That Spot.

lid you ever have that iroat? Felt as if you ould almost touch it with our finger, didn't it? How ard you tried to reach it, ard you tried to reach it, ut couldn't! It's easy with Vaposolene, for you breathe it. There's ithing in the world equal to it for opping these tickling coughs; and s so pleasant, too. For asthma, oup, bronchitis, catarrh, and hooping-cough, it's the great

Meals In Russia.

Among the common people there is o fixed time for eating meals. The lussian eats when he is hungry, and his is about six square meals a day. e has at least a dozen lunches, a litbit of salt fish or some caviare or a see of bread and cheese, washed wn with a nip of fiery vodki. He ver passes a station without a glass tea_marvelous tea, with a thin ce of lemon floating in it. You get a ndness for Russian tea and forear bemilked decoctions forever. The table manners of the Russianch as you see in hotels and buffetse not pleasing. He sprawls with tstretched elbows on the table and ts his mouth down to his food raththan raise the food to his mouth. e makes objectionable noises in his roat. He has a finger bowl and uses his mouth as the rest of us do ien cleaning our teeth in our bathims. Then he squirts the water back o the bowl. In time one may get ed to this.

ing Your Spare Moments to Advantage in the Making of Pretty Mats and Rugs.

At this season of the year thousands women are delightfully employed in hooking of pretty mats and rugs the ornamentation of the living oms. For this pleasant work the amond Dye Mat and Rug Patterns the best and most satisfactory. popular patterns are richly colon the best quality of Scotch esian imported specially for this rk. If your dealer cannot show you Mat and Rug Patterns ready for king, send your address to The untain street, Montreal, P. Q., and I will receive free of cost a full e of designs with sizes and prices

The Civil War Mortality. ommenting on the loss of life in the Al war from various causes, General ancis V. Greene says in Scribner's

agazine: "How paltry seem the 5,000 killed nded in the war of 1812 or e war in Mexico or the war with pain compared with the 14,000 at niloh, 15,000 at the Chickahominy, ,000 at Antietam, the same at Fredicksburg, 16,000 at Chancellorsville, ,000 at Gettysburg, 16,000 at Chicklauga, 37,000 in the Wilderness and 000 at Spottsylvania! The grand gregate of destruction fairly stagrs the imagination, accustomed as have been for more than a generain to the figures-93,000 killed by llets, 186,000 killed by disease, 25,000 ad from other causes, a grand total 304,000, or about one in nine of evman who wore the uniform."

UNDER THE WEATHER.

u Can Never be in This Condition

if You Are a User of MALT BREAKFAST FOOD

n the great majority of cases, "un the weather" means that you are victim of stomach troubles, indiges-, or dyspepsia. You feel irritable, erable, despondent, and have little ish for your meals, your difficuls have arisen from improper diet'f, more especially at the morning at Starchy, heavy and indigestible ds put young and old "under the

housands who have used Malt eakfast Food regularly at the rning meal have been happily deliv-i from an "under the weather" dition, and blessed with perfect dition, strong nerves and clear brain.
It Breakfast Food, owing to its preested character, is easily digested
quickly assimilated. One serving is health-giving food contains as this health-giving food contains as
th nutriment as a dozen servings
satmeal, wheat granules or cracked
eat. You are missing a daily treat
ou are a stranger to Malt Break.
Food. The humblest home can
ard to use it. Your grocer sells it.

e get very tired of enjoying our nts; it's other people's rights we

ELCOME as Sunshine after store he relief when an obstinate, piti-cough has been driven away by en's Lung Balsam. No opium in it. good effect lasts. Take a bottle with you this day.

man will be very much interested is wife's gossip and then soold her repeating such talk.

TAKE a Note of it, when you are Aving home to buy "The D. & L."

Menthol Plaster. It is guaranteed to
cire the worst case of backache, headto be just as good. Get the genuine, made by Davis & Lawrence Co., Ltd.

SMALLPOX AND VACCINATION.

Were First to Practice Vaccination. The Chinese were the earliest to practice inoculation. They dipped a pleget of cotton, or rag, in the virus from a pustule and placed it in

Two of the ancient English physi-Gilbertus Angelicus John of Gaddefden, both speak of the disease as commonly knewn to old women. They lived about 1320. The first book on smallpox was written by Ahrow, a priest and physician, who lived at Alexandria and wrote 30 books on physic in A. D. 683. He wrote chiefly on treatment. He advises swimming, drinking ice water in large quantities, small saf-fron (what this is I do not know), and warming medicines, and if. the fever is high the room should be kept

In looking over a very old medical work, "An Historical Account of the Rise and Progress of Smallpox,' William Hillany, M. D., of Bath, 1740, I find that smallpox was first known at or soon after the destruction of Alexandria and the burning of its famous library by Amrow Ebnai Aks, general of the Saracen army in the reign of Omar Chatab, the second successor of Mohammed

The real discovery of vaccination was made before Jenner conducted his experiments. In the year 1774 (this date is assigned to Testy's experiment in the record of the fact on his tombstone in the churchyard of Worth Matravens) it occurred to Benjamin Testy, a Dorsetshire farmer in good circumstances, hearing e was being cut for smallpox and having the old notion about cowpox being an antidote for small-pox, that it would serve as well to be cut for cowpox, so, accordingly, he himself did actually cut his wife and children for that disease.

An Australian Discovery. A discovery of considerable inter est has been made near Falkirk which may prove to be one of the most interesting relics of the Roman occupation of that district. It consists of a large stone about 19 inches broad, 10 inches thick, over 4 feet high, and weighing probably half a ton. It is beautifully sculptured in high relief. The ornament is divided into two panels, the larger being at the top. These panels are separated by a band about 1 inches panels, meeting in an angle at the top of the stone. Under the angle is a beautiful shell-like device delicately executed. The upper panel is completely filled by a horse and rider. The latter carries a sword triumphantly aloft. He is arrayed in full armor, and bears a shield. The lower panel represents a naked man—a wild Celt, his shield and weapon lying beside him. The stone is in a complete state of preservation. It was found buried about 5 feet below the surface of the ground, and was probably so placed immediately after

it had been sculptured. The relic has been taken possession of by Mr. lair, procurator fiscal, on be the Crown authorities. Altogether 17 urns have been recently unearthed in od of Sunningdale, Berks. They all contained fragments of bone partly burnt. The crust the urns was in almost every case of clay baked red and strengthened by fine flint grit. All are rudely handmade, and some of them are 1 foot 4 inches in diameter, the others varying in size, and in eight cases the vessel was found in an inverted posi-

Negro's Salvation Is in the Soil. It requires but a superficial know

ledge of the negro race and the negro temperament to appreciate the force of Booker T. Washington's statement that "the salvation the negro rests largely upon his ability and willingness to secure and cultivate properly the soil."

The reference in this statement, of course, is to the negro's industrial "salvation"-his ability to become self-sustaining in independent endea-The argument of racial adaptability to agriculture is enforced by some very impressive statistics adduced by Mr. Washington in his lecture in the Second Presbyterian Church in Chicago. He showed by the census figures of 1890 that the negroes then owned 22 per cent. of all the land which they cultivated. In Georgia alone the colored last year paid taxes upon \$14,000,-000 worth of property and owned at the time 1,075,000 acres of land.

It happens that this remarkable progress in agriculture has largely through the influence of the educated negro. The institution at Tuskegee inculcates the idea of industry and places agriculture upper most as the most promising

tion for the educated negro. In agriculture the negro does face racial prejudice of the laboration. If he farms intelligently and properly he is certain to find a ready market for the products of his industry. No labor union can tell him how many hours he shall work, and what is more important than any other consideration, he is secure against starvation or want,

A successful feeder of dairy cows must have some succulent feed for his animals at all times of the year. Whether winter or summer the change from succulent feed to dry fodder means loss. The usual summer feeder wishes that his blue grass pasture would continue throughout the summer. The man that has sum-mer silage to feed has the equivalent of a blue grass pasture at its best, even in the midst of the summer drought. Our best dairymen are coming to believe that silage is profitable to be fed every month in the year.—Farmers' Review.

"What kind of a man is Willig-

answered the friend, "he is one of those he is spiting the because he won't write tell all he knows."

is Uric Acid in the blood. Unhealthy kidneys are the cause of the acid being there. If the kidneys acted as they should they would strain the Uric Acid out of the system and rheumatism is a Kidney Disease. Dodd's Kidney Pills have made a great part of their reputation curing Rheumatism. So get at the cause of those fearful shooting pains and stiff, shooting pains and stiff, aching joints. There is but one sure way—

Dodd's Kidney Pills

A woman is so constituted that whenever she doesn't smile she has to make faces.

Messrs. C. C. Richards & Co. Gentlemen.—Last winter I received great benefit from the use of MINare at the second secon

W. A. HUTCHINSON.

"If I wanted to punish an enemy," said an old man to-day, "I would force him to lead an idle life," We believe we could stand it.

To feel tired after exertion is one thing; to feel tired before is another. Don't say the latter is laziness—it isn't; but it's a sign that the system broad, which is carried round both lacks vitality, is running down, and needs the tonic effect of Hood's Sarsaparilla. It's a warning, too - and sufferers

should begin taking Hood's at once. Buy a bottle to-day. Two-thirds of the letters written,

even when they are not dangerous, do not amount to anything. THERE has been much talk about Pyny-Balsam, the greatest modern remedy for coughs and colds. It cures quickly and certainly. 25c. Of all dealers. Made by the proprietors of Perry Davis' Pain-Killer.

What has become of the old-fashwhen her broom was hanging

hung in a dust bag? THE Materials Used in "The D. Emulsion are the finest the market affords regardless of expense. Taken in cases of wasting diseases, loss of weight, or loss of appetite, with great benefit. Davis & Law-rence Co., Ltd., manufacturers.

"THE PROTECTORATE OVER ENG-

The American protectorate over England is a matter of great consequence to Russia, for it frees England from German influences and changes the problem of Russian diplomacy.

DOCTORS AT SEA.

Many a man has to abandon his desk because of neuralgia. The torture sometimes is almost unbear E. C. Dean, city editor of the Daily British Whig, Kingston, Ont., suffered with neurlagia in the head for twelve months. Six physicians failed to relieve him, but three bottles of Dr. Hall's Rheumatic Cure completely cured him. This great blood purifier is put up in bottles containing ten days' treat-ment. Price 50 cents at all drug stores or The Dr. Hall Medicine Co., Kingston, Oat.

Man, if you are anything, walk alone, and talk to others. Do not hide yourself in the chorus.

The worries of a weak and sick mother are only begun with the birth of her child. By dry her work is con-stantly interrupted and at night her rest is broken by the wailing of the peevish, puny infant. Dr. Pierce's Favorite Prescription makes weak wo-men strong and sick women well. It lightens all the burdens of maternity, giving to mothers strength and vigor which they impart to their children In over thirty years of practice Dr. Pierece and his associate staff of nearly a score of physicians have treated more than half a million suffering women. Sick women are invited to consult Dr. Pierce by letter free of charge. All correspondence is strictly private, Address Dr. R. V. Pierce, Invalids' Hotel and Surgical Institute,

Buffalo, N. Y. Since we cannot get what we let us like what we can get.

CHILLED to the Bone ! A tea water aweetened will do you ten times more good than rum or whis-key. Avoid substitutes, there is but one Pain-Killer, Perry Davis'. 25c. and 50c.

Women get so much happiness out of love affairs because they have such wonderful imaginations.

"or twenty-four years Vapo-Or been extensively used for all forms of throat and bronchial trochies. All Druggiets.

The Bible is God's book: Dr. Storrs, of Brooklyn, who lately attained his seventieth birthday, says: "I look upon the Bible as the book for the world, and I see its divine authorship as plainly as I see the authorship of God in the stars, which I know no human mechanic could have built in his workship and flung out into space; and when the critics pick away at the Bible I say, well, it is no great matter; if it gratifies them, it does not hurt me; and as long as all the universities in the world combined are not able to make another Bible that shall be so cosnical in its power over men and women, over mind and heart and life, and over the growing civilization itself to which it ministers. I rest assured that this is God's Book and not man's — as certain as I am that this is God's globe under my feet, and not some-thing which human carpenters have

It is quite well for us to remember that we can see but a little of divine truth at a time. Those of us who have read the Bible from our youth to middle age and have read it over and over many times, so that we may say that we are quite familiar with it, have seen only little bits at a time. We may fancy that we have taken broad and comprehensive views of the Bible, and, comparatively speaking, perhaps we have, yet it is still true that we have seen only mere fragments at any one time. It is a vast area and wonderfully deep, and we must not think that we have perceived anywhere near all that abounds in it.

The Bible is a literature by itself. It does not concern itself with mere history or biography, nor does it seek to preserve to us the great efforts of the scholar, the thinker, the statesman or poet. It is filled with re-vealings of things which are unseen and eternal. It makes known to us the realities of the spiritual life. Its poetry gives us visions of holiness, of goodness, of truth, of divine love, and is filled with yearnings after whatsoever things are lovely, whatsoever things are true, whatsoever things are pure. Its teachings all have their foot in the great facts of God's Fatherhood and our relation to God as His children. Not to read the Bible is, therefore, to remain ignorant of the most wonderful truths in all the world's vast stores of

knowledge. It should be studied. It is the man who studies the Bible most who finds most in the Bible which is worthy of study. In this realm pre-eminently it is true that "Whosoever hath not, from him shall be taken away even that which he thinketh he hath." A good illustration of this truth is given in a recent testimony of Rev. Dr. Henry G. Weston, president of Crozier Theological Seminary. In a public address he said:
"For fifty years I have read the New Testament through every month, yet I never go to a meeting and hear a man read a chapter without feeling that I have learned something new

from hearing that chapter read. Reasons why we should make the Bible our daily text book: We can never be strong and g ians unless we do. If we leave this book closed we must remain ignorant of the great world of divine beauty which it alone reveals. We must walk through the world's intricate and dangerous paths without the light which God has provided for us in His Word, and which shines We must meet life's experiences of trial and trouble withwhere else. out knowing of the divine help, ready and adequate, which the Bible alone discloses. To enter into scir-row without knowing the comfort which the Holy Scriptures bring to God's children, is to cut one's soul off from the divine source of strength joy. To go into life's battles knowing of the provisions promised in the Word of God for faith's struggles, is as if a soldier went to war without armour or weapons or without a captain to lead him. We must read the Bible or we can never find the way home through this world of danger and darkness.

Jefferson's Ten Rules.

Rules that governed Thomas Jeflerson's daily life: 1. Never put off till tomorrow what you can do to-day. 2. Never troube another for what you can do yourself.

3. Never spend your money before you have it. want because it is cheap; it will be 4. Never buy what you do not

dear to you. 5. Pride costs us more than hunger, thirst, and cold. 6. We never repent of having eaten too little.

7. Nothing is troublesome that we do willingly. 8. How much pain have cost us the evils which never happened.

9f Take things always by the

10. When angry, count ten before you speak; when very angry, a hunoth handle. De the Best You Can.

When I was a little boy," said a gentleman one day to a friend with whom he was talking, "I paid a to my grandfather. He was an aged man, and wore a black velvet cap, and knee-breeches with large silver buckles at the knees. When I went to say good-by to him he took me between his knees, kissed me kindly, and then laying his hand on my head he said: "My dear on my head he said: "My dear boy, I have only one thing to say to you; and you will try to remem-ber it?" I looked him in the face and said,

"I will, grandpa." Well," said he, it is this: ever you have to do, always do the best you can." This was my grand-father's legacy worth more than and silver. I never forgot his and silver. I never forgot his words, and have always tried to act upon them.

A swallow, flying for home, made 140 miles at the rate of 128; miles *****************

The Melchers Gin Distillery, Berthierville, P.Q. Where Melchers Canadian Gin is distilled and Matured for years in Bonded Warehouses controlled by the Government. Melchers "Red Cross" is the Only Pure Gin

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Ceylon GREEN Tea is superior to the finest tea Japan produces. It is to the Japan tea drinker what "SALADA" Black is to the black tea drinker. Sold only in lead packets 25c and 40c per lb. By all grocers.

MAN AND HIS LEGS.

The Nether Limbs as an Index to the

There are many indexes to the mind but I learned of a new one the other day when I called to see a busy his office down on Broad street. When I entered the outer office, it was quite evident that he was in, for I could see him through an open door leaning over his desk quite intent on papers that lay in front of him. I spoke to the clerk in attendance, whom I know real well, and asked that he announce me. He glanced into the other room before speaking.

"Wait a minute or two," he said. "It will be better, for he will have you come in the moment I say you are

I didn't quite understand what he meant, but I took a eat to wait a minute or two. I waited five of them and then spoke again.

"Wait until he crosses his legs," anwered the clerk. "What has that to do with it?" I

asked. "Everything," he replied. "He doesn't like to be disturbed when he is busy, and I know he is very busy because he has his legs out straight. A man never thinks hard with his legs crossed. As soon as his mind lets up a little, then he straightens, crosses legs and is ready for visitors and a chat. When his legs go down again, it is time for the visitor to take his leave. Just bear that in mind and se

if I am not right." As he finished speaking up went the legs, and I was announced and received at once.

CURED TOTAL PARALYSIS!

It puzzies the Doctors and as-tonishes his patients how South American Nervine cures so many who are "given up to die"—it never fails.

"My wife was stricken with nervous prostration, which developed into total paralysis. We
had hardly any hope of her recovery, but had
heard of the great cures made by South American Nervine in cases of nervous troubles. We
decided to try the treatment, and it was astonishing the results that followed the taking of
three bottles—it worked wonders indeed. I feel
I cannot speak too highly of this great remedy."
—Edward Part, Surrey Centre, B.C.

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CANADIAN PACIFIC

Settlers' One-Way Excursions

To Manitoba and Canadian North-West will leave Toronto every TUESDAY dur-ng MARCH and APRIL, 1902. Passengers travelling without Live Stock should take the train leaving Toronto at Passengers travelling with Live Stock should take the train leaving Toronto oo p. m. Colonist Sleeper will be attached to ea For full particulars and copy of "Se

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