

ALCOHOL

is almost the worst thing for consumptives. Many of the "just-as-good" preparations contain as much as 20% of alcohol; **Scott's Emulsion** not a drop. Insist on having

Scott's Emulsion
FOR SALE BY ALL DRUGGISTS

County Council.

Coun Lamont seconded this motion.

Coun Smith—Let us settle the matter at once.

Coun Scott—I think the building committee has charge of all these things. The other committees will be perfectly satisfied with what they will do in this matter.

Coun Williams asked if the building committee had ever conferred with Mr Light on Coun Phillips—No.

Coun Phillips—I would like the matter settled by the board.

Coun Shaw—The matter is already in the hands of the building committee.

Coun Lamont moved that this Council decide whether or not they shall ask for rent leaving the amount of rent to be demanded to the discretion of the building committee.

Coun Brittain seconded the motion which carried.

Coun Lamont then moved, seconded by Coun Brittain that the building committee exact rent from Mr Light or whoever occupies the premises. Carried.

Coun Smith speaking of the Dominion exhibition in St John, said he would like to see Carleton County well represented. He thought it would be well for the council to make a grant to pay certain persons to look up suitable stock to be sent to the exhibition. He moved that for this purpose a grant of \$350.00 be made for this purpose, that would be only \$29. for each parish.

Coun Scott seconded the motion.

Coun Melville—I don't think the stock raisers would agree about this.

Coun Perry thought the motion was not well advised. Motion put and lost.

On motion of Coun Williams, the appointment of John A Watters as overseer of the poor in the place of J H Lindsay, who refuses to act, was confirmed.

Coun Balmain thought that the building committee might add a useful bit of furniture to the Court House in the shape of a clock. Some remarks had been made about the jail. Perhaps this building might not be thoroughly satisfactory in a decade or so. We had better wait.

Coun Brown said that Chief Kelly had told him that the locks on the doors were unfit for the purpose. It was easy for a prisoner to get out.

Coun Williams moved that the members of the council donate to the county a clock to be hung on these walls. Coun Tracey seconded the motion.

Coun Balmain thought a real good clock would cost some \$50. and he hardly favored that motion.

Coun Bell did not favor the motion.

Motion was lost.

Coun Brown spoke with regard to use of this Court House for the hustings in connection with elections. It seemed to be the universal opinion of almost every stranger who had seen the building that it would be a crime to allow such a well furnished and beautiful building to be used for such a purpose. He moved that this building be not allowed to be used for the hustings in connection with elections.

Coun Melville—Looking at his fine furniture might make the average elector behave well at election times. He would feel very sorry if he thought the hustings was going to destroy this furniture, but the matter might well be left in the hands of the Building Committee.

Coun Phillips—I don't think you had better leave it to the Building Committee. I am opposed to holding the hustings in this house. It is a mistake to say we are closing this house to the public, it is only to protect the property of the public.

Coun Estey—I think the building committee are in the hands of this council. I would not be in favour of having the hustings in this house.

Coun King—All we have to do is to forbid

the candidates making the speeches here. If you have the speeches, no one can tell me damage will not be done to the furniture. Leave the doors open, but do not allow any speeches and there will be no damage done. Of course the official proceedings will be held here. It is no use to attempt to deny that the people get pretty excited at election times, excited over some nonsense that they have been hearing about for months. (Laughter.)

Coun Perry—I think the people will be very much against having this building locked against them. They built this Court House and we are taking their rights away from them.

Coun Shaw—Coun Brown does not mean that we are going to lock these doors against the ratepayers, we all know the official proceedings must be in the Court House, but the public meeting is another matter, not in any way connected with the official proceedings, and everyone knows what those meetings are like. The public is excited, and the people climb over the furniture. The rabble of the county is here and they think little of the furniture at that time. Most heartily I am in favour of the resolution.

Coun Melville—The building committee can handle this question. If there is a rough crowd I would show them out. I do not look at the electors of this county as rabble. We get a joint debate at the hustings and that is the only time we do. If there is any row we have the sheriff and the other officers of the law. Suppose \$25 worth of damage is done. The county can pay for it. It has always been the custom to have the hustings in the Court House, and I believe in keeping up the custom.

Coun Smith—If the council leave it with the Building Committee, there is a majority against having the hustings in the Court House.

Coun Lamont moved that this matter be left in the hands of the Building Committee, seconded by Coun Brittain.

Coun Brown—Coun Melville is plying to the galleries. He is standing for the poor, down-trodden farmer. He wants to be contrary, that is all. As a matter of fact he does not want this building used as a hustings.

Coun Kinney—All the sheriffs in Carleton County could not handle a crowd at election times. I agree with Coun Brown that Coun Melville is simply contrary, and a little arbitrary. He does not want the hustings here. When we pass this motion we are protecting the people's property.

Coun Tompkins—As long as I can remember, the hustings have been held in the Court House. I don't think we have a right to say we will shut this Court House up.

Coun Scott—I don't think there is going to be any election very soon and we may have a way of testing the opinion of the people. I think the matter should be left in the hands of the building committee.

The amendment was then put, the following voting says: Coun Melville, Tompkins Morgan, Brittain, Perry, Hemphill, Lamont Alex Bell, John Hay, Williams, Scott—11.

Balance of Council voting say. Amendment declared lost. The original motion moved by Coun Brown, was then passed by the same vote as served.

Coun then adjourned.

Arctic Fascination.

The sentiment of Arctic travel is closely similar to that of Alpine climbing. Man, with supreme audacity, by sheer strength of will and of muscle, forces himself into Nature's reserved territory, where she shows herself in her severest and most awesome

A good grade of Coffee costs but little more than a poor grade. In

Seal Brand Coffee

you get the best that money can buy, and its price is moderate. It costs only a cent a cup.

Sold in 1 and 2 lb. Cans only.

119

CHASE & SANBORN, MONTREAL.

mood, where no mere animal dares to tread, where no other living thing has ventured. That forseeing, skillful creature, man, with well-knit muscles and well-chosen companions, well supplied with special foods and well-devised ropes and tents, and other means of defying inexorable Nature, alone of all living creatures, traverses this region of desolation unharmed. Unabashed, he plunges into a wilderness of magnificent lifelessness. He does not succumb. He returns to tell the story to his fellowmen. Even the Alpine climber, who first scales one of the hitherto untrodden peaks of Switzerland receives honor and admiration from those to whom he relates his adventure. How much more, naturally enough is the interest amounting to enthusiasm with which we hear the explorer or read his book, telling of days and weeks, even of months, of struggles with the prodigious obstacles of ice and snow, in the endeavor to reach the remote polar regions, north or south. The reduction of the weight of food carried to an exact minimum, the similar diminutive provision of tent and protective covering against intolerable cold, the daily struggle of the monotonous march over measureless snowfields, the fact that each day's progress reduces the probability of ever returning, excite wonder, pity, even horror, while the determination, foresight, and well-balanced calculation of means to end and of the dividing line between 'pluck and foolhardiness,' fill us with admiration and respect for the leader.—London Telegraph.

Health Hints.

A child's room should, if possible, face south. Sun is as important to their growth and well-being as it is to that of a plant.

Eating slowly should be taught to children from their earliest days. Often during their school days they get into the way of hurrying over their meals. This lays seeds of much disease in later life.

Children's hair should never be strained tightly off the forehead if you wish it to grow thick. Receding hair in later life is often caused in this way.

To relieve a cough try equal parts of lemon juice and glycerine. Take a teaspoonful of this mixture whenever the cough is very troublesome.

Tired feet should be well bathed in warm water to which a little sea salt has been added. Dry thoroughly and rub with a little lemon juice. It is wonderful how this treatment eases them.

Simple remedy for sick headache. Take the juice of a lemon in a glass of water with a pinch of soda in it. Drink while foaming. This is excellent for bilious people.

If an insect invades the ear, drop some sweet oil in and the half-drowned insect will

speedily crawl out. Under no circumstances attempt to remove anything from the ear or nose with a hairpin or similar article. A little fine tobacco or pepper snuffed into the nose causes sneezing with the instant ejection of whatever has crept into the nostril.

Mapping Out Air Current

(The 'Morning Post,' London.)

In those visions of an aerial future with which Mr Rudyard Kipling and others less gifted than he have favored us one of the public service of the aeronautic traffic ways will be that of mapping out the established air currents, especially in mountain regions.

A preliminary, though undirected observation on this subject by Mr Francis Matthes, who describes the air movements in valleys such as the Yosemite Valley caused by the cliff shadows. In the Yosemite Valley for example, the two sides are never fully sunlit at the same time; and one of the consequences is that on a sunlit slope there is an updraught (which carries the dust over the horses' heads in a cloud), while on the shaded slope the dust pours downwards. In order to have a dust-free journey the traveller should time his ascents for the hours of shadows, his descents for the hours of sunlight. But besides these differences, there is in the Yosemite a pronounced general air movement through the trough proceeding up valley in the daytime and down valley at night.

(The Lake of Como in North Italy exhibits these reversals of air currents at morning and evening.) In the Yosemite Valley this rhythmic movement lasts for several months on end; it is perceptible on Como always is fine still weather.

One of the curious effects of this phenomenon is perceived by the tourist who goes to see the famous Mirror Lake of the region. The tourist in order to see this placid lake with its surface unruined by a ripple finds he must rise an hour before the sun. What he undertakes to do is really to keep an appointment with the early morning reversal of the air current. The stillness of the water surface sets in as the down valley draught dies out; but as soon as a sufficient amount of cliff surface has become sunlit in the neighboring canyon the upward movement becomes general, and a faint tremor once more steals over the lake.

A Misunderstanding

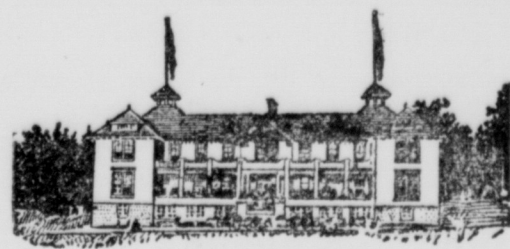
A young gentleman of the colored persuasion had promised his girl a pair of long white gloves for a Christmas gift. Entering a large department store, he at last found the counter where these goods were displayed, and approaching rather hesitatingly, remarked, "Ah, want a pair of gloves."

"How long do you want them?" inquired the business-like clerk.

"Ah, doesn't want 'em, but rent 'em; ah, wants 'em to buy 'em," replied the other, indignantly.—Weekly Sun.

Would You Provide for the Care of Canada's Needy Consumptives?

THEN SEND YOUR CONTRIBUTIONS TO THE
MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES



MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES.
MAIN BUILDING FOR PATIENTS.

A national institution that accepts patients from all parts of Canada. Here is one of hundreds of letters being received daily:—

John D. McNaughton, New Liskeard, Ont.: A young man not belonging here, and suffering from, it is believed, consumption, is being kept by one of the hotels here. He has no means and has been refused admission to our hospital. The conditions where he is offer him no chance. Could he be admitted to your Free Hospital for Consumptives? If not, could you inform me where he can be sent, and what steps are necessary to secure prompt admittance?

NOT A SINGLE PATIENT HAS EVER BEEN REFUSED ADMISSION TO THE MUSKOKA FREE HOSPITAL BECAUSE OF HIS OR HER INABILITY TO PAY.

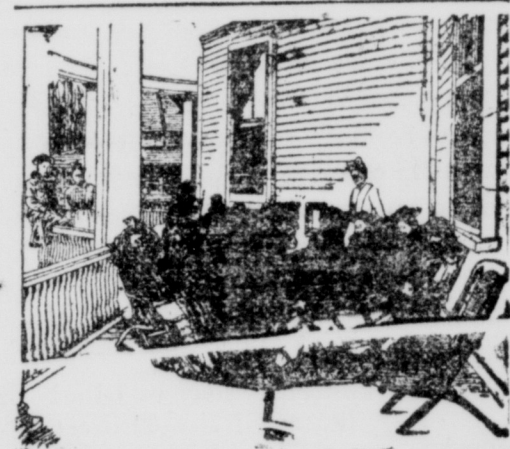
Since the hospital was opened in April, 1902, one thousand five hundred and twenty-four patients have been treated in this one institution, representing people from every province in the Dominion.

For the week ending November 20th, 1909, one hundred and twenty-five patients were in residence. Ninety-six of these are not paying a copper for their maintenance—absolutely free. The other twenty-nine paid from \$2.00 to \$4.00 a week. No one pays more than \$4.00.

Suitable cases are admitted promptly on completion of application papers.

A GRATEFUL PATIENT

Norah P. Canham: Enclosed you will find receipt for my ticket from Gravenhurst, hoping that you will be able to oblige me with the fare. I was at your Sanatorium ten months, and I was sent away from there as an apparent cure. I am now working in the city, and I am feeling fine. I was most thankful for the care I got from the doctors and staff, and I must say that I spent the time of my life while I was there.



TAKING THE CURE IN WINTER AT MUSKOKA
FREE HOSPITAL FOR CONSUMPTIVES.

The Muskoka Free Hospital for Consumptives is dependent on the good-will and gifts of the Canadian public. Money is urgently needed at the present time to make it possible to care for the large and increasing number of patients that are entering the institution.

Will you help?

Where greater urgency?

Truly, Canada's greatest charity.

Contributions may be sent to W. J. Gage, Esq., 84 Spadina Ave., or J. S. Robertson, Sec'y-Treas. National Sanitarium Association, 347 King St. W., Toronto, Canada.

For the Summer Tea Table

A successful sandwich is made of caviar and cream cheese made into a paste and sprinkled with lemon juice and served with either white or brown bread. The former is preferable, but the latter is the latest fad.

Another delectable sandwich is of hard-boiled egg grated coarsely and placed with strips of Spanish sweet peppers between thin slices of white bread or inserted into minute finger rolls.

Diamonds of toast made into sandwiches with fish pastes or caviar are delicious, while for those who prefer sweets to savory, finger rolls spread with fresh clotted cream and fresh fruit, such as strawberries and raspberries, make delicious sandwiches.

A company with \$100,000 capital has been formed in Natal and is going into the whaling business off the African coast.

The
Trade Mark
That means
Success in
Baking

The dependable
flour is

PURITY FLOUR



PILES.

You will find relief in Zam-Buk! It cures the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores.—See box.

Zam-Buk
FOR ALL SUMMER SORES.