

Interesting Gossip About Notable Men and Women.

BY THE MARQUISE DE FONTENOY.

In view of the coming of age of Lady Mary Hamilton, daughter of the late Duke of Hamilton, several misapprehensions exist with regard to the disposal of his late duke's fortune. It has been frequently stated that the late duke bequeathed his entire fortune to his only daughter, save a relative pittance of \$50,000 a year to his remote cousin and successor, the present duke, who likewise inherited Hamilton place, in Scotland. This is altogether a mistake. What the late duke did was this: He left to his daughter the Isle of Arran, off the coast of Scotland, and his valuable English estates, which comprise Easton Park in Suffolk. The remainder of the property he left in trust with the arrangement that \$50,000 a year should go along with Hamilton Palace to the present duke, while the remainder of the income should be devoted to the liquidation of all incumbrances on the estates. As soon as these are extinguished, about a couple of years hence, the present duke will be placed in full possession of the property, which the late duke always intended should go to the dukedom and which is largely, indeed, the thirteenth duke will then become one of the richest, instead of as now, the poorest wearer of the ducal strawberry leaf in the United Kingdom.

Easton Park came into the Hamilton family in a curious way. Henry of Nassau, Prince of Orange and grand-father of William III. of England, had a natural son of the name of Frederick, who, when William III. succeeded to the English throne, was created an English peer as Lord Rochford. He bought Easton Park in Suffolk. His descendant married the widow of the third Duke of Hamilton and had a son, who left the Easton Park estate to his half-brother, the then Duke of Hamilton.

The present duke was for a long time an invalid and partially paralyzed owing to an injury to the spine, sustained during his service as an officer of the royal navy, while performing his favorite feat of diving under the keel of the man-of-war on which he held a commission. Of course, it was assumed that, being an invalid, he would never marry and on the strength of this his cousin, next in line of succession, were able to make brilliant matrimonial alliances, the heiresses whose hands and fortunes they secured looking upon the ducal coronet of Hamilton as virtually assured to them. To the amazement of everybody, however, the duke suddenly recovered a few years ago, married a son, and is likely to have others, so that the direct succession to the title is assured.

Hamilton Palace is about as large as Blenheim, and though despoiled of most of its treasures in 1832, is far from being the dismantled, empty place which it has been described by fanciful writers. True, many masterpieces have gone from the great picture gallery, 124 feet long, and the famous Beckett collection of books which was dispersed has left the library devoted thereto in a bare condition. But still, as I have said above, there are plenty of fine paintings, and the fine statuary left. Among the features of the palace are three massive and historic staircases, the oak staircase, the ducal staircase, and the black marble staircase. The duke makes his home there.

For 33 Years

Shiloh's Consumption Cure, the Lung Tonic, has been before the public, and this, together with the fact that its sales have steadily increased year by year, is the best proof of the merit of

Shiloh

as a cure for Coughs, Colds, and all diseases of the lungs and air passages. Those who have used Shiloh would not be without it. Those who have never used it should know that every bottle is sold with a positive guarantee that it doesn't cure you, the dealer will refund what you paid for it. Shiloh

Has Cured

thousands of the most obstinate cases of Coughs, Colds and Lung troubles. Let it cure you.

"Last winter I coughed for three months and thought I was going to die. I took all sorts of medicines, but nothing did me any good until I used Shiloh. I had a very bad cold, was not able to sleep, my lungs were sore on the inside and back. Six bottles of Shiloh cured me well again. I have given it to several people and every one of them has been cured."—Dr. Joseph, St. Hyacinthe, Que.

SHILOH

25c. with guarantee at all druggists.

Himself Cured of Catarrh and Throat Troubles, by

PSYCHINE

(PRONOUNCED SI-KEEN)

He is now anxious to save others.

Leger L. Hardy, St. Bazile de Fortin, P.Q., writes as follows: "I suffered for two years with Throat Catarrh and an obstinate cough. PSYCHINE had a splendid effect in my case. I obtained the permanent cure I had so long desired, and shall do all in my power to increase the popularity of Dr. Slocum Remedies in this vicinity."

PSYCHINE

(PRONOUNCED SI-KEEN).

For sale by all druggists at \$1.00 per bottle. For further advice, information, or free trial bottle, write to Dr. T. A. Slocum, Limited, 17, King Street West, Toronto, Canada. Trial bottle free.

DO PEOPLE GET ENOUGH SLEEP?

THOMAS EDISON SAYS WE TAKE TOO MUCH—THE ANSWER OF LONDON PHYSICIAN.

Consequences of Deficient Rest—The Lack of Modern Life is Undermining the National Physique.

We sleep too much, says Mr. Thos. Edison. Three hours of sound, dreamless sleep is enough for any one, he adds; but has he observed the vast changes that have come over our national life within the last few years? asks a well-known English physician, in the London Mail.

We take our work and pleasure at a far greater pace than ever before. More is crammed into our working hours. We are tense with the excitement of the modern life. To get through it all many find it difficult. It is undoubtedly telling on our national physique. Why? Because we allow too few hours for sleep.

Sleep is necessary for life. By regular sleep only can health, and consequently mental vigor, be maintained. An animal deprived of sleep dies more quickly than from hunger. One of the cruellest of Chinese punishments is to kill a man by preventing sleep, he dying insane about the fourteenth day. All animals sleep for some period of the 24 hours; how and when they do so depends upon their natural habits. But they all have this in common, that after any unusual exertion they sleep longer.

Alternating periods of activity and repose, waste and repair, are common properties of organic matter, especially organic matter endowed with a nervous system. If this alternation does not take place the animal suffers with pain, and eventually dies. So it is with man, though he possesses the greatest power of accommodating himself to his surroundings of any living creature. If he has not regular and sufficient sleep his health fails.

FEATS OF BRILLIANT MEN.

For short spells men of great mental power are capable of doing brilliant work with but very little sleep. But this can last only for a short time; they must in the end yield and take a long rest, or else health and work alike deteriorate.

One of the main differences between life today and existence twenty years back is that now we live by excitement; our lives are full of it, from the highest to the lowest in the land. The work of restoration is therefore a period of national upheaval increases the admissions into our lunatic asylums, as during the South African war, or in great financial crises.

Why? Because the excitement upsets the mode of life; less time is given to sleep when actually more is needed. The nervous system is overtaxed, and the effect more marked on the brain because it exerts such a strong controlling influence over all the other bodily functions. Nothing will take the place of sleep. Often we are able to solve in the morning some intricate problem which the night before was insuperable. Some of the most brilliant work that has ever been accomplished by the mathematician, inventor or business man has been done at this time of day.

AGE OF EXCITEMENT.

This age of excitement, when we give too few of the hours to rest, has brought in its wake the increased use of stimulants. The jaded nerves of a society woman, the overworked brain of the professional or business man, cry aloud for help. Nature's restorative—sleep—to them is too costly; the hours demanded by it will not be sacrificed. Artificial stimulation is indulged in and for a time the cry of the exhausted brain and body is still. But at what cost?

The spas and nursing homes of the west are filled with people undergoing the "rest cure," who have been obliged to yield to the demands of nature, and are now taking the sleep which they refused before. The essential part of the rest cure is regularity of food and sleep. Had they in their every day lives observed this regularity these sufferers would be in no need of such cures. They are the product of the hustling life, and were unheard of before this whirl of excitement became so general among us.

The good done by such cures is not permanent unless the rules laid down of regular hours of sleep are afterward invented or discovered which will take the place of sleep. Abused nature has her revenge. The average expectation of life in America—the home of the "hustle"—is less than in Europe. A busy life, by all means; but let it be adapted to the recognized laws of health, and not steal from the night the hours that ought to be devoted to sleep.

ARRANGE AMOUNT REQUIRED.

The amount of sleep required by a healthy person depends upon his age, his habits, and the quality of sleep. The popular notion that a child sleeps half its time, an adult one-third, while an old person may do little except eat and sleep, is not far wrong. During growth more sleep is required. Deprive a growing child of its normal amount of sleep for a little while; you will find that the next day he is retarded. So, too, in the vegetable world. Plants and trees grow more during the night than the day. Is this fact recognized in our schools? Deficient sleep means stunted brain and body. It is only by a graduated exercise of the brain and body that a higher state of mental development can be reached. In most boarding schools a child just entering is allowed the same hours for sleep as the boy or girl just

The Mainspring of the body

Health Depends On The Blood—and "Fruit-a-tives" Insure Pure, Rich Blood.

Correct time hinges on the mainspring of your watch. Gold cases and jeweled monograms mark handsome—but it is the homely old steel mainspring that sends you to work on time, and prevents you from missing the train.

Blood is the body's mainspring. People lose arms and legs—eyes and ears—even the entire stomach. But you've got to have good red blood, to have good health. Fruit-a-tives give it to you.

Just see how necessary the blood is. Every organ in the body depends on the blood for its nourishment. It supplies gastric juice to the stomach to assist digestion. After food is properly digested, it takes up nourishment from the intestines and builds up flesh and strength. Prick the skin at any point, and blood will flow.

But—if the bowels don't move regularly, they keep food there until it decays—ferments. Instead of

blood taking up nourishment, it carries this decaying matter—poison—all over the body.

The stomach wants clean gastric juice and gets poison.—indigestion, sour stomach, heartburn, coated tongue.

The kidneys want pure blood to help them, and get poison.—pain in the back and then kidney disease.

The muscles want nourishment so they can grow strong. They get poison instead.—rheumatism and sciatica.

The blood makes a vain effort to get rid of the poison and carries it to the skin.

—pimples, blotches, sallow complexion.

Fruit-a-tives clean the stomach, and make sure that food is digested properly. They go after the lazy liver—and stop those "bilious attacks." They tone

Fruit-a-tives

Purify the blood because they first of all cure CONSTIPATION, which is at the root of the trouble.

"I find Fruit-a-tives to be the best medicine I have ever taken for my trouble. I have been a sufferer from Constipation for five years and until I used Fruit-a-tives, could find nothing that did me any permanent good. Other remedies helped for a time but the trouble always returned. I find the Fruit-a-tives pleasant to take, and instead of increasing the dose as I had to do with all other medicines, I have steadily lessened it. One Fruit-a-tive tablet is sufficient now to make my bowels move regularly each day. All my visitors now hear about my new cure for Constipation."

Mrs. L. KENDREY, Treherne, Manitoba.

up the bowels—strengthen and invigorate them so they move regularly every day. They keep the kidneys working properly. With all the impurities of the body gotten rid of as Nature intends, there's none left to taint the blood.

That is the Fruit-a-tives way of cleansing and purifying the blood—and it is the only way to get the pure, rich blood that every man and woman and child must have to be well and keep well.

—if you have not your healthy color —if pimples and blotches mar the complexion

—if the skin is sallow —if the head aches —if the tongue is coated and breath had —if the stomach is all upset —if there is distress after eating —and especially if Constipation is becoming chronic, start NOW on Fruit-a-tives.

One box of Fruit-a-tives will show you how easily and quickly these troubles can be cured, now that you know the right remedy to take. Your druggist has them.

Manufactured by FRUIT-A-TIVES LIMITED, OTTAWA.

A Household Dye

Maypole Soap (in cake form) is a perfect home dye that washes and dyes at the same time. Cleanly beyond compare. Brilliant, fast colors. It dyes in any shade. A household word in England.

Maypole Soap

Made in England but sold everywhere. See for Colors—15c. for Black.

THAT OVERWORKED, PLAYED OUT FEELING AMONG WOMEN

There are thousands of females all over the land who are worn down in health and dragging out a miserable existence, overburdened with diseases peculiar to their sex, apparently growing old while yet young. Often they have pale or sallow complexion, hollow, sunken eyes with a lifeless look; the face has a pinched and haggard appearance; they are weak, weary and trembling, often extremely nervous, starting at every little noise. Many are low-spirited, and some are irritable. Some are apparently bloodless, with cold hands and feet, while others are flushed by an unequal circulation of the blood, dizziness, and sometimes dimness of vision, loss of memory, and often loss of appetite and sleep, and are wearied with terrible dreams.

Palpitation of the heart, nervous prostration, smothering and sinking spells, shortness of breath and the sensation of pins and needles are all indications of a weakened condition of the heart or nervous system, and should any of them be present we would strongly advise the use of

MILBURN'S HEART AND NERVE PILLS

They bring health to the broken down, energy to the weakened constitution, tone up the tired, overstrained nerves, and strengthen the weak heart.

Mrs. Edward Jackson, Hall's Bridge, Ont., writes: "For a year I was greatly troubled with nervousness and loss of appetite, and could neither sleep nor eat. After taking a few boxes of Milburn's Heart and Nerve Pills I was completely cured and can recommend them to all sufferers."

Milburn's Heart and Nerve Pills 50 cents per box or three boxes \$1.25, all dealers or Dr. T. Milburn Co., Limited, Toronto, Ont.

leaving, whereas considerably more should be allotted.

According to a well-known authority, the following is the average amount of sleep required:

Under 10 years of age.....11 hours
Under 12 years of age.....10½ hours
Under 15 years of age.....10 hours
Under 17 years of age.....9½ hours
Under 19 years of age.....9 hours

IMPORTANCE OF QUALITY.

After the age of 10 the amount of sleep must depend upon the work and requirements of the individual. No hard-and-fast rule can be laid down. A few can do with four or five hours, but they are the exceptions. The late Sir James Paget, the well-known surgeon, writes:

"The quality of sleep is of importance. When profound and continuous, less is required than when it is broken and superficial. No rule-and-fast rule can be made. The best guide is to sleep until one feels refreshed. No person who passes eight hours out of the 24 in sleep can be said to waste his time, for it is not the

quantity, but the quality of sleep that counts. During the busiest part of his career, too, only six, the celebrated surgeon John Hunter only five, out of the 24. There are cases on record of well-known men having only two in the same period; but for the majority of people seven and a half to eight hours are necessary. As a rule, women require an hour more sleep than men, on the other hand they stand the interruption of sleep better.

The quality of sleep is of importance. When profound and continuous, less is required than when it is broken and superficial. No rule-and-fast rule can be made. The best guide is to sleep until one feels refreshed. No person who passes eight hours out of the 24 in sleep can be said to waste his time, for it is not the

Balm of hurt minds, great Nature's second course, Chief nourisher in life's feast?

Japan has a new perfume, Tei-gum Zasshi, the aim of which is to teach the writing of sensible letters.

Your jeweler sells H. & A. S. Chains. Send for the H. & A. S. Chain Book.

H. & A. SAUNDERS, King & John Sts., Toronto.

CHRISTMAS CANADIAN MAGAZINE

Extra Size.

A Handsome Cover Design.

Numerous Full-page Illustrations.

Important and Instructive Articles by Specialists.

Short Stories by Virna Sheard, Alice Jones, Nellie L. McClung and Jean Blewett—a bouquet of clever women.

ALL BOOKSELLERS. READY NOVEMBER 25th.

Now that women wear only short skirts on the streets, GRANBY RUBBERS are very much in evidence.

A woman's foot looks almost as pretty in the clean-cut glove fitting GRANBY RUBBER as it does without a rubber at all.

—and they are so easy to wear.

GRANBY RUBBERS WEAR LIKE IRON

The editor warns his readers, among other things, against the habit of introducing sentimental phrases into business letters.

After the age of 10 the amount of sleep must depend upon the work and requirements of the individual. No hard-and-fast rule can be laid down. A few can do with four or five hours, but they are the exceptions. The late Sir James Paget, the well-known surgeon, writes:

"The quality of sleep is of importance. When profound and continuous, less is required than when it is broken and superficial. No rule-and-fast rule can be made. The best guide is to sleep until one feels refreshed. No person who passes eight hours out of the 24 in sleep can be said to waste his time, for it is not the

quantity, but the quality of sleep that counts. During the busiest part of his career, too, only six, the celebrated surgeon John Hunter only five, out of the 24. There are cases on record of well-known men having only two in the same period; but for the majority of people seven and a half to eight hours are necessary. As a rule, women require an hour more sleep than men, on the other hand they stand the interruption of sleep better.

The quality of sleep is of importance. When profound and continuous, less is required than when it is broken and superficial. No rule-and-fast rule can be made. The best guide is to sleep until one feels refreshed. No person who passes eight hours out of the 24 in sleep can be said to waste his time, for it is not the

Balm of hurt minds, great Nature's second course, Chief nourisher in life's feast?

Japan has a new perfume, Tei-gum Zasshi, the aim of which is to teach the writing of sensible letters.

Your jeweler sells H. & A. S. Chains. Send for the H. & A. S. Chain Book.

H. & A. SAUNDERS, King & John Sts., Toronto.

leaving, whereas considerably more should be allotted.

According to a well-known authority, the following is the average amount of sleep required:

Under 10 years of age.....11 hours
Under 12 years of age.....10½ hours
Under 15 years of age.....10 hours
Under 17 years of age.....9½ hours
Under 19 years of age.....9 hours

IMPORTANCE OF QUALITY.

After the age of 10 the amount of sleep must depend upon the work and requirements of the individual. No hard-and-fast rule can be laid down. A few can do with four or five hours, but they are the exceptions. The late Sir James Paget, the well-known surgeon, writes:

"The quality of sleep is of importance. When profound and continuous, less is required than when it is broken and superficial. No rule-and-fast rule can be made. The best guide is to sleep until one feels refreshed. No person who passes eight hours out of the 24 in sleep can be said to waste his time, for it is not the

quantity, but the quality of sleep that counts. During the busiest part of his career, too, only six, the celebrated surgeon John Hunter only five, out of the 24. There are cases on record of well-known men having only two in the same period; but for the majority of people seven and a half to eight hours are necessary. As a rule, women require an hour more sleep than men, on the other hand they stand the interruption of sleep better.

The quality of sleep is of importance. When profound and continuous, less is required than when it is broken and superficial. No rule-and-fast rule can be made. The best guide is to sleep until one feels refreshed. No person who passes eight hours out of the 24 in sleep can be said to waste his time, for it is not the

Balm of hurt minds, great Nature's second course, Chief nourisher in life's feast?

Japan has a new perfume, Tei-gum Zasshi, the aim of which is to teach the writing of sensible letters.

Your jeweler sells H. & A. S. Chains. Send for the H. & A. S. Chain Book.

H. & A. SAUNDERS, King & John Sts., Toronto.



GRANBY RUBBERS WEAR LIKE IRON

The editor warns his readers, among other things, against the habit of introducing sentimental phrases into business letters.

After the age of 10 the amount of sleep must depend upon the work and requirements of the individual. No hard-and-fast rule can be laid down. A few can do with four or five hours, but they are the exceptions. The late Sir James Paget, the well-known surgeon, writes:

"The quality of sleep is of importance. When profound and continuous, less is required than when it is broken and superficial. No rule-and-fast rule can be made. The best guide is to sleep until one feels refreshed. No person who passes eight hours out of the 24 in sleep can be said to waste his time, for it is not the

quantity, but the quality of sleep that counts. During the busiest part of his career, too, only six, the celebrated surgeon John Hunter only five, out of the 24. There are cases on record of well-known men having only two in the same period; but for the majority of people seven and a half to eight hours are necessary. As a rule, women require an hour more sleep than men, on the other hand they stand the interruption of sleep better.

The quality of sleep is of importance. When profound and continuous, less is required than when it is broken and superficial. No rule-and-fast rule can be made. The best guide is to sleep until one feels refreshed. No person who passes eight hours out of the 24 in sleep can be said to waste his time, for it is not the

Balm of hurt minds, great Nature's second course, Chief nourisher in life's feast?

Japan has a new perfume, Tei-gum Zasshi, the aim of which is to teach the writing of sensible letters.

Your jeweler sells H. & A. S. Chains. Send for the H. & A. S. Chain Book.

H. & A. SAUNDERS, King & John Sts., Toronto.

leaving, whereas considerably more should be allotted.

According to a well-known authority, the following is the average amount of sleep required:

Under 10 years of age.....11 hours
Under 12 years of age.....10½ hours
Under 15 years of age.....10 hours
Under 17 years of age.....9½ hours
Under 19 years of age.....9 hours

IMPORTANCE OF QUALITY.

After the age of 10 the amount of sleep must depend upon the work and requirements of the individual. No hard-and-fast rule can be laid down. A few can do with four or five hours, but they are the exceptions. The late Sir James Paget, the well-known surgeon, writes:

"The quality of sleep is of importance. When profound and continuous, less is required than when it is broken and superficial. No rule-and-fast rule can be made. The best guide is to sleep until one feels refreshed. No person who passes eight hours out of the 24 in sleep can be said to waste his time, for it is not the

quantity, but the quality of sleep that counts. During the busiest part of his career, too, only six, the celebrated surgeon John Hunter only five, out of the 24. There are cases on record of well-known men having only two in the same period; but for the majority of people seven and a half to eight hours are necessary. As a rule, women require an hour more sleep than men, on the other hand they stand the interruption of sleep better.

The quality of sleep is of importance. When profound and continuous, less is required than when it is broken and superficial. No rule-and-fast rule can be made. The best guide is to sleep until one feels refreshed. No person who passes eight hours out of the 24 in sleep can be said to waste his time, for it is not the

Balm of hurt minds, great Nature's second course, Chief nourisher in life's feast?

Japan has a new perfume, Tei-gum Zasshi, the aim of which is to teach the writing of sensible letters.

Your jeweler sells H. & A. S. Chains. Send for the H. & A. S. Chain Book.

H. & A. SAUNDERS, King & John Sts., Toronto.