## Carter's Little Liver Pills.





FOR TORPID LIYER. FOR CONSTIPATION FOR SALLOW SKIN. FOR THE COMPLEXION

CURE SICK HEADACHE.

## A Good Time Keeper

price of the unreliable watches with which the market is flooded. Warranted for accuracy and only needing regular windings to be "on the minute" for seven days a week. Adjusted to heat and cold and regulated before they leave our hands.

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## Lime, Cement AND Cut Stone.

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Thames Street, Opposite Police

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e Excessive use of Tob its; Mental and Brain of which lead to In-sanity, Consumption y grave, Price \$1 per six for \$5. One will will cure. Malled receipt of price. Send —free to any address,

The Wood Company, Windsen, Ont., Canada. After. Wood's Phosphodine is sold Mean by C. H. Gunn & Co., Central

The Chatham Loan and Savings' Co. CAPITAL, \$1,000,000. INCORPORATED . A. D. 1881.

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Apply personally and secure best rates, and low expenses. Doposits of \$1 and up wards received and interest allowed. Debentures issued for three, four or five years with interest. Coupons payable half-yearly. Executors and Trustees authorized by Act of Parliament to invest Trust Funds n the Debentures of this Company.

S. F. GARDINER,

\*\*\*\*\*\*\*\*\*\*\*\*\*\* HIS Young wife was almost distracted for he would not stay a night at home so she had his LAUNDRYdone by

Parisian Steam Laundry Co. TELEPHONE 20.

\*\*\*\*\*\*

SELF IND. OLD AILMENTS.

The Folly of Nursing the Habit of Not Feeling Well. Few people real:ze that their ailments are largely self induced, says O. S. Mar-den in Success. They get into a habit of not feeling well. If they get up in the morning with a slight headach or some other trifling indisposition, instead of trying to rise above this condition they take a positive pleasure in expatiating upon their feelings to any one who will listen. Instead of combating the tendency to illness by filling the lungs with pure, fresh air they dose themselves with "headache tablets" or some other patent specific warranted to cure whatever ill they think they are suffering from. They begin to pity themselves and try to attract pity and sympathy from others. Unconsciously by detailing and dwelling upon their symptoms they re-enforce the first sim-ple suggestions of illness by a whole army of thoughts and fears and images of disease until they are unfitted to do a day's work in their homes or offices.

There is greater danger that young girls who are delicate while growing up and lounge around the house and lie down whenever they feel the least bit out of sorts will form a habit of inva-lidism when they reach maturity. How often do we see such girls

'brace up' at once when anything happens which interests or excites them An invitation to a reception or a ball or any other pleasant social function acts like a tonic. For the time being an in stantaneous cure is effected. They are as well as anybody until after the en-tertainment.

Indulgent mothers are frequently to blame for this physical and mental laziness, for it is nothing more, on the part of their daughters. A lounge or sofa is a positive curse in many a home, be cause it is such a temptation to lie down and succumb to trifling sugges-tions of illness or the least indisposi-tion. A habit of giving in whenever you "don't feel like it" is fatal to all achievement and ruinous to self discipline, self poise and nobility and dig-nity of bearing.

THE AURORA BOREALIS.

Spectacle That Is Magnificent In

Its Impressiveness.

It was a trifle past the afterglow of sunset, and the sea was a deep rich purple, with long flowing swells. The eky, a fine light turquoise blue at ho-rizon, gradually deepened into a rich cobalt, in which a few stars twinkled A majority of the men were absorbed in various occupations below when a call of enthusiasm brought all up on deck. At a point low on the southwest horizon a faint film had arisen, which quickly, silently assumed the form of a curtain, waving and mounting upward in two stately columns past a group of finely shaped cirrostratus. In a few seconds it was across the zenith, dis-playing beautiful pale yellows, greens and delicate pink and blue lights, with edgings at intervals of faint purple and red. The columns descended rapidly in ever varying spirals of perspective until the avant garde was lost behind the far northwest horizon.

We were about off the Danish port of

Godthaab, Greenland, a sufficiently southern latitude at this season for the alternation of day and night, and as the heavens darkened the stars shone with increasing brightness through this great shimmering veil of light.

The heavens and the sea grew darker and darker, and the aurora brighter and brighter in lightning changes of form and color, with the green and yel-low and blue rays predominating and the delicate sheen from the aurora's light writhing in fiery serpent forms over the face of the moving waters. What impressiveness, what magnificence! It held the soul as in a spell. There was not much talking. Splendid as it was, I afterward witnessed aurodeeper impres sion, due doubtless to the presence of the long night of the far north.

Arizona Sunshine.

To one who has been there, says Caspar W. Hodgson in Sunset Magazine, the name Arizona, first of all, suggests sunshine and plenty of it. Nowhere on the globe is sunshine more abundant, more appreciated or more harmless. Indeed, a sunstroke has never been re corded in this territory. Though all good Arizonians have crossed the Hassayampa river, which act, according to tradition, divests one of the power to tell the truth, I believe their records are accurate as to sunstroke. The explanation is found in the fact that heat is not so much a matter of thermometer as of humidity. The dry, hot air of the Arizona desert

is invigorating to the initiated. One can learn to love the desert. There the sun-rises and sunsets are intensely beautiful and nowhere on earth richer in color. This is sometimes called Sunset Land. It might also be called Land of Sunrise.—Sunset Magazine.

Retraction.

"Look here, Mr. Editor," exclaimed an irate caller, "you referred to me yesterday as a reformed drunkard. You must apologize or I'll sue your paper

"Very well, sir," replied the editor.
"I'll retract the statement cheerfully. I'll say you haven't reformed."

Their Chance. Jaspar—Young Scadsby has enough. Why doesn't he keep out of business and give others a chance? Jumpuppe-But it is by going into business that rich young men like him give smart young men a chance to make money.

No Wonder.
She—My parrot says some awfully elever things,

He—And w're taught it to talk?

She—Oh. I c. l.

THE THINGS WE LEAVE UNDONE.

It isn't the thing you do, dear,
It's the thing you leave undone,
Which gives you a bit of heartache
At the setting of the sun.
The tender word forgotten,
The letter you did not write,
The flewer you might have sent, dear,
Are your haunting ghests to-night.

The stone you might have lifted
Out of a brother's way,
The bit of heartsome counsel
You were hurried too much to say,
The loving touch of the hand, dear,
The gentle and winsome tone
That you had no time or thought for
With troubles enough of your own.

These little acts of kindness
So easily out of mind,
These chances to be angels
Which even mortals find,
They come in night and slience,
Each entil, reproachful wraith,
When hope is faint and flagging
And a blight has dropped on faith.

For life is all too short, dear,
And sorrow is all too great
To suffer our slow compassion
That tarries until too late:
And it's not the thing you do, dear,
It's the thing you leave undone
Which gives you the bitter heartache
At the setting of the sun.

"Sawdust and Fish Life." is the title of a brochure recently issued. A reprint from the Transactions of the Canadian Institute, it is the record of a series of experiments made by Professor A. P. Knight, of Queen's University. An ancient feurl subsists between the angler and the sawmill owners, and Professor Knight's investigations will be watched with great interest by the parties thereto. His conclusions go to show that there are two sides to Sawdust and Fish Life. Knight's investigations will be watched with great interest by the watched with great interest by the parties thereto. His conclustons go to show that there are two sides to the question, and also that there is need of further investigation. Undoubtedly, strong solutions of sawdust are deadly to fish life. But the weakest of the solutions which he used was thirty or forty times as strong in sawdust extracts as the water immediately below a specimen mill on the Bonnechere River, and in this water chub and brook trout were found. "No stream," he says, "can be pronounced off hand as poisoned by sawdust. Each stream must be studied by itself, and the varying conditions must be thoroughly understood before a judgment can be pronounced. The chief things to be considered are (1) the quantity of sawdust, and (2) the volume of water into which the sawdust is discharged. Subordinate conditions are the rapidity or sluggishness of the stream, the amount of sunlight or shade, and the character of the water, whether from agricultural lands or from primitive forests."

"What Is the Press?"

The Levis Quotidien has discovered the answer to the question, "What is the Press?" As it is calculated to give a new sense of dignity and superiority to even the junior reporter, we reproduce it herewith, somewhat damaged in translation, says The Toronto News: "The Press is one or more men who pass their lives, like hermits, in a solitary chamber, thinking and writing in the interests of the fellows, who, more fortunate than themselves, are frequenting concerts, theatres and so on in the sole intent of procuring their own delight. The journalist, too, goes to the theatre, to the concert, the circus, the public festival; but he goes in a frame of mind quite different from that of the ordinary spectator. He goes in duty bound, to see that which is reprehensible, is evil, is calculated in a word to compromise the dignity the goes the discovered the dignity the goes the discovered the dignity the goes the discovered the dignity the goes to the propositions of the dignity who more the dignity who more the dignity and the digni The Levis Quotidien has discovered culated in a word to compromise the honor, the dignity, the morality of man. He takes his notes and returns to the office, not to surrender to delicious reflection on the beauty, his eyes have seen and the charm his ears have heard, but to set forth and put down on paper what there has been of good and of evil, to the end of warning and instructing the pub-lic, of keeping it so far as may be in the right way. In one word, he preaches in his newspaper a lay ser-

Canada Outstrips the States. Most of us to the southward of the order have been so occupied with

our own individual and national af-fairs that we have falled to note what has been done by our Cana-dian neighbors, says the New York Sun. In energy the Canadians are now our rivals; in achievement the now our rivals; in achievement they have perhaps outstripped us. If the foreign commerce of the United States, per capita of total population, corresponded with that of Canada, our exports and imports would aggregate six billions of dollars per year instead of their present two and one-fourth billions. In other words, the total foreign commerce of the United States approximates words, the total foreign commerce of the United States approximates \$30 per capita, whereas that of Canada approximates \$80. Her railway activity, in its proportion to population, within recent years has outstripped our own. Vast areas which a few years ago were known only to Indians and trappers are now covered with towns, villages and thrifty farms. A generation has seen her railway mileage and her freight traffic multiplied by twenty and her railway equipment and her passenger traffic multiplied by ten.

Canada's Moliday Resorts. Besides being a great country to work in, Canada is a very beautiful place in which to holiday. Down South they have long admitted the truth of the latter statement, as the yearly increasing throng of visitors testifies. Nor have we ourselves been blind to the fact, though as a nation we have done little to advertise our. sylvan wares. Year by year, however, the fame of Canada's summer glories is spreading. Quiet nooks where we used to sprawl in lazy enjoyment are taking on the hectic appearance of fashionable resorts. where once the picturesque canoe alone was seen, steam launches and luxurious yachts now cruise. The old farmhouse, where people could get board for about \$2 a week, has been transformed into a fashionable hetel.

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An "easy-to-take" stomach cleanser, nerve builder, blood purifier. A gentle laxative—not a cathartic. Keep the little aluminum box in your pocket, take the

tablets after each meal-good health will be yours. Why not try?

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> and other lines of summer goods. Object is to clean out these lines.

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