

## The Signs of Heart Trouble

You can Surely Secure Heart Health and Strength through Dr. Shoop's Restorative.

Heart weakness which can be dealt with as all its nerve weakness. Just as your hand trembles when its nerves are weak, when your heart nerves are weak your heart flutters and palpitates. Other signs are shortness of breath after slight exercise; fainting spells; pain or tenderness about the heart caused by irregular heart action; choking sense about the heart as if the heart was in the throat; uneasy sensation in the chest, showing that the heart is usually the left side, but frequently the right, and difficult breathing. There is absolutely no one way to bring back the heart's strength. Dr. Shoop's Restorative will bring back the heart's strength. There is nothing in this remedy to stimulate the heart. It is just the same strength as Nature gives to those who are well. Dr. Shoop's Restorative (Tablets or Liquid) creates strength which extends over the whole entire nerve system—it overcomes the cause of the trouble as well as the result. Sold by

T. B. TAYLOR.

## INSURANCE

### J. H. HUME.

AGENT FOR FIRE, ACCIDENT AND SICK BENEFIT COMPANIES. REPRESENTING Five Old and Reliable Fire Insurance Companies. If you want your property insured please call on J. H. HUME and get his rates. —ALSO AGENT FOR— C. F. S. Telegraph and Canada Permanent Loan and Saving Co. Not an Agent for C. P. R.—Tickets sold at all points in Manitoba, Northwest and British Columbia.

## THE LAMBTON

Farmers' Mutual Fire Insurance Company. (Established in 1875) J. W. KINGSTON President. THOS. STEADMAN Vice-Pres. DIRECTORS ALBERT DUNCAN, JAMES ARMSTRONG HENRY MCBRYAN, PETER MCPHEDEAN W. G. WILLOUGHBY, Secretary-Treasurer, WALNUT P. O.

## Farms For Sale.

200 ACRES, Lot 21, Con. 4, S. E. R., Warwick, situated on gravel road 1 mile from Watford. Soil rich clay loam, frame barn and outbuildings in good repair, good frame house with cellar, plenty of fruit, wood and water, farm principally in grass. Price \$9,500 terms to suit. Owned by John G. Miller, Watford, P. O.

50 ACRES, W. 1/2 of E. 1, Lot 22, Con. 4, S. E. R., Warwick, 1 1/2 miles from Watford on gravel road, soil light clay loam, two wells, 2 acres orchard, 5 acres bush, frame house and barn, granary, stables etc. Price \$2,600. Will exchange for 100 acres to suit. Wm. McLean, owner, Watford P. O.

116 ACRES, Gore Lot 2, Con. 2, S. E. R., Warwick, 95 acres cleared, balance hardwood timber. Soil clay loam, easily worked and well drained, two spring wells, large brick house, good orchard, mostly winter fruit; good frame barn, stables and driveway, 5 miles to Watford and Wyoming, 1/2 mile to church, 2 miles to Wainstead Post Office. Price \$4,900. Possession spring or fall. Own by John Brock, Wainstead P. O.

The above are a few of the desirable properties in this locality for sale by the Western Real Estate Exchange. Farms advertised free until sold. For further particulars regarding these properties, apply to the owners, or to

C. L. BRYCE, Agent, Western Real Estate Exchange, Frost & Wood, Warerooms, Watford

50 YEARS' EXPERIENCE

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## THE GIANTS OF OLD

ANCIENT RACES MARVELS OF PHYSICAL DEVELOPMENT.

The Semibarbarians of One Thousand Years Ago Were All Remarkably Proportioned Men—The Giants of Ancient Greece and Rome.

That the human race has degenerated in size as well as longevity is a fact well attested by various authorities. A prominent Washington physician who has made a life study of brain and cerebral developments, says that, on visiting the catacombs of Paris, what struck him most in these vast repositories of the contents of the city's ancient graveyards was the great size of the skulls in comparison with those of more modern mankind. This superiority of development in the men who lived 1,000 years or more ago the scientist attributes to the open air life then in vogue and the physical sports and exercises indulged in.

There are several races of giants mentioned in the Bible, and the Greek and Roman historians have recorded many examples which serve to show that these specimens of elongated humanity were by no means rare at one period of the world's history.

Thus it is mentioned that the Emperor Maximian was eight feet some inches high. The body of Orestes, according to the Greeks, was eleven and a half feet in height, the giant Gabora, brought from Arabia to Rome under Claudius Caesar, measured near ten feet, and the bones of Scandilla and Pusio, keepers of the gardens of Balust, were but six inches shorter.

The probability is that outside of cultivated Greece and Rome among the semibarbarous of the greater part of present day European nations physical development reached often to more wondrous proportions.

The Chevalier Scory in his voyage to the peak of Tenerife says that they found in one of the sepulchral caverns of that mountain the head of a Guanche which had eighty teeth and that the body was not less than fifteen feet long. The giant Ferragus, slain by Orlando, nephew of Charlemagne, was eighteen feet high.

Reviand, a celebrated anatomist who wrote in 1814, says that some years before that time there was to be seen in the suburbs of St. Germaine the tomb of the giant Isoret, who was twenty feet high.

At Rouen in 1500, in digging in the ditches near the Dominican, there was found a stone tomb containing a skeleton whose shin bone reached up to the girdle of the tallest man there, being about four feet long, and consequently the body must have been seven or eighteen feet high. Upon the tomb was a plate of copper upon which was engraved, "In this tomb lies the noble and puissant lord, the Chevalier Ruon de Vallemont, and his bones."

There is, indeed, evidence in the ponderous armor and two handed swords which remain to us in museums to prove that the knight of the ages of chivalry was a heroic specimen of human architecture.

Platerius, a famous physician, declared that he saw at Lucerne the true human bones of a subject who must have been at least nineteen feet high.

Valance, in Dauphine, boasts of possessing the bones of the giant Bucart, of the Vivarais, who was slain by an arrow by the Count de Cabillon, his vassal. The Dominicans had a part of his shin bone, with the articulation of the knee, and his figure painted in fresco, with an inscription showing that this giant was twenty-two and one-half feet high and that his bones were found in 1705 near the banks of the Moderi, a little river at the foot of the mountain of Crusol, upon which (tradition says) the giant dwelt.

On Jan. 11, 1633, some masons digging near the ruins of a castle in Dauphine, in a locality which had long been known as the Giant's field, at the depth of eighteen feet discovered a brick tomb thirty feet high, twelve feet wide and eight feet high, on which was a gray stone, with the words "Theobobochus Rex" cut thereon. When the tomb was opened they found a human skeleton, entire, twenty-five and one-half feet long, ten feet wide across the shoulders and five feet deep from the breastbone to the back. The teeth were each about the size of an ox's foot, and his shin bone measured four feet.

Near Margarino, in Sicily, in 1516, was found a giant thirty feet high. His head was the size of a hoghead, and each of his teeth weighed five ounces.

Near Palermo, in the valley of Magara, in Sicily, a skeleton of a giant thirty feet long was found in the year 1548 and another thirty-three feet high in 1550. Several of the gigantic bones of the latter subject are still preserved by private persons in Italy.

The Athenians found thirty-two famous skeletons, one thirty-four and another thirty-six feet in height.

At Totte, in Bohemia, in 758, was found a skeleton the head of which could scarcely be encompassed by the arms of two men together and whose legs, which are still preserved in the

castle of the city, were twenty-six feet long.

The celebrated English scientist, Sir Hans Sloane, who treated the matter very learnedly, does not doubt the facts above narrated, but thinks the bones were those of elephants, whales or other animals. But it has been well remarked that, while elephants' bones may be shown for those of giants to superficial observers, this can never impose upon such distinguished anatomists as have testified in many cases to the mammoth bones being unmistakably human.

Be patient with every one, but above all with yourself.—Francis.

## THROAT EXERCISES.

Evils That Come From Misuse of the Vocal Organs.

The chronic sore throat is not infrequently produced by the misuse of the vocal organs. Very often that unruly little member, the tongue, is accountable for the difficulty, as it is for a great many other troubles in this transitory life. Many people have a habit when talking of pushing the tongue so far back against the delicate membranes that line the throat that irritation more or less painful is caused, and if it continues any length of time ulcers will form, and so will a doctor's bill.

Control of the tongue is excellent in all senses of the word. Physically this organ may be managed by depressing it into a hollow at a point three-quarters of an inch back of where the tip of it comes when in a natural position in the mouth and at the same time singing very light head tones. This exercise requires some patience at first, but the habit of keeping the tongue down is soon acquired. In speaking or singing it should not be allowed to hop up and fill the mouth, thus interfering with the free passage of the tones of the voice from the throat to the front of the mouth, where they should strike and then escape clear as a bell. This hooping up of the tongue in the mouth is the cause of much of the indistinct and slovenly utterances to which we are too often obliged to listen.

In many people we notice the line from the point of the chin to the neck is in the form of a right angle. In a shapely throat this line forms a curve, just as a canary's does when the small yellow artist is warbling his carols.

To develop the throat and make this angle curve stand before a mirror so that you may watch the throat swell out. Now thrust your tongue out as far as it will go, then draw it back quickly and forcibly, at the same time bringing it downward in the mouth as far as you can. Place your thumb and forefinger against the larynx (commonly called the Adam's apple), and if you are making the right movement you will feel the larynx pass downward. For a week or two make the movements lightly. After that time put as much force into it as you can. The exercise should be practiced for a few minutes several times a day to insure rapid and good results.

To fill up the hollows of the neck stand correctly and then slowly fill the lungs with air without elevating your shoulders. As the air is forced upward into the throat hold it there a few seconds and then expel slowly. This exercise is best performed soon after rising in the morning and before retiring at night.

## Time and Eternity.

The stream of time never runs dry, and the ocean of eternity will forever send its mighty surges mountain high against the bank of time's little stream, sweeping with each receding billow over its expansive bosom the frail human craft from the shore of time, with earth's happiness, human affection, toil, trials, tears and sin, to the eternal shore of celestial beauty and bliss. Oh, mighty ocean of eternity, your wonderful anthem of life and death brings eternal woe and condemnation to him who is untrue to himself and his divine pilot, but to the trusting, faithful man it sings of endless felicity in the presence of time who has redeemed his people from the bondage of sin and has swept them through the pearly gates.

## The Wonderful Diatom.

One of the most wonderful things in vegetable life is a beautiful and minute class of seaweeds called diatoms. They belong to the seaweed family, yet they may be found by the thousands in any roadside ditch, fresh or salt water lake or even in cisterns, wells, springs, etc. Most species of plants are made up of an infinite number of little cells, but with the diatom it is otherwise. Each representative of this wonderful family of plants is formed of but a single cell and this so minute that it would require 2,600 of the most common form, laid end to end, to make a string an inch in length. Some species of diatoms have the power of independent motion, and on that account were for some time believed to be animals.

## Candy and the Flag.

The following is accredited to the late Senator Hoar: At a Fourth of July

celebration in a Canadian town where both English and American guests were assembled the flags of the two countries were used in decorations. A frivolous young English girl, loyal to the queen, but with no love for the stars and stripes, exclaimed: "Oh, what a silly looking thing the American flag is! It suggests nothing but checkerboard candy." "Yes," replied Senator Hoar, "the kind of candy that has made everybody sick who ever tried to lick it."

## Charity.

Charity is a universal duty which it is in every man's power sometimes to practice, since every degree of assistance given to another upon proper motives is an act of charity, and there is scarcely any man in such a state of imbecility as that he may not, on some occasions, benefit his neighbor.—Johnson.

## His Advantage.

First Man—How do you do? Second Man—Beg pardon, but you have the advantage of me. First Man—Yes; I guess I have. We were engaged to the same girl, but you married her.

The taste of beauty and the relish of what is decent, just and amiable perfect the character of the gentleman and the philosopher.—Shaftesbury.

## PLYMPTON.

Mrs. Francis Alexander's new residence on the 2nd line is about complete and is an up-to-date structure of the very latest style, which is an improvement to the line.

School house No. 43 has had a concrete foundation put under it and a furnace will be installed later on. All is now completed but the piping which will be done this week by Jno. Rice & Son.

## Governor at Lynching.

Greenwood, S. C., Aug. 16.—Bob Davis, the negro who assaulted Miss Jennie Brooks near here Monday, was lynched here tonight.

Gov. Heyward was present and made a strong appeal to save the negro, but the mob was determined, and shot the negro to death.

## Result of Environment

"I saw the oldest freak the other day," says the man with the honest eyes and the trust-worthy face.

"A three legged cat?" we ask smiling.

"No. It was a chicken that had furnished feathers."

"For?"

"Yes. It was hatched from a cold storage egg."—Life.

## Army to Bring to Canada 25,000 Immigrants in Year.

London, Aug. 16.—Brig Gen. Howell and Col. Lamb of the salvation Army leave England for Canada Aug. 17, having completed arrangements for the settlement of between 20,000 and 25,000 emigrants in the Dominion of Canada within a year.

A fleet of ten or twelve steamers will be chartered for their transportation. Emigrants will be scattered through Canada in such a way as to place them within reach of work for which they are best suited.

## Teacher's Salaries in Rural Schools.

From a perusal of the new Public School Act one important change will be seen in the fixing of a minimum salary for the teachers of rural schools as follows:

(a) \$300 when the assessment of the section is \$200,000 or over.

(b) \$400 where the assessment is between \$120,000 and \$200,000.

(c) \$400 where the assessment is between \$100,000 and \$150,000.

(d) \$300 where the assessment is between \$50,000 and \$100,000.

Of these amounts a general rate will be levied by each township to provide \$300 for each school. The remainder will be raised by an additional rate on the individual section.

The grants to such schools have been considerably augmented. In addition to the ordinary Legislature grant based on attendance, a special one with an equivalent from the county will be received by each rural school, these latter based on the character of the accommodation and equipment as found by the inspector on his periodical visits.

When the Ringling Bros' special horse train arrived in Port Huron on Thursday morning it was found that three horses were dead and one seriously injured. The animals engaged in a fight on the way from Bay City with the above result. The dead horses were valued at \$800.

On Monday morning Mr. W. W. Daniels, Forest, and Miss Emma McCallum, daughter of P. D. McCallum, left forest for Edmont. Mrs. Daniels goes to join her husband, who went west in the spring, and Miss McCallum goes to take a position as teacher, at \$800 per year, near Edmont.

While passing the big lion at Ringling Bros' circus Thursday night in Port Huron, Arthur Williams, an attendant, residing in London, Ont., was bitten on the right arm. The animal sank its teeth in Williams' arm and tore the flesh from the elbow to the wrist. Williams' arm was dressed by a physician. It is thought that blood poisoning will set in.

On Wednesday evening while Miss Gertrude Emory, of Wall street, and Miss Anna Kidd, of Yale, were walking down Wall street, Port Huron, an unknown man suddenly stepped out from behind a tree and gave chase. The young ladies ran to the home of Robert Thompson and the man made his disappearance. The people in the vicinity have been bothered a great deal by this unknown person. The police have been notified.

## THE WESTERN FAIR LONDON, ONT.

Will Be a Great Success!

The Western Fair, London, Ont., which is held Sept. 7th to 15th this year promises to eclipse all previous exhibitions, although they have been good. Fifteen Hundred Dollars have been added to the Prize List. Entries are coming in from all sides. Reserved seat plans have been adopted this year for a part of the grand stand, which will be a great accommodation to the public, and everything indicates a very successful exhibition. The attractions this year are above the average, being both new and novel. The Royal Varieties Band originally from Venice, one of the best musical organizations of the day are under engagement for the entire week. C. W. Williams with his ship "America" making his daily flights through the clouds; the Kita Banzai Japanese troupe in their acrobatic acts and "slide for life"; the N. Rin in their high and fancy diving; the Les Remos, or Polite Burglars, trick horse performers, slack wire and comedy ladder acts; Aldo and Amour, bar comedians, in their comic acts, and many others. The fireworks this year, the leading feature of which will be Carnival of Venice, will surpass anything of the kind ever presented at the Western Fair. Reduced rates on all railroads for which are timetables, and also late trains for accommodation of those remaining to the evening performance and fireworks. Programs and all information will be given on application to the Secretary, London, Ont. Take a holiday and visit the only Western Fair sometime between Sept. 7th and 15th.

## Know Him.

He was always unsuccessful when it came to finding work.

And he said the nation soon would go to smash.

He complained because a willing man forever had to shirk;

He kicked if any man had surplus cash.

He always found the government was faulty and unsound,

He would like to put the leaders on the run,

But you ought to see him hustle when the seasons came around.

And 'twas time to get out fishing lines and gun!

When it came to chronic grumbling, he was at it early, late,

And he reckoned that a poor man had no hope;

He was constantly on speaking terms with what he said was fate;

For excuses he was ne'er obliged to grope.

He would tell you that his life had been a failure through and through,

But I never—no, I never—saw him shun The slightest opportunity—and you can bet he knew—

To tinker at his fishing lines and gun!

—Milwaukee Sentinel.

## Would Have to Swim for it.

"And what are you doing now?" enquired a clergyman of an ex-parditioner he had not seen for a year or two. "As a matter of fact, I'm in the same old line." "As a matter of fact, you are in the same old line?" "Oh, I see; rather a strange occupation," said the clergyman, with a shudder. "Aye, aye, strange enough. As a matter of fact, I'm in the same old line. I couldn't make it out at all."

"What was that?" "The corpse had half a sovereign gripped in its hand." "Oh, that's nothing strange, John. It's simply an old superstition that the dead require to pay the grim ferryman who rows them across the Dark River." "D'ye tell me so? Then as in afloat that chap'll ha' to swim!"

## CASTORIA

For Infants and Children.

The Kind You've Always Bought

Bears the Signature of *Dr. J. C. Williams*

## "AVONDALE FARM"

FOR SALE.

100 ACRES, Lot 22, Con. 4, N. E. R., Warwick, situated on good gravel road, 2 miles from Arden, and one mile from Birman, P. O., and cheese factory. Soil rich, sandy loam. On farm are two houses, one new with modern conveniences. House and barn on each side; large orchard of all kinds of fruits, and beautiful maple grove. Will sell easy first or entire one hundred.

PHOEBE E. WILLIAMS, Arden, Ont. July 26th

## NORTH END BAKERY.

We were never better prepared to supply the wants of the public in everything expected to be found in an up-to-date

## Bakery and Confectionery.

Candies of All Kinds.

Fruits in Season.

Nuts From All Nations.

Cigars That Please Particular Smokers.

Wedding Cakes That Delight Bride and Groom.

Your Orders will Receive Prompt and Careful Attention.

S. E. THOMPSON.