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Mineral water shipped in carboys and barrels and bottled at distant points—is like champagne kept over night uncorked. It's dull and flat.

"SANITARIS" is bottled at the springs at Arnprior, Ontario—just as it comes from virgin rock—with all its natural snap and sparkle retained.

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If so, do you not think that you might as well eat THE BEST? The best bread is that which contains the MOST nutriment and the LEAST waste matter and is absolutely pure. TRY US.

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Minard's Liniment cures Distemper

DRINK WHEN YOU EAT

TAKE AS MUCH WATER AS YOU WANT WITH YOUR MEALS.

It is Excellent For the Digestion. It is Claimed, as Neither Gastric Juice Nor Pepsin Work Properly Unless Largely Diluted With Water.

How much water should we drink and when should we drink it are questions so simple that at first sight their discussion seems superfluous. One would naturally answer, "Drink all the water you wish when you are thirsty," but authorities say, "Drink more than you wish when you are not thirsty," for they recommend that a gallon or so be drunk between meals, which is more water than we need and the very time the system least demands it. Usually we experience thirst during or directly after eating.

Inasmuch as 87 per cent of the whole body is water, which is, of course, being used up every moment, there is no question that we should drink of this element copiously, but it is a serious question whether we should refrain from water at meals—the time we particularly desire it.

There is a class of persons, ever growing more numerous, that believe that whatever is wrong. For the natural and simple they would substitute the artificial and complicated. To drink water while or directly after eating is a natural instinct. Give a dog his dinner, putting a bowl of water near it, and observe that he will first eat all he can and then immediately drink. Wild animals look for a stream after feeding. Cage birds will stop pecking at seed to peck at water. Children have a perpetual thirst, and I have seen babies that, unlike young Oliver, have refused to eat more when denied water after every few mouthfuls.

It is especially important that babies be given what water they wish and at the time they wish it, which is usually at table.

The thinner food is the more easily and thoroughly it is digested; in fact, it cannot be digested until it has been made liquid by the gastric and intestinal juices. Indigestion is caused often by food that has not been sufficiently moistened by the digestive secretions.

There are sound physiological reasons for our craving water with meals. Water is the solvent that constitutes 95 per cent of the gastric juice. Now, when one eats a hearty meal and does not drink, the amount of water in the stomach is not sufficient thoroughly to moisten the great quantity of food, and this makes digestion difficult.

On the other hand, when enough water is ingested with the food the latter is well moistened and broken up, the digestible particles being then readily acted on by the gastric juice and after being absorbed, the water, when the partially digested food (chyme) passes into the intestines it is most important that it be very moist, particularly as water is constantly absorbed from the chyme in the large intestine. Bad cases of constipation are caused by dry chyme remaining in the intestines, where it sets up an inflammation that sometimes proves fatal, dry faeces, of course, resisting peristaltic action. The excrement of persons suffering from constipation is always dry and hard and is a potent cause of appendicitis.

The idea that water drinking at meals unduly dilutes the gastric juice is nonsensical, water being not so palatable that one is apt to drink more than his digestive functions require. As a matter of fact water generally facilitates the digestion of albuminous substances. In this connection Dr. A. Jacobi in his work on "Infant Diet," page 67, says:

"In experiments upon digestion of albumen with gastric juice obtained from the stomach of animals it was noticed that after a certain time the process began to slacken, but was renewed merely by the addition of water. The gastric juice became saturated with the substance it had dissolved and ceased to act upon what remained until it had been diluted. In the living stomach this dilution is of even greater importance, for it permits of the immediate absorption of the substances soluble in water and which do not require the specific action of the gastric juice."

Neither the gastric juice nor pepsin has any true digestive action unless they be largely diluted with water. It goes without saying that it is not the food that is ingested, but that which is digested, that does good, and this principle holds good with water, which is practically a food. Now, when one resists the perfectly natural desire to drink while eating he may be not thirsty several hours afterward, but he is advised nevertheless to force himself to drink at that time. But if he drinks then, the water, having no food to mix with it, will go through him, as it were—that is, it will do no good.

The importance of water to the human economy may be inferred from the various purposes it subserves. First, it softens and dissolves solid foods, thus facilitating their mastication and digestion; second, it maintains a due bulk of blood and the structures of the body; third, it keeps substances in solution or suspension while moving in the body; fourth, it supplies elements for the body's chemical changes; fifth, it makes easy the elimination of waste material; sixth, it discharges superfluous heat by transpiration through the skin and by emission through other outlets, and, seventh, it supplies in a convenient form heat to or abstracts heat from the body. Some of these functions are performed by water in its liquid state and others in a state of vapor.

Have you indigestion? Try water instead of drugs with your food.—G. Elliot Flint in New York World.

Handle Work With Gloves.

"I hope," said the woman who was ordering a pair of slippers made of flowered satin, "that you will tell your workman to wash his hands before he begins to make these up."

"Wash his hands!" repeated the clerk. "Why, madam, he never will touch these with his bare hands."

Then the clerk explained that all workmen employed in making slippers of light colors worked with white gloves on. "Try to keep them clean!" he continued. "I should say they did. They try so hard that they change their white gloves three times a day."

Which is not so fantastic as it may seem, for if a shoemaker soils material of this kind the expense to him of replacing the material to say nothing of the loss of his time, makes it worth his while to work in gloves and keep them clean at that.—New York Press.

MARTYRDOM DESCRIBED

Kingston Man Tells How He Suffered and How He Was Released

"For years a martyr," is how Chas. H. Powell of 105 Ragin Street, Kingston, begins his story. "A martyr to chronic constipation, but now am free from it and all through the use of Dr. Leonard's Anti-Pill."

Chas. H. POWELL. Many who are now suffering from this complaint will be glad to learn from Mr. Powell's story that there is hope for the most stubborn case. He continues: "I was induced to try Anti-Pill by reading the testimony of some one who had been cured of constipation by it. I had suffered for eighteen years and had taken tons of stuff recommended as cures but which made me worse rather than better. Doctors told me there was no cure for me."

Dr. Leonard's Anti-Pill is for sale by all Druggists or by The Wilson-Eyle Co., Limited, Niagara Falls, Ont.

Mr. Powell will verify every word of these statements.

Borne to the Tomb.

Toronto, July 10.—Representatives of the Governor-General, of Bench and Bar, of the Masonic Order and many leading citizens attended the funeral yesterday afternoon of the late Walter Barwick, K. C., who was killed in the Salisbury wreck. At the cathedral solemn and impressive service was held. There was a full choir.

Idea are worth just as much as can be worked out of them and no more.

DISTRICT

FLORENCE.

Messrs. Ross, Webster and James McGarrity, of Chatham, spent Sunday at their homes here.

Mr. Munn, of Detroit, has been spending a week with his sister, Mrs. A. Peters.

Miss McLaughlin left last week for a month's pleasure in Toronto.

Mrs. Walter Drew and daughter Marion are visiting Mr. John Nelson and family at Cape Croker, Ont.

Miss Jessie Dines, of Dresden, is spending a couple of weeks with Miss Nina McCreary.

Miss Sherman, of Thamesville, is visiting friends in town and vicinity.

Rev. C. Pilkey and wife are in London, visiting their daughter, Mrs. Jack, and family.

Rev. Mr. Farmer, of Chicago, occupied the Methodist pulpit last Sunday evening, and the Baptist in the afternoon. He preached very edifying sermons.

The Presbyterian W. F. M. S. gave a tea at the home of Mrs. W. W. b. on the 20th. There was a good attendance.

Miss Lardman, of Hamilton, is the guest of Miss Mary Tweed.

Five candidates out of a class of six of our school passed the entrance examination. The successful ones are Gladys DeLong, Gladys Peters, Allan Drew, Lloyd McDonald and St. Clair Walker.

A highly esteemed and respected citizen, Mr. John Farmer, passed away at his home here last Tuesday morning, at the age of 73 years. He was an early settler of Dawn township, until several years ago, when he and his wife moved into town. The deceased has been in poor health for about 18 months, the last three being confined to his bed. The funeral services were held in the Methodist Church by Rev. T. Sawyer and the burial took place at Shelburne Cemetery.

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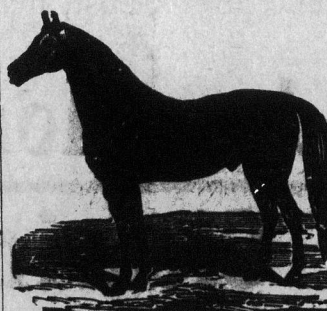
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Many arguments possess so much in the way of sound that all else in them is lost to view.

MUSICAL

DR. DECOU is prepared, as usual, to furnish first-class orchestra for concert and other entertainments at reasonable rates, any number of pieces furnished, also violin and cornet soloists. Pupils taken on violin and all orchestral and band instruments. Studio: Centre St.

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SMITH, HERBERT D.—County Crown Attorney, Barrister, Solicitor etc. Harrison Hall, Chatham.

THOMAS SCULLARD—Barrister and Solicitor, Victoria Block Chatham, Ont.

WILSON PIKE & GUNDY—Barristers, Solicitors of the Supreme Court, Notaries Public, etc. Money to loan on Mortgages at lowest rates. Office, Fifth Street, Matthew Wilson, K.C., J. M. Pike, W. E. Gundy.

LODGES

WELLINGTON Lodge, No. 46, A. F. & A. M., G. R. C., meets on the first Monday of every month, in the Masonic Hall, King St., at 7:30 p.m. Visiting brethren heartily welcomed.

W. A. HADLEY, W. M.

ALEX. GREGORY, Sec'y.

PARTHENON LODGE, No. 287, A. F. & A. M., G. R. C., meets on the first Wednesday of every month, in the Masonic Temple, King St., at 7:30 p.m. Visiting brethren cordially welcome.

J. M. PIKE, W. M.

J. W. FLEWES, Sec'y.

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