

SIDE TALKS.

By Ruth Cameron.

THE CHEMISTRY OF OPTIMISM.

A friend of mine has worked out for himself a formula which he considers shows the part which mental science can play in healing sickness.

This is his formula:
Indigestion equals bad health.
Indigestion plus worry over indigestion equals worse health.

Indigestion plus courage and optimism equals better health, perhaps ultimately good health.

Substitute for indigestion any bodily ill and the formula still holds true.

My friend picks out indigestion because it is the thing he himself has had to fight.

Give Your Body A Chance.

His philosophy as expressed at more length is this. If anyone has a basic physical trouble he should consult a physician and let that physician do what he can to correct it. That should not be neglected. But neither should one stop there. One should do what one can to aid the physician by removing anything else the body has to fight against so that it may concentrate its force in fighting against the physical ailment.

Optimism and pessimism both have

Dried Fish.

The outlook is still discouraging. There is no market to-day where you can sell anything at a profit and as a result local exporters are continuing to mark time. The secret of the whole difficulty of course is the condition of things in Europe. (Advocate please take notice—Ed. Tel.) and it does look as though nothing could be quite right elsewhere in our foreign markets until Europe is well started on the road to recovery of her financial strength. In our best market, the West Indies, the industrial conditions are not so bad at present, but our difficulty to do business there lies in the fact that our competitors are willing to sell at prices which our fishermen are unwilling to accept. Norway for instance is offering dried codfish at Havana at figures which are away below the fishermen's idea of value here. Why is she doing it? Because she cannot make her usual sales elsewhere.

The representative at Havana of the Canadian Trade and Commerce Department, who was in Halifax last week, was quoted as saying that our difficulty in finding a market in Havana is our unwillingness to provide a white nape fish. That, however, is not the reason, as every fish exporter knows. The reason is that other countries are flooding that market with supplies at prices which our people are not willing to accept. The question of white nape or black nape, like most questions, has two sides. The white nape would cost approximately a half cent per pound more to produce and in no other of our many West India markets is there any call for it, and even in Havana, for some time past, the premium on it has been only a quarter cent per pound. Something more than whitening the nape of Lunenburg hank fish is necessary to stimulate trade activity for us at Havana at the present. We are credibly informed that Norway is selling her fish in Havana these days at a loss of at least \$1.50 per hundred pound case.

The trade Commissioners remarks

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Pain Stops Instantly

Ungenerous Treatment of Marlborough.

The breach between the two Royal sisters—Queen Mary II. and Princess Anne of Denmark, afterwards Queen Anne—ended in a serious explosion. Anne was at Court one evening early in January, 1692, when the Queen attacked her for making an allowance of £1,000 a year to Lady Marlborough from her Parliamentary annuity. The Queen could make no impression on Anne's obstinacy, and her open defiance to her power provoked her so that she persuaded King William to dismiss Marlborough from all the employments he held, believing his disgrace would lead to a separation between the Princess and her objectionable Lady-in-waiting. The blow was struck on the day after the alteration; Marlborough was in waiting on the morning of January 10, as Gentleman of the Bed Chamber. William's manner to him was as usual, but before a couple of hours had elapsed, Lord Nottingham—the Secretary of State—brought him an order from the King to sell at once all the offices that he held, as from that date he was to consider himself dismissed from the army and all public employment, and forbidden the Court. These orders were as insulting as they were peremptory; William had just reason for complaint, but he should have remembered Marlborough's services at the Revolution in Flanders, and in Ireland. Colonel Tollemache was promoted to fill Marlborough's place; Lord Colchester got his troop of Life Guards; Lord George Hamilton got his regiment, the Royal Fusiliers; and Lord Lansdowne his post of Gentleman of the Bed Chamber; but he received a round sum from each of his successors in the offices of which he was deprived. Admiral Russell had the courage to upbraid William for his ungenerous treatment of one who was not only "the foremost English soldier, but who had, in fact, set the crown on his head," but he only incurred the King's displeasure, without benefiting his friend.

Toothache?

Minard's Liniment makes an excellent counter-irritant. Bathe the face and if there is a cavity in the tooth place in it a piece of cotton wool saturated with Minard's.

Minard's Liniment
The Family Medicine Chest.

WHITE WHISKERS.

My Uncle Hiram's whiskers spread abroad, a goodly sight; when he was young their hue was red, in age a snowy white. Like some old prophet he appeared, or like a Druid sage, and people marvelled at his beard, and it was all the rage. But Uncle Hiram wished to seem much younger than he was; he longed to see dark whiskers gleam upon his ancient jaws. He bought a can of whiskers' dye, to make his spinach brown; and now he is the village guy—boys fear him through the town. His beard is brided green and pink, with yellow streaks between; he's soaked it in the kitchen sink, and rubbed in gasoline. His dignity is gone for keeps, he has become a jest, and in the night my uncle weeps, his groans disturb my rest. I much admire the ancient gent who wears no cheap disguise, who would not give a wooden cent for kalsomine or dyes. The marks of age are not a shame, no blushes should they cause; grow old with grace and play the game, and look like Santa Claus. But painted whiskers and the like are frightful things to spy, and when we meet them on the pike we wring our hands and cry.

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