

Shiloh's Consumption Cure

Cures Coughs and Colds at once. It has been doing this for half a century. It has saved hundreds of thousands of lives. It will save yours if you give it a chance. 25 cents a bottle. If after using it you are not satisfied with results, go to your druggist and get your money back.

Write to S. C. WELLS & Co., Toronto, Can., for free trial bottle.

Karl's Clover Root Tea corrects the Stomach

Business Men's Backs.

Too much rush and bustle, work and worry fall to the lot of the average business man. Kidneys can't stand it; they fail to filter the poisons from the blood properly. Urinary trouble, general languor and pain in the back are the natural results. A man can't attend to business properly if his back aches—no use trying.

DOAN'S KIDNEY PILLS.

Take a hint from business men who have used them: "I have taken Doan's Kidney Pills, which I procured at the Medical Hall here, for rheumatism and pains in the small of my back, with which I have been afflicted for the past six years. They did me so much good that I heartily recommend them as an excellent medicine for rheumatic troubles and backache." *Cammas O. Prizer, dealer in agricultural implements, Orillia, Ont.*

Doan's Kidney Pills cure backache, lame or weak back, Bright's disease, diabetes, dropsy, gravel, sediment in the urine, too frequent risings at night, rheumatism, and weakness of the kidneys in children and old people. Remember the name, Doan's, and refuse all others. The Doan Kidney Pill Co., Toronto, Ont.

LAXATIVE PILLS work while you sleep without a gripe or pain, curing biliousness, constipation, sick headache and dyspepsia and make you feel better in the morning. Price 25c. at all druggists.

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For the Handkerchief, Toilet and Bath.

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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 Strathcona is confined to his house by a severe 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.

Hugh 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.

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.

William J. Miller, of Masquodoboit, was tried by Judge Moore Tuesday morning on a charge of perjury, and honorably acquitted.

Owing to the upward tendency of land values, the Manitoba government has advanced the price of all provincial lands by 50 cents an acre.

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

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

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

Thirteen hundred live turkeys were shipped from Orillia, Ont., last week for the British market. They were bought at 6½ cents per pound live weight, which means about 8 1-4 dressed.

The liberals of West York have unanimously 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 between Dominion No. 1 and the reserve collieries, was seriously injured Tuesday while coupling cars. He will not likely recover. He belonged to Stellarton.

The French Senate Friday adopted a proposal, supported by the premier, Mr. Waldeck-Rousseau, to appoint a commission 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 amputated.

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

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 fishing in the bay will not be allowed before January 15th.

According to the Prof. Forel, who has made a special study of the Alpine glaciers during the past twenty-five years, the day of the glacier is gone. They are deteriorating slowly, but with steady persistence, and diminution becomes more marked 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 electrical 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.

At the recent installation of Lord Balfour, of Burleigh, 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 University, Kingston. Lady Marjorie Gordon, who was also present, wore a black and white picture hat, and mouse-colored coat, with a dark frock.

FREE BOOK ON STOMACH TROUBLES.



The reason Dr. Sproule's book is plain is because he understands his subject thoroughly. It is his specialty. The book is the result of eighteen years of experience and of nearly 38,000 successes in cases where all other doctors had failed have proved that his method of treatment is the only one suitable for long-standing and stubborn troubles of the stomach, or digestive apparatus.

In his book this famous Specialist and great hearted philanthropist gives you the benefit of all his years of toil and research. He realizes how much dreadful suffering of mind as well as body are caused by these ailments. In his book he shows how in time the disease grows more and more painful and spreads until it affects the liver and bowels also, weakens the blood and poisons and irritates the nerves. He describes the dreadful gnawing sensation that so often comes, the increasing weakness, the irregularities of the bowels, the poor skin, bad blood, weak nerves, the tired, exhausted feelings, mental depression, pain and palpitation of the heart; any one or all of which are likely to appear as the result of neglected or wrongly treated disease of the stomach.

He explains so any one can understand why ordinary treatments are so often followed by failure, and how simple and easy is the right method. If you or any friend of yours are suffering from

DISEASE OF THE STOMACH, Dr. Sproule Will Send You This Book Free.

This book was written for you. It is fully illustrated at great expense, so that you cannot fail to understand. Nothing has been spared to make this book a real help to discouraged humanity. Dr. Sproule's deep love and thorough sympathy with all who suffer have made him gladly give up not only his money and his spare minutes during the day, but often his much needed rest at night. For years he has had this book in mind, planning how he could most clearly teach the people of this great continent the truths they so much needed to know and which no one else could tell them. And now he offers you this book with the earnest wish that it may be the means of bringing help and encouragement to many among his poor, down-hearted, almost hopeless fellow beings.

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: Catarth Specialist Sproule, 7 to 13 Dugan 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 offhand that we lived simply and hygienically, and that ventilation and plenty of outdoor exercise were considered by the entire household. Viewing all these things, however, as remedies, for a threatened invalidism, I soon found that the strenuous 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 us get more outdoor life than we did. It is easy to slip into care-less ruts even with good intentions and plenty of knowledge."—N. Y. Evening Post.

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 forever impossible. The husband or wife may be admirable from a moral point of view, but the material is not there for anything but a very commonplace career. The part of wisdom 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 impart capacities and aptitudes is fascinating, but there is nothing in it. Ultimately you will have to settle 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 themselves within them; and you will, perhaps, find so much comfort and genuine companionship in a nature which has developed its own powers within their natural limitations as you would have had in pride over a distinguished career.—The Watchman.

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." We 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 attainment. 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 less than the least of all saints." When he had grown old in God's service, he could subscribe himself the "chief of sinners." A certain Methodist bishop, in charging a class of licentiate, said, "Aim at perfection, but I charge you, in God's name, never to profess it." The place for true faith is on its knees before a holy God, weeping tears of penitence for its sins, and rejoicing only in His righteousness.—A. C. Dixon.

What Makes You Cough.

Did you ever wonder just what it is that makes you cough? In a general way it is understood to be an involuntary effort of nature to eject something from the respiratory tract. As a matter of fact, merely a slight throat inflammation caused by a cold will cause a cough to start, and the more you cough, the more you want to cough. If you allay the inflammation in the throat your cough will stop.

Don't kill the sensitiveness of the throat with medicine containing a narcotic, but give it soothing and healing treatment. This is difficult because the inflamed parts are in the way of the passage of food and drink. The true cough remedy is something that will protect the throat from the ill effect of catarrhal discharges and also from the irritation of swallowing food. Such a remedy is Adamson's Botanic Cough Balm which for many years has been conquering the most obstinate coughs. It is a soothing compound prepared from barks and gums. Its beneficial effect is quickly felt and the work of healing promptly begun. If you once take Adamson's Balm for cough, you will never be satisfied without some of it at hand for any new cough. A trial size of the Balm can be secured of any druggist for 10 cents. The regular size is 25c. In asking for the Balm, be sure you get the genuine, which has "E. W. Kinsman & Co." blown in the bottle.