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ARCHITECT

EDWARD WRIGHT, Architect, F.R.S., of London, Eng. Building and Quantity Surveyor. I have pleasure in announcing to the inhabitants of Chatham and surrounding country that I am opening an office in above building, and trust by doing the highest class work, and strict attention to business, to obtain a share of the public patronage. I shall be pleased to submit sketch plans and estimates for any class of building whether of a private or public character. (Free cost to clients)

LODGES

PARTHENON LODGE, No. 267, A. F. & A. M., G. R. C., meets on the first Monday of every month in Masonic Temple, King Street. Visiting brethren always welcome.

J. M. PIKE, W.M.
J. W. PLEWES, Sec'y
WELLINGTON LODGE, No. 45, A. F. & A. M., G. R. C., meets on the first Monday of every month in the Masonic Hall, Scane Block, King St., at 7.30 p.m. Visiting brethren warmly welcomed.

LEGAL

S. B. ARNOLD—Barrister etc., Chatham. Cost Money to loan at lowest rates on easy terms.

HOUSTON & STONE—Barristers, Solicitors, Conveyancers, Notaries Public, etc. Private funds to loan at lowest current rates. Office upstairs in Sheldrick Block, opposite H. Malcolson's store. M. Houston, Fred Stone.

SMITH, HERBERT D.—Crown Court Attorney, Solicitor, Coroner, etc. Harrison Hall, Chatham.

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VETERINARY SURGEON

DR. DECOU is prepared, as usual, to furnish first-class orchestra for concert and other entertainments at reasonable rates. Any number of pieces furnished, also violin and cornet soloists. Pupils taken on violin, and all orchestral and band instruments. Studio, Centre St.

Dr. John N. Pringle, M. R. C. V. S., etc. H. F. E. V. M., A.V. Veterinary Surgeon. "Castration of Organs" a specialty. All domestic animals skillfully treated. Experienced in diseases of dogs, horses, etc. Best of attention given. Moderate charges. Office, King St. 330. Opp. Power House, Chatham. Phone 330.

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ON LAND MORTGAGE AT 4% TO 5% PER CENT.
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PAY OFF WHEN DESIRED.
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ON MORTGAGES
Lowest Rate of Interest
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CHATHAM

MUSICAL

SAMUEL I. SLADE—Baaso, of Detroit, has resumed his class here, and will be pleased to receive pupils for vocal training, every Monday, at his studio, McGill Block. Slade will come to Chatham every Monday during the winter months.

MUSIC

Mis es Lonnie and Florence Hillman, Teachers of Piano and Theory, including Harmony and Counterpoint; students prepared for entrance to University or college examinations. Studio over McCall's Drug Store.

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Large assortment of Sewer Pipes at lowest prices.
John H. Oldershaw
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IF YOU WANT

The best MEATS that can be bought go to Merritt & Graham. We always have the BEST.

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Minard's Liniment used by Physicians.

When the dollar rings there is always a rush to open the door.

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The Mutual Life—backed with its 37 years of prosperity—its enduring financial methods—its perfect protection and low rates to policy-holders—and its

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—is the most substantial and the fastest-growing Assurance Company in Canada.

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GEO. H. REDPATH,
GENERAL AGENT, CHATHAM

Savants Frown on Brief Sleep.
The papers read in the physiological section of the British Association for the Advancement of Science in London discussing sleep and rest, were all apposed to the old idea that mankind should be content with short slumber.

The Duke of Wellington's dictum of six hours for a man, seven for a woman and eight for a fool, went by the board.

Francis Dyke Acland urged the necessity for plenty of sleep for the young as necessary to their bodily and mental development. He said that most of a boy's growth was done in bed. He quoted a letter from the headmaster of a large school, where the breakfast hour had been changed from 7 to 8 o'clock, as saying that the whole school was brighter and doing better work.

Dr. Gotch said that the healthiest sleep was dreamless. He mentioned Lord Kitchener's faculty of being able to go into dreamless sleep at any moment.

Prof. Lewis said that the normal sleep of a laboring man during the first half hour was very deep and then grew shallower.

Prof. Meyers related his own experience with a German doctor. He arranged to be awakened after half an hour to see what his mental condition was. He set himself several problems in arithmetic. The next day he was awakened after an hour's sleep, and so on, increasing the time for sleep by an hour a day until he got six hours.

He found his ability in connection with arithmetic as great after an hour's sleep as after six hours. When, however, he came to try another test this one completely broke down. In trying to test his memory he found it grew in proportion to the number of hours of sleep he took.

When the tip of a dog's nose is cold and moist, that dog is not sick. A feverish, dry nose means sickness with a dog. And so with the human lips. Dry, cracked and colorless lips mean feverishness, and are as well ill appearing. To have beautiful pink, velvet-like lips, apply at bedtime a coating of Dr. Shoop's Green Salve. It will soften and heal any skin ailment. Get a free trial box, at our store, and be convinced. Large, nickel capped glass jars, 25 cents.

Sold by C. H. Gunn & Co.

Foiled the Doctors.
Robert Bedford, the oldest inhabitant of Woking, has just died at the age of 93 years. When he was married seventy-three years ago his wife was warned that he could only live a few years, and might die at any moment from heart disease.

Centenarian's Tea Party.
Miss Mary Alexander, Edington Villa, Reigate, celebrated her 100th birthday recently. She lives with her two sisters, Elizabeth, who is 98, and Sarah Ann, who is 90. In the afternoon she entertained a party of friends at tea.

"Prison" For Sale.
"Carchady Owen," the prison house at Corwen, in which the famous Welsh chieftain, Owen Glyndwr, placed prisoners captured by him during his rebellion against English rule, is to be sold by auction.

Plans of Historic Interest.
Lieut. Philpott's plan of York in 1823, showing the waterfront, the island and the bay, reached the provincial archivist from the British War Office. The reproduction is finely done in colors. A plan of the battle near Quebec in 1760, when the British, under Murray, were besieged by the French, under Levis, drawn by Major McKellar, and French maps of Quebec showing the fortifications in 1680 and 1723, have also been sent to Mr. Fraser.

Culture of the Grape.
The paramount object in the culture of the grape in most parts of the world has been the obtaining of wine. The extent of this will be surprising and hardly believed by those not acquainted with the statistics. Thus, for instance, there are annually produced on the globe over 4,000,000,000 gallons of wine. Of this amount the United States produces only about 50,000,000 gallons.

What He Cleaned Up.
"Did you clean up much in that railroad deal?"
"No, I washed my hands of it."—Cleveland Plain Dealer.

If rich be not elated, if poor be not dejected.—Socrates.

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PERIL IN ATHLETICS

PHYSICAL EXERCISE SHOULD BE TAKEN IN MODERATION.

Muscle Building Is Not Necessary to Good Health, and Severe Training Weakens the Heart and Nerves and Lowers Vitality.

Once beyond the bounds of moderation, physical exercise and physical training not only weaken the heart for a lifetime, predispose to pneumonia, cause pulmonary tuberculosis and make extra possible a dozen other ills, but they unfit a man from being the ideal husband and father.

Dr. Robert E. Coughlin of Brooklyn, says the New York Times, has been collecting statistics upon and following the careers of athletes for years. He examined the contestants in amateur boxing matches, and the abnormal development of the best of them struck him. Magnificently developed as to their muscles, they were far from being men of normal health and strength. Beyond a certain point the muscular training was at the expense of their vitality. It took away from the heart and lungs. There was scarcely an organ of the system not affected and made less efficient. It seemed worth while to explore further into the cause.

"In regard to the heart, to be derived from athletics," says the doctor, "one has only to remember the physiology of exercise to become convinced of the fact that exercise, per se, may be very beneficial. The point to bear in mind is to advise the person to stop before fatigue becomes evident. We can do this readily when the athlete is interested in games for the mere exercise, but such advice cannot be offered when his aim is to excel in an athletic contest. Here it where athletics do great harm, and would be a safe rule to advise against all forms of athletics in the nature of a contest.

"Athletics may be said to be beneficial until the heart begins to be markedly hypertrophied. This is the danger signal."

Hypertrophied is the medical man's way of saying enlarged—that is, the walls or muscles of the heart increase in size. Though this is the "danger signal," there is no real danger here, only a warning. The danger comes when, in consequence of additional exertion, the heart dilates, its interior grows larger, displacing the delicate machinery, causing the valves to leak. Then come "murmurs," and though a man may live for years with weakened valves he may die any day and any moment.

Does physical exercise, then, build up the general health and make a better man out of a man? There seems to be a question, with some scientific men saying today very emphatically, "Not unless that physical exercise is very moderate indeed."

Health, one of the big English authorities (Sir Michael Foster) puts it, does not exist. It is like happiness. Each has a goal or limit which, while seemingly attainable, eludes perfect possession. The body consists of a number of mechanisms which have the closest and most exact relations, and as they approximate to harmony there is health, but when disordered there is ill health.

Not necessarily does a man by physical training and much exercise become a better man, nor does he even get better health. Here is the striking evidence of it in scientific statements of the day.

To obtain good health, muscle building is not a necessity. One cannot judge of a person's health by the size and hardness of the muscles. We have seen that the converse may be true. To obtain health one must not be in a perfectly trained condition owing to the effects of severe training on the nervous system. There is no evidence to prove that athletics and muscle building improve the constitution. One should always keep in mind the fact that built up or hypertrophied muscle has a tendency to degenerate. The heart, being a muscular organ, shares in this tendency.

But the athlete is a man who goes through the severest physical strain and training. If he boxes, runs, is a gymnast, a football player, a wrestler, an expert at baseball or tennis, any sport requiring violent exercise and the constant keeping in trim for it, all the rest of his body is sacrificed for the overdevelopment of these special muscles, and the rest of it must somehow suffer.

All the body should develop together, as it were. Body and mind should be built up evenly. If overathletics does nothing else it produces a wearing and tearing nervous strain.

When it comes to the actual athlete, the man who specializes on some form of physical force and muscle power, these conditions are greatly aggravated. Severe athletic training and muscle building, it is now an acknowledged fact of science, are at the expense of the nervous and glandular systems.

"An experienced athlete," says one authority, "gave as his opinion that a man sacrifices a certain part of his life every time he enters a contest of any kind. He also said that a man when 'fit' as expressed by athletes, is in an abnormally nervous condition. In other words, he can never remain at ease for a minute at a time and, like the caged lion, is forever on the move during his waking moments. It has been noticed by observers that athletes are often sickly and particularly susceptible to constipation and appendicitis."

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TIRED OF LIFE AWFUL SUFFERING

From Dreadful Pains From Wound on Foot—System All Run Down After Six Months' Agony—Not Able to Work—Completely Cured in Two Weeks.

MIRACULOUS CURE BY CUTICURA REMEDIES

"Words cannot speak highly enough for the Cuticura Remedies. I am now seventy-two years of age. My system had been all run down. My blood was so bad that I had several doctors attending me so finally I went to the hospital, where I was laid up for two months. My foot and ankle were almost beyond recognition. Dark blood flowed out of wounds in many places, and I was so disheartened that I thought surely my last chance was leaving me. As the foot did not improve, you can readily imagine how I felt. I was simply disgusted and tired of life. I stood this pain, which was dreadful, for six months, and during this time I was not able to wear a shoe and not able to work."

"Some one spoke to me about Cuticura. The consequences were I bought a set of the Cuticura Remedies of one of my friends who was a druggist, and the praise that I gave after the second application is beyond description; it seemed a miracle, for the Cuticura Remedies took effect immediately. I washed the foot with the Cuticura Soap before applying the Ointment and I took the Resolvent at the same time. After two weeks' treatment my foot was healed completely. People who had seen my foot during my illness and who have seen it since the cure, can hardly believe their eyes."

Robert Schoenbauer, Newburgh, N. Y., Aug. 21, 1905.

Sold throughout the world. Cuticura Soap, Ointment, and Resolvent (all in one bottle) are made in Canada. In trial of 50 may be had of all druggists. Patent Drug & Chemical Co., Ltd., 100, Queen St. W., S. A. Mailed Free, "The Great Skin Healer."

Raising Crops By Electricity.
By spreading currents from a static electrical machine over a plot of growing carrots Professor Lemström of Helsingfors, according to B. Tolksdorf in the Leipzig Illustrirte Zeitung, has increased the yield by 39 per cent. during the first year and 90 per cent. in succeeding years as compared with similar plots not electrically treated. On small parcels of land experiments with potatoes, the currents being generated in the earth by means of copper and zinc plates sunk at intervals and connected by insulated wires above the ground wires, have recorded an increased yield of from 50 to 100 per cent.

Amateur Essays.
Apropos of extravagant education there is no more utter waste, whether in board schools or those of higher class, than essay writing by children. A poultry paper quotes a little boy's effort on that subject. "Geese is a nasty animal, for they will jump your back and beat you with their feathers," writes this budding literary genius, "and the turkeys is a large kind of hen." This may be an extreme instance, but it furnishes the text for an essay on "geese" of quite another kind.—London Sketch.

A Luxury for the Bath.
"Royal Crown" Witch-Hazel Toilet Soap. Only 10c. a cake. 3 cakes for 25c.

Plans of Historic Interest.
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MODES OF THE MOMENT.

A New Shirt Waist Model—Odd Jewels at a Premium.

A mighty swagger lingerie shirt waist is made of alternate strips of rather wide valencienne insertion and slightly gathered two inch puffs of handkerchief linen arranged horizontally. The sleeves are fashioned in the same way and finish just below the elbow with three tiny lace edged ruffles.

Garnets are very fashionable. Odd necklaces and pins of this becoming red stone are searched for in antique shops. A particularly original necklace was run to cover the other day consisting of small blocks of uncut garnets fastened together with invisible links.

Bracelets of all sorts are worn in extravagant numbers. Several narrow ones on the left arm are usually of "semi" as well as precious stones, set in all kinds of clever designs.

The pointed bodice is the newest thing in styles so far. Occasionally a girle effect is the form it takes, but more often it is the waist itself, carefully shaped to fit without a wrinkle and slanting into a deep, graceful point directly in front. These waists are

close fitting and well boned. There are few figures to which this bodice is not becoming, for anything that makes the waist look smaller is bound to look well on the stout and slim woman alike.

Shades running between brown and gray promise to be the leading colors of the season—such, for instance, as "smoked glass," "elephant's tail," etc.

The dress illustrated is a serviceable little frock for school wear. It is made of navy blue panama cloth trimmed with black braid. The gimp of all over embroidery softens the effect about the face, and, as it is detachable, a fresh one is easily substituted.

JUDIC CHOLLET.

HERE AND THERE.

"Suit Yourself" Hat Season—Simplicity in Tailored Costumes.

All sorts of hats are fashionable, and one may wear what is most becoming or what appeals to one's fancy. Large and small hats have an equal following for precedence. Among the latter class is a delightful little toque formed entirely of pink roses with a splendid black aigret placed directly in front.

Cream tints are apt to make the complexion look yellow, while dead white has much to commend it. Rose and all shades of pink continue popular, but there is no color that can be called a

AN AUTUMN BLOUSE.

predominant fashion. It is quite a question of pleasing oneself, though it is observable that empire green is trying hard for a place in millinery.

Children's broadcloth continues to be the smart material for fall and winter costumes. It is rumored that tailored suits are to be less elaborate than they were last winter, but there is every possibility that charming trimmings will be seen on the tailored gown.

There is a new color—raven's wing blue—which is in reality nothing more than a very blue black.

Gray hats are to be all the rage for theater and restaurant wear. They are kept all in one tone.

Very simple and smart is the blouse seen in the illustration. It may be successfully developed in any of the soft woolen materials or in silk. Braid trimmed bands overlaid with motifs of the same braid is the only adornment.

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STOP, WOMAN!

AND CONSIDER THE ALL-IMPORTANT FACT

That in addressing Mrs. Pinkham you are confiding your private ills to a woman whose experience with women's diseases covers a great many years.

Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, who for many years under her direction, and since her decease, she has been advising sick women free of charge.

Many women suffer in silence and drift along from bad to worse, knowing full well that they ought to have immediate assistance, but a natural modesty impels them to shrink from exposing themselves to the questions and probable examinations of even their family physician. It is unnecessary. Without money or price you can consult a woman whose knowledge from actual experience is great.

Mrs. Pinkham's Standing Invitation.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. All letters are received, opened, read and answered by women only. A woman can freely talk of her private illness to a woman, thus has been established the eternal confidence between Mrs. Pinkham and the women of America which has never been broken. Out of this vast volume of experience which she has to draw from, it is more than possible that she has gained the very knowledge that will help your case. She asks nothing in return except your good-will, and her advice has relieved thousands. Surely any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.

If you are ill, do not hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound, at once, and write Mrs. Pinkham, Lynn, Mass., for special advice.

When a medicine has been successful in restoring to health so many women, you cannot well say "without trying it" "I do not believe it will help me."

ORIGIN OF "THE MARSEILLAISE."

Romantic Circumstances Attending Writing of France's National Hymn.

Probably no national hymn has ever roused the frenzy of patriotic enthusiasm which always attends the singing of "The Marseillaise." The bloody deeds of the French Revolution were all commemorated in the music of this inspiring song, and, curiously enough, it seems to fire the hearts of the people when they are actuated by widely different motives.

The origin of the song is interesting and would seem to indicate that it was indeed an inspiration in the true sense of the word. Lamartine gives the story in his "Histoire des Girondins."

A Trying Winter.

In the garison of Strasbourg was quartered a young and well-officer named Rouget de Lisle, a native of Louis de Salmier, in the Jura. He had a great taste for music and poetry, and often entertained his comrades during their long and tedious hours in the garison. Sought after for his musical and poetical talent, he was a frequent and familiar guest at the house of one Dietrich, an Alsatian patriot, Minister of Strasbourg.

The winter of 1792 was a period of great scarcity at Strasbourg. The house of Dietrich was poor, his table was frugal, but a seat was always open to Rouget de Lisle.

"Drink France and Liberty!"

One day there was nothing but bread and some slices of smoked ham on the table. Dietrich, regarding the young officer, said to him, with sad serenity:

"Abundance falls at our boards; but what matters that, if enthusiasm falls not at our throats? Let us drink to the hearts of our soldiers? I have still a last bottle of wine in my cellar. Bring it," said he to one of his daughters, "and let us drink France and Liberty! Strasbourg should have its patriotic solemnity. De Lisle must drink from these last drops one of those hymns which raise the soul of the people."