

The Planet.

Business Office 58
Editorial Room 102
S. STEPHENSON - Proprietor.

SPRING FEVER.

Now that spring is here, many will think they should have some sort of spring tonic—something that will do away with "that tired feeling." We are pleased to learn that the "spring fever" is not fatal, being a mental rather than a physical condition. At times we feel very much tired out and attribute it to overwork. Other times we feel fatigued when we cannot account for the feeling from excessive exertion. Dr. Cater, a British physician, discusses the question whether it is excess of work or merely a faculty method that is really to blame for a person's physical or mental collapse. Among other things, he says: "Consciousness of fatigue by no means implies that our stock of energy is played out or that our powers of endurance have been unduly taxed. Such is seldom, if ever, the case, and to encourage such a thought means simply a more acute state of depression. The fact is that, despite the sense of fatigue we still have considerable reserve force left, and it is against drawing unnecessarily upon that reserve force that Nature gives timely warning." It is only when we have exhausted our natural energy and begin to draw unnaturally upon our force in reserve that serious devitalization ensues.

Suppose, Dr. Cater goes on to say, we ignore the feeling of weariness or fatigue, and—thus disregarding the warning of Nature—proceed with our work by sheer effort of will. We then enter upon quite a different physical condition, because under such circumstances a demand is made upon our reserve force, and matters soon reach a very serious state. "Once our reserve force is brought into action a peculiar debilitating effect is felt; and if the new source of energy is drawn upon to the limit the time quickly arrives when our total strength is used up. And here comes the point to be emphasized. Assuming that we have completely exhausted our energy, the reserve as well as the natural, we are then confronted by genuine physical disaster, and it is too late even to talk of taking a rest." Nature's powers of recuperation would in such a case have become so weakened that the work of repair cannot be accomplished.

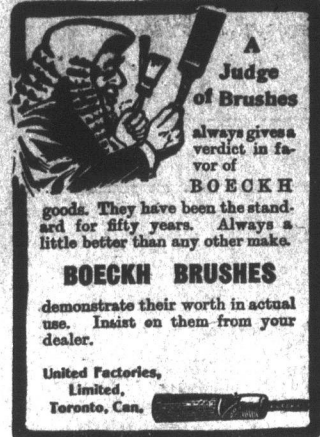
The wearied worker should endeavor to ascertain to what extent his tired feeling is real. For if the feeling is that of momentary lassitude or even mere laziness no warning or need for rest has been given. "A practical method of determining the measure of fatigue is to trace the tired feeling to its source—that is, to discover whether it is situated in that part of the system which has recently been exerted. Thus, if work has been done with the brain and the tired feeling comes in the legs, which have been resting, it cannot be regarded as indicating any approach to overwork." Thus, it may be learned that what is called overwork is nothing more or less than worry or boredom, the condition requiring, therefore, change of scene and occupation rather than absolute rest, and for most normal individuals change is rest.

PARK ST SERVICES

There was a very large congregation present Sunday morning at Park street church and all seemed to enjoy the pastor's discourse on the sixth, seventh, eighth and ninth commandments. Under the sixth commandment speaking of national homicide as defence of war the growing tendency to employ boards of arbitration was referred to. "The United States in vetoing the treaty proposed by their President had refused their possible place as the world's vanguard, while Great Britain had proven in the North Sea affair that she was a world's leader. The world's chief steward because the ablest and the best." The outrage upon a few of her humblest toilers had caused the greatest naval demonstration the world had ever seen, but the object lesson of Britain restraining her imperious strength and agreeing to arbitrate. One question had impressed the world more even than the speedy and satisfactory settlement that had been happily reached.

In the evening the pastor continued his series on the home circle with the subject "Parent and Child," and outlined the responsibilities of parents for feeding their children mentally, morally and spiritually. Under the text "Train up a child in the way he should go: and even when he is old he will depart from it." The importance of noting and developing a child's individuality was dwelt upon. A child does not love to do wrong rather than to do right, but it does love to do because in doing it develops its selfhood.

The focus throughout the day was of a superior quality. In the morning Mr. Holliday's solo, "O Dry Those Tears," and in the evening the ladies' quartette, composed of Misses Potter, Hill, Sandison and Peate, who gave "Now the Day is Over," was very much enjoyed. Next Sunday evening the pastor's theme will be "Parents and Young People."



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always gives a verdict in favor of
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goods. They have been the standard for fifty years. Always a little better than any other make.
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NASTY FACTS

Assessor Thomas French says that he has no desire to find fault with the health authorities, but they should investigate a house on Park street belonging to A. S. Holmes and situated between the residences of James Sterling and Mr. Moore. The house is inclined at an angle of 45 degrees to the ground. In it three families live—one white and two colored. The house has four rooms and is frightfully dirty and unhealthy. A piece of string serves for a door latch. There is another house on Wellington street belonging to Edward Anderson. The rent paid is \$1.25 a month. Mr. French says that he hopes never again to go into houses like these. Both buildings should be condemned, as they cannot help but be hot beds of disease.

WHAT ONE MAN HAS DONE

The Remarkable Achievement of a Remarkable Man—A splendid Example of what Untiring Devotion can do.

For years Dr. J. S. Leonhardt, of Lincoln, Neb., studied the problem of how best to prevent and cure disease. He was not satisfied with the methods and treatments in general use and after long study and much experiment he had declared that—
"The poisonous products of the fermentation and decomposition of undigested foods absorbed by the system are the first cause of almost all disease."

He knew that all the medicines prescribed for the stomach and bowels contained resinous properties which left behind them a dried up condition of the mucous membrane lining of the stomach and bowels—this after effect invariably resulting in Chronic Complaints.

Dr. Leonhardt therefore determined that to correct disorders of the stomach and bowels he must produce an effective medicine containing absolutely no resinous substances such as are found in the ordinary pill.

He succeeded and the result he called Anti-Pill.

Dr. Leonhardt's Anti-Pill will cure permanently any case of Dyspepsia or other Stomach Trouble, Biliousness or Constipation.

Get a bottle. All druggists, or The Wilson-Fyle Co., Limited, Niagara Falls, Ont. Sole agents for Canada.

GOOD SERVICES

Large congregations were in attendance at the morning and evening services in the William street Baptist church Sunday. The church has been holding special evangelistic services every night last week, conducted by the pastor, and good results have followed the special effort. For the morning discourse Mr. Hoyt took the words of Paul in I Cor. 9:27, "Least when I have preached to others, I myself should be a castaway," and preached a heart-searching sermon from this text. He said that these words did not mean that it was possible for a man to lose salvation and be forever lost after once believing in Jesus, but it did mean that God might cast us aside and no longer use us to any marked degree in His service because we were out of touch with Him. The preacher urged all present to examine themselves to see if God was using them, and if not, to know the reason why.

"Naaman, the leper," was the subject for the evening discourse, and a strong gospel sermon was preached. Mr. Hoyt drew attention to the many mistakes made by this great general in seeking a cure for his leprosy, and stated that men-to-day are making the same mistakes in seeking forgiveness of sins. Naaman was not cured until he complied with the prophet's demands, and men are not saved to-day until they come to Christ.

The special services will be continued every night this week except Saturday night. Special music will

THROAT SORE? CATCH COLD EASILY?

Procure from your druggist

DR. SLOCUM'S COLTSFOOT EXPECTORANT

Clears the Throat and Lungs, heals and allays Inflammation, cures Coughs, Colds, Hoarseness, Whooping Cough, Croup, by removing the cause.

Nothing better for Children.
Price 10c. and 25c. a bottle. Dr. T. A. Slocum, Limited, Toronto.

be given at each service by Mr. and Mrs. Hoyt and choir. At the services Sunday the choir rendered good music. Mr. J. Reeve and Mrs. J. E. Oldershaw sang a duet in the evening, which was much enjoyed.

NEW OFFICERS

At the Park street Epworth League last evening a reception service was held, when fourteen new members were received into the League. The election of officers resulted in the following being chosen for the term, beginning May 1:
President—W. J. Young.
First Vice (Christian Endeavor)—Miss Ruby Maggs.
Second Vice (Missionary)—James Mackness.
Third Vice (Literary)—Miss A. Mounteer.
Fourth Vice (Social)—Miss B. Turner.
Secretary—Percy Morley.
Treasurer—Orville Leak.
Pianist—Misses Eric Tillson and Candace Fleming.

THE BLOOD IS THE LIFE.

Owing to the faulty actions of the kidneys and liver, the blood becomes filled with disease germs that imperil health. The first warning is a backache, dizziness, headache and lack of energy. If you do not act quickly you would avoid the terrible ravages of chronic kidney complaint. Get Dr. Hamilton's Pills to-day; they cure kidney and liver complaint for all time. No medicine relieves so promptly everything in the world of medicine cures more thoroughly. For good blood, clear complexion, healthy appetite, the proper treatment is Dr. Hamilton's Pills. 25c. per box, at all dealers.

Local Briefs

Harry Jordan is confined to his home to-day through illness.

R. A. Hughes, of Windsor, was in the city Saturday on business.

Miss May Alger spent Saturday and Sunday with friends in Wallaceburg.

The high water is again running over the road at the Indian Creek bridge.

Miss Wilcox presented the firemen with a basket of apples, which were gratefully received.

Ald. Edwin Bell is able to be out again after being confined to his home with la grippe.

A year ago yesterday the river was at its highest, when it rose to the record height of 21.2 feet.

The many friends of Harry Taylor will be pleased to learn that he was out for a little walk Sunday.

A little son was born to Mrs. John W. Wood, of the River Road, Dover, at St. Joseph's Hospital last week.

Miss Florence McLean has returned from a pleasant visit with her aunt, Mrs. (Dr.) Mackie, Springfield, Ont.

Henry Stephens has bought the James Reid farm at Northwood, for which he paid \$8,000. There is 100 acres in the farm.

Mrs. Ferris, of Harwich, who underwent a critical operation in St. Joseph's Hospital, has returned home completely recovered.

Loverly T. Murdoch, of Cranbrook, British Columbia, spent yesterday in this city, the guest of Mr. and Mrs. James Couzens, Colborne St.

G. A. Kinder, rector, of Dresden, will conduct the services in Christ Church this evening. Rev. Mr. McCosh goes to Blenheim Wednesday night.

Geo. Hobson, of the 3rd concession, Harwich, has sold his farm and has purchased a dwelling house on Park avenue. He is now moving into the city.

Joseph McGarvie, of the River Road, Harwich, had a barn raising last Thursday. Capt. Saitor, of Raleigh, and Duncan Smith, of Dover, were the champions.

Alex. Von Eberts saw a couple of flocks of wild geese flying over the city of Sunday. One flock of five was flying west and the other flock of twelve was flying north.

J. M. Pike and Major Geo. Massey attended the meeting of the Knights Templar in London Saturday night. The Major affirms that Mr. Pike made the speech of the evening.

Robert Riddell & Son are taking orders for spring delivery of awnings, and they give special attention to the sharpening and repairing of lawn mowers, at their machine shops opposite C. P. R. station, King St.

The firm of Wilson, Pike & Gundy have moved to have the award in the Smith arbitration set aside. This is the award made to Mr. Smith for the value of his land appropriated for the extension of the Fifth Con. line, Raleigh, through his farm.

John Wickens, of Tupperville, one of Kent's brightest young farmers, was in the city yesterday on his way to the Northwest, where he will take up land. His brothers George and Joe have already established homes in the West.

W. E. Rispin has two good heated rooms to let, over his office, 115 King street, suitable for offices or living rooms, all modern conveniences; also house to rent in Riverside Terrace, heated by furnace, hot and cold water, gas and modern conveniences. Also nice small house and lot on Murray street, \$700, full particulars on application.

Calixte Bechard and Mr. McKinley have both been granted fishing licenses. Mr. Bechard's grounds are just above the Pere Marquette bridge and Mr. McKinley's are just above the old Skeels property. These are the only licenses that have been granted between here and London.

The Northway Co., Ltd. The Busy Cash Store The Northway Co., Ltd.

SOME SPLENDID VALUES IN NEW DRESS GOODS

Values that only six stores buying direct from the largest makers can alone make possible. The range we are showing for the Spring season is the largest we have ever had and we believe the choicest within your reach. A look through the many new styles we are offering will convince you that our claim is well founded. These matchless values should claim your immediate attention.

NEW BROADCLOTHS—

French and English makes, finest bright, silky finish, 42 to 54 inches wide, best dyes, at per yard 25c, 35c, 50c, 60c, 75c, \$1.00 and \$1.25.

NEW FANCY MOHAIRS—

Broken checks, hairline stripes and novelty figure weaves, wide range of colorings, in plain and two tones, 42 to 50 inches wide, matchless styles and values at a yard 40c, 50c, 75c and \$1.00.

NATTY TWEED SUITINGS—

56 inches wide, pure wool, medium weight, in range of new spring styles, in flasks, broken checks and mixtures, at a yard 75c, 90c, \$1.00 and \$1.25.

CRAVENETTE SUITINGS—

60 inches wide, fine pure wool, for suitings or raincoats, in light, mid and dark greys, fawns, etc., the best value in Canada at a yard \$1.25.

BLACK MOHAIRS—

Scellian and lustre weaves, rich bright, silky finish, 42 to 54 inches wide, best dyes, at per yard 25c, 35c, 50c, 60c, 75c, \$1.00 and \$1.25.

COLORED MOHAIRS—

42 to 54 inches wide, in every fashionable shade, bright lustrous finish, at per yard 25c, 35c, 50c, 75c and \$1.00.

NEW PANAMA SUITINGS—

Medium weight, pure wool, 44 in. wide, in good range of spring colorings, special a yard \$1.50.

ROXANA SUITINGS—

44 inches wide, bright silky finish, medium weight, in black and leading shades, extra value at a yard \$1.00.

FRENCH VENETIAN SUITINGS—

Rich pure wool, 54 inches wide, medium weight, best dye and finish, colors black, brown, navy and green, none better in the city at \$1.25 a yard, our special price \$1.00.

NEW GRANITE SUITINGS—

46 inches wide, pure wool, bright firm finish, black and colors, special a yard \$1.50.

NEW SPRING COATINGS—

Imported covert and whipcoats, 54 inches wide, in new fawn mixtures, special a yard \$2.00 and \$2.50.

YARD WIDE BLACK TAFFETA SILK \$1.00—

Extra quality, will not cut, best Lyons dye and finish, full yard wide, special a yard \$1.00.

NEW SHIRT WAIST SILKS—

Over 40 new patterns and colors to select from, in checks, stripes, shots, broken checks and new figured designs, latest colorings, at a yard \$1.00, 90c, 85c, 75c, 65c and 50c.

Seven Stores The Northway Company, Ltd. Two Factories

NO MUD IN OURS! WELLS, RICHARDSON & CO.'S IMPROVED BUTTER COLOR

Gives the True Golden June Tint that Guarantees Prize Butter. The Largest and Best Creameries and Dairies in the World Use It. LOOK FOR THE DANDELION TRADE MARK. BEWARE OF SUBSTITUTES AND IMITATIONS. ALL DRUGGISTS AND DEALERS.

The coal and ice business of J. L. Scott is being run by the Bank of Montreal.

William Campbell has been appointed by the Bank to look after the business.

W. S. Teft, travelling representative for the Matthews Northway Works, Buffalo, N. Y., was in the city yesterday calling upon friends. He is an old Planet employee.

Assessor Thomas French is inclined to believe that the residents of this city live to a ripe and hearty old age. On Saturday he met Mrs. Hawkins going to market, aged 84 years, and in the house he found Mrs. Taylor, sister of the late Bishop Hawkins, sweeping. She is 99 years old and will soon have passed the century mark.

Wanted—Dining room girl and cook at Montana House.

Wanted—Two Dining Room Girls, one Second Cook. Apply Hotel Merrill.

SPECIAL REPRESENTATIVES.—Guaranteed money making proposition. No capital required. Apply Cooper, 355-7 Clarence St., London.

Wanted—A good housekeeper, or a man and his wife, without income, to work on a farm. Address: L. Blenett, Blenheim, Ont., Box 206.

Wanted—Married man to care for horses and garden. Good wages; steady employment. House and garden furnished. Apply in person to Dr. Langford, Blenheim.

TEACHER WANTED—For S. S. No. 15, Raleigh, male or female; duties to commence April 1st. Apply, stating salary, to Jos. Symon, Merlin, Ont.

FOR SALE OR TO RENT.—Three desirable building lots, each 50 x 150, corner of Lacroix and Harvey streets. Apply to R. Urquhart, Lacroix street.

FOR SALE—Six thoroughbred Scotch Collie pups; imported stock. Apply to Joseph Capman, butcher, Thames street. Fred Goodland's old stand.

FARM FOR SALE OR RENT.—Three to four miles from Dresden, good land and on very reasonable terms. For further particulars apply to D. V. Hicks, Dresden, Ont.

FARM FOR SALE OR RENT.—The North half of Lot 9, Concession 5, Township of Chatham, containing 100 acres, 1-2 miles from Darrell station, 6 miles from Chatham. For further particulars apply to Thomas Campbell, St. Clair street, or address Box 248, Chatham P. O.

HOUSE TO RENT OR FOR SALE.—To exchange for farm property; handsome brick house with three acres, orchard and outbuildings; on Park avenue; all modern conveniences. Apply to Wm. Carswell, on the premises, or Chatham P. O.

FOR SALE—Building, business and good will of an old-established merchant-tailor trade, one of the best in the West, average six to eight bands the year round. Stock very small. A snap for the right man. Satisfactory reasons for selling. Terms to suit purchaser. Apply J. Davidson, Thamesville, Ont.

Minard's Liniment Cures Dandruff.

He who can at all times sacrifice pleasure to duty, approached sublimity.

THE T. MILBURN CO., LIMITED, TORONTO, ONT.

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FENCE FOR SALE—In good state of preservation. Apply to Thomas Scullard, Victoria Avenue.

HOUSE FOR SALE—On Grant street, for particulars apply to Thomas Scullard, on St. Thomas office.

HOUSES FOR SALE OR TO RENT.—Four new houses on Queen street, ready to occupy by April 30; fitted with complete heating, painting, gas and electric light. Apply to Wm. Carswell, Park avenue, or Chatham P. O.

FARM FOR SALE—North east half of Lot 16, Front concession, Township of Harwich, 133 acres. A cleared, clay loam, two good sized frame houses. Large frame barn and attic above stable and drive barn combined; granary and implement house. Buildings all in good repair; about five acres of orchard; artesian well, windmill and pump; three other wells. Price \$8,000. Apply on the premises to Mrs. John J. Walrath, or to W. P. Smith, barrister and solicitor, Chatham, Ont.

FOR SALE

HARWICH FARM FOR SALE—Supplying neighborhood with gas, 100 acres, good well water with windmill, two good houses, large barn and several outbuildings, five miles from Chatham, price \$5,000 on easy terms, would take city property as part payment, house and two lots, house would cost to-day \$1,000 to build, price \$800. H. McGarvie, McGarvie's sale tables.

HORSE ASTRAY—Black pony mare astray from Dover, and supposed to have gone into Tilbury. Is aged and was shot. A reward will be paid for information that will lead to its recovery. Address Capt. Jas. Steinhoff, Wallaceburg.

Horses

Wanted

Thos. Jacques, of Toronto, will be at the following places to buy a car of horses: Tuesday—March 28, Watcott Hotel, Dresden.

Wednesday, March 29, Athington Hotel, Ridgeway.

Thursday, March 30, Sheldon Hotel, Blenheim.

Saturday, April 1st—McGarvie's Stable, Chatham.

Minard's Liniment Cures Gargot in Cows.

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