



When a man who has neglected his health finally realizes that he is being attacked by serious illness it is no time for half-measures. Death is an enemy that must be knocked out in the first round, or he is pretty sure to conquer in the end.

A weak stomach, an impaired digestion and a disordered liver mean that a man is fighting the first round with death. Unless he manages to strike the knock-out blow, it means that death will come up in the second round in the guise of some serious malady. When a man's stomach is weak and his digestion is impaired, the life-giving elements of the food he takes are not assimilated into the blood. The blood gets thin and weak, and the body slowly starves. In the meantime the disordered liver and the sluggish bowels have forced into the blood all manner of impurities. The body is hungry and eagerly consumes anything that the bloodstream carries to it. In place of healthy nutrition, it receives for food foul poisons that should have been excreted by the bowels. Continued, this system of starvation combined with poisoning, will wreck every organ in the body. Naturally, the weakest organ will give way first. If a man is naturally nervous, he will break down with nervous exhaustion or prostration. If he inherits weak lungs, the consequence will be consumption, bronchitis, asthma, or some disease of the air-passages. If he has a naturally sluggish liver, he will suffer from a serious bilious or malarial attack. Dr. Pierce's Golden Medical Discovery cures all disorders of the stomach, digestion and liver. It purifies the blood and fills it with the life-giving elements of the food that build new and healthy tissue. It is the great blood-maker and flesh-builder and nerve tonic. It cures 98 per cent. of all cases of consumption. Thousands have testified to their recovery from this dread disease under this great medicine.

Dr. Pierce's Pellets cure constipation.

Scott's Emulsion is not a "baby food," but is a most excellent food for babies who are not well nourished.

A part of a teaspoonful mixed in milk and given every three or four hours, will give the most happy results.

The cod-liver oil with the hypophosphites added, in this palatable emulsion, not only feeds the child, but also regulates its digestive functions.

Ask your doctor about this.

Sec. and \$1.00; all druggists. SCOTT & BOWNE, Chemists, Toronto.

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**Jules Robin Medicinal Brandy**

JOY & DAVIES.

Wholesale Wine Merchants.

**For Sale.**

The subscriber offers for sale the following properties, formerly owned by the late Richard Pillman, at French River, New London.

1. A farm containing 25 acres, all cleared and in a good state of cultivation, sloping to the south.

2. A plot containing 2 acres, with good dwelling house containing 11 rooms and a new barn and wagon shed, thereon. There is also thereon a store, complete with shelving, etc., and a granary.

3. One acre of land, across the road, opposite the store, and building lot at the cross roads, near the store.

These properties are well situated in one of the finest localities in Prince Edward Island for business or farming purposes.

The subscriber also offers for sale a welling house and lot at Kensington the house contains 11 rooms, and is in good repair.

For further particulars apply to Messrs. C. Leod, Morson & McQuarrie, Solicitors, Charlottetown, or to the owner, LAVINIA J. PILLMAN, n 20 s. j. 3mo Ayer, Mass.

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**BUCKEYE AND NUTMEG GRATER.**

An Incident Indicating the Seriousness of an Ohio Man.

A half dozen college men were in New York one night not a great while ago indulging in a dinner at the expense of one whose enthusiasm on gridiron heroics had somewhat beclouded his judgment. Part of the party consisted of a Connecticut man and an Ohio chap who, while he is smart enough in most matters, is not blessed with a very quick or comprehensive wit, and he is particularly slow to see a point when there is a mist of mellow merriment before his eyes, as there was on this occasion. Now, it happens that the Nutmeg man is as proud of his state as the Buckeye man is of his, and they have friendly tilts at arms every now and again over the respective merits of Connecticut and Ohio. At the dinner the two sat together, and when the time arrived for any man to make a few remarks who wished to do so the Connecticut man arose with his hand on the shoulder of his neighbor.

"Here," he sang out full and free, with his glass on high, "is to the Nutmeg State who can produce a grater?" The crowd of diners smiled charitably at the well worn sentiment and gag—that is, all of them did except the Buckeye, and he jumped to his feet. "Gentlemen," he shouted, with his glass up, "I can. Look, sirs, at Ohio! There she stands, the greatest commonwealth that sits enthroned upon it!" But he never got his metaphors mixed any further. The crowd yelled him down, and for a week afterward he was trying to choke off unfeeling allusions.—Washington Star.

**Military Justice.**

Old Judge Dole, an early settler of Pike, in the county of Wyoming, N. Y., was a military man in his early days, having, to quote his own words, "fit the Brits" in the war of 1812. And he carried his habits of military discipline into the management of his farm.

One hot summer day his hired men, five or six in number, decided to take a nap after their luncheon of doughnuts and pie, instead of setting to work again at hay-making. They selected one of their number to act as sentinel and keep watch for the old judge, and the rest of them stretched themselves at full length in the shade of a big tree.

Unfortunately, or fortunately, the sentinel also yielded to the desire for slumber, and at the end of ten minutes was fast asleep at his post.

Just five minutes later the judge appeared, to see how the work was going on, and he saw at once the state of affairs. From the sentinel's position the judge knew what duty the man had been expected to perform, and without waiting for any explanation, he proceeded to administer a sound drubbing with his stick.

When he had sufficiently admonished the sentinel, the old judge let him go, saying, "There, I guess that'll learn you not to sleep on your post!" And without taking the least notice of the other sleepers the disciplinarian marched off, perfectly satisfied.—Youth's Companion.

**THE BODY BEAUTIFUL.**

Some Points on How to Obtain a Good Figure and Graceful Carriage.

A thoroughly practical article on "Physical Culture For Girls," by Katharine Eggleston Junkermann, in The Woman's Home Companion, contains these simple directions for home gymnastics:

"Systematic exercise can accomplish so much that it is a marvel to one who has enjoyed its benefits that it is not more generally practiced. It is entirely unnecessary to be mistress of a system of physical culture. There are a few exercises which, taken regularly and thoroughly, will accomplish all that a system would. The tendency is, however, to the unsystematic in taking these exercises and thus lose their good effect. It is best to take them at night. In bedroom slippers and loose gown, with no bands to bind, no collar to rub, a girl is ready for the exercise that will make her rest as tranquil and sweet as a baby's. Every muscle of the body is free to stretch, to stiffen with effort or to rest itself in complete relaxation.

"Clubs, dumbbells and other gymnastic paraphernalia are unnecessary and really are more harmful than beneficial. Grasping the bells enlarges the knuckles, the friction of the clubs hardens the hands, and as it is quite as easy to do without them they are better unused. After all preparations for bed are made, even to arranging the rather flat and somewhat hard pillow, stand before your glass and begin your exercise. There is a real delight in watching the strong, easy movements of a healthful woman. And this ease and strength are within the reach of nearly all women. The flat chests, shapeless waists and badly formed hips may be at least partially remedied, and it requires only a little effort and persistence to accomplish it. Too many women lack persistence. Instead of conscientiously taking their exercise every day they skip a day when they are feeling tired or lazy, then two or three days at a time, and eventually they learn to forget it or decide that the game is not worth the candle.

"To develop breadth of chest place the hands on the waist line a little back of the hips, the fingers pointing forward. From this position move the elbows slowly back toward each other, making them come as nearly together as possible. Do this several times, counting four as the elbows approach each other and two to recover position. By counting to these movements a harmony is attained which will develop the muscles evenly."

**RENEWS HIS YOUTH.**

Joy In Mr. Billtops' Heart Over Two Little Time Honored Jokes.

"How many, many times has it been said that we live our lives over again in our children," said Mr. Billtops, "and how true it is, and how grateful we should be that it is so, as indeed we are! Now, here's my youngest boy comes in from school and asks me, with a smile on his face:

"Pop, did you ever see a horse fly?" "A fine joke it seems to him, and I can truly say that it never sounded so fine to me as it does now from his lips. Renew our youth in our children? We renew it with interest; we enjoy their youth, and we enjoy it with the far keener appreciation of our maturer years. There may be only one youth. There is only one age of understanding. "Later he asked me another, 'Did you ever see a board walk?' And this seems funny to him, too, and so it does to me. Like the other, it seems funnier now than ever.

"Later still he propounds another, which does not move me as the others had done because it is new to me. And that makes me wonder whether my enjoyment of the old jokes is not, after all, a selfish enjoyment in the renewal of my own youth rather than a delight in my children's enjoyment, for this last joke, which lacks interest and flavor for me, interests him as much as the others did:

"Did you ever see a pencil box?" "My impression is that we had no pencil boxes when I was a boy. I am sure this joke is comparatively modern, but the others have been handed down from generation to generation, accumulating youth with age, growing ever older, ever younger, bringing to the latest hearer youth with ever growing charm.

"Some day in some generation yet to come this new joke, 'Can a pencil box?' if it live so long, will be old, and then it may re-enforce the other two. Happily we do not need it; the others are enough. They bring back, with all their glory, the golden days."—New York Sun.

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**Her Sad Predicament.**

"Now," said the lawyer who was conducting the cross examination, "will you please state how and where you first met this man?"

"I think," said the lady with the sharp nose, "that it was"— "Never mind what you think," interrupted the lawyer. "We want facts here. We don't care what you think, and we haven't any time to waste in listening to what you think. Now please tell us where and when it was that you first met this man."

The witness made no reply. "Come, come," urged the lawyer. "I demand an answer to my question."

"Your honor," said the lawyer, turning to the court, "I think I am entitled to an answer to the question I have put."

"The witness will please answer the question," said the court in impressive tones.

"Can't," said the lady.

"Why not?" "The court doesn't care to hear what I think does it?"

"No." "Then there's no use questioning me any further. I am not a lawyer. I can't talk without thinking."

So they called the next witness.—Cleveland Leader.

**Hard to Kill.**

The "accuracy" of some daily newspaper reports is well illustrated by the remarkable (newspaper) career of that well known leader of Islam Osman Digna. The New York Tribune has reckoned up the incidents of his career, as told by various newspapers, and finds that he was killed in battle 97 times and murdered 48 times, that he committed suicide 11 times, making a total of 179 fatalities for this one individual. All of which bears witness to the activity of the ubiquitous reporter, who, in his eagerness to give all the news, sometimes writes down as fact what is merely unsubstantial rumor.

**Accounted For.**

Gallagher—Me grandfather in the old country had more money than he could count.

Donahoo—O! he had heard, bedad, that the old man could not count more than tin.—Indianapolis Journal.

**Perfectly Cured**

Weak and Low Spirited—Nervous Prostration—Appetite Poor and Could Not Rest.

"I take great pleasure in recommending Hood's Sarsaparilla to others. It has been the means of restoring my wife to good health. She was stricken down with an attack of nervous prostration. She suffered with headaches and her nerves were under severe strain. She became very low spirited and so weak she could only do a little work without resting. Her appetite was poor, and being so weak she could not get the proper rest at night. She decided to try Hood's Sarsaparilla, as we had heard it highly praised, and I am glad to state that Hood's Sarsaparilla has perfectly cured all her ailments." G. BELLAMY, 321 Hannah St., West, Hamilton, Ontario. Remember

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