

GET PROPER VENTILATION

DR. GLOVER LYON TELLS HOW TO SECURE IT.

The Importance of Fresh Air—New System of Baffle Plates Perfected.

"With plenty of good, pure air in our dwelling rooms we should all live longer and double our enjoyment of life. Artificial ventilation should be draughtless, variable and equally distributed—a combination of qualities hardly ever met with."

These are the principles which Dr. Glover Lyon, physician to the City of London Hospital for Diseases of the Chest, has made the basis of experiments extending over more than twenty years. He is a recognized expert on ventilation. "At the House of Commons," he remarked during a recent interview, "fresh air ascends through the floor, after being very carefully filtered and heated. The same process which filters out the dust thins the air and gives it a curious dead quality, and, in any case, air should not enter a room through the floor."

"Nothing can be more absurd than, as at St. Stephen's and the New Bailey, to conduct air from a height into a basement and then force it through long flues into the various parts of the building. There is enormous waste of power and great risk of contaminating the air. To supply any single part of a building it is necessary to put all the plant in operation."

HOW TO IMPROVE APPETITE.

"The only really effective method is to supply each room with air directly from the adjoining atmosphere, and provide a special fan for exhausting the foul air as well as that for supplying it."

When air is supplied through holes near the top of a room and removed through holes near the floor the best air in a room is constantly being withdrawn, for the best is always found near the floor, while the fresh air supplied is fouled as it enters the room, for the bad air naturally tends to rise. By a system of "baffle plates," which distribute fresh air through the room at a moderate height and remove foul air in the same way, I believe I have solved the problem. There is a slow sweep of air across the room, without draught.

"If restaurant proprietors realized as I do, the difference pure air in a dining room makes to the appetite they would very quickly remedy the defects one so constantly meets with. I have proved that in a room ventilated to my satisfaction the average person eats and drinks a third more than usual. Every particle is tasted properly, and the odor of one course cannot mar the next."

"It ought not to be possible to find courts of justice so oppressive that judges, counsel and jury all protest. I am convinced that the science of ventilation has not yet received from engineers and architects one-half the attention it deserves."

AN HISTORIC NEWSPAPER.

The London Times Was First Published in 1788.

The recent reported sale of the "Times" of London, has aroused interest throughout the whole world.

The Times made its first appearance in 1785 as "The Daily Universal Register," which was published by John Walter in Printing House square. In 1788 its title was changed to the present one. The founder, Mr. Walter, was an underwriter at Lloyd's, a man of extreme energy and business capacity. The early career of the paper was chequered. It attacked the Duke of York, George III's son, as the result of which Walter was ordered to be imprisoned for a year, to stand in the pillory for an hour, and to pay a fine of £50. Further attacks on the Royal Family led to an increase of the fine and the term of imprisonment.

THE SECOND JOHN WALTER.

In 1803 John Walter the second, the son of the older Walter, took over the control, and distinguished himself by organizing the system of foreign correspondence for which "The Times" has been during the past century, so remarkable. His successes were famous. The first news of the surrender of Flushing and of the battle of Waterloo appeared in the columns of his journal. In 1814 he printed "The Times" by steam, and introduced the art of printing, which revolutionized the art of printing. From 1816 to 1841 Mr. Barnes was the editor of "The Times"; in 1841 he was succeeded by the more famous Delane, whose reign only ended in 1877.

In 1847 the third John Walter succeeded to the proprietorship, and carried out with great skill and energy the changes necessitated by the advent of the telegraph and the spread of railways. Delane went everywhere and knew everyone. He secured such prestige for his journal that it was constantly used as a channel of communication with the public by the British and foreign Governments. In 1877 he retired, and was succeeded by Prof. Chenery, to whom, again, succeeded in 1884 the present editor, Mr. George Buckle, then only in his thirtieth year. In 1894, the present, or fourth John Walter succeeded to the control of "The Times," and under his administration its standpoint has been moderate and independent Unionism.

Recent Admiralty experiments prove that coal keeps best under water, particularly sea-water.

It is easier for the average man to swim the line than it is for him not to stop over it later.

CUSTOMS BROKER



MR. C. V. MUTART is a Customs Broker and Insurance Agent at St. Catharines, Ont. He writes the Zam-Buk Co. as follows: "I have been a sufferer for years with itching piles. I have spent many dollars on advertised remedies for Piles but got no relief. A friend of mine advised me to try Zam-Buk. I had but little faith in any remedy to cure me, but tried one box and I got relief at once. I have used four boxes and am completely cured. I cannot thank you enough for such a wonderful curative salve. I have recommended Zam-Buk to my friends and they too were cured."

ZAM-BUK Sold by all druggists and grocers, or the Zam-Buk Co., Toronto.

ON THE ROAD TO MANDALAY.

Once Forbidden Burma Now a Resort of Tourists—Thebaw's Palace.

Burma, once forbidden, has become attractive to tourists. Steamships from Liverpool run direct to Rangoon, the great city of the country, and a book has been published for the use of travellers for pleasure. There is much to see that is novel in Burma and visitors have only to plan their journey for the cooler months between November and March to have a good time.

Travellers are cautioned not to make personal remarks about the Burmans they may meet. The more intelligent natives probably understand English, and in any case they are very sensitive to ridicule.

The women of the country are very charming at a distance, but do not bear close inspection. They are quite as naive as the Japanese and far more free in their ways, but they greatly resent familiarity. They are the merchants of the market places, and the traveller must have his wit about him or he will be over-reached in trade. The Government has found it necessary to warn all white comers against the "intelligence and business capacity" of these women merchants.

You may travel by rail or steamboat up the majestic Irrawadi to Mandalay, the capital of Upper Burma, in the heart of the country. You may steam up that river to Bhamo, far above Mandalay, on the splendid steamers that ply from Rangoon to the head of navigation.

Rangoon has become a great commercial city, as much European as Burmese, so that it does not offer the surprises that are found further inland, though its pagodas are among the most magnificent in Asia. For massive grandeur the Shwe Dagon Pagoda, with its huge dome overlaid with gold leaf, has few equals in the world, and the Burmese take special pride in it.

For 350 miles up the river from Rangoon the country may be said to be one vast rice field. Burma is the largest producer of rice, and for several months during the shipping season tourists see at every railroad and steamboat station long lines of rice bags piled up eight feet high awaiting transport to the rice mills and the docks of Rangoon.

The greatest objects of interest at Mandalay are King Thebaw's palaces, where lived that weak ruler and his handsome queen, who controlled him and incited the bloody deeds that made him infamous. The palaces stand in a walled enclosure four miles square, pierced with guard gates and surrounded by a moat. Thebaw and his queen now live in India, prisoners of the British Government.

To-day there is not an article of the furniture in any of the palaces. A part of the queen's palace was used for a while as a club for Europeans, but Lord Curzon ordered it to be given up, as all the buildings are of oak and a fire might easily destroy everything.

Nearly every building has its curious history. One of the structures is a watch tower of solid wood, started and completed in one day by Thebaw's father, who told the builder that unless he completed the structure in twenty-four hours it would be beheaded.

All visitors have a talk with Capt. Redman, who was imprisoned with other Europeans by Thebaw. For a week he and the other whites were led out every day to be beheaded, but for some reason were remanded to prison. They were all released when the British forces came up, but the strain was too great for one of the unfortunates, who went mad in that week.

It was Thebaw who, incited by his wife, put to death under circumstances of great brutality between seventy and eighty princes, princesses and high officials in February, 1879. The outburst of horror and indignation which these massacres caused led soon after to the overthrow of Thebaw and the occupation of his country by the British.

NEVER TOO OLD.

"Then you really don't believe that a man is ever too old to learn?"
"Certainly not. I've known men to get married at the age of 75 or more."

A peasant insured his house against fire. When he got the policy he asked the clerk: "What should I get if my house were burnt down to-morrow?"
"Three or four years' imprisonment," was the prompt answer.

FROM ERIN'S GREEN ISLE

NEWS BY MAIL FROM IRELAND'S SHORES.

Happenings in the Emerald Isle of Interest to Irishmen.

A furniture store on the premises of Peter Carrigan, Castleblayney, was gutted by fire.

A farm at Seaflin, near Newry, containing six acres, held at a rental of \$11.90, was sold for \$500.

Robert McBrien, aged 76, who had lived alone at Ardees, County Fermanagh, was found dead in his house.

An inmate of the Belfast Union named Bernard Maguire was choked to death by a piece of meat while at dinner.

Miss Alice Rice, postmistress of Burin, Co. Clare, has been promoted to be postmistress at Kinvara, County Galway.

Michael Lee, of Kilgariff, Co. Galway, was struck by the shaft of a cart, breaking his neck and killing him instantly.

A new pipe organ, the gift of the late Mr. Samuel Crosbie, of Bangor, costing \$3,000 has been erected in the First Bangor church.

As a middle-aged man named John Devlin, of Kilsenan, Cookstown, was on his way to mass, he fell dead on the road from heart disease.

A badge of the Clones Yeoman Cavalry, which existed at the end of the 18th century, was ploughed up in a field at Liseggerton, Co. Monaghan.

It was learned that three cows found dead in a field in King's county had been poisoned by eating leaves from palm trees, blown down near there.

A mountain ewe, the property of Francis Scallan, of Doolish, County Tyrone, gave birth to five lambs. All the little animals are living and doing well.

James Costello, town postman, Carrick-on-Shannon, has just completed his twenty-fifth year of service, and has received the fifth stripe, denoting his long and faithful service.

By a fire which was first discovered by the barking of a dog, all the out-houses of Jos. Allen, a farmer, of Quigley's Point, County Derry, were totally destroyed by fire recently.

In Keady Co. Armagh, a cow being driven through the street suddenly bolted, and, entering the shop of a grocer, ran upstairs and made its way into the dining room, from which it was finally ejected.

J. Gilmore, late head master of the Merritpass National school, County Down, was made the recipient a few nights ago of a purse of sovereigns and a address, on the occasion of his retirement from the position.

A magnificent limestone monument, in the form of a Celtic cross, is to be erected to the memory of Rev. James J. Flynn, C.C., whose early and lamented death in July, 1906, caused widespread grief in Co. Colway.

According to the last census, the population of Dungannon was 3,694 persons; Cookstown, 3,509; Omagh, 4,789; Strabane, 5,033. The statute area of Tyrone is 778,943 acres, and the population in 1901 was stated to be 150,567.

The \$500 in bank notes which disappeared mysteriously from the Ballaghderreen postoffice some months ago has been found by the postmistress. The missing notes were jammed between the drawer and the back of the safe.

A presentation of a silver medal and illuminated address was made recently to William D. Wall by his friends in Newry in recognition of his splendid work as head master of the Newry Model school, from which he retired after 38 years' service.

Belfast Corporation recently presented the Earl of Shaftesbury with the freedom of the city, in a golden casket, in recognition of his services as Lord Mayor.

Miss McCaffrey, Irish lace instructress, at Temps, while cycling down a steep hill, was seriously injured by the machine dashing into a stone bridge.

In consequence of the strike at the Arigna mines, the people of Carrick and other towns in Leitrim are getting large consignments of coal from other parts of Ireland.

The employees at Murphy & Stevenson's weaving factory, Dromore, Co. Down, have struck work as a protest against the system of fines. About 200 workers are involved.

William Delaney, auctioneer, for Mrs. Burke, disposed of a farm of about 18 Irish acres near Borrissleigh by public auction for the sum of \$3,000 and auctioneer's fees.

SACRIFICE 40,000 ELEPHANTS.

Each Year Over 800 Tons of Ivory are Brought to London.

London is the ivory market of the world. Each year there is brought to that city over 800 tons of ivory, which means the sacrifice of 40,000 elephants.

This, however, does not mean that that number of animals was killed the year before, for ivory has for years been the measure of wealth in many parts of Africa, and there exist huge stores of tusks, the accumulations of scores of years. These tusks the chiefs who own them are gradually selling to traders, so that a tusk, brought to London this year may have belonged to an elephant that lived centuries ago.

At present the London docks hold, it is estimated, ivory worth \$750,000. At a single sale recently a third of this amount was disposed of.

Most of the world's supply of ivory comes from Africa, with small quantities from Ceylon and India. That from Africa, however, is the most valuable on account of its size and quality.

A pair of tusks from Uganda were 10 feet long, weighed 140 pounds each and brought \$1,500. The record weight for a tusk is 180 pounds.

Another Modern Miracle

Paralysis Permanently Cured

The Sufferer Paralyzed From Waist to Feet—Encased in Plaster of Paris for Nine Months—Dr. Williams' Pink Pills Cure After Four Doctors Had Failed—The Cure Vouched for by a Well known Clergyman.

Paralysis, no matter how slight, is a terrible affliction, but to be paralyzed from waist to the feet, to be a helpless cripple, totally dependent upon what others do for you, is a condition as wretched as man could possibly bear. Such was the state of Mr. Allan J. McDonald, of Rice Point, P.E.I. For over a year he was a helpless invalid. He was paralyzed from his waist to his feet and for nine months lay in bed encased in a plaster or paris cast. Four of the best doctors in Prince Edward Island were unable to help him and he seemed doomed to a life of misery and despair. But hope came to him when he read of what Dr. Williams' Pink Pills had done for other sufferers from paralysis. He procured a supply of the Pills and began taking them. Gradually they broke the chains of disease that bound him, and filled his whole body with new blood, life and vigor. Mr. McDonald says: "I am a farmer and in consequence have a great deal of hard work to do. One day while about my work I injured my back, but at the time I paid little attention to the injury and continued my work. As time went on, though, the pain became more severe and I soon found myself unable to lift anything no matter how light. It was not long before I had to stop work altogether and consult a doctor. He treated me but his treatment did not help me and I rapidly grew worse. I had to take to my bed, and in the hope that my spine might receive strength I was encased in plaster of paris cast. This did not help me and I could feel the paralysis slowly creeping over me till I was totally paralyzed from my waist to my feet. I lost all control over my bowels and bladder and my legs had no more feeling than if they were made of wood. Three other doctors strived to cure me, but their treatment also was a failure, and for over eleven months I lay in bed unable to move. Dr. Williams' Pink Pills were then advised and I was shown testimonials of others who had been cured of paralysis through them. I bought a supply and in less than

three months they made a remarkable change in me. I was able to get out of bed and crawl along the floor on my hands and knees. Gradually my limbs became stronger. Soon I could walk with the aid of a cane and inside of nine months after I had begun the use of the Pills I was totally cured, and once more able to do light work. Now I am as strong as ever I was and can do my work about the farm without the least trouble. I think Dr. Williams' Pink Pills are without an equal, for, besides my own case, I know of two other cases of paralysis cured by them. Two young girls who had been crippled and whom I advised to try the Pills."

In corroboration of what Mr. McDonald says, the Rev. D. MacLaren of Charlottetown, P. E. I., writes: "I visited Mr. McDonald many times during his illness. He was attended by three or more doctors and put in plaster paris, and everything imaginable which might be of benefit was done for him without success. He had lost all power of his body from his waist down, and I think he was nearly a year under treatment before he began to use Dr. Williams' Pink Pills. I was with him the day he first moved his big toe and from that time on he gradually improved and for the last few years he has been perfectly well. I can vouch for the cure Dr. Williams' Pink Pills effected in his case."

If you are sick and the treatment you are now taking does not help you, give Dr. Williams' Pink Pills a fair trial. They have cured thousands after doctors and other medical treatment had hopelessly failed. These Pills actually make new, rich, red blood, feed the starved nerves and bring health and strength to every part of the body. This is why Dr. Williams' Pink Pills cure such apparently hopeless cases as Mr. McDonald's, and it is why they have cured thousands and thousands of sick, discouraged people in every part of the world. So by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

THE ELDER SISTER.

There is no character in the home circle more useful and beautiful than a devoted elder sister who stands side by side with the toiling mother, lightening all her cares and burdens. How beautiful the household machinery moves on with such efficient help! Now she presides at the table in her mother's absence, always so neatly attired that it is with pride the father introduces her to his guest as "our oldest daughter." Now she takes a little troop into the garden with her and amuses them, so mother may not be disturbed in her work or her rest. Now she helps the boys with their hard lessons or reads father's paper aloud to rest his tired eyes. If mother can run away for a few days' recreation she leaves home without any anxiety, for Mary will guide her house wifely and happily in her absence. But in the sick room her presence is an especial blessing. Her hand is next to mother's own in gentleness and skill. Her sweet music can charm any pain, and brighten the wearied hours. There are elder sisters whose presence is not such a blessing in the home. Their own selfish ends and aims are the main pursuits in life, and anything that stands in the way of these is regarded with great impatience. Such daughters are no comfort to a mother's heart. Which kind of an elder sister are you in the household?

Don't put your overcoat away! You'll need it almost any day. For overcoats in moth bags rot. Dely the moths, but not the coat!

KEEP IT HANDY.
If a beetle were one-third the size of a horse, it could pull against twelve horses.

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