

WATER DRINKING.

Some of the Good Effects It Has on the Human System. Hygienists and physicians alike preach the therapeutic nature of water, ranking it far above any drug in materia medica in its actual remedial value.

"Water drinking," says the editor of a medical journal, "is an internal bath. It dilutes the fluids of the body in which the cells and fibers are bathed. It purifies the body by diluting the medium in which it lives."

"To the great thinning of the blood which follows copious water drinking is due the remarkably increased activity of the kidneys, skin and bowels which it produces."

"In rheumatism cold water is useful as a means of diluting the blood so it can dissolve and carry out of the body a larger amount of uric acid and allied substances."

"Water drinking is an essential adjunct to the exercise, baths and other means employed to reduce obesity. It dissolves and carries out of the body the broken down material made by the treatment."

"To increase the volume of the blood and introduce permanently a larger proportion of water a small quantity should be taken at frequent intervals; the amount taken during the day may run up several pints, but the quantity taken at any one time should not exceed four to six ounces."

"The quantity must depend on the effect desired. A thirst for water is an indication that it may be taken with advantage. In fevers a glass may be taken every hour."

"Copious water drinking is one of the most effective means of relieving a common ailment by aiding the elimination of tissue poisons, which, accumulating, give rise to the difficulty known as a 'cold.'"

"In short, it seems that if we would be healthy, hearty and happy we ought to drink freely of that nonintoxicating but exhilarating beverage known as 'Adam's ale.'"

"Chronic biliousness," continues our authority, "is nothing more than chronic toxemia (poisoning), resulting from the putrefaction of food in the alimentary canal, and requires the free use of water. Eight or ten glasses a day would be none too much for such cases."

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GLASGOW'S SHOW NEARLY READY.

Every Nail Will Be in Place For the Formal Opening on May 2.

Glasgow, April 29.—There were great local congratulations yesterday over the announcement that not a single nail will remain undriven when the International Exhibition opens on May 2.

The American exhibits are very creditable, but are limited and practically confined to machinery and tools. The Glasgow people are wondering how Buffalo's preparations for the Pan-American Exhibition will compare with theirs.

YUKON GOLD ROYALTY REDUCED.

Canadian Government Decides to Make It Only Five Per Cent.

Washington, April 29.—Consul-General Bittinger, at Montreal, reports to the State Department that the Canadian Government has decided to reduce the royalty on gold mined in the Yukon from 10 to 5 per cent.

The rush to the Yukon and Alaskan gold fields for the season has begun, and will be continued, says the Consul-General. Already over a thousand claims have been recorded near Clear Creek, a branch of the Stewart River, which runs into the Yukon, where important new finds are reported.

Adam Laidlaw Dead. Hamilton, April 29.—A most respected citizen, Adam Laidlaw, died about 3 o'clock yesterday morning, after a long illness, he having suffered for some time from locomotor ataxia.

Gen. Cailles Got Away. Manila, April 28.—Captain Wilson Chase, with a detachment of the 21st Infantry, on April 26, surprised the camp of the insurgent Gen. Cailles at Dugol, situated nine miles east of Baguio, in the Province of La Guina.

Awarded \$10,000 Damages. Vancouver, April 29.—Mrs. Mary Jane Bigger, who was among the passengers rescued from a watery grave in the Point Ellice bridge street car disaster in Victoria in 1896, was on Friday awarded \$10,000 damages for shock to her nervous system.

A New Steel Co. New York, April 29.—Word comes from Philadelphia that the new steel company, to include English and Canadian interests, which has been rather indeliberately hinted at in the papers for several months past, is organizing under the name of the International Steel and Pipe Co.

Members Invited to Quebec. Ottawa, April 29.—An invitation has been extended by the Harbor Commissioners of Quebec to members of Parliament to visit the Ancient Capital on Saturday, May 11.

Lobster Fisherman Drowned. Port Hawkesbury, C. B., April 29.—A young man named McDonald from Creignish, was drowned Saturday off Low Point. He was in a lobster smack, two miles off shore, when a squall struck the boat, causing it to fill and sink before any help could reach him.

Parliament to Close May 20. Ottawa, April 29.—The expectation now is that the House of Commons will conclude business about May 20.

The Baby Sick?

Then probably it's a cold. Babies catch cold so easily and recover so slowly. Not slowly, however, when you use Vapo-Cresolene. Then a single night is all that is necessary for a cure.

Vapo-Cresolene is sold by druggists everywhere. A Vapo-Cresolene outfit, including the Vaporizer and Lamp, which should last a life-time, and a bottle of Cresolene, complete, \$1.75; extra supplies of Cresolene 25 cents and so on. Illustrated booklet containing physicians' testimonials free upon request. Vapo-Cresolene Co., 410 Fulton St., New York, U.S.A.

NORTH BRUCE PROTEST.

James McAlpine, a Winton Man, Petitions Against the Return of Mr. Halliday, M.P., on Account of Bribery.

The New York State Canals will be opened for navigation May 7. President McKinley and suite started on his over the United States tour on Monday.

A snowslide occurred on April 12 at Sunrise City, Alaska, in which 20 or more lives were lost. Percy Barrington, 8th Viscount Barrington, and Baron Shute, died Monday morning, aged 76.

Wichita, Kansas, and the cases against her will be dropped. Premier Ross has gone for a few weeks rest. During his absence Hon. J. M. Gibson will be acting Premier.

The Ontario Cattle Breeders' Association has a \$15,000 order to fill from British Columbia and the Northwest. It calls for thoroughbred horses, cattle, pigs and sheep.

A despatch to the Paris Patrie, from Rome, published to-day, says the Pope has finished his encyclical on the subject of anti-religious measures in France, Spain and Portugal. It will probably be published in a fortnight.

During the last 60 hours 16 fresh cases of the bubonic plague have been officially reported at Cape Town. Eight of these are Europeans. Since the outbreak of the disease there have been 319 cases, of which 217 have proved fatal.

The Provincial Audit Department report finding the treasurer of No. 1 school section, Sandwich Township, Essex County, \$214 short in his accounts. The shortage was made up, and the treasurer allowed to resign, and a new treasurer appointed.

Mr. Louis F. Hoyé, K.C., Toronto, has received instructions to issue a writ against The Ottawa Evening Journal Printing Company for \$10,000 damages for alleged libel on behalf of Mr. W. J. B. Preston, superintendent of Dominion Immigration offices in London.

EXPORT COAL TAX MUST STAND. Sir Michael Hicks-Beach Claims Extra Cost Will Fall on Buyers. London, April 30.—A representative delegation from the miners of the United Kingdom met the Chancellor of the Exchequer, Sir Michael Hicks-Beach, yesterday and asked for the withdrawal of the export tax on coal. The Chancellor, replying, controverted the suggestion that the tax would injure the export coal trade.

Many South Wales miners enjoyed a holiday yesterday as a protest against the tax demonstrations took place at various points. They don't go to work yesterday.

It was a shilling 24 cents on shore at Curran Island, and at St. Eleanor's Island, and probably skins belonging to the Newfoundland sealers. A lot of wreckage also drifted ashore, among which was a brass rail, steamer's deck, plank and a cabin.

London, April 30.—The House of Commons last evening adopted by a large majority all the budget resolutions in the report stage, with the exception of the coal tax resolution, which will be taken up to-day.

THE GENERALS CONFERRED. When Arrangements Are Concluded for Indemnity Troops Can Be Withdrawn. Pekin, April 29.—The generals of the powers held a conference to-day to consider the question of the withdrawal of the troops and decided to address a note to the Ministers informing them that, when the Ministers are able to announce the lump sum demanded as indemnity, the principle of payment, arrangements will be possible for withdrawal.

The Germans are virtually caught in a trap near the Ku Kwian Pass. A detachment of 80 had 45 casualties, while the Chinese losses are said to have been nominal.

A Born Diplomat. Two young ladies were conversing with an Irishman, when one of them asked: "Pat, which of us do you think is the older?" "Faith," replied the gallant son of Erin, "you both look younger than each other."—Chicago News.

A UNIQUE EXPERIENCE.

Aeronauts in the Heart of a Thundercloud Escape Unhurt.

To be in the very heart of a thundercloud and escape unhurt is an unusual and most unique experience. That is what happened to the Rev. John A. Bacon and some companions in one of his balloon ascensions from Newbury, England.

Mr. Bacon, in telling of his experience, says: "In scarcely more than 20 minutes from the start sudden and surprising change took place in our circumstances. Our environment, which had appeared absolutely calm and clear, began changing with the rapidity of a transformation scene. Below us the few hundred feet that separated us from carted grain filling in with a blue haze quite transparent, but growing palpably flatter, while ahead, as also right and left, the horizon at the level of our eyes and higher appeared a dense fog barrier of the thickest hue. Overhead of course the sky view was entirely hidden by the huge silken globe. At this time we were being swept along on our course, which remained sensibly unaltered in direction, at a speed which we subsequently were able to fix at approximately 40 miles an hour."

"To ourselves the full significance of these circumstances was not immediately apparent, but the onlookers at our point of departure—a moderate velocity of some five miles in our wake—clearly detected the approach of a heavy thunder pack and, as they reasonably asserted, coming against the wind. It towered above the clouds, now seen projected plainly against its face, and rapidly and assumed formidable proportions. The balloon was flying due west at high speed, and at apparently no great distance overhead the thundercloud was progressing at a moderate velocity, but directly opposed to the surface current."

"And now with a whistle a blinding sheet of hail attacked the aeronauts, stinging and driving sharply as to give the idea that the storm was falling from a great height, and immediately afterward from all sides and close around flashes of lightning shot out with remarkable frequency and vividness. We were, in fact, fairly encompassed in the thundercloud. Other and near observers narrowly watched the phases of phenomena now in progress. These were the countrymen who became interested spectators and who presently came to our assistance. They seemed to have imagined that the balloon must be infallibly struck, inasmuch as it appeared to them completely encircled with lightning. It was indeed the worst storm the countryside had known for many years. The rain, besides a few miles ahead of us, lasted five hours continuously. A little way on our right a house was struck and burned to the ground, and on our left a couple of soldiers were killed on Salisbury plain."

"Though the rain progressed as it also appeared to lag behind the wind that bore it along. It did not seem to advance against us as a whole, but rather about us, forming itself out of what a few moments before had appeared mere empty air. The lightning as seen by the people in the balloon seemed to leap from cloud to cloud and not from the clouds to the earth, and the noise of the thunder consisted of short, sharp reports like the explosions of gun cartridges without any of the rolling reverberations heard on the earth. The aeronauts passed through the thunderstorm unharmed, but it was trying to the nerves. The question is, with the lightning playing all around it and houses and men being struck on the earth below, why was not the balloon demolished by a thunderbolt?"

The Ring and the Cross. The form of cross known distinctively as Irish and consisting of a circle surrounding and binding together the head of the cross is in all probability but a representation of the ancient Milesian standard—a serpent twisted about a cross staff. Such crosses, rudely wrought in stone, have been found in pagan cemeteries and are probably relics of the serpent worshippers. The form, which is a very beautiful one, was retained by the early Christians with many other memorials of paganism. Upon these crosses the most beautiful and intricate sculpture was subsequently lavished; specimens fortunately remain to us in the celebrated cross of Cong and those of Monasterboice, which are 27 feet in height. A monkish manuscript informs us that the body of the cross represented salvation and the circle everlasting life, but this was also symbolized by the serpent, of which the circle was undoubtedly a pagan representation.

Taking No Chances. A young man took his gold watch to a fashionable Chestnut street jewelry establishment to have the photograph of a young woman placed in the case. He just wanted it pasted in. "Why don't you have it photographed directly on the inside of the case?" asked the salesman. "We can have it done for you for \$8, and it is so much more artistic."

Not the young man didn't want that. He thought it would be well enough to have it pasted in. "You see, you can't always tell about these things," he finally said, "and I'm not going to turn my back on a picture of my wife's picture after having had her in a set of trouble. I've got the right to keep it just pasted in, if anything happens all you have to do is just scrape it off. I guess I'll have this pasted in."

Quickly Disposed Of. Agent—I am an expert machinist, madam, and called to see if you had any sewing machines in the house that you wished to have repaired. Sharp Featured Female—Indeed! So you're looking for a breach of promise suit, are you? Agent—I don't quite understand you. Sharp Featured Female—Don't, eh? Well, I happen to be the only sewing machine in this house, and as I'm a widow as well I've got the right to look upon your remark as a proposal.

A gleam of comprehension flashed across the agent's face, and with one glance at the "machine" he skipped.

Lincoln's Nettle Ointment. This Ointment is the only positive cure known for Piles. It not only gives instant relief but will effect a permanent cure by removing the cause. This ointment is a positive cure for constipation of the bowels. Hundreds of remedies are offered as a cure for constiveness, yet there are more people both men and women, to-day suffering from constipation than ever before (owing largely to our mode of living). All the pills and other preparations sold as cures for constipation of the bowels contain bitter aloes or other strong cathartics, the reaction from their use, increasing the trouble instead of curing it. The wonderful effect of Lincoln's ointment is that it will cause an almost immediate motion of the bowels and no reaction. One trial of this Ointment will convince any person of its wonderful power. This Ointment is truly worth doubling its weight in gold to any sufferer from piles or constipation. Women will find this ointment invaluable for all itchings and skin diseases, also for children. It will move the child's bowels without drugs or injurious food. It is also a first-class remedy for sore feet, removing all itching pain from bottom of the feet. Price 25c—Lincoln Medicine Co., Ottawa, or J. E. Richards, Aylmer.

Lincoln's Tablets will set you Free. From disease. They are the most reliable remedy known to-day for all diseases of the stomach, bowels, liver and kidneys. If you are a pale, weak, nervous woman or a man grown old before his time, you should try Lincoln's Tablets will do for you. Price 50c. Prepared by the Lincoln Medicine Co., 50 Queen Street, Ottawa, and for sale only by J. E. Richards, Aylmer.

Lieut. Carstairs Wounded.

London, April 30.—Information received here from Uromi, West Africa, and dated March 25, is to the effect that the punitive expedition, under Major Henker, composed of 250 men, being attacked in force. Up to the date of the report, Major Henker's command had had 32 casualties. Lieut. Carstairs of the Canadian Militia had been slightly wounded. He was the only white officer injured.

Rev. E. W. Pantton, Moderator.

Stratford, Ont., April 30.—The annual convention of the Synod of Hamilton and London met in Knox Church here last evening. Rev. Gustav Munro, D.D., of Ridgeway, the retiring moderator, preached last evening, after which his successor was appointed in the person of Rev. E. W. Pantton of Stratford.

Japan Building a Fortress.

Berlin, April 30.—The St. Petersburg correspondent of The Cologne Gazette says it is announced from Tokio that the harbor of Matsumai, capital of the Island of Yesso, opposite Vladivostok, is being transformed into a naval port. The work is being carried out with all speed, and is already almost completed.

Navigation Open at Port Arthur.

Port Arthur, Ont., April 30.—Navigation is practically open. The ice is all broken up and floating around. The steamer Mabel Bradshaw of Singer's new Duluth Line, is due this morning.

Eight French Soldiers Burned.

Vannes, France, April 30.—Fire broke out last night at the artillery camp in the vicinity of the village of St. Jean. Eight artillery men were incinerated and several were injured.

Many a school-girl is said to be lazy and shiftless when she doesn't deserve the least bit of it. She can't study, easily falls asleep, is nervous and tired all the time. And what can you expect? Her brain is being fed with impure blood and her whole system is suffering from poisoning. Such girls are wonderfully helped and greatly changed, by taking

AYER'S Sarsaparilla. Hundreds of thousands of schoolgirls have taken it during the past 50 years. Many of these girls now have homes of their own. They remember what cured them, and now they give the same medicine to their own children. You can afford to trust a Sarsaparilla that has been tested for half a century.

If your bowels are constipated take Ayer's Pills. You can't have good health unless you have daily action of the bowels. 25c a box. "Give me a box of Ayer's Pills cured my dyspepsia." L.D. CARLWELL, Jan. 1899, Bath, N.Y.

Write the Doctor. If you have any complaint whatever, send the name and address, and we can possibly receive a prompt reply. You will receive a prompt reply without cost. Address, DR. J. C. AYER, Lowell, Mass.

THE GRAND TRUNK RAILWAY SYSTEM. To the West Northwest Southwest and Pacific Coast Ports. The Grand Trunk Ry System has the quick and superior service.

Dining and Cafe Parlor Cars on through trains. Settlers' Trains to Manitoba and Canadian Northwest. For further particulars apply to any Agent of the Grand Trunk Railway System.

M. C. DICKSON, District Passenger Agent. N. A. McCALLUM, Agent, Aylmer. Picturesque Pan-American Route to Buffalo.

FOR SALE—75 acres of sandy loam land, two miles from the Village of Stratford; good farm buildings, nearly new, good orchard, plenty of good water land, well drained, being part of the 25th concession of Bayham. A great bargain for anyone. Must be sold immediately. Apply to C. O. LEARN, Real Estate Broker, Brown House Block, Aylmer, Ont.

FOR SALE or exchange, one acre of land with fair frame and barn on the west side of John Street, south, in the Town of Aylmer. Good soil for gardening purposes, will sell cheap and on easy terms, or will exchange for a small farm. Apply to C. O. LEARN, Real Estate Broker, Brown House Block, Aylmer, Ont.

FOR SALE—One and one-half story brick house, good sized frame barn and seven lots of a acre of land, in the west side of St. George St., in the town of Aylmer. The house is well built and in good shape. The land is a 1st class plenty of various fruits and plenty of good water, both hard and soft, and a first-class location. For particulars apply to C. O. LEARN, Real Estate Broker, Brown House Block, Aylmer, Ont.

THIRTY-FIVE HORSES. THE LARGEST AND BEST EQUIPPED LIVERY IN WESTERN ONTARIO. First-class Turn Out. OF ANY KIND FURNISHED ON THE SHORTEST NOTICE, AND AT THE Lowest Prices. Stable—Opposite Town Hall. L. W. Pierce & Son, Proprietors.

Do you I at that at all over, I years since man points where the Mark's, it was silhou the setting the gilded as with fi It's forty but it mig vivid is the side, and. She was as bonny Warwick's there was lad than n But I love —only I d have loved I wasn't a iron and w Jack Jim." round. She wou cared for t pass for t a chance, I was wor man and si have killed er let her for that. Only let and she'll n ment, just showing he came up uo understand it the end; a bless her, s loyal wife. But this and so it is and I'll ge soon enou The only was my p —as fine a saw in you a lath; a god; but I wild, and line. Ruth of all the c it is—and if well, he m giving any. But jeal tacks were with Jack's blood in his eye looked even smile, flushed as he had had lost his t her that I of all Rut Well, to saw that I and me, a chance was ing to lose. If I live you came asked him she could; like me. looked up. blue eyes, you're got hadn't bee months ago a kind of f; blushes on. Well, sin I couldn't it was all; but I had put my ar her face in them—why England ha. But wh when I'd co she said, a you're tire about him. When Jac —clean ma both, and orgie of dr next to no and when o other side ing at me. I am, but i rather of l cards hono busily and any fears I no. Then o changed; c stretched; h saying that ing me luc like the loo him; and I distrust, as ing his cri an assistant way; but w again I too ing had h. My little about me; to her, an steep-clim ground; h the air, fo I wanted, t I had in vic to my tre. Then cam his life and gilding the Mark's stee her; that i morning in joy inclu heart of livi to run rouf one beginf sad and tea She had e that she r in mid-air, down, and kicking at "Don't go

Indigestion and Dyspepsia

Mr. Henry Moore, Pickering, Ont., states:—"I used three boxes of Dr. Chase's Kidney-Liver Pills for Constipation and Stomach Troubles, and never found anything to compare with them. I had suffered from these complaints for many years and taken many kinds of medicine, but it remained for Dr. Chase's Kidney-Liver Pills to cure me; and now well and strong."

Mr. Patrick J. McCallum, Belknap, Maine, Que., states:—"I was troubled with Kidney Disease and Dyspepsia for 20 years and have been so bad that I could not sleep at nights on account of pains in the back, but would walk the floor all night and suffered terrible agony. Dr. Chase's Kidney-Liver Pills made a new man of me, and the old troubles seem to be driven out of my system."

One pill a dose, 25 cents a box, all dealers, or Edmanson, Bates & Co., Toronto.

Dr. Chase's Kidney-Liver Pills.



"What we have we'll h As every man who has purchased Pa knows he has the best Fence on the m

"What we have we'll re i and if you are in the market for fence, like to have you consider the merits of Fence. Coiled Wire made in our own work by ourselves. Shipped already

THE PAGE WIRE FENCE C WALKERVILLE, ONT

In the Surrogate Court OF THE COUNTY OF ELGIN.

In the estate of William Foxton, deceased: Pursuant to H. S. O. 1867, Chapter 129, Section 28, notice is hereby given that all persons having claims against the estate of William Foxton, late of the Town of Aylmer, in the County of Elgin, deceased, who died on the 27th day of March, A.D. 1901, are to deliver their claims and bills payable thereon and the nature of the security (if any) held by them, provided by the will of the said deceased, to the undersigned solicitor for Aylmer, on or before the 17th day of May, 1901.

And notice is further given that after the said 17th day of May the said administrator will proceed to distribute the assets of the said deceased among the parties entitled thereto, having regard only to the claims of which he has taken notice. Dated at Aylmer 11th April, 1901. BUCHNER & CAMPBELL, 81 Dundas Street, London, Ont., Solicitors for Administrator.