

A Teacher's Worries.

FREQUENTLY RESULT IN A BREAKDOWN OF HEALTH.

Headaches, Backaches, Dizziness, Poor Appetite and Insomnia the Outcome.—How to Avert These Troubles.

From the Review, Windsor, Ont.

Only those engaged in the teaching profession realize how much care, worry and nervousness is met with daily. It is therefore little wonder that there are so many young breakdowns, especially among young ladies who follow this calling.

OSTRICH FARMING.

Latest Reports as to the Welfare of the Industry in Cape Colony

A correspondent writes from Cape Town that for the past fifteen years ostrich farming in Cape Colony has been a highly successful industry.

BABY'S ILLS.

Every Mother Should be in a Position to Relieve the Minor Ailments of Her Little Ones.

The baby who is always plump always has a good appetite, always has a clear eye and a rosy cheek, and is always cheerful and playful.

ONLY HALF THE BATTLE.

James' Well. I can read and understand French, German, Italian, Spanish, baseball and football; but I can't talk 'em.

Maida's Secret.

CHAPTER XXVIII.—Continued.

FORGETTING the narrowness of the ledge, and her own danger, she bounded forward and knelt beside him.

His face was white, his eyes closed. She thought he was dead, and she loved that she had so carefully repressed went out to him, as with a low wail she threw herself on him.

Not a word passed her lips—in that supreme moment all power of thought or speech seemed to desert her.

Last night she had for the second time sent him from her—had bidden him go forever, and he had obeyed her, and gone to his death.

For an age it seemed she crouched through, then suddenly a thrill ran through her, and she shrank away from him.

"Not yet—not yet," he muttered, a spasmodic pain crossing his white, handsome face.

"No, no!" she cried. "It is I, Constance! I am not going. Oh, no, it is a dream."

For she had drawn her arm away, and as she did so, his head fell back and his eyes closed. Then her voice came back to her.

"No, no!" she cried. "It is I, Constance! I am not going. Oh, no, it is a dream."

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ADDITIONAL EVIDENCE.

The Greatest Case in the History of Modern Medicine is Completed by Another Sworn Statement.

By the Author of "A Dipper's Daughter," "Another Man's Wife," "A Heart's Bitterness," Etc., Etc.

THE OTTAWA FREE PRESS SUSTAINED.

A Prominent Ottawa Man Confirms Under Oath Every Statement Made by this Paper in the Original Story Published Nearly Seven Years Ago.

(From the Ottawa Free Press)

Some seven years ago the Free Press published a graphic account of a remarkable case here in Ottawa.

A man named George H. Kent had been cured of Bright's Disease after the doctors had given him up to die, and the Free Press reporter, after a most thorough investigation, published the whole story in detail, giving credit to Dodd's Kidney Pills for the most miraculous cure.

The following sworn statement was given by Mr. Kent in order to substantiate the almost incredible statement made by the paper in its account of the case.

(Sworn Statement, Feb. 16, 1895.)

I, George Henry Kent, residing at 114 Cambridge Street, Ottawa, and employed as a printer in the British American Bank Note Printing Company, in the said City of Ottawa, do solemnly declare that I consider it a duty to myself and to my fellowmen generally to make a declaration as to the efficiency of Dodd's Kidney Pills.

At first the dame was not willing, but Mildred was so persistent that she yielded and allowed Mildred to write to her father.

During the early hours of the night, the sick man was delirious and talked incessantly of Maida Carrington and Romeo, and Mildred, hearing with her own ears, was talking to a mouse actress who created such a furor at the time she was in San Francisco.

But after a time he mixed the name of Maida Carrington and Constantine Hartleigh, and by little and little told the whole of his own and her story. And Mildred, listening as if to a voice from another world learned all that had been a mystery before.

And so, all through the lonesome night, she listened to the wild utterances of the sick man, and struggled with her own thoughts.

"I obeyed you," he faintly said. "I left the castle this morning. But I knew you were coming here, and—"

"I heard you coming down the path—I was just in front; and thinking you would be displeased, I slipped somewhere, above this and fell here. Constance, you have saved my life."

"With a low sob she still hid her face, and she said, "You cannot still stand on me, it is a curse to me. Constance do not go away from me again. I—"

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Sozodent

Tooth Powder 25c

Good for Bad Teeth

Not Bad for Good Teeth

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LUDELLA GEORGE

has been pronounced by connoisseurs to be the most deliciously flavored and economical Tea on the market.

Lead packages, 25, 40, 50 and 60 cents.

We want thousands of barrels to supply our customers.

Ship yours to us and we will give you all they are worth.

The Dawson Commission Co., Limited, Toronto

"Does he what, sir?"

"He may come home out of sorts with the world at large, madam."

"Yes."

"He may not have any family cat or dog to kick?"

"No."

"And therefore, ma'am, he may vent his spite on you. He may, in brief, fall out—and—"

"And box my ears, do you mean?"

"That's the name of the game. What I am after is statistics, you know. If he does this—"

"I'll just give you a few statistics."

"I've been married three times. The first two husbands never thought of laying their hands on me, but the last one boxed my ears three weeks ago."

"Ah! he did?"

"He did, sir, and the statistics show that he went out of a window head first, over a fence first, and that he didn't stop turning his handsprings and cartwheels and somersaults for a week."

"My dear madam, I—"

"Look at that, sir!" she continued, as she touched the end of his nose with her fist. "And I wear a No. 7 shoe. If it's statistics you want after I'll give you some. But he was come and she sat down and breathed hard, and looked red in the face, and said to the passengers around her—"

"If he'd waited about ten seconds longer I'd have given him statistics on how many men are annually crippled for life by tryin' to be smart."

THE FEAR OF MICROBES.

Everything we eat and drink and

is full of germs. There is only one

antidote which nervous people had

better not contemplate. Far too

much fuss is made of them. If we

listened to all these scares there

would be nothing left to do but to

get into a bath of carbolic acid and

stop there until starvation freed us

from the dangers of life.

Deafness Cannot be Cured

by local applications, as they cannot reach

the diseased portion of the ear. There is only one

way to cure deafness, and that is by constitu-

tional remedies. These are obtained by the

use of the Japanese Catarrh Cure, which is

entirely natural, and is entirely