

DO YOU USE



SUNLIGHT SOAP?

It is PURE.

It saves time, labour and money.

Dr. Ingram on England's Drink Bill

The Bishop of London made a racy and characteristic speech at the annual meeting of the London United Temperance Council recently. The Bishop referred to the great increase in the strength of the temperance cause which had come from what he called "the conversion of the doctors." Mr. Pearce Gould, Sir Thomas Barlow, and Sir Frederick Treves were, said the Bishop, good enough for him. "People may not notice us temperance fanatics," he said, "but they do begin to take notice when medical men of European reputation tell us that alcohol is actually harmful, and prevents us doing our work as well as we can, or living as long as we might do."

Teetotalers, said Dr. Ingram, used to be called "bad lives" by the insurance companies. Now they were coming into their own, and the insurance companies were running after them, and bribing them on 10 per cent. better terms. "I am not going to talk politics," the Bishop went on, "but I would draw your attention to the fact that all this excitement about the Budget is over a matter of £17,000,000 a year while we are spending £160,000,000 a year in drink. I say that is a monstrous fact when you have this tremendous outcry about the Government spending another £17,000,000 a year."

Dr. Ingram referred to the fact that the drink bill had been decreased by £5,000,000 in two years, and he hoped it would not be long before it was reduced by another £10,000,000. Curtailment of the huge expenditure on drink was the first thing to be done in curing the moral mischief of the country. All the authorities agreed that the hospitals might close half their wards, that half the lunatic asylums might be closed and that magistrates and judges would have their duties considerably curtailed. "I speak with a wonderful feeling of hope," said the Bishop. "I do not think we can exaggerate the help that has been given us by the conversion of the doctors. In the universities there is a great change for the better. In the Army, too, there is a much more hopeful state of affairs. If we hold together I believe

we are on the winning side. As for legislation, I shall continue to back up all temperance legislation in the House of Lords—if there is to be a House of Lords in the future—(laughter)—as I have done in the past. (Cheers and laughter.) I am sure you do not want to turn the temperance men out of the House of Lords. (Laughter and cheers.) But I do not want you to neglect the spade work. Let us go on with our hands of hope and our rescue work among the women and children. If we go on in that spirit we shall yet see the kingdom of God established."

Electric Restorer for Men
restores every nerve in the body to its proper tension; restores vim and vitality. Premature decay and all sexual weakness averted at once. PHOSPHONOL will make you a new man. Price \$3.00 a box or two for \$5.00. Mailed to any address. The Seobell Drug Co., St. Catharines, Ont., m.w.f.

To Start a Tight Screw

Lots of folks have tried to remove a stubborn screw from a piece of wood, a screw that won't budge at all and have in the end given it up as a bad job. Well, if such a thing occurs again don't give it up, don't lose your temper or exert yourself, but try this recipe for removing the screw:

Heat a poker red hot, and then hold it against the screw head for a little while, wait a few minutes for the screw to cool down, when it will be found that the screw can be removed quite easily with the same screw driver that just previously would not perform the work. The explanation is quite simple.

The red hot poker heats the screw, the screw expands and makes the hole it is in a wee bit bigger. The screw then cools down and resumes its original size, leaving the whole in the wood a size too large—and there you are.

Good Health.

Within Reach of Most, But Only Enjoyed by Few.

BY I. C. MORRIS.

Of the many blessings that fall to our lot one of the greatest is that of health. Good health very often implies good spirits, and both are the natural heritages of the average son or daughter of Adam. But though this be the case, not more than forty per cent of city people really enjoy perfect health. For this there must surely be a cause; since all creation tends to perfection; and man's natural environment is adapted to his well-being.

What, then, is the cause of this debility, and why is it that so many people look languid and care-worn? Of different answers which may be given these queries, there is one that includes nearly all the others. It is the matter of food and how we use it. This may appear a simple matter, but it holds the key to the solution of many of our ailments. We wear a good deal said about the cooking of food, and sometimes the cook comes in for a lot of blame. But cooking, though a very important feature of the question of health, is not all. There is a good deal to be said about how one eats food, and what amount of time is given to the proper mastication of our meals. As a rule most people eat too rapidly; they bolt their food, and rise from the table too hurriedly. They expect their digestive organs to accomplish what their teeth should do. They tax, and over-tax, the stomach, and then when they feel languid, or unable for the duties of life, they calmly and resignedly look upon themselves as suffering the will of God. Truly, a very good spirit with which to look upon, but certainly a mistaken view.

To more fully understand this phase of health and debility we cannot do better than state it in the form of a dialogue as follows:

"Good morning, John."
"Good morning, sir."
"How are you this morning?"
"Not very well, sir, to tell you the truth."
"Indeed; that's rather a pity. You look a fairly healthy body. What might be the trouble?"
"Well, I hardly know what is the matter, but I am feeling far from No. 1."
"Have you consulted any of the doctors?"
"Oh, yes; I have tried medicine until I am tired of it, and I don't seem to get any benefit from them."
"And what ailment does the doctor say you are suffering from?"

"Well, he thinks it is dyspepsia, and the missus thinks so, too."
"Well, you can't have much better counselors than the doctor and your wife; no doubt they are right. But judging from your physique, you should certainly be a robust man. What are your habits of life? Perhaps you do not just take proper care of yourself."

"O, that is exactly what the missus tells me, but I only laugh at her."

"Well, I think the missus is right, and all the trouble it at your own door. For instance, I can see at a glance that you overtax your digestive organs."

"How do you know that?"

"I know by the way you walk at ease, and by the hurried manner in which you go to your meals. You don't give yourself time enough to straighten your shoulders, and harden your time to breathe properly."

"But what has straightening up the shoulders to do with health, or meals, or breathing, or with my complaints?"

"It has all to do with it. In it lies the cause of your indigestion."

"Will you explain to me your meaning?"

"I will, indeed. Here it is all in a nut shell. You got up this morning not feeling well, and because you felt unwell, you slept till the last possible minute. You then hurried off to work. You did not even stop to wash yourself. At 8 o'clock when the bell rang, you left your work post haste, and clambered up this hill with your head down on your chest. When you got to the top of the hill you were quite out of breath, and felt more like sitting down on the road than continuing to your home. On arriving at home you at once began your breakfast and hurriedly ate it. You then lit your pipe and hid away off to work again. You continue this day after day, with the result that you feel unwell. Now under these conditions it is not possible that you feel any other than unwell. What say you, John? Do you see the point?"

"Well, now, I do; and I think there is something in what you have said, and that after all the missus is right."

This little dialogue will suit to illustrate what we mean when we say that much of the sickness, and many of the ailments, from which we suffer are simply self imposed, and can be easily avoided.

Horse Distemper.

Prince Edward Farmer Solemnly Declares Nerviline is a Specific.

"After fifty years' experience in raising horses I can safely testify that no remedy gives such good results for an all-round stable liniment as Nerviline." Thus opens the very earnest letter of J. J. Evanston, who lives near Wellington, P.E. "I had a very valuable horse that took 'distemper' a month ago, and was afraid I was going to lose him. His throat swelled and hard lumps developed. His nostrils ran and he had a terrible cough.

I tried different remedies, but was unable to relieve my horse of his pain and suffering till I started a bottle of Nerviline. I mixed a bottle of Nerviline and sweet oil and rubbed the mixture on the throat and chest three times a day and you would scarcely believe the way that horse picked up. Nerviline cured him. I also have used Nerviline for colic in horses and cows, and earnestly recommend it to every man that is raising stock."

For strains, sprains, swellings, colic, distemper, coughs and colds, no liniment will prove so efficacious in the stable as "Nerviline"—it's good for man or beast, for internal or external use. Wherever there is pain, Nerviline will cure it. Refuse substitutes. Large bottles 25c., five for \$1.00, at all dealers, or the Catarrh-ozone Co'y, Kingston, Ont.

Big Land Deals.

What Ground Space Costs Per Foot in Old London.

At the moment when there is so much discussion concerning the taxation of land values the following facts and figures concerning some amazing land deal in London, Eng., may not prove uninteresting. Probably many of them are already aware that the most valuable land in the world is that which comprises the

square mile of the City of London. Twenty and thirty pounds per square foot is quite a common price, and there are instances where over double that amount has been paid.

Six years ago, for instance, some offices were sold at the junction of Old Broad Street and Threadneedle Street, the price for the freehold being \$1,050,000, or nearly \$800 per square foot. This is \$15,246,000 per acre.

Just to the east of the Mansion House, in Lombard Street, is an area of nearly half an acre which—before the present buildings were erected on the site two years ago—was valued at a million sterling. The purchasers actually raised \$3,000,000 on a mortgage.

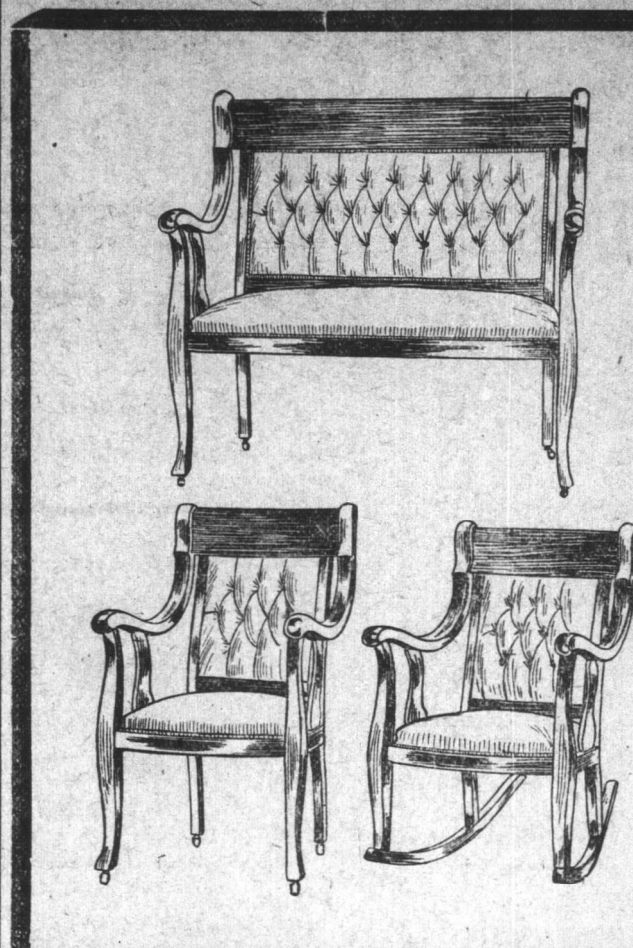
Twelve years ago the freehold ground rent of a block in Cornhill was sold at a price which worked out at \$12,260,115 per acre. Further west values are lower, and in 1901, in Cheapside, 500 feet fetched \$65,000, or over \$130 per square foot. In the same month some freehold land near Lincoln was sold at 3 cents per yard—with a cottage thrown in.

In March of this year the Corporation of London purchased a site which had long been occupied by a fruitstall in Ship Tavern Passage, Grace Church Street, at approximately \$150 per square foot, while land in Lombard Street ranges anywhere from \$185 to \$250 the square foot.

PREVENTION IS WORTH WHILE.

When you consider the risk to life, the expense, the anxiety, which is involved in an attack of appendicitis and a surgical operation, it is certainly worth while to avoid it by keeping the liver and bowels regular by using Dr. Chase's Kidney-Liver Pills. Doctors are now unanimously of the opinion that appendicitis comes from a neglect to keep the liver and bowels in healthful condition.

Winard's Liniment Cures Colds, etc.



PARLOR FURNITURE!

Every suite is representative of the highest artistic effort of one of the master furniture makers.

The woods used are carefully selected specimens, beautifully matched and exquisitely finished.

Upholstered in Silk Tapestry and Velour.

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LIMITED

Meat Barons Are Indicted by Jury.

NEW YORK, Feb. 25.—The so-called Beef Trust in the United States, otherwise six great packing companies and twenty-one packers, several of them multi-millionaires socially and industrially prominent, were indicted by the Grand Jury in Hudson County, N. J., charged with conspiracy in limiting the supply of meat and poultry. The indictment is drawn under the laws of New Jersey, which provides for a thousand dollar fine or a maximum penalty of three years in the penitentiary upon conviction, or both. The offence is extradition which means that practically all the meat barons of this country must either successfully resist extradition or come to Jersey City for trial.

The defendants named are: The National Packing Company, Armour and Company, Swift and Company, Morris and Company, Hammond Packing Company, G. C. Hammond and Company.

Individuals: J. Ogden Armour, Watson Armour, Louis Swift, Edward F. Swift, Charles H. Swift, Edward Morris, Ira N. Morris, Arthur Meeker, Edward L. A. Carton, Thomas E. Wilson, Thomas J. Connors, F. A. Fowler, L. Hermann, James F. Bethgate, Jr., Geo. J. Edwards, Fred B. Cooper, D. E. Hartwell, Henry B. Darlington, A. A. Fuller, Lemuel Patterson.

The indictment bristles in its arraignment of the men named, also to "Diverse others" as being responsible but they are specified.

Published by Authority

His Excellency the Governor in Council has been pleased to appoint John Fenelon, Esq., Barrister-at-Law, to be a Notary Public for the Colony; Mr. John Meisac (St. George's), to be a Surveyor of Lumber; Mr. Laurence Whelan, sr. (Collier's, North Side), to be a member of the Roman Catholic Board of Education for the District of Conception Harbor in place of Mr. George Whelan, retired; Messrs. Samuel Clarke and John Fox, to be members of the Methodist Board of Education for the District of Campbellton, in place of Messrs. Thomas James and Samuel Manuel, deceased.

Secretary's Office, March 1, 1910.

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THE EVENING TELEGRAM.



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No Wonder We Get the Crowd!

Look at these Values.

A very fine lot of SUPERIOR QUALITY

HEARTH RUGS,

Rich Crimson Oriental Effects. Also, Green and Fawn Grounds, in soft delicate tones, for

PARLORS and BEDROOMS.

Sizes 58 x 31 in., price..... \$1.75
 Sizes 55 x 29 in., price..... 2.80
 Sizes 56 x 30 in., price..... 3.00
 Sizes 56 x 30 in., price..... 3.75

These Hearth Rugs have both sides alike.

Postage.

P. F. COLLINS,

THE MAIL ORDER MAN.