

THERE'S A REASON.

Kidder—Do you know that women talk less in February than in any other month of the year? Green—I don't see how you figure that out. Kidder—It's two days shorter, you ninny.

MARITAL COMMERCE.

"The commercial aspect of marriage has undergone a great change." "How so?" "In former times, fathers sold their daughters. Now they have to give them away."

Aching Muscles and After Effects of Grippe

Zam-Buk Gives Ease.

As soon as you feel any deep-seated pain in the joints, back, wrists, or elsewhere, place a liberal supply of Zam-Buk on the fingers or on the palm of the hand, and rub it well in. The penetrating power of this "embrocation-balm" is exceedingly great, and, once having reached the seat of the pain, it removes it speedily. It also ends the stiffness, which is so unpleasant.

Mrs. Frances Wyatt, of 25 Guy Avenue, Montreal, says: "I have found Zam-Buk most soothing and valuable in a very bad case of rheumatism, and also for stiffness of joints and muscles. I suffered long and acutely with rheumatism, and tried one liniment after another in vain. I also took medicines internally, but it remained for Zam-Buk to effect a cure. I began applying this balm whenever I felt the aches or pains of rheumatism coming on, or felt the stiffness. The result was truly wonderful. Zam-Buk seemed to penetrate to the very seat of the pains, driving them out completely, and I am now quite cured."

This case, and scores of similar cases reported to us, is proof that Zam-Buk's penetrating and healing power is very great. In addition to its use as an embrocation, it is a sure cure for skin diseases, such as eczema, ringworm, ulcers, blood-poisoning, scalp sores, etc., and is the finest known "first aid." For piles, it is a specific. Gives certain ease. All druggists and stores, at 50 cents box, or post free from Zam-Buk Co., Toronto, for price.

Mothers should also try Zam-Buk Soap for baby's bath and for the rashes, eruptions, pimples, etc., so common amongst children at this season. Shampooing with Zam-Buk Soap beautifies and strengthens the hair.

LIFE A CENTURY AGO.

One hundred years ago a man could not take a ride on a steamboat. He could not go from Washington to New York in a few hours. He had never seen an electric light or dreamed of an electric car. He could not send a telegram. He couldn't talk through the telephone, and he had never heard of the hello girl.

He could not ride a bicycle. He could not call in a stenographer and dictate a letter. He had never received a typewritten communication. He had never heard of the germ theory or worried over bacilli and bacteria.

He never looked pleasant before a photographer or had his picture taken. He never heard a phonograph talk, or saw a kinetoscope turn out a prize fight.

He never saw through a Webster's unabridged dictionary with the aid of a Roentgen ray. He had never taken a ride in an elevator.

He had never imagined such a thing as a typesetting machine or a typewriter. He had never used anything but a wooden plough.

He had never seen his wife using a sewing machine. He couldn't take an anesthetic and have his leg cut off without feeling it.

He had never purchased a ten cent magazine, which would have been regarded as a miracle of art. He could not buy a paper for a cent and learn everything that had happened the day before all over the world.

PERU'S ANNIVERSARY.

On January 21st, last, the city of Panama celebrated the anniversary of its foundation. The old city was destroyed by buccaneers in 1671, and the present city was founded January 21, 1673, which historic event was officially recognized last January. Its history is replete with exciting incidents and "it reeks with the odor of gunpowder and the glint of cold steel." Two important events should be mentioned in connection with the onward advance of modern Panama: the completion of the railway across Isthmus and the secession consummated in 1903, which made the city the capital of an independent State. That event gave it a new place in political literature and the inauguration of the canal work soon after has kept it on the front page of the world's reading matter.

MURPHY TELLS HOW TO TRAIN FOR MARATHON.

In view of the interest that is being taken in long-distance running, the following from Mike Murphy, the famous conditioner, will be of value: Easy cross-country running is the best training. Long-distance runners should be well nourished. Always be careful to avoid working out on hard pavement. Try and find a good road. A thick piece of brown paper pinned under the jersey over the chest will be found a good protection against cold.

When taking long runs, especially in cold weather, keep throat and chest well protected. You will find the first several weeks the hardest part of this training. After this if you have taken good care of yourself you will begin to feel that you are getting into condition.

Long periods of hard work calling for a corresponding amount of time to rest, this sort of training makes absolutely necessary.

If you are obliged to do much of your training on a gym track you can avoid lame ankles by frequently running the opposite direction. This will relieve the ankles of the severe strain.

You will never be sorry for taking the best care of yourself, for upon this depends half of your athletic success.

It is absolutely necessary that you keep the body warm. When you get to your training quarters get a bath and rub-down.

Eat anything that agrees with you, but cut out pastries. Do not allow yourself to be stimulated in order to finish. Drop out first.

Every trainer has a good method. Stick to the method with which you started.

AMERICA EDUCATING CHINESE LEADERS TO BE.

Through the Boxer indemnity fund provision there are now several hundred selected Chinese youths in the United States gaining an education. It is expected they will continue to come at the rate of 100 per year for the next fifteen years. American Consul General Wilder of Shanghai has lately written of this movement: "America is to put on these men the mark of the forces and influences that has made the word 'American' splendid among the nations. These youths going to the United States for their education will gain their views of government, social organization and what constitutes true manhood. From them will come the leaders and thinkers of China, viceroys and governors, one, two or three decades hence. The United States is not only to exchange her wares with China, but her ideas and principles, further the best civilization, open the doors for every child, put foundations under the house and stay and drive into the limbo of the far away, suspicion, cruelty, ignorance, hate, famine and war." The Y. M. C. A. has organized its forces and influences to serve and safeguard these students from the time they leave China to their landing in America, meet them at college, surround them with moral influences to the day of their graduation and their return to China.

A NEW KIND OF SAFE.

A case for the protection of jewels from injury by fire must be made of incombustible material and so constructed as to prevent the access of corrosive gases, as well as of excessive heat, to the interior. A new French device for this purpose, called the "Securitas" case, consists of two boxes made of asbestos, one of which is much smaller than the other and is placed inside it, being prevented from touching the bottom, sides, or top of the outer box by a number of blocks of asbestos. The wide air space thus left forms an excellent thermal insulator and the asbestos is a very poor conductor of heat. Hence the temperature inside the inner box remains comparatively low, even when the outer box is strongly heated.

A WONDERFUL CITY.

The city of London, the metropolis of England, is the smallest of cities. It has an area of one square mile but that one square mile pro-

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duces a rental of £4,000,000 per annum, and its inhabitants pay one-seventh of the general rates of the whole metropolis, which has an area of 120 square miles. Land has been sold in the city at £640 per yard, which is equal to over £3,000,000 per acre.

DINING DISASTER.

"We dined out last evening. Pa disgraced us, as usual." "Ad to how?" "Got to the end of the dinner with three forks and two spoons still unused."

CAUSE AND EFFECT.

"After all, a man who marries takes a big chance." "You're right. I have a friend who contracted a severe case of hay fever immediately after he had married a grass widow."

Season of 1911 AQUIRI, 4005

Timed separately in race in 2.25, last half 1.08, last quarter .32 seconds, a 2.08 gait. Sire of Miss Aquiri, winner of second money in the two-year-old stake at the Charlottetown Exhibition races last fall, six colts starting. Miss Aquiri is Aquiri's only foal of 1908, she worked a mile last year in 2.28, last half 1.21, last quarter .40 seconds, a 2.40 gait. Aquiri will stand at my stable at \$15.00 for the season with free return, next year if mare has no foal. That he will produce speed is proven already; that his progeny will be game is certain. Mares sent to be bred will be met at train or boat and well cared for at the most reasonable rates.

J. M. NICHOLSON, 202 Kent St, Ch'town, P. E. I.

WHAT ABOUT YOUR SIGHT TO-DAY? You may be very proud of the wonderful sight that you used to have. That does not enable you to see a bit better today, however. You cannot live on "remembered miles" or upon what you once possessed. If your eyes served you well for many years, so much more reason why you should take proper care of them now. Too late to grieve when sight is gone. Now is the time for action. Come today and see us or your own benefit. Silverston & Epstein, DRS. OF OPTICS, 168 Queen St. Ch'town

The Twenty Fifth Session OF THE Summer School of Science will be held at Fredericton, N. B., July 12th to Aug. 2nd. Courses in Natural Sciences, English Literature, Agriculture—School Gardening, etc., will be given. Offer for competition. FOUR of these will be confined to P. E. I. Teachers. Drop a card for calendar to J. D. Seaman, 63 Bayfield street, Charlottetown, Secretary. 4-184turft.

DODD'S KIDNEY PILLS FOR ALL KIDNEY DISEASES. CORRESPONDENCE: RHEUMATISM, BRIGHT'S DISEASE, DIABETES, BACKACHE. PREPARED BY DR. J. C. DODD, 23 THE PRINCE OF WELLES STREET, LONDON, W.

PROF. OSLER IS RIGHT YOUTH ALWAYS SUCCEEDS AGE.

Osler isn't the only man who turns down old age. In the business world the "young man" is always the one who picks the plums. It is an age of "new thought," "new talent," etc.; and the old man is passed by in the race.

One of the first signs of coming age is the appearance of gray hairs. When you see them, act promptly. Wyeth's Sage and Sulphur Hair Remedy will correct this sign, which so often deceives people into thinking that age is really upon them. It is a well-known fact that Sage and Sulphur will darken the hair. Wyeth's Sage and Sulphur combines these old-time remedies with other agents which remove dandruff and promote the growth of the hair.

The manufacturers of this remedy authorize druggists to sell it under guarantee that the money will be refunded if it fails to do exactly as represented.

This preparation is offered to the public at fifty cents a bottle and is recommended and sold by E. A. Foster, Central Drugstore, Sunnyside, and McKinnon Drug Co.

We have just landed HEAVY NEW STOCK OF Carpet Felt or Lining, Oval Butter Dishes, Paprus (Pulp) Pie Plates, Oyster Pails, Ice Cream Pails, Parchment Meat and Fish Wraps, Egg Cases and White Odorless Fillers. Schofield Paper Co Ltd, St. John, N. B. dmwfrmtf.

Nulife is the Greatest Blood and Nerve Food Ever Discovered Since the World Began. Nature's Great Remedy. A Blood and Nerve Food. The Strengthening and Body-Building Powers of NULIFE as a Spring Medicine are Simply Wonderful. Nulife (Red Blood Tablets) is the greatest medical preparation ever offered suffering humanity. It is a nerve food, blood builder, spring tonic and vitalizer that to-day stands without a rival. Nulife is the result of years of experimenting, analyzing and testing. It contains the condensed and concentrated efficiency of all other good blood or nerve foods—it is the one great body builder that all can use and everyone benefit by. It has cost thousands of dollars to place Nulife before the public and its immediate and continued success has proven it a tonic of unusual worth. Nulife is great, because it follows nature's rules. The strenuousness of modern life is a severe drain on our natural supply of nervous energy. The organs of the body are affected and the result is poor blood, irritated nerves and an ill-nourished brain, which causes a lack of energy, endurance and mental power. Half the working power of the body is numbed, digestive processes are imperfectly carried on; poisonous products are absorbed into the system and ill health and various diseases wage a successful war against your physical condition. At this stage Nulife is working at a disadvantage but even in the most severe cases it has wrought successful cures. It's great influence for good is boundless. Don't think that a glance at a box of Nulife tablets will bring about a cure. Nulife has to be used regularly and according to directions to bring about satisfactory results. The directions were compiled by the discoverers of this great tonic, who understand thoroughly the remedy, the cause and symptoms of every disease. No matter what ailment you are suffering from or how long it has existed, if you use Nulife according to directions you will receive untold benefits. Nulife helps nature do its best work—keeps the system toned up to the normal degree of health—prevents disease and successfully combats all ailments. Red Blood Tablets Nulife Red Blood Tablets International Drug Corporation, London and Berlin, Johnson & Johnson, Wholesale Distributors, City.