# SLEEPLESSNESS

DRIVING MANY MEN AND WOMEN TO USE DANGEROUS NARCOTICS.

A SIMPLE WAY OF INDUCING REFRESHING SLUMBER BY RE-STORING HARMONIOUS ACTION OF THE NERVE CENTRES.



TO the thousands of people all over the land who are tossing on sleepless pillows night after night, or who pace the bedroom floor with nerves unhinged, and to whose leve sleep will not come, Milburn's Heart and Nerve Pills offer the blessing of sound, refreshing rest.

They restore the equilibrium of the deranged nerve centres and bring back the shattered nervous system to perfect condition.

Then "nature's sweet restorer" comes and sleep is sound and peaceful as a babe's. No one need suffer the terrible agony of sleeplessness, or any derangement of the nervous system when Milburn's Heart and Nerve Pills can be procured.

Mr. Chas. Tighe, a well-known resident of Mount Forest, says: "Until I commenced using Milburn's Heart and Nerve Pills, which I got at Yeoman's drug store last November, I was very excitable. The slightest trouble set me trembling all over, and it would be a long time before I could calm myself.

My heart often beat so fast that I felt as if I would omother, and my nervous system

never out so late as to give David

Saturday night was always the busi-

way, as in a dream of a strange coun-

bargaining, haranguing multitude of

men, women and children, each of them

the center of the whole universe, as I

was to myself, looking through no

other eyes and hearing through no

other ears than their own. I have never

felt the profound mysteriousness and

I came to one of the corners where

lithographs. I had passed two or three

rough fustian jacket as his feliow-salesman, well patched, but also well

turned his back upon the stall. Then

he uttered a cry like the other sales-

man, but so musical and sweet, that

the man turned back with an ashamed

laugh. Finally fastening upon the book, he threw down the money and

hurried away, as if to free himself from

There were three children squatting

under the stall and looking at a pic-

ture book, making a pretty picture themselves, though their little faces

were pale and pinched. The eldest am-

ongst them I recognized as our crippled

Jemmy, a dwarfed, deformed boy of 10,

who lived at the greatest distance from

I was just turning away when sud-

denly the door of the gin palace was flung open, and a woman thrust out.

ground, striking her head upon the

kerbstone. The salesman from the book stall was beside her in a moment.

lifting her up gently, and putting his

arm round her to keep her from falling

again. She was, in my eyes, hardly distinguishable as a woman. No con-

trast could be greater than between

the fine, grave, delicately molded face

of the man, and the swollen, defaced,

bloated visage of the drunken woman.

"Why! it belongs to Brother Felix."

that's my mother as he's taking home.

than by donning a hair shirt and pun-ishing himself with a knotted scourge.

I saw dimly then that it was a better

way than making a vain attempt to ignore his shame. But I could not

and find me there, and I would not spy upon him from a distance. So bidding

Jemmy, quite unnecessarily, to take care no picture or book was stolen from the stall, I hastened away, and loitered

longer, lest he should return

paused to speak to him.

the school, and whom, in consequence,

temptation.

to the others.

Palmer and Abby any uneasiness.

sleep whatever, and I can assure you it is a bad state to be in, as I went to my work feeling weak and nervous. "I have taken two boxes of Milburn's Heart and Nerves Pills and they have relieved every one of my troubles. My heart is all right, I sleep well and go to my work strong and refreshed. They have restored my nervous system to health and vigor, and I appreciate the remarkable good they have done me more than I can tell

was so completely unstrung that I could hardly sleep at all. Some nights I got no

Milburn's Heart and Nerve Pills sold by druggists at 50c. a box, or 3 for \$1.25, or sent by mail by addressing T. MILBURN & Co., Toronto, Ont. The "Egyptian Dream Book" (copyrighted), explains all dreams. Sent to anyone on receipt of a 3c. stamp.

## Woman's Love.

the brightest. The leaden November sky overhead showed a lurid illumina-"But he does not earn money in that way?" said Abby.
"No," he replied, "but you know Jonathan Manning pays him a regular in the glare. The throngs on the pavepensary; and three or four times a week Felix sings at music halls and is stall-keepers shriller. I threaded my salary for his attendance at the dis-"Sings at music halls?" I repeated, try, through the jostling, gesticulating,

impulsively. "I thought they were very "Some of them are." said David Palm-"but others are quite respectable. 'And he only sings at these?" I

"He goes wherever he is invited," he answered, "but always on one condition—that he chooses his songs him- as I felt it amid this East London self. Yes, he has been to almost in- crowd. fernal places, and sung good and noble songs there, which have stirred the several brilliantly lighted spirit vaults hearts of at least the young among the made the space around them brighter depraved audience. Only twice has he than by daylight. Close to the pavebeen hissed off the stage, and we know ment, opposite one of these, stood a he has been a messenger of good to stall furnished with second-hand books some among the poor creatures. Felix and hung round with cheap colored

"Perhaps he would become a famous! in other parts of the thoroughfare, but

this one attracted me. The salesman His father's face clouded for a mo- who stood behind it wore the same ment and he sighed. "It might have been so." he rejoined; "but we do not covet fame, neither he | brushed, with no cuffs or collar, and a nor I. He will never forget or outlive | red cotton handkerchief tied round his the past. Indeed, half the power he neck in a loose knot. He was tall and has over some of the worst people he thin, and stooped a little, as if he were has to deal with consists in this fact: used to bearing heavy burdens. But that he knows practically what many his face, refined, educated and ascetic, of them have endured in prison. Two was utterly dissimilar from the rough years of hard labor impresses a man's countenances surrounding him. He memory. No, no! My Felix will live was conversing earnestly with a young and die at the work he has found for mechanic, who seemed to be hesitating himself. His erime has set his foot on between buying a book or passing a ladder leading we know not whither. through the swinging doors of the near-we were very silent after that. I est gin palace, which were opening and noticed Abby's eyes resting on the old shutting every minute. man's saddened countenance with an expression of wistful sympathy. I which attraction would be the greater, and Tom | and I saw the disappointed look on the thought of my stepfather Lincoln, who had fled from the penalty salesman's face when the mechanic they had incurred; and for a minute or two doubted if they had not chosen the

wiser path. After that evening I listened with inased interest to Felix Palmer's quiet in the morning, and to the muffled sound of his voice as he sang in the dispensary below the cripples' school room. He was an enigma to me. His father's life I could partly understand. But the root-idea of the strange career Felix had chosen was as yet a problem which could not be solved until

knew him well. Brother Felix has not been to sing to us once since you came, teacher," said the children. "Our other teacher u.ed to ask him to come often.

we had not yet visited in his home. He I sang to them and with them every was a bright little fellow, and it was day, but the poor little cripples missed he who was explaining the pictures him. I wondered if he absented himself because Abby and I were there. and he was reluctant to meet us; or if he was really too much occupied. November came, but for the first few She staggered clumsily forward for a few steps, and then fell heavily to the

days to thick yellow fog smothered the city. My rambles in the early hours of the long nights continued, for I was

shop bell, met me with an open book in his hand. The old man looked charmingly happy. When he saw who it was he addressed me with a de-

"Come in, my dear child," he exclaimed. "Why, you make our dull house more of a home than I have had for many years. I can never be grateful enough to Miss 'A Bricot and you for deigning to take up your abode with us. It makes me ten years younger."

Abby tried to stammer out a few words of protest, but was too much embarrassed

"You forget," I said, "It was you who offered us a home when we had none. And we, too, are happy." "Oh, yes!" exclaimed Abby, fervent-

"But you are not yet quite free of the house," said David Palmer. "I will put up the shutters and close the shop, and then I will show you my hobbyhorse. Every lonely man or woman should have a hobby."

He led the way upstairs to the garret in the sloping gable of the gambrel room. Here there was a small hand printing-press under the loftiest part of the roof. The ceiling and the walls appeared to be in squares of black and white: but on closer inspection they proved to be verses printed in uniform

type."
"You see," he said, cheerfully, "as nobody gave me any orders for printing, my press and my one fount of type would have been useless. So I have used them myself in setting up every hymn I came across, especially in old volumes, where they were forgotten. I have thousands of them in these boxes; but my favorites are pasted on the walls, as you see. When I come across a very beautiful hymn, or one very suitable for the poor, I print hundreds of them, and Felix distributes This week I have printed five hundred copies of the American battle hymn.

"What is it?" I asked, "I never saw "We will go and hear Felix sing next week," he replied. [To be Continued.]

## The Railways.

Can Cross the American Conti nent for Twenty Five Dollars.

Important New Departure by the Grand Trunk.

est and liveliest. Then the various stalls Settlers' Service Established to were most numerous, and the gas jets above them, flaring in the wind, were Winnipeg from This Section.

tion, and every window and gable of the surrounding houses stood out clear Continuance of Bonding Privileges to the C. P. R. Favored by Spokane Chamber of Commerce.

> Twenty-five dollars to the Pacific coast is what the intending traveler can get across the continent for, as the result of the reduction in fares andepartment of the C. P. R. say that vice of the company. they purchased a ticket from the G. T. R. for that figure, and in consequence have placed their fare at the same basis. The change amounts to a reduction of \$5 all around on transcontinental rates. The first-class fare will

class \$25 instead of \$30. Then there is a slight change in the rate to St. Paul in consequence, and the fare to that point will be \$15 instead of \$16. The Grand Trunk will issue a new time table on Monday, by which connection will be made at Scotia June tion between Grand Trunk trains and Ottawa, Arnprior, and Parry Sound railway trains, and a daily service thus

now be \$35 instead of \$40, and second-

secured between Toronto and Parry The C. P. R. made the promised reduction in rates, so far as eastern points are concerned, covering Ontario, last night by the departure for the first Quebec and New Brunswick. The rate to Portland and San Francisco is \$40, and \$30, respectively, these points being | Shut out by the trouble with the Canareached from Vancouver by the Pacific Steamship Company. The points ment with the latter line on western principally affected by this reduction are east of Kingston. The C. P. R. to have a service of its own to the I could not help but linger to watch appears to be striking at the eastern business of the G. T. R.

> NOTES. agent of the G. T. R., announces as a result of the conference held on Friray between the representatives of the railways, Hon. John Dryden representing the agricultural department of Ontario, Mr. J. I. Hobson, representing the Dominion Cattle Breeders' Association, in reference to the rates on pure bred cattle, sheep and swine, that the



He led her away down the side street, A man in the darkness of hopeless disand turning round, I saw Jemmy perchease is of all men most miserable. When doctors and medicines innumerable have ed on a high stool behind the stall, with a preternaturally steady air of a keen been tried and found wanting, and loving friends vainly urge upon him the food he cannot eat and which brings him no nour-"Hello, teacher!" he exclaimed, as I ishment or strength, what is to be done? "Whose stall is this, Jemmy?" I in-Men and women who have sunken so far into weakness and disease that the whole body seems to be permeated and poisoned by it have found health, strength and vigor through the transformhe answered, in a surprised tone, "and So this was David Palmer's disgraced ing, electrifying power of that wonderful "Golden Medical Discovery" which Dr. son, who had shared my cousin's crime, and who had undergone his term R. V. Pierce, of Buffalo, N. Y., proffered, thirty years ago, to sick and suffering huof hard labor as a common felon. This was how he was making reparation for his guilt; doing penance in a wiser way

During all the years since then this marvelous "Discovery" has been building up weak and debilitated constitutions by its extraordinary influence upon the human, nutritive system. It gives the digestive or-

no longer in the busy thoroughfare.

Abby, with her new expression of placid contentment, with a touch of pleasurable self-consciousness in it, was busy with needlework in the cosy little kitchen when I reached home.

David Palmer, hearing the tinkle of the Consumption in all its earlier stages is

\*\*\*\*\*\*\* Dr. Pierce's Pellets cure constipation.

eight new engines, which will be put upon the Ontario and Quebec division of their road.

The Lake Shore's report for 1897 will show that the company has a surplus of \$3,745,000, which is equal to a dividend of 71/2 per cent on its stock. The Gould lines now have a mileage of nearly 10,000 miles. Starting with the Wabash, the Gould lines extend to Chicago, St. Louis, Kansas City, Denver and the Gulf of Mexico, with headquarters in St. Louis.

The Swiss people, through a recent popular vote, have shown themselves desirous of owning the roads of their republic. The proposed state purchase of the railways in that country will cost about \$200,000,000,for which the government is now projecting a loan.

There were nearly 400 passengers aboard the C. P. R. colonist train which left Toronto Tuesday morning. left Toronto Tuesday morning. The Klondikers aboard were Capt. J. W. Gidley, Messrs. J. J. Gidley, W. Lerow, J. M. Trupp, D. Oullett, W. Smith, and J. M. Irwin, all from Ontario.

A dispatch from Montreal says: The Grand Trunk has decided to lay 80-pound steel rails, and put in additional sidings on the southern division of the road, in consequence of the new arrangement with the Wabash. The part of the road to be improved is the loop line, over which the Wabash trains run.

Port Huron Herald: It is reported from good authority that the Grand Trunk will start a double track between the tunnel and Detroit in the spring, and that inside of five years there will be another tunnel and double tracks to Chicago. In a year's time the present tunnel will be unable to handle A Detroit dispatch says: Since the

Wabash-Grand Trunk freight deal was put into effect the Wabash has been doing a great business. Two hundred cars, averaging 50,000 pounds, are being ferried every day. For west-bound freight another section has had to be added. The company is improving its time, too. The Wabash made such a good spec-

ulation in leasing the southern division of the Grand Trunk that the rival American lines are becoming jealous. Wabash freight that was formerly handed to the Nickel Plate, Lake Shore, Baltimore and Ohio, and the Michigan Central, is now routed through Canada, and a considerable saving of time and mileage effected. The Spokane (Wash.) chamber of

commerce on Tuesday evening adopted unanimously resolutions in favor of the continuance of the bonding privilege to the Canadian Pacific Railroad, and requesting the Washington congressional delegation to oppose measures now pending for the rescinding of such privilege. In discussing the matter the opinion was general expressed that the interests of Washington required Canadian Pacific Railway competition.

The Wabash section foremen have been notified to send to the roadmaster's office the names, ages and time of service of all men in their employ who cannot sign the pay roll. Those who cannot will be given one month to learn to write their name, after which those who cannot through on this train to any points in will be dropped unless they can Manitoba, and the service is a quick comply with the order. It is thought this means the dismissal of a number nounced by the C. P. K. The passenger of men who have long been in the ser-

### A Grand Trunk Train.

New Settlers' Service Established to Winnipeg.

Free Colonist Sleeping Cars Placed on the Route-First Trains Out of Toronto Last Night to the West.

[From Toronto Globe, Wednesday,

March 9.1 The Grand Trunk Railway inaugur ated a new feature in its train service time of through coionist trains to Winnipeg by way of Chicago and St. Paul, west, and last night the first through colonist train in connection with this service left here. The through ser-Mr. Arthur White, district freight | Montreal and Toronto, via Chicago and lines in Ontario acting as feeders to it. The company is placing four new colonist sleeping cars on the service, which will be continued during March and April, and, by the way, it may be mentioned that these are free. Two of the cars were at the Union depot last night, and were inspected by a reporter of the Globe. For comfort, convenience and even elegance of design and finish the care are far superior to the sleeping cars ordinarily supplied to colonists going through to the west. One car was a first-class Pullman adapted as a colonist sleeping car. It was finished in solid, dark, carved mahogany. The seats, which were softly cusnioned, were upholstered in leather, being at once comfortable and durable, and making when transformed into beds easy sleeping couches. One portion of the car was furnished as a smoking apartment, so that women and children in the car would not be put to an discomfort by reason of smoking. One very good feature in the arrangements was that there were separate wash rooms, that for the women being shut off from the men's wash room. It would in fact be hard to conceive a colonist sleeping car better suited for the purpose. arrangements in the second car were much the same as those of the first. except that the upholstering was much more elaborate, being done in rich plush. Both the cars were well lighted, and in fact everything done that could take away the hardship of a long

journey. The new Grand Trunk western service is a weekly one, and consists first of a train with stock and settlers' effects, to which is attached a colonist sleeper, and then a colonist sleeping service attached to the regular Grand Trunk Chicago express on Tuesday evening and Wednesday morning. The first through live stock and settlers' effect train left here at 7 o'clock last night, with the colonist car attached. The idea in this car is that intending colonists with their families can take this train, which runs straight through priate every life-giving element from the food taken into the stomach and transforms it into rich, highly vitalized blood and healthy flesh, bone, sinew and nerve fiber. to Winnipeg, and look after their stock freight along the route. Last night there was a good train but of here, and the number of cars would be augmented by the time the train reach-

QUALITY, QUALITY, QUALITY SE INDO-CEYLON TEA Is absolutely pure. Not an admixture of inferior growths. Packed in sealed lead packets to insure its safe passage from our hands to yours. All grocers keep it-25c, 30c, 40c, 50c and 60c per pound.



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World's Corset trade. P. D. Corsets are tailor cut and hand finished and only the very Best Materials are used in manufactur-

ing these nonpareil goods. They have been : w ded Ten Gold Medals and received again the ...ghest Prizes in Brussels in 1897, which shows the merits of these corsets. To be obtained at all leading drygoods stores from

\$1 to \$30 per pair. 

Alne Rebbon den now,

accompanies the colonists to look after them and see that their baggage is checked through, for under the present arrangement there will be no trouble with the American customs authori-

Those colonists who had no effects beyond their personal baggage left last night in the sleeper attached to the o'clock. This service, also weekly takes passengers by way of Hamilton London, Sarnia, Chicago and St. Paul and will reach Winnipeg at 1:30 p.m. or Friday. Passengers are ticketed and a good one. This morning, again, another colonist free sleeper will be attached to the 7:50 o'clock train over the Grand Trunk to Chicago and the west. A number of railroad men were at the Union depot last night to inspect the new sleeping cars and they expressed most favorable opinions of them.

Dr. Chase's CuresCatarrh After Operations Fail.

My boy, aged fourteen, has been a sufferer from catarrh, and lately we submitted him to an operation at the General Hospital. Since then we have resorted to Dr. Chase's Catarrh Cure, and one box of this medicine has made a prompt and complete cure. H. G. Ford,

Foreman, Cowan avenue Fire Hall. Early man used to be able to wag his ears as an indication of pleasure or to brush away flies from under his back hair, but as the muscles were not brought into continual use they

Navigation and Railways

### NEW SERVICE TO WINNIPER DAILY. Leaves London Leaves London .............. 3:10 a.m. 1st day Leaves London 2:00 p.m. 1st day. Arrives Chicago 2:00 p.m. 1st day. "St. Paul 2nd day. "Winnipeg 1:30 p.m. 3rd day. Free colonist sleeping cars will run through to Winnipeg commencing 3:10 a.m., and 11:15 a.m. trains, Wednesday, March 9, and weekly thereafter on same days and

For information apply to G. T. R. agents, or write M. C. DICKSON, D. P. A., Toronto.

## WHITE STAR LINE ers for Queenstown and Liverpool.

TEUTONIC. ......April 6, noor

\*Superior second cabin accommodation or these steamers.
From White Star dock, foot West Tenth From White Star dock, foot West Tenth street.
Saloon rates—On Teutonic and Majestic, \$75 and upwards; second cabin rates. Majestic and Teutonic, \$45 and \$47 50; Adriatic, \$40 and upwards, according to location of berth. Round trips at reduced rates. Saloon rates on Germanic and Britannic, \$60 and upwards. Steerage at lowest rates. Company's office, No. 41 Broadway, New York.

For further information apply to

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CALIFORNIAN. March 26
LAURENTIAN March 30
PARISIAN. April 9

Glasgow-New York service-State of Ne-braska sails from New York, March 3i; cabin.

Navigation and Railways

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East, West, North and

South.

For particulars and tickets apply at City Office, 395 Richmond street. JOHN PAUL, City Agent. O. W. RUGGLES, JOHN G. LAVEN, General Pass. Agent. Can. Pass. Agent

The direct Route between the West and all points on the Lower St. Lawrence and Baie des Chaleur, Province of Quebec; also for New Brunswick, Nova Scotia, Prince Edward and Cape Breton Islands, Newtoundland and St. Pierre.

Express trains leave Montreal and Halifax aily (Sunday excepted) and run through witht change between these points. The through express train cars of the Inter-colonial Railway are brilliantly lighted by elec-tricity, and heated by steam from the loco-motive, thus greatly increasing the comfort motive, thus greatly increasing the comfort and safety of travelers.

Comfortable and elegant buffet, sleeping and day cars are run on all through express trains.

The popular summer sea bathing and fishing resorts of Canada are all along the Interco-lonial, or are reached by that route.

Canadian-European Mail and Passenger Route.

Passengers for Great Britain and the Continent can leave Montreal Tuesday morning and join outward Mail Steamers at St. John on Wednesday, or they can leave Montreal on Wednesday morning and join outward Mail Steamers at Halifax on Thursday.

The attention of shippers is directed to the superior facilities offered by this route for the transport of flour and general merchandise intended for the Eastern Provinces, Newfoundland and the West Indies; also for shipments of grain and produce intended for the European markets, either by way of St. John or Halifax. Tickets may be obtained and all information Tickets may be obtained and all information about the route, also freight and passenger

about the route, also freight and passenger rates, on application to
A. H. HARRIS,
General Traffic Manager,
Board of Trade Building, Montreal D. POTTINGER, General Manager. Railway Office, Moncton, N. B., May 21, 1897.



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Real Estate and Mining Stock Broker. Money to Loan. Notes Collected. JAS. MIN. 88 Dundas St.

ed the tunnel. This train leaves Chicago Wednesday night, and St. Paul on Thursday, reachin, Winnipeg over the tracks of the Great Northern Railway. An agent of the Grand Trunk

245 and upwards; return, \$55 and upwards; second cabin, \$35; return, \$64 13; steerage, \$23 50.

AGENTS—E. De la Hooke, "Clock," corner richemond and Dundas. Thomas R. Parker, southwest corner of Richmond and Dundas streets, and F. B. Clarke, 416 Richmond street

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