

A CURIOUS THEORY About EARTHQUAKES.

"The cause of earthquakes is sin!" This is the way a great preacher explained these terrifying convulsions of the earth. Just fancy the destruction of Messina and Reggio as resulting from violation of moral law. It is more likely that a good deal of sin results from earthquakes. But Hannah More, the great authoress, came pretty close to the truth when she said "The cause of a deal of sin, is bile!" That bit of wisdom and opinion we can understand easily. Bile poisons the blood—and poisoned, impure, blood poisons the brain. The brain is the organ of the mind and senses.

All the earthquakes that ever shook this wicked world have not done as much harm to human beings as is done every year by sleepy stomachs and lazy livers. Generals have lost battles, workmen have lost good jobs, husbands and wives have quarrelled, because of "a touch of liver complaint." That ugly force called biliousness could "break up a majority in the House of Parliament."

Madame F. X. Duhamel, Masson, P.O., Labelle Co., P.Q., writes as follows: "After one suffers for nearly a quarter of a century from an illness, you cannot imagine the wonderful relief to one's mind when good health is restored, as happened in my case."

In my girlhood, when about fifteen years old I became subject to Indigestion and Stomach disarrangements, and for many years I kept trying medicines and underwent operations with little or no effect.

The symptoms of my illness were:—constipation, bad breath, coated tongue, palpitation of the heart, pains in the sides, and a sensation after meals as if I should vomit. At times I would be troubled with rheumatism in my arms and legs, and it seemed as if I would never regain my health.

By chance I commenced to take Mother Seigel's Syrup, and it was not long before I became a changed person, and in one year with the continual use of the Syrup and Pills I became permanently cured. Before commencing to take Mother Seigel's Syrup I weighed only one hundred and twenty-five pounds, and now I weigh one hundred and sixty pounds.

I wish to emphasize the fact that it is the Mother Seigel's Remedies and they alone which restored me to good health, and I feel certain that without the valuable medicines I would not be alive to-day.

(Signed) Mme. F. X. DUHAMEL. Whatever may be the natural cause of earthquakes there can be no doubt about the upheaval that Biliousness and Indigestion cause in the human system. Nor is there any doubt that Mother Seigel's Syrup will cure these disorders, and at the same time rid the sufferer of constipation, flatulence, dizziness and all attendant miseries. It is a purely herbal medicine and tones up and strengthens all the organs of digestion.

AN IDEAL TONIC FOR THE STOMACH AND LIVER.

When your head is dull and heavy, your tongue furred, your bowels costive, and you awake in the morning fagged and worn-out, with no relish for breakfast and dreading your work. When you are racked with pains—in the head, in the chest, at the sides, in the stomach, all over. When you feel done-up and good-for-nothing, have no appetite, no energy, no interest or ambition, your stomach and liver have broken down. It may be the weather or over-work, a chill, errors in diet, a legacy from the winter, or constitutional weakness; but whatever the cause, if that is your condition, your stomach and liver need help, and need it sorely. Indigestion is poisoning your blood and sapping your vitality.

MOTHER SEIGEL'S SYRUP

Mother Seigel's Syrup will cure you. It will clear your head and clean your tongue, renew your appetite, stimulate the action of your stomach and liver, regulate your bowels, make food nourish you, and give you new strength, new energy, new life. As a digestive tonic and stomachic remedy it has no equal. Read the testimony of:

Norbert Choquette, Versailles P.O., Iberville Co., P.Q.
"It is a pleasure for me to give you my testimony concerning the excellence of Mother Seigel's Syrup, as in my illness which extended over a period of fifteen years I had been looking for such a preparation."

I have been to see two physicians and they pronounce my case as incurable, having a complication of diseases, of which, dropsy, dyspepsia and inflammation of the bowels were most apparent. Constipation of the worst nature afflicted me, and what with headaches and sleeplessness I surely had my share of ills. I have always been very thin, which no doubt is due to my long sickness, and a dizzy sensation would often overtake me so that I was compelled to either sit down or lay on the couch. Rheumatic pains in the arms, loins and limbs seized me, and the afflicted parts would swell very much. Three weeks after I had taken the first bottle of Seigel's Syrup I found permanent relief, and though I am seventy-three years of age, I now feel as well as at any time during my life. My family have used both Mother Seigel's Syrup and Pills for indigestion, and I recommend these preparations very highly to all those who suffer from such complaints.

NORBERT CHOQUETTE.

CURES INDIGESTION

INVIGORATES THE SYSTEM.
— PURIFIES THE BLOOD. —

Price 60c. per bottle. Sold Everywhere.

A. J. WHITE & CO. LTD., MONTREAL, P.Q.

Temperance Talk.

Total Abstinence.

We can point with pride to the life-work of many men as proof that total abstinence, in practice and as a principle, is a benediction direct and indirect in its effects upon life and character. Thousands of men who began life under favorable auspices have fallen in the prime of their manhood, without having accomplished their allotted work. Total abstinence would have saved them. Moderate drinking led them to an untimely end.

A noted statistician of England, after long and careful investigations, comparisons and observations, has established the following facts:

Between the ages of fifteen and twenty, where ten total abstainers die, eighteen moderate drinkers die. Between the ages of twenty and thirty, ten of the former and thirty-one of the latter. Between thirty and forty years, forty moderate drinkers to ten abstainers die.

That is: A total abstainer twenty years old has a fair chance of living forty-four years longer; a moderate drinker has a chance of living only fifteen and one-half years longer.

At thirty-six years a total abstainer has a chance of living thirty-six and one-half years longer; a moderate drinker at the same age only thirteen and one-half years longer.

At forty a total abstainer has a chance of living twenty-eight years more, and a moderate drinker only eleven and two-thirds.

We may talk and write as eloquently as we will about the "fifteen hundred millions" annually spent in our own nation for intoxicating liquors, but half the truth is not told unless we add the actual money value of the wasted mental and physical resources of thousands of otherwise noble and useful citizens, destroyed by moderate drinking.—Exchange.

The Moderate Drinker.

That staunch old Scotchman, Doctor Arnot, gives a good illustration of the total abstinence question. You will find the world full of men who will tell you that "they are not obliged to sign away their liberty in order to keep on the safe side." "They know when they have had enough; no danger of their becoming drunkards," and the like.

Doctor Arnot says: "True, you are not obliged; but here is a river we have to cross. It is broad and deep and rapid; whoever falls into it is sure to be drowned. Here is a narrow footbridge, a single timber extending across. He who is lithe of limb and steady of brain and nerve may step over it in safety. Yonder is a broad, strong bridge. Its foundations are solid rock. Its passages are wide; its ballustrade is high and firm. All may cross it with perfect safety—the aged and feeble, the young and gay, the tottering wee ones. There is no danger there. Now, my friends, you say; 'I am not obliged to go yonder. Let them go there who cannot walk this timber.' True, true, you are not obliged, but as for you, we know that if we cross that timber though we may go safely, many others who will attempt to go will surely perish. And we feel better to go by the bridge!"

Walking a footbridge over a raging torrent is risky business, but it is safety itself compared with tampering with strong drink.

Make Social Drinking Unpopular.

If social drinking in the society world could be made unpopular total abstinence would receive a mighty impulse.

It is as a social custom that strong drink begins its deadly work. The young man does not take his first drink because he likes it. He takes

it because he thinks it will make him seem manly and up-to-date to do so. He does not purchase a bottle of whiskey and go off by himself and drink it. He may do that later on; but at first he drinks for the social pleasure he expects to derive from it.

Temperance workers find their main fields of work among the children and the drunkards. One class devotes its chief efforts to pledging the children, and the other class applies its energies to saving the drunkard. But between these two extremes is the great recruiting ground of inebriety—the social drinking customs of the country.

Visit any restaurant where liquors are served at any hour when they are crowded with guests and it will seem to you that every patron of the establishment, whether man or woman, is drinking cocktails, champagne or beer, with an occasional order for straight whiskey. Judging by such appearances you may think that drinking is largely on the increase. And perhaps it is true that there is more social drinking than formerly. Modern demands have not reached this branch of the liquor problem. But it is believed that there is not so much drunkenness as there used to be. Not because people have become more abstemious in their desires, but because sobriety has become a business requirement.

The social drinker is in a sort of fool's paradise. He imagines he is having a good time; but he is blocking his way to advancement. The man who carries a whiskey handicap has a hard road to travel. Nobody wants him.

The real rulers of the world have decided against whiskey. Railroads and corporations have adopted rigid rules with regard to strong drink. They will not employ men who drink. They will not continue in their employ men who are known to use intoxicating liquor.

Trades unions are beginning to bar the drinking man. They are finding him an expensive proposition. By their rules there is a regular scale of wages for certain kinds of work. But the drinking man fails to make good. He reduces the average and brings reproach on worthy members.

In these days of close competition and small margins it is necessary for a man to be at his best if he would succeed; and no man can be entirely fit who is ever so slightly under the influence of strong drink.

Then there is the domestic, or home, side of the drink question. The man who brings wretchedness and misery to his family. He is not a good husband. He is not a good father. He defrauds those whom he has sworn to love and cherish. He robs them of their birthright of honor and protection. If whiskey makes him vicious they fear him. If it makes him stupid they are ashamed of him. If he is poor they suffer deprivation and want. If he is rich they look to the time when bad management or neglect will reduce them to poverty, and added to the humiliation of his habits there will be the discomforts of penury.

Whiskey has been driven from nearly every place of honor and trust. It is a bar to achievement, an enemy to happiness, and a menace to health. Even as a medicine alcohol has lost its vogue, and the best physicians seldom prescribe it.

But in spite of business requirements and domestic needs, social drinking continues. There is something incomprehensible about the tolerance of a custom which, if continued, may ruin a man's prospects.

Sobriety is stock in trade for the ambitious man. It opens the door of opportunity. It gives him a chance to utilize his ability. It converts his energy into cash. It materializes his aspirations. Inebriety blights ambition, closes the door to opportunity, paralyzes energy, and destroys the aspirations.

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