

NERVOUSNESS

Or dependency caused by weak unsteady nerves, are responsible for more sickness and suffering than any other disease. If you have a secret drain from early abuse, later excesses of exposure, you cannot expect healthy nerves while your vitality is being wasted. Do not let out a miserable existence on account of your illness, you are not safe until cured—nature never excuses—no matter how young, old or innocent one may be.

KIDNEYS AND BLADDER.

Have you pain in the back, a dull feeling in the region of the kidneys? At times your water comes freely, a large quantity light in color, while at other times you do not make it quite so freely. It is dark in color, you make a small quantity, or you may have a mucous deposit or brick dust colored sediment; give your condition immediate attention or more serious complications will set in. My treatment guaranteed as a positive cure for such conditions, and remember you

PAY WHEN CURED.

You need pay nothing until you are convinced that a thorough and complete cure has been established. Surely this is fair, as you run no chances. CONSULTATION FREE. If you cannot call, write for blank form home treatment. Perfect system of home treatment for those who cannot call. BOOK FREE. Medicines for Canadian patients shipped from Windsor—All duty and transportation charges prepaid—Everything confidential. No names on envelopes or packages—Nothing sent C. O. D.

DR. GOLDBERG, 208 WOODWARD AVE., Cor. Wilcox Street, DETROIT, MICH.

Lime, Cement

Cut Stone

We keep the best in stock at right prices.

JOHN H. OLDERSHAW

Thames Street, Next Police Station

Perfect Plumbing

Steam and Hot Water

Heating

General Repairing

Will receive prompt attention. Estimates furnished.

Carmell & Bowers

Office North End of Fifth Street

Phone 316

Money to Loan on Mortgages at 4 1/2 and 5 per Cent.

FOR SALE—FARM AND CITY PROPERTY.

Frame house, two storeys, 12 rooms, Lot 50 ft. front, by 115 deep, \$1,000.

Brick house, two storeys, 7 rooms, Lot 40 feet front, by 208 feet deep, \$1,100.00.

Frame house, 10 rooms and summer kitchen, Lot 50 ft. by 104 ft., \$800.00.

Frame house, 8 rooms and summer kitchen, Lot 60 ft. by 208 feet, good stable, \$1,100.00.

Two vacant lots, each 60 feet front by 104 feet.

House, 8 rooms, Lot 60 feet by 208 feet, \$1,000.

Farm in Howard, 32 1-2 acres, house, stable and orchard, \$1,000.

Farm in Chatham Township, 110 acres. All cleared. Good house, barn, stables and sheds, \$5,700.00. Will trade for 25 or 50 acre farm, part payment.

Farm in Township of Raleigh, 50 acres. All cleared. Good house and barn, \$3,700.

Farm in Township of Chatham, 98 acres. All cleared. New frame house, large barn, stable, granary and drive house and other buildings, \$7,500.

Farm in Township of Chatham, 50 acres. All cleared. Good house, and barn, \$2,500.

Valuable suburban residence, 11 rooms, with 11 acres of land. Good stable, \$3,500.

Apply to **W. F. SMITH**, Barrister.

The Lake Erie Navigation Co., Ltd.

Steamer "Urania"

The Short Route to

Cleveland, Ohio

One way fare from Chatham \$1.00

Return \$2.00

Boat leaves Rond Eau

Mondays, Wednesdays and Fridays at 4 p. m.

Tickets on sale at all Local Ticket Offices. For further information write

WM. WOOLLATT, Manager.

STANDARD BANK OF CANADA

HEAD OFFICE, TORONTO.

Branches and agents at all principal points in Canada, U. S. and Great Britain. Drafts issued and notes discounted. Savings Bank Department deposits (which may be withdrawn without delay), received and interest allowed thereon at the highest current rates.

G. P. SCHOLFIELD, Manager Chatham Branch.

BANK OF MONTREAL

ESTABLISHED 1817.

Capital (all paid up) \$12,000,000

Best Fund \$8,000,000

Drafts bought and sold. Collections made on favorable terms. Interest allowed on deposits at current rates in Savings Bank Department, or on deposit receipts.

DOUGLAS GLASS, Manager Chatham Branch.

The Pampero Wind. The pampero blows during the entire summer season from the Andes across the pampas to the seacoast.

His Rule. The Golden Rule, "Do unto others as ye would that they should do unto you," was written in letters of gold over the door of the palace of the Emperor Marcus Aurelius.

Prussian Oil

Is doing its work in this province where ever introduced as thoroughly and surely as it has been doing all over the Maritime Provinces and New England States where it is in universal use curing the ills that people are subject to.

Aches and Pains, Bruises and Sprains, Coughs and Colds, Bronchitis, Asthma, La Grippe, Burns and Scalds.

Very quickly when used as directed. Many people in London, St. Mary's, St. Thomas, Kidnappa and Chatham, testify to its wonderful curative powers and say it is the best medicine they ever had in the house, etc. Use it and prove it.

Sold by Druggists and Dealers

Saxon ladies never appeared in public without the hood, which covered the hair and a large part of the face.

Children Cry for CASTORIA

A remedy of great value for colic and worms in sweet oil. Put two table-spoonfuls in their milk, and they will rarely refuse to take it.

Children Cry for CASTORIA

For warts on cows' udder use castor oil.

The German language has a greater power of combination of words than any other European tongue. By the liberal use of the hyphen, almost any combination may be formed.

—Languor and weakness, due to the depleted condition of the blood, are overcome by Hood's Sarsaparilla, the great vitalizer.

Starting out is easy; holding on is hard. It is the latter ability that brings reward in business and in character.

Children Cry for CASTORIA

This code has the advantage of being certain to attract attention, and bricks are always to be found even when your fan is at home—Answers

Very few are totally free from any trick of manner or involuntary movement.

These may generally be traced to nervousness of some kind or another which prevents the person from remaining perfectly still at any time.

Among the tricks which strike the observer most is that of twisting a button or watch-chain round and round while talking.

We know a lady who washes her hands with "toilet water and imperceptible soap" the whole time she is speaking to you.

But with this exception we fear that it is the much abused male sex that is most afflicted with nervous tricks.

A man will twist and turn his mouthache for hours, or if he has a beard will stroke it if engaged in any work requiring thought.

Running the fingers through the hair is generally a failing of literary people, so is the habit of walking up and down the room while speaking or thinking.

The most irritating of all are the tricks of biting the nails and tapping the foot on the floor.

Nothing makes us feel more uncomfortable than to hear the clicking noise of the nails and teeth coming in contact with one another.

Even schoolboys have their tricks of curling up the leaves of their books and so causing what is technically called a dog-ear on the page.

Baby's Increase in Weight.

The increase in weight depends upon the age of the baby, also the food.

An infant under six months should gain from four to eight ounces a week; from six to twelve months, not quite so much. Children fed on prepared foods gain more rapidly in flesh than are not as vigorous in other ways.

After three months a baby may be considered ready for short clothes. If the weather should be a little cool, keep the feet and legs warmly clothed, and do not make the skirts too short; make them just long enough to reach the feet. Every healthy child needs to have free use of its arms and legs, and these members would be stronger and develop more rapidly if babies were not so hampered with long and heavy skirts.

April is the Month of Diamonds

May is the month of Emeralds

June is the Month of Weddings

engraved free of charge.

And when there don't forget your Marriage Licenses

A. A. Jordan

Sign of the Big Clock

Increase Your Business

By having EFFICIENT TELEPHONE FACILITIES. We quote you rates on a Private-Branch Exchange System in your Office, Warehouse or Factory.

The Bell Telephone Co., of Canada.

Ask for Minard's and take no other.

COST OF A BOY.

The City Boy Will Cost Five Times as Much as the Educated.

I read the other day that it cost five thousand dollars to bring up a city boy and educate him well. I said to myself: "That is because everything in the city has to be bought and living is high." But I began to study the thing, and I found out that even a country boy costs his parents a good deal.

When you count what a boy eats and what he wears, and the school books he has to have, and the doctor's bills that have to be paid when he gets the measles or the scarlet fever, he will cost his folks at home at least one hundred dollars a year. If a boy is pretty bad to smash things, he costs more than that. So when I am twenty-one and old enough to do for myself, I shall have cost father more than two thousand dollars.

Mother cooked my food, made my clothes and patched them, washed and ironed for me, took care of me when I was a little fellow and whenever I was sick, and she never charged anything for that. If she were dead and father had to hire all that done, it would cost another hundred dollars a year more; and that's two thousand dollars' worth of work mother will have done for me by the time I am a man.

Four thousand dollars for a boy! What do you think of that? "Those hard times. When parents put four thousand dollars into a boy, what have they a right to expect of him? Is it fair for a boy to play truant at school? Is it fair for him to play ball, go in swimming, or hang around the town all the time, when maybe his father's potatoes are not dug nor the wood brought in for his mother? Is it fair for him to disappoint them by swearing and drinking? Is it fair to forget his parents and neglect even to write them letters?"

"Some of our parents have put about all of the property they have into us boys and girls. If we make whiskey dealers of ourselves, they will be poor indeed; but if we make good citizens and substantial men, they will feel as if they had good pay for bringing us up."

Boys, what are you worth to your parents?—The Advocate.

Brick Code Filtration.

A Yorkshire girl asks for a simple code of filtration, saying that she is familiar with the fan and handkerchief system, and wants to know if there is no other.

Here is simple code—the brickbat filtration:

Picking up brick from the street—I am waiting for you.

Carrying brick in right hand—I am searching for you.

Carrying brick in left hand—I feel secure.

Biting corner of brick—love you.

Rubbing brick on nose—Write to me.

Wrapping brick in handkerchief—I doubt you.

Beware of the neighbors.

Balancing brick on chin—We are watched.

Striking back of head with brick—I am married.

Scratching ear with brick—Don't speak to me.

Throwing brick at stranger's head—I want to make an impression.

Putting brick in pocket—We are safe.

This code has the advantage of being certain to attract attention, and bricks are always to be found even when your fan is at home—Answers

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TO YOUNG LADIES.

From the Treasurer of the Young People's Christian Temperance Association, Elizabeth Caine, Fond du Lac, Wis.

"DEAR MRS. PINKHAM:—I want to tell you and all the young ladies of the country, how grateful I am to you for all the benefits I have received from your Lydia E. Pinkham's Vegetable Compound. I suffered for



eight months from suppressed menstruation, and it effected my entire system until I became weak and debilitated, and at times felt that I had a hundred aches in as many places. I only used the Compound for a few weeks, but it wrought a change in me which I felt from the very beginning. I have been very regular since, have no pains, and find that my entire body is as if it was renewed. I gladly recommend Lydia E. Pinkham's Vegetable Compound to everybody."

MISS ELIZABETH CAINE, 60 W. Division St., Fond du Lac, Wis.—\$5000 forfeit if above testimonial is not genuine.

At such a time the greatest aid to nature is Lydia E. Pinkham's Vegetable Compound. It prepares the young system for the coming change, and is the surest reliance for woman's ills of every nature.

Mrs. Pinkham invites all young women who are ill to write her for free advice. Address Lynn, Mass.

Prof. Fleming, in a recent lecture on waves, at the Royal Institution, said that the common notion of the immense length and height of the Atlantic waves was a fallacy. The longest did not exceed 300 feet, and commonly they did not exceed 100 feet. Instead of waves "mountaining high," scientific measurements showed that the highest known waves were no more than 40 feet in height.

Deaf as a Door Nail

Not an uncommon expression, but quite true of many people whose hearing can be perfectly restored by inhaling Catarrhoxone. It quickly relieves and cures all kinds of Catarrhal Deafness, and diseases of the respiratory organs. Don't give up hope till you have tested Catarrhoxone. It has restored lost hearing to thousands, and can do the same for you. Catarrhoxone is a vegetable antiseptic, pleasant and convenient to use, absolutely certain to quickly benefit and ultimately cure. Two months' treatment \$1. Small size 25c. at druggists or by mail from N. C. Polson & Co., Kingston, Ont.

Thrillless.

Poor Woman—Ah, your ladyship, the very serious illness of my husband has consumed our little all, and we are penniless!

Lady—Dear, dear! How could your husband be so thrifless as to get ill so much beyond his means?

Considerate.

Azed Criminal (who has just got a life sentence)—Oh, me lud, I shall never live to do it!

Judge (sweetly)—Never mind. Do as much of it as you can!—Punch.

The Anaemic Young Girl

Perhaps she is sixteen. Suddenly she seems to lose strength, her beauty fades, because her strength fails, her eyes lose their lustre. How her spirit droops! It alarms you, but all this may be corrected quickly. Get her Ferrozone, it is a nerve tonic, it aids the stomach to do its work. Appetite! she'll eat anything and digest it, too. Ferrozone is an absolute specific for the anaemias of young people. Ask A. I. McCall & Co. for it.

Telescopic observation show that the planet Venus appears to a distant observer far more nearly like the earth than does Mars.

Sure Cure for Sea Sickness, Nausea

Maladies of this type yield instantly to Polson's Nerviline, and if you suffer periodically from these complaints, just keep Nerviline at hand. A few drops in sweetened water gives instant relief, and in the course of half an hour the cure is complete. A large 25c. bottle of Nerviline in the house will save doctor bills, and a vast amount of suffering every year.

The gold contained in the medals, vessels, chains and other objects preserved in the Vatican would make more gold than the whole of the present European circulation.

SPECIAL EXCURSION RATES

Via the Chicago and Northwestern Railway to Denver, Colorado Springs, Pueblo, Salt Lake, Hot Springs and Deadwood, South Dakota, during June, July and August. A splendid opportunity is offered for an enjoyable vacation trip. Several fine trains via the Northwestern Line Information and Illustrated pamphlets may be obtained from B. H. Bennett, Gen. Agt., 2 King street, east, Toronto, Ont.

Ask for Minard's and take no other.

THE SICK ROOM.

Precautions for Assisting in Bringing Back the Normal Condition of the Patient.

Nothing is so exasperating to an invalid as to have attendants or members of the family whispering about something or other. The sick person is generally in more or less nervous excitement, and even if it were otherwise, nervous excitement would be produced by the whispering. The mystery of it is irritating. No matter how weak or apparently unconscious the patient may be, in nine cases out of ten he is trying to hear what is being said.

A loud whisper, "Do you think he is going to live?" or even, "Hush; you mustn't come in here!" is alarming, and lessens the chance of recovery. Whatever must be said should be in an ordinary tone of voice. There should be no mystery about the sick room.

Gas logs, or gas stoves, are now, for two reasons, used much in the sick room. Their use involves less noise, and they are always ready to light. Care must be taken, however, that there is no leak in the connections, for hardly anything is more insidious in its effect on a sick person than escaping gas. A vessel of water with a large surface should always be placed near the stove or the hearth where the log is burning, to moisten the atmosphere of the apartment. A boiling kettle on a gas stove, when the stove is used, is even better.

In sudden illness those who attend the sick are too much inclined to fly to stimulants, especially brandy. It is a principle of first aid to the injured that when there is bleeding, even when fainting has ensued, alcohol should never be given, for it causes increased heart action, with a consequent increased loss of blood. This is particularly important to remember in cases of bleeding from the lungs.

When a person faints he should be laid flat on his back, and all articles of clothing that appear tight should be loosened. Fresh air should be admitted to the room, smelling salts or hartshorn should be applied to the nostrils, and the face and head bathed with cold water. If neither salts nor hartshorn can be found, a smothering rag will often revive the patient. When the person has regained consciousness, of the fainting was not accompanied by bleeding or the result of bleeding, then a small quantity of brandy or other alcoholic stimulant may be safely administered.

Many doctors still encourage the use of the old fashioned mustard plaster or the flaxseed and bread-moistened milk poultices of our grandmothers' time. When a mustard plaster or a hot poultice is removed, it is important to dry the parts quickly and cover with flannel or cotton wool. This is to prevent cold from exposure.

The sick room should be a large and cheery apartment. The windows must be arranged so that the room can be darkened when necessary. Often the glare of too much light in a large room is as depressing to a patient as the stiffness of a small one. Once a day the patient should be well wrapped up, and the room aired, no matter what the weather may be. Rugs are better than carpets, and a good matting better than either. Bent wood or wicker furniture is preferable to that which is upholstered.

Every day, if possible, there should be a change in the general effect produced by rearranging chairs or by changing the place of pictures or by hanging new ones. But the value of this will be lost unless the changes are made when the patient is unconscious of them. Do not always have the bed dressed exactly the same. Change the white counterpane for one that has some color.

If the health of the sick person permits it, shift the bed occasionally from one side of the room to another or change the head for the foot. All these things break the monotony of the sick room and assist in bringing back the normal condition of health and spirits.

THE HOUSEWIFE'S PART

Oh, men, and oh, brothers; and all of you others,

I beg of you pause and listen a bit, And I'll tell without altering any of it.

The tale of the housewife's part:

Mixing and fixing,

Brewing and stewing,

Lifting and sifting,

Stoning and boning,

Toasting and roasting,

Kneading and seeding,

Straining and draining,

Poking and soaking,

Choosing and using,

Reasoning and seasoning,

Faring and faring,

For the housewife's part.

Filling and spilling,

Pounding and sounding,

Creaming and steaming,

Skimming and trimming,

Mopping and chopping,

Crabbing and pouring,

Shelling and selling,

Grinding and minding,