

## Constipation, Headache, Billousness, Heartburn, Indigestion, Dizziness,

Indicate that your liver  
is out of order. The  
best medicine to rouse  
the liver and cure all  
these ills, is found in

## Hood's Pills

25 cents. Sold by all medicine dealers.

## Women's Ailments.



Women are com-  
ing to understand  
that the Backaches,  
Headaches, Tired  
Feelings and Weak  
Spells from which  
they suffer are due  
to wrong action of  
the kidneys.

## DOAN'S Kidney Pills

are the most reliable remedy for any form  
of kidney complaint. They drive away  
pains and aches, make women healthy and  
happy—able to enjoy life to the fullest.

Mrs. C. H. Gillespie, 204 Britain Street,  
St. John, N.B., says:

"I had severe kidney trouble for which I  
doctored with a number of the best phys-  
icians in St. John, but received little relief.  
Hearing of Doan's Kidney Pills, I began  
their use. Before taking them I could not  
stoop to tie my shoes, and at times suffered  
such torture that I could not turn over in bed  
without assistance. Doan's Kidney Pills  
have rescued me from this terrible condi-  
tion, and removed every pain and ache."

## INDIGESTION

CAN BE CURED.

An Open Letter from a Pro-  
minent Clergyman.

C. GATES, SON & CO.,  
Middletown, N.S.

Dear Sirs,—Please pardon my delay in  
answering yours of weeks ago. Yes, I have  
no hesitation in recommending your

## Invigorating Syrup.

During the fall and winter of '96 and '97 I  
was greatly distressed with indigestion. I  
tried several remedies, each of which gave me  
no relief. I was advised to try your Invigora-  
ting Syrup, which I readily did, and have  
felt grateful ever since to the one who gave  
such good advice. The very first dose helped  
me, and before half of the first bottle was used  
I was completely cured. Have not been  
troubled with the disease since. I have taken  
occasion to recommend your medicine pub-  
licly upon several occasions, and heartily do  
so now. You are at liberty to use this in any  
way you please.

Yours truly,

(REV.) F. M. YOUNG,  
Pastor Baptist Church, Bridgetown, N.B.

Sold Everywhere at 50 Cents  
per Bottle.

## PUTTNER'S EMULSION

Has never been sur-  
passed as a remedy  
for chronic Coughs,  
Colds, Consumption  
and other disorders  
of the lungs and  
Chest.

Always get  
PUTTNER'S it is  
THE BEST.



## CURE ALL YOUR PAINS WITH Pain-Killer.

A Medicine Chest in Itself.  
Simple, Safe and Quick Cure for  
GRAMPS, DIARRHOEA, COUGHS,  
COLDS, RHEUMATISM,  
NEURALGIA.

25 and 50 cent Bottles.

BEWARE OF IMITATIONS.

BUY ONLY THE GENUINE.

PERRY DAVIS'

## \* The Home \*

### How Much a Man Eats.

The late R. A. Proctor says in regard to  
the amount of food consumed: "It has  
been calculated that on the average each  
man who attains the age of three score and  
ten consumes during the course of his life  
twenty wagon loads of food, solid and  
liquid. At four tons to the wagon this  
would correspond to an average of about a  
hundred ounces of food per day, or, say,  
some one hundred and twenty ounces per  
day during adult life and eighty ounces  
during youth and infancy. Most modern  
doctors agree in regarding one hundred  
and twenty ounces of food a day, corre-  
sponding to five or six half pints of liquid  
food and seven or eight pounds of solid  
food, as in excess of the real daily require-  
ments of a healthy man or woman.

Yet probably most of us take more than  
this in one way or another during the day.  
Dr. Lankester, from an extensive analysis  
of the dietary of soldiers, sailors, prisoners  
and the better paid class of artisans and  
professional men in London, found the  
average daily quantity of solid and liquid  
food to be 143 ounces. When some one  
mentioned before Sidney Smith the twenty  
wagon loads of food calculated for each  
man's allowance, he turned to Lord Dur-  
ham, who like himself was corpulent (and  
not without reason), with the quaint  
remark: "I think our wagons, Durham,  
must be four horsed ones." This is the  
nearest estimate of the exact amount of  
food eaten. The requirements of different  
men and women vary a great deal. Some  
men would suffer physically if limited to  
the amount of food which would be more  
than sufficient for another man who was  
in equally perfect health.—(For T. M. B.)

\*\*\*

### Sleepless Babies.

The safest and best remedy for sleepless-  
ness in a little child is a warm salt bath,  
followed by a vigorous rubbing of the skin  
in the way a skilful masseur rubs down  
the skin with the palm of the hands. If  
the child is restless from nervousness and  
has not formed the habit of depending on  
paregoric and other vicious preparations  
of the kind, the bath will be sufficient to  
produce sleep. If the child is still sleepless  
it is probable its restlessness is due to im-  
proper food or overfeeding, or to im-  
proper clothing, either too light or too  
warm; or it may be due to impure air. No  
one suffers more quickly from vitiated  
air in a sleeping room than an infant.  
There should be an abundant supply of  
fresh air in its room at night. There is  
more danger from vitiated air than from  
its taking cold. A healthy baby will not  
suffer from cold if the night temperature  
of its room is 60 or 58 degrees, so long as  
it is properly covered up and there is a  
circulation of pure, fresh air in the room.  
The room in which the child lives and  
sleeps during the daytime should be about  
70 degrees, but it thrives better if the  
temperature is lower at night. A healthy  
baby of six months of age ought to sleep  
steadily at night from 6 o'clock until 10  
o'clock, when it usually wakes up to be  
fed, and from this time to six in the  
morning, though some healthy children  
require food at 3 o'clock in the morning;  
but they go to sleep at once after being  
fed if they are well.

\*\*\*

### Cork Floors.

Cork, as every one knows, is one of the  
best nonconductors of heat or sounds, says  
The Scientific American. That it has not  
been more widely used in building is due  
chiefly to the difficulty of obtaining it in  
an unadulterated form. A product called  
cork tiling has recently been placed upon  
the market which is made of what is  
known to the trade as "virgin cork,"  
ground, compressed and otherwise treated  
by a patented process and which is free  
from the cement and glue usually employed  
to hold the particles together. We are  
informed that tiles made of this pure,  
compressed cork form an admirable floor-  
ing, which, besides being noiseless, water-  
proof, warm and germproof, is capable of

withstanding hard usage. By varying the  
degree of compression and modifying the  
manufacturing process slightly sheets of  
cork different in color and density are  
obtained which, when sawed and finished  
in the form of panels, can be used for  
wainscoting alone or in connection with  
tile floors.

\*\*\*

It is now learned that the British steamer  
Cuvier, Capt. Quinton, which was reported  
Friday last sunk by an unknown steamer,  
was run down in the Straits of Dover the  
morning of the 9th by a steamer whose  
identity is not known. The three surviv-  
ors, who were landed at Calais, France,  
shortly after the disaster, say a great hole  
was torn in the Cuvier, sinking her in less  
than five minutes.

\*\*\*

A traveller who did not believe in  
missions visited Fiji, and counselled a  
Christian chief to give up his faith in  
the Bible, which he said was no longer  
believed by the cultured intellect of  
Europe. The chief pointed his visitor to  
a huge stone, and then to a large  
oven on the hillside, and told him that  
on the one they were accustomed to  
murder their captives, and in the other  
to bake them for eating, "and that,"  
he added, "is what we would have  
done with you if the Bible had not  
come here."—Ex.

Perfect health is that condition of  
the body when digestion is so perfect  
that the physiological balance between  
the destruction and construction that  
goes on ceaselessly in cell life is daily  
kept normal.—E. R. Warman.

## You Can't Dodge Them

Did you ever try to dodge the  
rain-drops? Did not succeed  
very well, did you? It's just  
as useless to try to escape from  
the germs of consumption. You  
can't do it. They are about us  
on every hand and we are con-  
stantly taking them into our  
lungs.

Then why don't we all have  
this disease? Simply because  
these germs cannot gain a foot-  
hold in a strong throat and  
lungs. It's when these are  
weak that the germs master.  
The body must be well supplied  
with fat. The danger comes  
when the blood is poor and the  
body is thin. If your cough does  
not yield, and your throat and  
lungs feel raw and sore, you  
should not delay another day.  
Take

## Scott's Emulsion

of Cod-Liver Oil with Hypophos-  
phites at once. It will heal the  
inflamed membranes and greatly  
strengthen them as well. The  
digestion becomes stronger, the  
appetite better and the weight  
increases. The whole body be-  
comes well fortified and the  
germs of consumption cannot  
gain a foothold.  
It's this nourishing, sustain-  
ing and strengthening power  
of SCOTT'S EMULSION that  
has made it of such value in  
all wasting and exhausting  
diseases.

50c. and \$1.00, all druggists.  
SCOTT & BOWNE, Chemists, Toronto.

## Chest Feels Tight.

You seem all choked up and stuffed up  
with the cold—find it hard to breathe.  
Cough that rasps and tears you—but little  
phlegm got up.

Now's the time to take Dr. Wood's Norway  
Pine Syrup before things get too serious.  
There is no remedy equal to it for making  
the breathing easy, loosening the phlegm  
and removing all the alarming symptoms  
of a severe cold.

"I caught a severe cold which settled on  
my chest, making it feel raw and tight.  
Seeing Dr. Wood's Norway Pine Syrup  
advertised I procured a bottle, which greatly  
relieved me. It loosened the phlegm, healed  
the lungs, and soon had me perfectly well."  
NEIL McKAY, RIFLET, ONT.

Dr. Wood's  
Norway Pine  
Syrup.

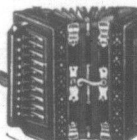


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**MURRAY & LANMAN'S**  
**FLORIDA WATER**  
THE UNIVERSAL PERFUME  
FOR THE HANDKERCHIEF  
TOILET & BATH.  
REFUSE ALL SUBSTITUTES.

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Royal Navy Chocolate and  
Hygienic Cocoa

are always the favorites in the homes  
The COWAN CO., TORONTO.



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cording for  
selling only 2 doz. Gem Pins at  
15c. each. It's a beauty, has  
10 bone keys, 2 stops, 2 sets of  
picks, double door, open ac-  
tion and double bellows with  
protectors and clasps. No  
money required in advance.  
Send this advertisement, with  
your name and address, and  
we will forward the Pin. Sell  
them, return the money and  
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Ladysmith must bring the War to a speedy  
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