payment are to exhibit the specimens to the nearest harbor officer.

MOSQUITO HER PET COLOR. Likes Dark Blue, But Will Avoid Yellow at All Times. A young girl was talking about mosquitoes, she had spent the summer in a place where they were numerous. "But I notice," she said, "that when I wore a yellow dress I didn't get a single bite." "Did you notice that?" said the young scientist. And then he went on eagerly: "I am glad you noticed that, for it is a verification of certain experiments that we have made."

Convincing the Skeptical. There is a restaurant man in Brooklyn who makes a specialty of chicken croquettes. Time was when the public turned up its nose at the dish upon which he prided himself, and could not be induced to give it a trial. The suspicion prevailed that the regulation chicken croquette was compounded of scraps left on the patrons' plates—that it contained no chicken. The restaurant man knew better; his croquettes were honestly made, and he resorted to newspaper advertising space to prove it. A few common sense talks with the skeptical aroused interest and carried conviction. That man now has more calls for chicken croquettes than for any other item on his bill of fare. And he is a regular advertiser.

OUR LATEST PARLOR "SILENT" MATCH. NOISELESS. HEADS WON'T FLY OFF. If dropped on the floor and stepped on, it will not ignite, as sometimes happens with the common parlor match. Will strike on any surface, the best yet. ASK YOUR GROCER FOR A BOX. The E. B. EDDY Company, Limited HULL, CANADA.

MICA ROOFING. For steep or flat roofs, water proof, fire proof, easily laid, cheaper than other roofing. Send stamp for sample, and mention this paper. HAMILTON MICA ROOFING CO. 101 Rebecca Street, HAMILTON, CANADA.

GIVEN AWAY IN CASH FREE For Correct Answers to this Puzzle. Each of the four lines of figures in the center of this advertisement spells the name of a large city in Canada. This is a brain puzzle and can be solved with a little study, as follows: There are 20 letters in the alphabet and we have used figures instead of letters in spelling. Letter A is 1, B is 2, C is 3 and so on throughout the entire alphabet. Can you think out the names of three of these cities? If so the money is surely worth trying for. Three correct answers win.

THIS IS THE GREAT PUZZLE. EACH ONE OF THESE FOUR LINES OF FIGURES SPELLS THE NAME OF A LARGE CITY IN CANADA. CAN YOU NAME THREE OF THEM? CAN YOU SOLVE IT FOR GOLD? It does not cost you one cent to try and solve this puzzle, and if you are correct you may win a large amount of cash. We do not ask any money from you. We are spending thousands of dollars to advertise. It does not matter where you live. We do not care one bit whether the money. If you can spell out the names of three of these cities write them plainly, and mail your answer to us with your name and address, plainly written, and if your answer is correct we will notify you promptly. We are giving \$100.00 for correct answers and a few minutes of your time. Don't delay. Send in your answer at once. Address THE GREAT PINK PILL CO., Dept. 907, Toronto, Ont.

There are very few cleaning operations in which Sunlight Soap cannot be used to advantage.

Bargain Hunters and Store News. The woman bargain hunter has for many years been regarded as the legitimate mate of the professional jokesmith. With characteristic American exaggeration she is habitually represented as buying what she does not want for cheapness' sake; but the truth is, as a writer in The Milwaukee Sentinel points out, that with the same allowance as her less prudent sister she "manages to dress better, to keep the children looking better, to keep the house better furnished and the table fuller." The bargain hunter reads the daily newspaper, and looks first of all for the store announcements, with mutual profit to herself and to the advertisers. Her husband may laugh at her, but he would not like to keep posted as to how to keep house economically.

Saving a Shade Tree (Philadelphia Ledger). The right of a fine shade tree to live in Central Park, New York, has caused quite a controversy between the park department and the department of water supply, gas and electricity. The latter had started to dig a ditch for a water main that would have destroyed one of the maples in the park. The park department protested and the water men said that if the route of the ditch were changed it would cost the city \$15,000. The park department replied that the maple was worth \$15,000, and another route was staked out.

FITS CURED. Epilepsy, Fits, St. Vitus' Dance, or any other nervous disease, is cured by the use of the Liebig's Fit Cure. It is a purely vegetable preparation, as harmless as milk. One after eating prevents any disorder of the digestive organs, 60 in a box, 25 cents.

THE GOVERNOR'S WIFE A PRISONER.—Mrs. Z. A. Van Loven is the wife of the governor of the county jail, Napanee, Ont., and was a great sufferer from rheumatism. When the best doctors in the community and "specialists" failed to help her, she buried her skepticism of proprietary remedies and purchased South American Rheumatic Cure. 4 bottles cured her.—42

THE EXTRAVAGANT SULTAN. Turkey is one of the poorest countries in Europe, yet its ruler is one of the richest. His income stands third among ruling potentates. While his navy rusts into ruins, he is having built a yacht which is a miracle of beauty and art. All the principal rooms are paneled in the richest woods. The dining saloon mahogany and ebony; in the Sultan's cabin satinwood holds the principal place, and the imperial suite has been furnished by one of the greatest London firms in the eighteenth century Renaissance style and every appointment is as perfect as money and taste can render it.

Lifeway Soap—Disinfectant—is strongly recommended by the medical profession as a safeguard against infectious diseases. Offers a Simple Solution. "Give you a nickel!" said Miss De Style. "Oh, no, I never dispense promiscuous alms. Why do you not obtain employment?" "Please, mum, was the timid reply, "I have a small baby and need help and am bothered by a woman with a child." "Then, you absurd creature, why not leave the child at home with its nurse?"

Speaking From Experience. (Philadelphia Bulletin). First Truant—Say, Billy, ain't you going home? Second Truant—Not much. If we goes home now we get a hiding, but if we leave it till after dark we get a whipping and a good cake for not being drowned.

Fortunate is the man who has a friend willing to listen to his troubles. Mrs. Winstow's Soothing Syrup should always be used for Children Teething, it soothes the child, softens the gums, reduces inflammation and is the best remedy for Diarrhea.

ISSUE NO. 24, 1905.

FOR SALE. TWO ELECTRIC MOTORS. Direct current, 1 1/2 and 8 horse-power. Address Box 10, TIMES OFFICE, Hamilton.

I WOULD LIKE EVERY WOMAN to write for our New Styles and Samples of \$4.50 and \$12 Suits, in cloth, silk, linen and lustrous; also raincoats, skirts and waists. Manager SOUTHGOT SUIT CO., LONDON, ONT. Send for samples of shirt waist suits in lawn, linen, etc., from £2.50 up.

Hamilton Montreal Line. Steamers Belleville, Hamilton and Picton Leave Hamilton 12 noon and Toronto 7.30 p.m. on Tuesdays, Thursdays and Saturdays for Bay of Quinte, Montreal and intermediate ports. LOW RATES ABOVE LINE. TORONTO-MONTREAL LINE. STEAMERS TORONTO AND KINGSTON. Leave Toronto at 3 p.m. daily, except Sundays. From July 1 daily, Rochester, Thousand Islands Rapids, St. Lawrence, Montreal, Quebec and Murray Bay, Tadoussac, Saguenay River. For information apply to R. R. agents or write H. W. Carter, Western Passenger Agent, Toronto.

Deadend Law for Scorchers. When the Marquis of Queensberry seeks in court a license to carry a gun to protect himself and his children from the deadly onslaught of the reckless automobilist, it is apparent that over-speeding and scorching through city streets is by no means an evil confined to the provinces. Since fine are introduced, it is now suggested that the ancient law of the deadend be revived and the punishment shifted to the machine that does the mischief. Under the deadend of yore a cart running over or occasioning the death of a "reasonable creature" was forfeited to the king for pious purposes. If our cart automobilist substituted the place of the king a society for the prevention of cruelty to reasonable creatures a modern law of the deadend, the proposer contends, would prove a genuine blessing.

RUNNING SORES, the outcome of neglect, or bad blood, have a never-failing balm in Dr. Agnew's Ointment. Will heal the most stubborn cases. Soothes irritation almost instantly after first application. It relieves all itching and burning skin diseases in a day. It cures piles in 3 to 5 nights. 35 cents—29

Horse and Woman. The horse shares with woman the gift of the greatest animate physical beauty, and the classification does the lady no discredit. As for man, his partner in pulchritude is away down the line, probably a mule and maybe a bulldog. The horse's beauty, his admiration and appreciation not alone because he is handsome, but because he is patient, agile and useful.

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T H I S D O C U M E N T I S V E R Y P O O R C O N D I T I O N