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Description:

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### **Is Wife Cross?** Will Make her Pleasant

Many a woman is irritable, melancholy and hard to live with, just because she is run-down in health. Or perhaps she is suffering from something peculiar to

her sex.
Such a woman should get sympathy not blame It is really remarkable, however, how soon Dr. Hugo's Health Tablets will

make a change in such a woman. Mrs. D. McDonald, 12 Outremont Ter-

race, Montreal, says:
"Shortly after taking them I forgot I had any nerves."
Mrs. James Arthur, North Rustico,
P.E.I., says: "Since commencing their use I feel more buoyant, more vitality.'

We might go on indefinitely citing the words of those who have had the old time spirits and vigor restored by this remarkable twentieth century prepara-

Make Healthy Women.

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The magazine "Health" speaks truwhen it says: "Every dose of such drugs is at the expense of vitality, and sooner or later the penalty for outraging nature will be exacted." You can avoid this penalty and cure your headaches just as quickly by taking the vegetable cure, Zutoo.

#### THE GIANTS OF OLD

MOMENT RACES MARVELS OF PHYS ICAL DEVELOPMENT.

Years Ago Were All Remarkably Proportiqued Mon-The Glants of sient Grooce and Rome.

That the human race has degener ated in size as well as longevity is a fact well attested by various authori-ties. A prominent Washington physi-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 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 vegue 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 buperiod of the world's history.

or 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 Galbora, brought from Arabia to Rome under Claudius Caesar, measured near ten feet, and the bones of Secondila and Pusio, keepers of the gardens of Salust, 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

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

Revland, a celebrated anatomist who wrote in 1614, says that some years before that time there was to be seen in the suburbs of St. Germane the tomb of the giant Isoret, who was

twenty feet high.
At Rouen in 1509, in digging in the ditches near the Dominicame, there was found a stone tomb containing a keleton whose shin bone reached up to the girdle of the tallest man there. quently the body must have been sevtomb was a plate of copper upon which was engraved, "In this tomb lies the and puissant lord, the Chevalies de Vallemont, and his bones." Ruon de Vallemont, and his pon-There is, indeed, evidence in the ponlerous armer and two handed swords which remain to us in museums to prove that the knight of the ages of chivlary was a heroic specimen of hu-man architecture.

Platerins, a famous physician, dehuman bones of a subject who must have been at least nineteen feet high.

Valance, in Dauphine, boasts of pos-sessing the bones of the giant Bucart, tyrant 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 digg near the ruine of a castle Dauphine, in a locality which had long heen known as the Giant's field at the depth of eighteen feet discovered a brick tomb thirty feet long, twelve feet wide and eight feet high, on which was a gray stone, with the words "Theotobochus Rex" cut thereon. When the tomb was opened they found 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 shout the size of an ox's foot, and his shin bone measured

Near Margarino, in Sicily, in 1516, was found a giant thirty feet high. His head was the size of a hogshead, 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 Totic, 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

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 unmis takably human.

ll with yourself .- Francis.

#### THROAT EXERCISES.

Bylle That Some From Monee of the The chronis sere throat is not info-quently peditioned by the misuse of the vocal engage. Very often that unruly little member, the tongue, is accounts. ble for the difficulty, as it is for a great many other troubles in this thansitory Mfa. 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 con tinues any length of time ulcers will form, and so will a dector's bill.

Control of the tongue is excellent is

all senses of the word. Physically this ergan may be managed by depressing it into a hollow at a point three-quar-ters of an ineh back of where the tip 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 hoop up and fill the mouth, thus interfering with the free passage of the tenes 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 slevenly 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 a curve stand before a mirror so that you may watch the threat swell out. Now thrust your tongue out as far as it will go, then draw it back quickly and forcibly, at the same time ringing 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 laryng pass downward. For a week or two make the movelightly. 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

into the throat hold it there a few see-ends and then expel slowly. This ex-ercise is best performed soon after ris-ing in the morning and before retiring

Time and Eternity. The stream of time never runs dry, and the ocean of eternity will forever 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 shere of celestial beauty and bliss. Oh, mighty ocean of etergity, 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. 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 thouyet they may be found by the thoufor any roadside ditch, fresh or from him, "when I see a man that takes

Lyndhurst.... wells, springs, etc. Most species of plants are made up of an infinite numper 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 2,500 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 frivoleus 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 checkerberry candy." "Yes," replied Senator Hoar, "the kind of candy that has made everybody sick who ever tried to lick it."

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 mois 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.-John-

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 Be patient with every one, but above what is decent, just and amiable perfect the character of the gentleman and the philosopher.—Shaftesbury.

A SONG FROM THE PERSIAN.

Ah! sad are they who know not love, But far from

And sadder they whose longing lips
Kiss empty air and never touch
The dear warm mouth of those they Waiting, wasting, suffering snuch.

Is life to those who, pilgrim-wise, dove hand-in-hand from dawn to dus Each morning nearer Paradise.

Oh, not for them shall angels pray! They stand in everlasting light. They walk in Allah's smile by day, And slumber in His heart by night.
—Thomas Bailey Aldrick.

QUEER COINCIDENCES.

Andrew Lang Tells Real Curious One

About a Clock and a Letter. Here is a real curious coincidence reported to me by a trustworthy friend reported to me by a trustworthy friend.
My friend paid a visit, with a companion, also known to me, to a lady. On the chimneypiece of the drawing-room was a black marble clock, not going, and near it a small round clock in working order. Suddenly a child of the lady of the house, standing on the hearth rug, said, "Mother, the big clock" (the black marble clock) "is ticking." "Impossible!" said his mother. "It has not ticked for many a month. I broke the pendulm myself." Every one present then examined the marble clock, which was ticking away steadily, and the coincidence was that it had and the coincidence was that it had taken up the time correctly and was in accord with the small clock beside it.

No one had touched the black marble

of this coincidence I can only offer the explanation which must already have occurred to every reader. Some-body in the house must have got the clock mender to mend the marble clock without informing the lady of the house. The clock must have hear set to the without informing the lady of the house. The clock must have been set to the right time, and neither the lady nor her visitors happened to notice its ticking till it was observed by the child on the hearth rug. If this view be disproved, then there was a genuine mirracle—a clock going, or ticking at all events, with a broken pendulum. Such is the weakness of human testimony that my friend does not tall me whether the big clock's hands were moving or whether it only ticked.

I know nothing analogous to a clock

minutes several times a day to insure rapid and good results.

To fill up the hollows of the neek 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 seends and then expel slowly. This expends and then expel slowly. This expends and then expel slowly. were a brother and sister, living together. One evening a letter came to their house directed to their care, but addressed to a third person, who did not live with them. The sister placed the letter on the chimneypiece, manning to put on the proper address. Presently the letter began to tick like a watch and kept on tiching. The brother came in and heard the ticking. They examined the letter, could find no explanation and next morning carried the strange epistle to the person for whom it was meant. The letter proved to be extremely important, though the exvelope was not marked "immediate," like envelopes containing advertisements. envelopes containing advertisement Apparently the letter, like all matte according to Haeckel, was not destitut

The proprietor of an engineering works in Scotland, according to The Dundee Advertiser, was watching the

strikes a proper blow like that I give that a man 32 shillings a week, but a man that takes it in the middle like this only gets 25 shillings a week and the sack whenever we get slack. See?"
Hoping he had sufficiently well driven home his point, he surveyed the lad

more in sorrow than in anger, but the latter requested an extension of the se, sir," he said, " where do !

old it for four shillings a week?"

Two Mistakes.

An Irish merchant who had more ney in his pocket than his appearance denoted took a seat in a first-class carriage. A dandy fellow-passenge was much annoyed at Pat's presence and, missing his handkerchief, taxed him with having picked his pocket. After recovering his handkerchief, which he had put in his hat, he made a lame apology, but Pat stopped him with this

"Make vourself easy darlint Don't bother about the matter. You took me for a thafe. I took you for a gentleman We were both of us mistaken, that's all, me honey."

Have the Billiard Habit. Natives of New Zealand are victime of the billiard habit. The inspector of native schools in New Zealand attributes the lax attendance of the young Maories to the fact that their parents "spend their whole time playing cards or billiards." He alleges that the children are often kept up all night bil-liard-marking and are of course utterly unfit for school work next day. He says he encounters billiards everywhe on his travets. The game is even played on the roadside.

He Had Not Lost M.

London bus driver had shouted "'Igh Oborn!" says a writer in Pear-son's Weekly, till the passenger on the seat behind him could no longer redsi the temptation to make a joke

"Excuse me," said the passenger, "out aven't you dropped something?"
"I see wot you're driving at," returned the driver keenly, "but never I shall pick it up when we get to

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GOING WEST Brockville (leave) 9.30 a.m 4.20 p.m Lyn..... 9.55 " 4.85 " Seeleys......\*10.05 " 4.42 " Forthton ..... \*10.18 " Elbe..... \*10.24 " Athens..... 10.88 \*10.58 " 5.22 " Soperton ..... Lyndhurst.... \*11 05 " 5.29 " Delta ..... 11.13 " 5.85 " Elgin ...... 11.32 Forfar ..... \*11.40 " 5.55 " Crosby ..... \*11.48 p.m 6 00 " Newboro ..... 11.58 " 6.10 "

Westport (arrive) 12.15 " 6.20 " GOING EAST

Westport (leave) 7.00 a.m. 3.20 p.m. Newboro ..... 7.10 " 3.35 Crosby..... \*7.20 " 3.46 " Forfar ..... \*7.25 " 3 52 " Elgin ..... 7 31 " 4 02 " Lyndhurst.... \*7 51 " 4 28 " Soperton ...... \*7.58 " 4.87 " Athens.,.... 8.15 " 5.05 " Elbe ..... \*8.22 " 5.12 " Forthton ..... \*8.27 " 5.18 " Seeleys ...... \*8.38 " 5 30 "

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