

## The Planet

S. STEPHENSON, - Proprietor.

DON'T TAKE WHISKEY AND QUININE FOR GRIP.

George D. Swaine, M. D., of Detroit, is an expert in the treatment of la grippe and other cold weather complaints, and advises against the common practice of taking whiskey and quinine as a remedy for the prevailing disease.

"The popular belief in the efficacy of quinine and whiskey as a remedy for la grippe is one of the invasions of the devil," he says, "and causes more suffering and is responsible for more deaths than would occur if no treatment at all were resorted to. Quinine is a much abused drug, and when taken in whiskey, often, if not always, does positive harm."

"In all cases of 'grippe' we find the victim suffering from one of three conditions, depression, depression or exhaustion, and sometimes two of these conditions combined. Of these conditions no one but a physician is competent to judge, and as the indications for treatment are different for the widely differing conditions, no single prescription can possibly fit all cases, and the promiscuous and general use of any prescription potent enough to be of benefit in any case is liable to do harm to many. Especially is this true of quinine and whiskey."

"I was superintendent of the board of health of Dakota during the worst epidemic of la grippe that ever visited that territory, and the saloonkeepers, in a spirit of liberality (I), kept a jar of quinine standing on the counter so that every man who imagined he had an attack of la grippe could help himself to quinine without increasing the price of his whiskey. The number of sudden deaths during five months, variously stated as apoplexy, heart failure, congestion of the brain and kidneys, was 238, and an investigation revealed the fact that 104 of these cases, i. e., 50 per cent., were men who had taken from one to four doses of quinine and whiskey within a few hours. And 98 had taken a large dose of quinine on going to bed, while 23 had drunk largely of whiskey alone. The remaining 13 cases were all fat men, and had succumbed to the fat man's deadly enemy, pneumonia."

"Every student of physiology knows that when a person is stimulated above the normal point by the absorption of alcohol in any form, there will be a corresponding depression, when the effect of the stimulant has worn off and reaction sets in, and the vital forces fall just as far below the normal as they have been stimulated above it. In other words, alcohol in any form first lifts you up and then drops you with a thud that often proves fatal."

"In the condition that I have described as depression, the system is loaded with the products of tissue metamorphosis, and it would be dangerous, if not fatal, to give a powerful drug like quinine until these products had been eliminated."

"Briefly, the treatment for the above-named conditions can be summarized up as follows: In cases of depression, eliminate. In depression, stimulate. In cases of exhaustion, feed. In a typical case, the first stage is one of depression, the second stage one of exhaustion, and the third stage that of exhaustion, or of the last two combined. In conclusion, I would say that anyone who has a genuine attack of la grippe will have reason for remembering it in after years if they do not persist in thoroughly getting rid of it and the many sequelae that are sure to follow."

## A GOVERNMENT RAILWAY COMMISSION FOR CANADA.

Mr. Blair, the minister of railways, has made the important announcement that he intends to present a bill to parliament providing for the appointment of a permanent railway commission, to consist of three persons, with power to deal with all matters now dealt with by the Railway Committee of the Privy Council, and now decided by the minister of railways, as well as all matters relating to rates on railways. Regarding the proposed commission, Mr. Blair made the following important statement:

"The public seem to imagine that the appointment of a non-partisan railway commission would settle the whole question of exorbitant rates. I am not so enthusiastic about it, and because I frankly admit that much, I am accused of being lukewarm on the subject. It is easy to compel the railway companies to reduce their rates. It is always a wise thing to do, when you know that to do so all round means the loss to Canadian railways of thousands, perhaps millions of dollars a year in carrying the trade which would go to competing lines in the United States. I am frank to admit that the question is one full of difficulties, just as much for a railway commission, no matter how constituted, as for the government. As a public man with the interest of the country at heart, I am bound to realize that, and that is the reason why I am not so enthusiastic as some others on this question of the appointment of a permanent railway commission."

## "Winter Finds Out What Summer Lays By."

Be it spring, summer, autumn or winter, someone in the family is "under the weather" from trouble originating in impure blood or low condition of the system.

All these, of whatever name, can be cured by the great blood purifier, Hood's Sarsaparilla. It never disappoints.

Bells—"I was troubled with boils for months. Was advised to take Hood's Sarsaparilla, and after using a few bottles and it restored me to perfect health." Miss Jessie Turnbull, Cranbrook, Ont.

Could Not Sleep—"I did not have any appetite and could not sleep at night. Was so tired I could hardly walk. Read about Hood's Sarsaparilla, took four bottles and it restored me to perfect health." Miss Jessie Turnbull, Cranbrook, Ont.

Hood's Sarsaparilla Never Disappoints

Hood's Pills cure liver bile; the non-irritating and only cathartic to take with Hood's Sarsaparilla.

son, or rather what such a commission would accomplish if appointed. Yet I am distinctly in favor of its appointment, and even now am engaged in framing a bill for submission to parliament with the approval of my colleagues.

"I intend to introduce as soon as it is completed and approved of, a measure which provides for the appointment of a railway commission to consist of three persons, who shall have power to deal with all matters relating to railways, which are now dealt with by the railway committee of the Privy Council, some of which are dealt with by the government itself, and all questions relating to railway rates."

"This bill will not be presented at the coming session, simply because I have not been able to devote enough time to the consideration of its provisions. It is a far more difficult thing to frame such a bill than you have any idea of. For instance, provisions defining the scope and powers of such a commission require the most careful consideration if the operation of the laws is to work smoothly towards the object sought to be obtained, without working a serious injustice to the interests which we are bound to consider, and to the public welfare. The bill, however, will be introduced, and parliament will be asked to adopt it, but I do not want the public to think that it is going to be a panacea for all that is complained of."

"The commission will be an improvement on the present system for a number of reasons. In the first place, it will move from the political arena the settlement of quasi judicial questions, affecting railways, which are now dealt with by the Railway Committee of the Privy Council, and with regard to the settlement of which now there is always the danger of a suspension of partisan motives. Then there will be the absence of vexatious delays in the settlement of such questions, due to the inability of members

of the government to give attention to them.

"With regard to rates, I frankly do not expect much but at least anything which is done will not bear suspicion of political bias. Last, but perhaps most important, from my own personal standpoint, as Minister of Railways, it will relieve my department and myself of onerous duties and responsibilities of which at present there are enough and to spare."

Mr. Blair also announced as part of his policy as Minister of Railways the expenditure of something like two millions of dollars on the line of the Intercolonial railway from Truro to Sydney, C. B., and at the latter place to accommodate the enormous traffic expected from the development of the iron and steel industry of Cape Breton.

This city is no pauper that it should accept the services of a humane officer free and then require him to bear his own expenses. The fact that Chatham and Kent need an official to prevent brutality and cruelty to dumb beasts has been amply demonstrated and if the services of Henry Digneau are not retained some one else will have to be engaged. Ald. McCoig, by his speech in council, may have tickled the palates of the gallery gods who no doubt look on the office of inspector as superfluous, but he will gain from the thinking and humane citizens of Chatham little credit for his stand. Some allowance certainly ought to be made the humane officer and the county council recommended to grant him an equal amount, for not a little of his work is outside the city limits.

An expert postage stamp washer is now serving a term in penitentiary in New Jersey, but not before he had made thousands of dollars by washing old stamps and re-selling them. Can some plan not be devised that would make this crime impossible? Here is a suggestion that may or may not be practicable. Let the stamp be made double, with only one-half of it gummed. Instead of stamping, let the postal clerk tear off the ungummed section. The torn-off section would be worthless, and that on the letter would be worthless after it passed out of the possession of the postal authorities. — London Free Press.

The suggestion is good enough but impracticable. It would waste too much time. A better way would be to puncture the stamp as well as mark it.

A prophet hath little honor in his own land and an engineer gets little consideration in his own city. This town apparently expects to get an engineer at \$60 or thereabouts a month, who will do all his own office work, draw his own plans, superintend all works in progress, attend to one hundred and one other things and never let the slightest detail of work go wrong. Though Engineer Shackleton's work may not have been perfect, it has been superior to that done before he came into office. If it is not satisfactory the only thing to do is engage some outside engineer at \$2,500 or \$3,000 a year, who will come here and demand an office assistant, a typewriter, and a horse and buggy to drive around in, all at the city's expense, and who then, perhaps, will give us poorer service.

NATURE THE BEST SURGEON. Montreal Gazette.

A student who broke his neck in October last in the Chicago University gymnasium is now back at work, not only at his books, but at athletics. There has been no operation, but the patient was suspended in such a position as to allow nature to do the healing. Some of the greatest triumphs of medical science are those in which the doctor does the least.

WHO GOT THE HAUL? London Free Press.

It is given out that the expenses of administering the Hull and Ottawa fire relief fund amounted to \$14,986. Perhaps there is some explanation that would put the matter in a different light, but on the face of it that bare statement is scandalous. What is meant by "administering"? Did any of those who handled the funds make a charge for their services? By all means let the country have the particulars.

WHAT IS YOUR NECK LIKE? Sandow's Magazine.

Palms being frowned on by the law, we must tell characters in another way. Why not study necks? Thus the most stupid animals and birds, such as the giraffe, the ostrich, the swan and the goose have the longest necks; whereas the most docile of brutes, the elephant, for example, possess the shortest. Those, again, which are the most powerful, have the thickest necks; the most feeble generally possess the slenderest. "A fine, strong and powerfully outlined neck is that of Lord Roberts. It tells of strength, self-reliance, firmness and resolution. This is the neck of a man who will see a job right through to the bitter end, who could never cringe or crawl, and whose motives are of the most unimpeachable kind. No man devoid of the high moral and mental qualifications of 'Bobs' ever possessed so upright and well-developed a neck. No one dare take him by the throat with impunity!"

Princess Tablets

Are what you want for all forms of female troubles; an infallible remedy discovered by a foremost French specialist; guaranteed as a positive cure; will positively establish normal functions; used monthly by over 50,000 ladies; for sale at druggists, or sent on receipt of price \$1.00. Being Drug Co., Windsor, Ont., Can.

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What We Manufacture Are the best Of their kind

Carriages, Buggies, Wagons, Sleighs.

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"All Dunlop Tires in 1900, On macadam roads—on good roads and bad roads—Dunlop Detachable Tires are safest and easiest to ride

If you meet with a mishap—a puncture—ten miles from home—these are the only tools you need."

"The only tools," The Dunlop Tire Co., Limited Toronto, Winnipeg, St. John

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W. J. Medforth.

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## Notice to Creditors.

In the Matter of F. C. Dunne &amp; Co.

Notice is hereby given that Frederick C. Dunne, of the City of Chatham, in the County of Kent, carrying on business as jeweller, at the said City of Chatham, has made an assignment under R. S. O., 1897, c. 147, of all his estate, credits and effects to Charles J. Moore of the City of Chatham, Bailiff, for the general benefit of his creditors.

A meeting of his creditors will be held at the office of Ward Stanworth, barrister, etc., in the City of Chatham, Ouelletown Temple, on

Friday, the 4th January, 1901, at the hour of two o'clock in the afternoon, to receive a statement of affairs, to appoint inspectors and fix their remuneration, and for the ordering of the affairs of the estate generally.

Creditors are requested to file their claims with the assignee, with the proofs and particulars thereof required by the said Act, on or before the day of such meeting.

And notice is further given, that after the 24th day of January, 1901, the assignee will proceed to distribute the assets of the debtor amongst the parties entitled thereto, having regard only to the claims of which notice shall then have been given, and that he will not be liable for the assets or any part thereof, so distributed to any person or persons of whose claim he shall not then have had notice.

Charles J. Moore, Assignee.

Ward Stanworth, Assignee.

ASSIGNEE'S SALE.

Assignee's sale of jewellers' stock in trade, fixtures, book debts and a house and lot, formerly the property of F. C. Dunne & Co., Jewellers, Chatham, Ont.

There will be sold by public auction on Tuesday the 22nd day of January, at the hour of two o'clock in the afternoon on the premises lately occupied by F. C. Dunne & Co., in the City of Chatham, the following property:—

1. The jewelry and stock in trade of F. C. Dunne & Co., of the City of Chatham, Jewellers.  
2. The fixtures used by the F. C. Dunne & Co., in their business as Jewellers.  
3. The book debts outstanding to the firm.  
4. The equity of redemption in lot 18 in subdivision of park lot 13, on the west side of Joseph street in the City of Chatham.

The stock in trade is in good condition, the fixtures consisting of wall cases, counter cases, safe, etc., are of the best that can be got and nearly new.

The house on said lot has only been built about one year and contains many of the modern conveniences. The stock in trade, fixtures and book debts will be sold en bloc or in parcels, as the assignee deems best at a rate on the dollar of the inventory value thereof, and subject to the conditions of sale which will be made known at the time of the sale.

For further particulars apply to Ward Stanworth, Barrister, etc., Chatham, Ont., or to the undersigned, C. J. MOORE, Assignee.

Dated this 10th day of Jan., 1901.

NOTICE TO CREDITORS.

In the Matter of the Estate of Henry Poile, of the City of Chatham, in the County of Kent, Harness Maker, Deceased.

NOTICE is hereby given pursuant to Sec. 38 of Chap. 129, R. S. O., 1897, that all persons having claims or demands against the estate of the said Henry Poile, deceased, who died on or about the 15th day of November, 1900, are required to send by post, prepaid, or deliver to the undersigned Solicitor for Eliza Jane Poile, Robert Cuckey and Charles Henry Poile, executors of the last will and testament of said deceased, or to said executors, on or before

The 4th Day of February, 1901,

their christian and surnames and addresses with full particulars in writing of their claims, and statement of their accounts and the nature of the security (if any) held by them duly verified by statutory declaration.

AND TAKE NOTICE that after the said 4th day of February, 1901, said executors will proceed to distribute the assets of the said deceased among the parties entitled thereto, having regard only to the claims of which they shall then have notice, and the said executors will not be liable for said assets, or any part thereof, to any person or persons of whose claim notice shall not have been received by them or their said Solicitor at the time of such distribution.

Eliza Jane Poile  
Robert Cuckey  
Charles H. Poile  
J. R. Rankin, Chatham, Sol. for Executors.

Dated at Chatham, 11th January, 1901.

NOTICE TO CREDITORS

In the Matter of the Estate of Daniel Carr, of the City of Chatham, in the County of Kent, Gentleman, Deceased.

NOTICE is hereby given pursuant to Section 38 of Chap. 129, R. S. O., 1897, that all persons having claims or demands against the estate of the said Daniel Carr, deceased, who died on or about the 29th day of November, 1900, are required to send by post, prepaid, or deliver to the undersigned Solicitor for James O'Rourke, administrator, of said Estate, or to the said administrator, on or before

The 4th Day of February, 1901

Their christian and surnames and addresses with full particulars in writing of their claims, and statement of their accounts and the nature of the securities (if any) held by them, duly verified by statutory declaration.

AND TAKE NOTICE that after the said 4th day of February, 1901, said administrator will proceed to distribute the assets of the said deceased among the parties entitled thereto, having regard only to the claims of which he shall then have notice, and the said administrator will not be liable for said assets, or any part thereof, to any person or persons of whose claim notice shall not have been received by him or his Solicitor at the time of such distribution.

J. R. RANKIN, Solicitor for James O'Rourke, Administrator.

Dated at Chatham, this 11th January, 1901.

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