

THE SOCIAL SECRET.—"Oh, my! How charming you look this morning, Mrs. Cleveland. Do you know, Mr. Redington made us all envious of you by saying you had the most beautiful complexion of any lady at the Brouning Reception. We are old friends, and if I appear a little inquisitive on this matter, pardon me. There are half a dozen of us in our set, of about the same age, while you are the only one who looks positively ten years the youngest of us all. There is some secret in this, as a friend, you should impart it to me."

"My dear Lillian, if I did not know your sincerity, I would surely believe you were trying to flatter my vanity; but, knowing your candor in all of our affairs, I will tell you to what I attribute those charms you mention, and how I was induced to use the great Elixir, Dr. T. Felix Gouraud's Oriental Cream. My mother has always been, and is now, a very beautiful woman—her years lending a charm to that beauty, which care and art have preserved by the aid of Gouraud's Beautifier and Purifier of the skin. Although she is now over fifty, she passes for forty, thanks to the 'Oriental Cream' that has been prescribed for nearly half a century to the very elite of American and continental society; it is easy of application and harmless in its effects. By applying the 'Cream' through the day or evening, and washing the face well on retiring, afterwards using Mutton Tallow or Camphor Ice, the skin is given a soft, pearly whiteness, removing all skin blemishes, leaving the complexion clear and bright as crystal, while its certainty and naturalness of operation are such that the use of a cosmetic is not suspected, and, dear Lillian, it is the only preparation that meets the wants of refined ladies, who require a harmless and efficient beautifier, and we all do. You possess, the secret; I follow in the footsteps of my mother."

"Wise as the serpent, harmless as the dove."

NATURE provides a remedy for all diseases, and in Dr. Williams' Pink Pills, women have a remedy for all those ills peculiar to their sex. Suppressions, bearing-down pains, nervous headaches, etc., speedily yield to their treatment and restore the sufferer to perfect health. Try them. Sold by all dealers or sent on receipt of price (50c. a box) by addressing Dr. Williams' Med. Co., Brockville, Ont.

The great benefit which people in run down state of health derive from Hood's Sarsaparilla, conclusively proves that this medicine "makes the weak strong." It does not act like a stimulant, imparting fictitious strength, but Hood's Sarsaparilla builds up in a perfectly natural way all the weakened parts, purifies the blood, and assists to healthy action those important organs, the kidneys and liver.

"German Syrup"

A Throat and Lung Specialty.

Those who have not used Boschee's German Syrup for some severe and chronic trouble of the Throat and Lungs can hardly appreciate what a truly wonderful medicine it is. The delicious sensations of healing, easing, clearing, strength-gathering and recovering are unknown joys. For German Syrup we do not ask easy cases. Sugar and water may smooth a throat or stop a tickling—for a while. This is as far as the ordinary cough medicine goes. Boschee's German Syrup is a discovery, a great Throat and Lung Specialty. Where for years there have been sensitiveness, pain, coughing, spitting, hemorrhage, voice failure, weakness, slipping down hill, where doctors and medicine and advice have been swallowed and followed to the gulf of despair, where there is the sickening conviction that all is over and the end is inevitable, there we place German Syrup. It cures. You are a live man yet if you take it.

SCIENTIFIC AND SANITARY.

ALUMINUM is down to fifty cents a pound already. Likewise an aluminum boat has been built and successfully launched in Zurich, Switzerland. It is only twenty feet long, and will be exhibited at a Frankfort marine exhibition merely as a miniature of the ship of the future. It is run by a two-horse power naphtha engine, and its hull, screw and machinery are all made of aluminum. The little craft is entirely successful from every point of view. There is all reason to believe that we who now live will behold the ushering in of the age of aluminum. A beautiful shining age it will be, too; better than the fabled golden age.—*Canadian American.*

NEW CHEMICAL COMPOUND FOR TREATING COAL.—A new chemical compound, named "Kem-Kom," has been introduced by the Standard Coal and Fuel Company, Equitable Building, Boston, for treating coal and other combustible substances. The effect upon coal treated by this compound is to increase the heat, economize time and fuel, consume the smoke, destroy the soot, and materially reduce the quantity of ashes. It is claimed that by treating coal with Kem-Kom, from fifteen to thirty per cent. of the coal is saved. It is further claimed that by using this compound on bituminous coal from eighty to ninety per cent. of the smoke is consumed, and that all the obnoxious gases are destroyed.—*Industries.*

RAILWAY ELECTRIC LIGHTING PLANT.—At the Government dockyard at Port Adelaide there is in course of construction a travelling electric light plant for use on the railways. It consists of an ordinary locomotive engine, a truck upon which is fitted a portable engine and the dynamo, and the weed-stripper, which is used for clearing the railway lines of undergrowth. The plant when completed will be used to enable the navvies to carry on their work as much as possible at night, when their operations will be less hampered by the train traffic than during the day. Telegraph poles, upon which the wires are carried and the lamps hung, will be erected at each halting place where their services are required.—*Electrician.*

It is not utopian to look forward to and strive for a condition of the people in which all shall have healthy bodies—each possessing an organism so developed and built up as to work smoothly in all its parts, conferring that ease (and not disease), vigour and happiness which makes life contented and "worth living," and gradually and eventually, if not at once, confers a stamina and will power in which intemperance and crime too would become rarer and rarer until eventually extinguished. There are many such people now in existence, more probably than ever there were in any previous age of the world. There will probably soon be communities of them. Why not nations? Probably man will never become perfect, physically or spiritually, in this world. Yet there are sensible people who believe that the dragon (which may be disease) shall be overcome by the angel from heaven (which may be hygiea), and that there will then be a "millennium." No one doubts that the human race can be improved. If so, where shall be the limit of improvement?—*Canada Health Journal.*

The new Anthropometric Laboratory in connection with the Medical School of Dublin University was opened the other day by the Rev. Dr. S. Haughton, who in the course of his address stated that from 20 to 25 per cent. of men were colour-blind, and were consequently unfit to be sailors and engine-drivers; and that Lord Wolseley says about one-third of the soldiers in the army are unsuitable to act as signalmen where colours were important. He also alluded to the importance of "thumb marks" as identifying individuals. Anthropometry has been of use in determining our knowledge of the inhabitants of various countries in prehistoric times, chiefly by the accurate skull measurements of crania found in tombs of remote ages; while anthropometry as applied to criminal statistics has been of considerable service, and is much utilized by our continental neighbours. The value of anthropometry for several purposes was pointed out many years ago, but its utility seems to have been only recently recognized in this country.—*English Mechanic.*

WASTED COAL.—A German has made experiments to ascertain the amount of loss that coal undergoes when exposed to the weather. It will, perhaps, surprise many readers to hear that the loss is considerable. Anthracite and cannel-coal, as might be anticipated from their compactness, suffer least; but ordinary bituminous coal loses nearly one-third in weight, and nearly one-half in gas-making quality. From this it will be understood that coal should be kept dry and under cover, and that to expose it to rain or damp is to lessen its quantity and weaken its quality. Here, too, we have an explanation of the inferiority of the great heaps of small coal which encumber the ground in the mining districts.—*Illustrated American.*

CURIOUS FREAKS OF STEEL.—The finest grades of razors are so delicate that even the famous Damascus sword blades cannot equal them in texture. It is not generally known that the grain of a Swedish razor is so sensitive that its general direction is changed after a short service. When you buy a fine razor the grain runs from the upper end of the outer point in a diagonal direction towards the handle. Constant stropping will twist the steel until the grain appears to be straight up and down. Subsequent use will drag the grain outward from the edge, so that after steady use for several months the fibre of the steel occupies a position exactly the reverse of that which it did on the day of purchase. The process also affects the temper of the blade, and when the grain sets from the lower outer points towards the back, you have a razor which cannot be kept in condition, even by the most conscientious barber. But here's another curious freak that will take place in the same tool: Leave the razor alone for a month or two, and when you take it up you will find that the grain has assumed its first position. The operation can be repeated until the steel is worn through to the back.—*English Mechanic.*

MUSHROOMS AS FOOD.—The alarming symptoms which occasionally follow the use of fungi when taken as food are familiar to most readers. The risk in this particular, however, is less than it might be. In actual market custom we recognise but a very few forms of edible fungi, though it must be allowed that even in these we are liable to deception of a somewhat dangerous kind. It is, therefore, a matter of some importance that the public mind should be informed as far as possible of the qualities which distinguish the edible from the poisonous varieties. To give a precise definition which would also be comprehensive is, however, no simple matter, and as a matter of fact the number of edible fungi is much greater than is commonly understood. It may be said, however, that a high colour, a scaly or spotted surface, and tough or watery flesh are usually associated with poisonous properties, while the edible species are but seldom highly coloured, scaly or spotted, but usually white or brownish, and brittle on fracture. The former, moreover, grow clustered on wet or shady ground, the latter singly in dry pastures. The common mushroom is known by its pink hymenium or gills. Fungi which have a bitter or styptic taste, or which burn the fauces, as well as those which yield a pungent milk, those of livid colour, and those which on bruising assume various hues, ought to be avoided. It should be remembered also that all plants of this class readily undergo decomposition, and should, therefore, be eaten as fresh as possible.—*Lancet.*

BEER AND HEALTH.—A study made by Dr. J. Seudtner of the duration of life and the causes of death among workers in the beer industry offers an excellent illustration of injurious results from the misuse of alcohol. For an experiment of that kind Munich appears to offer the best field, as more beer is drunk there than in any other city of the world. The yearly consumption for each person in all Germany is 88 litres, in Bavaria 209 litres, and in Munich in particular 531 litres in 1888, and as high as 565 litres in 1889. From obvious causes the workers in the beer business drink more than other citizens of Munich. The almost incomprehensible excess to which a single person can indulge is shown in the case of a brewer in Munich, who had been ill in a Berlin hospital for a long time as a result of drink, having consumed daily about 20 litres. It has long been known that alco-

hol, in its work of destruction, spares almost no organ of the body, but it is only of late years that attention has been turned to the fact that the excessive use of beer is the cause of many diseases of the heart. Professor Bollinger has shown that the astonishing increase of heart disease is an immediate result of the extravagant consumption of beer. From what Dr. Seudtner has now demonstrated, it is easy to see the connection between these two factors in the causes of mortality, both being directly traceable to the excessive drinking of beer. The materials for the statistics were found in the registers of death during the last 30 years. The average age in Munich for something over twenty years has been 53½ years, which is somewhat less than in other parts of Germany; and the average duration of life has been determined as follows: ale-house keepers (male), 51.35 years; ale-house keepers (female), 59.95 years; brewers, 42.33 years; waiters, 35.80 years; barmaids, 26.80 years; wine-house keepers (male), 40.70 years; wine-house keepers (female), 47.40 years; and distillers, 50.00. While the maximum duration of life among the whole population of Munich is from 50 to 70 years for men, and from 70 to 80 for women among ale-house keepers, it lies between the ages of 40 and 50, among brewers between 30 and 40, and among waiters between 20 and 30 years. Among the causes of death heart-disease heads the list. The acute form of tuberculous diseases finds many more victims among drinkers than other people. The bad forms of inflammation of the lungs among people of this class is well known. The unfortunate terminations of these forms of disease result from the weakening of the heart power, and the consequent lack of resistance in the whole body.—*New York Belletristisches Journal.*

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OXYGENIZED EMULSION OF PURE COD LIVER OIL. If you have Bronchitis—Use it. For sale by all druggists.

AFTER diphtheria, scarlet fever, pneumonia, or any other severe illness, there is no better tonic than Hood's Sarsaparilla.

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Voluntary Statement from Mr. H. Graham, Ph. G., Hospital Steward, U. S. A.

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"My wife and child have been taking Hood's Sarsaparilla for the past two years and it has done them both an incalculable amount of good. We came here from Florida, one of the yellow fever districts. On arrival they were weak, anemic and thoroughly out of tone in every way. I tried them with iron, quinine, etc., etc, but with no benefit.

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was recommended highly by a personal friend in the service, and I can truly say that it is just as good as you state. Will take precious good care not to be without it hereafter.

"You are at liberty to use this letter together with my name for any purpose that you think serviceable, and more especially for those who I know are unhappy on account of ill health." H. GRAHAM, Ph. G., Hospital Steward, U. S. Army.
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PURIFIES AS WELL AS Beautifies the Skin. No other cosmetic will do it.



Removes Tan, Pimples, Freckles, Moth-Patches, Rash and Skin diseases, and every blemish on beauty, and defies detection. On its virtues it has stood the test of 40 years; no other has, and is so harmless we taste it to be sure it is properly made. Accept no counterfeit of similar name. The distinguished Dr. L. A. Sayer, said to a lady of the haulton (a patient): "As you ladies will use them, I recommend 'Gouraud's Cream' as the most harmless of all the Skin Preparations." One bottle will last six months, using it every day. Also Poudre Subtile removes superfluous hair without injury to the skin.

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