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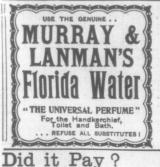
Business Men's Backs.

Too much rush and busis, work and worry fall to the lot of the average can's stand it; they fail to filter the poisons from the blood properly. Urinary trouble, generalianguor and pain in the back are the natural results. A man on's attend to business properly if his back schese —no use trying.

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Take a hint from business men who have used them: "I have taken Doan's Kidney Pills, which I produced at the Modical Hall here, for theumatism and pains in the small of my back, with which I have been afflicted for the past siz years. They did me so much good that I heartily recommend them as an accellent medicine for rheumatic troubles and backache." Caranas C. Pruzer, dealer in agricultural implements, Orillia, Ont. Doan's Kidney Fills ours backache, isma or weak back, Bright's disease, diabetes, dropay, gravel, sediment in the urins, too frequent frisings at night, rheumatism, and wakness of the kidneys in children and old people. Kemember the name, Doan's, and refuse all others. The Doan Kidney Pill Co., Toronto, Ont.

LAXA- work while you sleep without a gripe or pain, curing bilions-nees, constipation, sick head-LIVER sche and dyspepsis and make PILLS Prios 250. at all druggists.



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MESSENGER AND VISITOR.

A News Summary.

Cape Colony exports the feathers of 40,000 ostriches yearly. The Belle Isle cable has been successfully laid and the Marconi apparatus installed. Lord Strathcone is confined to his house by a servere cold and his friends are anxious.

The shipments of cattle from Montreal to British ports show a decrease compared with last year. The value of the estate of the late Hon. N. Clarke Wallace is placed at \$34,000. He left no will.

High Allan says the Allan line has no present intention of making Sydney a port of call, as reported.

The destruction of a tenement house at Maisonneuve, Que., on Tuesday, rendered fifteen families homeless.

nreen families homeless. Sir Charles Tupper and Lady Tupper will remain in Winnipeg as guests of their son, Stewart Tupper, during the winter. It is said that Lord Kitchener has again applied for a number of staff officers from India to be sent forthwith to South Africa. India Africa.

William J. Miller, of Musq uodoboit, was tried by Judge Moorse Tuesday morning on a charge of prejury, and honorably acquitted.

Owing to the upward tendency of land alues, the Manitoba government has ad-anced the price of all provincial lands by o cents as acre. valu

Mr. John McGregor, of Scottsville. C. B. died on Tuneday. He was 94 years of age and father of Rev. D. McGregor, Presby terian minister at Amherst.

The Canadian Cotton Spool Company, with capital of \$200,000, has been organized to nnify companies operating in the same business in the Dominion.

The Dominion Alliance has decided, in view of the recent Manitoba liquor act de-cision, to wait on the Ross government and ask it to introduce a prohibitory law in Ontario.

in Ontario. Thirteen hundred live turkeys were shipped from Orillia, Ont., last week for the British market. They were bought at 6χ cents per pound live weight, which means about 8 1-4 dressed. The liberals of West York have unani-monaly nominated Arch Campbell, ex-M. P., as their candidate for the vacancy in the Dominion house caused by the death of Hon. N. Clarke Wallace. Andrew Cardiff conductor running be-

Andrew Cardiff, conductor running be-tweenDominion No. I and the reserve collieries, was seriously injured Tuesday while coupling cars. He will not likely recover. He belonged to Stella ton.

The French Senate Friday adopted a proposal, supported by the premier, Mr. Waldeck-Rousseau, to appoint a com-mission to study the means to be taken in order to arrest the depopulation of France.

At British Settlement, four miles from Sackville Tuesday, Arthur Duncan, by the accidental discharge of a gun, in the hands of Hazen Cook, was so severely wounded in one of his arms that it had to be ampu-tated.

A bold burglary was committed at Centre-ville, Cape Island, on Monday night. A thief entered the store of James McGray, opened the safe and took wherefrom \$1,166 in bank notes, one of the notes being for \$500.

syco. Last year lobster fishing was allowed in St. Mary's Bay, Digby Co., N. S., from Dec. 15th. It has been found to be a most detrimental procedure, and this fish-ing in the bay will not be allowed before January 15th.

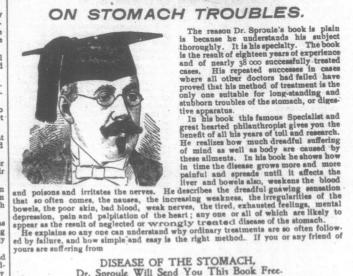
January 15th. According to the Prof. Forel, who has made a special study of the Alpine gla-ciers during the past twenty-five years, the day of the glancier .s gone. they are de-teniorating slowly, but with steady persist-ence, and diminution becomes more mark-ed-stom year to year. The Pav. American Exposition buildings

ed from year to year. The Pan-American Exposition buildings were sold to the Chicago House-Wrecking Company, Saturday, for \$92,000 The buildings are to be removed, and their grounds restored to their former condition by the company. The steel in the elec-trical tower alone is valued at \$25,000.

It is reported that work would be begun next summer on the Canadian Northern's extension through the Rocky Mountains to Port Simpson. It is stated that the British Columbia government will bonus the road to the extent of \$4,000 per mile. Assistance will also be asked from the Dominion Government.

Dominion Government. At the recent installation of Lord Bal-four, of Burliegh, as Lord Rector of the University of St. Andrew's, the Countess of Aberdeen was a conspicuous figure in her black cap and robe, edged with blue, signifying the Canadian degree of Doctor of Laws, conferred on her by Queen's Uni-versity, Kingston. Lady Marjorie Gordon, Who was also present, wore a black and white picture bat, and monse-colored cost, with a dark frock.

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and encouragement to many almost an point, any pains, bloating, belching or variable If you have any trouble with your digestion, any pains, bloating, belching or variable appetite, don't neglect yourself Send for this book. It will explain your trouble and prove the means of leading you back to perfect health. Address Catarrh Specialist Sproale, 7 to 13 Doane St., Boston, Mass.

HOW TO REST.

"It is not," confessed a woman, "until a member of my family became ill with nervous exhaustion and our physician prescribed rest, pure air, simple diet, and no end of outdoor life that I discovered how really apart from this regime was our daily living. Before this I should have said offnand that we lived simply and hygienically, and that ventilation and plenty of outdoor exercise were considered pienty of outdoor exercise were constructed by the entire household. Viewing all these things, however, as remedies, for a threatened invalidiam, I soon found that the atrenous life and ignoring of health rules went on pretty regularly right in my own modest establishment. I have changed the menus of our meals very radically; I have found that it is possible to keep the house better ventilated than it used to be; I have suppressed with benefit a good deal of the consequent going and coming that contributed to our general restlessness, and I am watchful that all of as get more outdoor life than we did. It is easy to allp into c-reless rules even with good in-tentions and plenty of knowledge."-N. Y. Evening Post. by the entire household. Viewing all

IMPASSABLE LIMITATIONS.

A keen unhappiness arises from our unwillingness to recognize the limitations of others. A father builds high hopes upon a son or daughter; but it is not in them to realize these expectations. The child may be upright and dutiful, but he lacks the energy, or the grasp of mind, or the special aptitude, which would fit him for the career his father had planned. Even in married life, one partner may discover in the other those limitations which make the realization of the fondest hopes for-ever impossible. The husband or wife may be admirable from a moral point of view, but the material is not there for anymay be administer in the a motar point of view, but the material is not there for any-thing but a very commonplace career. The part of wiedom is to recognize the limitations, and make the best of them. You cannot make people over. Easy as it looks, it is impossible. The notion that religion or education or training can im-part capacities and aptitudes is fascinat-ing, but there is nothing in it. Ultimate-ly you will have to actile down to take people as they are. The part of wisdom is to recognize the limitations, and to seek to help others to make the most of them-selves within them; and you will, perhaps, find as much comfort and genuine com-panionship in a nature which has devel-oped its own powers within their natural limitations as you would have had in pride over a distinguished career.—The Watch-man. AIM AT PERFECTION, NEVER PRO-FESS IT.

The waters of God's blessing flow downward, and he who would drink them must stoop

Our faith can never afford to approach God in robes of royalty. Sackcloth and ashes are always its proper clothing. Faith can never grow too strong to pray, God be merciful to me a sinner." W are all Pharisees by nature, publicans only by grace, and let us shun as we would a viper, all claims to sinless perfection. Paul never reached it, or if he did, he was far from being conscious of his high at-tainment. When a comparatively young tainment. When a comparatively young Christian he wrote, "I am the least of the apostles." After he had grown in grace a few years, he could say, "I am least than the least of all saints." When 'he had grown old in God's service, he could sub-scribe himself the "chief of sinners." A certain Methodist biabop, in charging a class of licentiates, said, "Aim at perfec-tion, but I charge yoa, in God's name, never to profess it." The place for true faith is on its knees before a holy God, weeping tears of penitance for its sins, and cyjoicing only in His righteousness.—A. C. Dixon.

What Makes You Cough.

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