

Cooling and Refreshing

on the hottest day in summer. Take a glass of cold water, a little

Sovereign Lime Juice

sugar to taste, and drink slowly. It is the pure juice of the Lime refined and bottled by

SIMON BROS. CO. LTD., HALIFAX, N.S.

Dr. Humphreys.

After fifty years Dr. Humphreys' Specifics enjoy the greatest popularity and largest sale in their history, due to intrinsic merit. They cure the sick.

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15	Catarra, Influenza, Cold in the Head.	.25
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18	Nervous Debility.	.25
19	Urinary Weakness, Wetting Bed.	.25
20	Grip, Hay Fever.	.25

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Dr. Humphreys' New Pocket Manual of all Diseases mailed free.

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To any one who will mention the SENTINEL and send us 25 cents we will forward immediately the pattern of an advanced Paris style for a Spring Jacket.

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It does not nauseate—cures Colds, Coughs and Asthma.

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The master of an elementary school sent a circular to the parents of some of the pupils under his charge stating that judicious corporal punishment often had a beneficial effect on backward boys, and asking if they would approve of such a course when he considered it necessary. The following is one of the replies he got:—

"Der sir,—I hav reserved ur floggin sirlker, and u hav my sankshun too too wolup my sun Jhon a much as u like. i no Jhon is a bad skoler, his spaleng is simply atroshe. I hav tried to tech him myself, but he will not lern nothing, so i hop u will get it into him as much as u kan.

"P. S.—The resin Jhon is such a bad skoler is bekas he is my sun by my wife's first husband.

Willie—Your papa's got only one arm, has he?
Robbie—Yeth.
Willie—Where's the other one?
Robbie—Ith up in heaven.

Why you should buy "Fair Play" Chewing Tobacco.

Because it is the best quality. Because it is the most lasting chew. Because it is the largest high grade 5 or 10c. plug.

Because the tags are valuable for premiums. Because we guarantee every plug, and

Because your dealer is authorized to refund your money if you are not satisfied.

THE EMPIRE TOBACCO CO., LTD.

She was handsome, leading a pet dog up Fifth Avenue. An exquisite masher smiled a chimpanzee smile as she passed the Windsor Hotel, and said:

"Madam, I envy your dog."

"So do all the other puppies," was her quick response, and he pulled up his coat collar and took the nearest side street.

I bought a horse with a supposedly incurable ringbone for \$30.00, cured him with \$1.00 worth of MINARD'S LINIMENT, and sold him in four months for \$50.00. Profit on Liniment, \$54.00.

MOISE DEROSCE, Hotel Keeper, St. Phillip's, Que., Nov. 1st, 1901.

Yes, stranger, over yonder is th' very she where Bucksin Pete passed in his last checks. A great man, stranger. There wasn't nothing around these diggin's that Pete couldn't have for the asking.

He must of had a remarkable pull. The't's it. You've hit it. He had the quickest pull of any feller that ever came over the ridge. Darned if he didn't seem to pull an' shoot at the very same time. Poor ol' Pete.

For Over Fifty Years

MRS. WISLAW'S SOOTHING SYRUP has been used by millions of mothers for their children while teething. If disturbed at night and broken of your rest by a sick child suffering and crying with pain of cutting teeth, send at once and get a bottle of Mrs. Wislaw's Soothing Syrup for Children Teething. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures Diarrhoea, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Wislaw's Soothing Syrup" for Children Teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States. Price twenty-five cents a bottle. Sold by all druggists throughout the world. Be sure and ask for "Mrs. Wislaw's Soothing Syrup."

"Brother, don't you know if you swear at those mules you won't get to Paradise?"

Yes pawson; but if I don't swear at them I won't get to the end of the row, and that's the important at present.

One Common Cause of Headache.

Perhaps the most general cause of headache and pain across the eyes is nasal catarrh. The simple cure is to inhale the medicated vapor of Catarrhzone which traverses every air cell and air passage of the throat, lungs and nose. It kills myriads of germs at every breath, clears away mucous discharges, preserves and heals the membrane. Catarrhzone is just a splendid remedy for headache, and its action is certain and unfailing in diseases of the Throat and Lungs, Deafness, Bronchitis, Asthma and Catarrh. A trial will convince the most sceptical that Catarrhzone is all right. Large size, \$1.00; trial size 25c. Druggists, or

Polson & Co., Kingston, Ont.

DR. HAMILTON'S PILLS CURE CONSTIPATION.

"Do you think it is possible to love two girls at the same time?"

"Not if they know it."

The Policemen's Evidence.

Policeman Peter Morris, Toronto, says that for years he was troubled with habitual constipation, and though he spent much money for medicine, was only disappointed with the results. He now recommends Dr. Chase's Kidney-Liver Pills to his friends because it cured him of his troublesome ailment. You can be cured of constipation by this treatment. One pill a dose, 25 cents a box.

If you

are lean—unless you are lean by nature—you need more fat.

You may eat enough; you are losing the benefit of it.

Scott's Emulsion of cod-liver oil will help you digest your food, and bring you the plumpness of health.

Especially true of babies.

SEND FOR FREE SAMPLE AND TRY IT. SCOTT & BOWNE, CHEMISTS, TORONTO. 50c and \$1.00; all druggists.

I'd like to know why they call this train a 'Limited,' said the disgusted passenger; I don't see anything limited about it.

You don't, laughed the engineer, Well it's limited to ten miles an hour.

Mr. Nooreih (instructing architect)—I don't want to spare no expense. I want a palace an, nothin' less. Have two staircases, one to go hup and the other to go down, an' have the coal hole frescoed. I'm going to show people there's nothin' cheap about me.

Only A Task.

Many are not being benefited by the summer vacation as they should be. Now, notwithstanding much outdoor life, they are little if any stronger than they were. The tan on their faces is darker and makes them look healthier, but it is only a mask. They are still nervous, easily tired, upset by trifles and they do not eat nor sleep well. What they need is what tones the nerves, perfects digestion, creates appetite, and makes sleep refreshing, and that is Hood's Sarsaparilla. Pupils and teachers generally will find the chief purpose of the vacation best subserved by this great medicine which, as we know, "builds up the whole system."

They say that Love is blind, sighed the engaged girl.

If he wasn't, replied her envious friend, some people would never have a chance to get married.

The Savings Bank of Health

Is lots of red and vitalizing blood to nourish and invigorate the body. If your blood is thin and watery use "Ferrozene." It supplies the necessary elements such as phosphorus and iron, and quickly restores lost strength and spirits. Ferrozene is an unequalled restorative for the tired, the sick, and the run down; it stimulates appetite, aids digestion, soothes the nerves, and makes the system too healthy for disease to exist. No tonic does so much good in a short time as Ferrozene. Get it to-day from any druggist for 50c. per box, or six boxes for \$2.50. By mail from N. C. Polson & Co., Kingston, Ont.

DR. HAMILTON'S PILLS CURE CONSTIPATION.

Wigg—"The average run of people have very little sympathy for each other."

Wagg—"Nonsense! Haven't you ever noticed how folks cry at a wedding?"

Keep Minard's Liniment in the House.

Wisem—Honestly, now, did you learn anything while you were in college?

Graduate—Um-m—well, I learned how to state my ignorance in scientific terms.

STOPS THE COUGH and Works off the Cold.

Laxative Bromo Quinine Tablets cure a cold in one day. No Cure, No Pay. Price 25 cents.

I believe that house is haunted.

The tenant says he hears some one rapping on the walls at night.

Maybe its walls are covered with wrapping paper.

Ask for Minard's and take no other.

"Did the prisoner indulge in objections?" asked the young attorney of the witness. "No sir," replied the latter. "I never knew him to take anything but whiskey."

"Jerry," said Flaherty, "why is it ye are gittin' so proud since ye're gittin' a bit of money ahead?" "Me b'y 'tis loike that wid all th' rich," said Jerry. "Tis a measure of protection ag'in me poor relations?"

Constance—I don't care whether Mr. Suitor comes again or not. I guess there's as good fish in the sea as ever were caught.

Uncle George—But there's such a thing as bait getting so stale that no fish will rise to it.

"Did I understand you to say that she lowered herself when she married him?"

"Yes. She slid down from a third story window, using a rope made of bed-clothes."

Nan—What is she worrying about now?

Fan—Because she can't think of anything to worry about.

Her Father—Aha! I caught you kissing my daughter, sir! What do you mean by that sort of business?

He—I don't consider it business at all, sir, but pleasure, purely pleasure."

Socialist Orator—"Every man is the architect of his own fortune."

Navy in the Audience—"Yes; but, be jabbers, he has a bad chance with only a pick and a shovel to draw his plans with."

"I had praice, a considerable excitement, and

THE WASTE OF WAR.

The meaning of the promised reduction of the military force in the Philippines to 18,000 men may be better appreciated perhaps when it is stated in terms of education. To support an American army on a peace footing costs something over a thousand dollars per man. Warlike operations, of course, cost more. Every regiment of a thousand men, therefore, is equivalent in expense to a university like Columbia. Nine thousand men on garrison duty in the Philippines, making no allowance for campaigns, use up as much money as all the colleges and universities in New England and the Middle States combined, including Harvard, Yale, Columbia, Cornell, Princeton, the University of Pennsylvania and Johns Hopkins.

When the promised reduction is made we shall have brought home 25,000 men from our Philippine army in a little over two years. That means a saving two and a half times as great as the cost of maintaining all the universities and colleges in the United States, and one-third as great as the combined salaries of all the public school teachers in the country. Even those who are most convinced of the necessity of our presence in the Philippines will be glad to see this shrinkage in the bill. We are not a military people, and we think that we are particularly partial to education. It may surprise some of us to know that we spent last year in round numbers six times as much for the army, four times as much for the navy and seven times as much for pensions as for higher education and that the aggregate of our expenditure for these three military objects was about twice our total outlay on education of every kind, from the kindergarten to the university.—Harper's Weekly.

IF PEACE WERE PERPETUAL

WHAT WE WASTE IN WAR.

The spirit of "Peace on earth, goodwill to men," once more prevails among Britons and Boers, and many are expressing the desire that peace may be perpetual. Some people say that war is always an unmixed evil, and others are quite certain that it does on the whole more good than harm. It is easy to find arguments in favor of both sides. For instance, not only is victorious Germany ten times the country now that it was before 1870, but France is wealthier and more contented than ever it was before its terrible defeat. On the other hand, it is said, that the world has lost 15,000,000 men and about 26,000,000 by war since the Christian era, and that is a consideration.

But without going into all the pros and cons, it is interesting to calculate how much better off Britain would now be supposing it had been possible for her to arrange her difficulties with other nations, to extend her colonial dominion, and to gain her present political freedom without fighting; and supposing also that it was not necessary henceforward to keep going the costliest army and navy in the world.

In the first place, going back only 350 years, we find that Britain has spent \$1,500,000,000 on her various foreign, colonial and civil quarrels, and lost about 1,800,000 men. Now it is calculated that the average 25 year old man will earn, before he dies \$300, in addition to what it costs to feed, clothe and house him. If you kill a man aged 25 you make the country \$390 poorer. We may safely put these 1,800,000 picked men, therefore, as worth \$390 each, so that in losing them the country lost \$540,000,000. The Boer War alone has cost Britain 20,000 men in the prime of life, whose deaths have caused the country to be 26,000,000 poorer. Add that to the cash spent and you get the startling fact that Great Britain would to-day be £2,243,000,000 richer but for its wars. This sum, divided equally among the inhabi-

tants of the United Kingdom, would give every man, woman and child £51.

Supposing, then, each household of five to start out £250 richer from, say to-morrow, the next consideration is how much would it gain if there were no items on the Chancellor of the Exchequer's estimates for war and interest on national debt. The interest on the National Debt is of course really a war expenditure, and its average amount is £25,000,000. The cost of the army and navy is nearly £80,000,000 when we are at peace. But to this has to be added the vast amount of capital sunk in warships, fortifications, artillery, rifles, swords, bayonets, revolvers, ammunition, horses, army and navy clothing, provisions, and all arsenals, barracks and factories used for military and naval purposes.

The navy is estimated to be worth £20,000,000, the value of the fortifications and their guns is about £20,000,000, all other buildings, with arms, horses and underclothing, etc., may be set down at £50,000,000, so that the capital sunk is at least £170,000,000, on which the interest at four per cent. would be £6,800,000. Thus at present the annual sum of cash paid by Britons on account of war is over £9 per annum per family of five.

Now think of what it would mean if that could be saved! In the first place, all the excise duties, amounting to £27,500,000, could be removed. Secondly, the whole of the customs duties, amounting to an average of £25,000,000 per annum, could be re-mitted. That would at once mean the realization of the one-time popular political dream, a free breakfast table.



Sold everywhere in Canada and the U.S. Made by Imperial Oil Company.

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And can fill all orders at

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Just the Thing for the Holiday.

PRIZES: KODAKS, ROLLS, ETC., ETC. Prices—\$3.50, \$5.00, \$8.00, \$10.00, \$12.00, \$15.00, \$20.00, \$25.00, \$30.00, \$40.00, \$50.00, \$60.00, \$75.00, \$100.00, \$125.00, \$150.00, \$200.00, \$250.00, \$300.00, \$400.00, \$500.00, \$600.00, \$750.00, \$1000.00, \$1250.00, \$1500.00, \$2000.00, \$2500.00, \$3000.00, \$4000.00, \$5000.00, \$6000.00, \$7500.00, \$10000.00, \$12500.00, \$15000.00, \$20000.00, \$25000.00, \$30000.00, \$40000.00, \$50000.00, \$60000.00, \$75000.00, \$100000.00, \$125000.00, \$150000.00, \$200000.00, \$250000.00, \$300000.00, \$400000.00, \$500000.00, \$600000.00, \$750000.00, \$1000000.00, \$1250000.00, \$1500000.00, \$2000000.00, \$2500000.00, \$3000000.00, \$4000000.00, \$5000000.00, \$6000000.00, \$7500000.00, \$10000000.00, \$12500000.00, \$15000000.00, \$20000000.00, \$25000000.00, \$30000000.00, \$40000000.00, \$50000000.00, \$60000000.00, \$75000000.00, \$100000000.00, \$125000000.00, \$150000000.00, \$200000000.00, \$250000000.00, \$300000000.00, \$400000000.00, \$500000000.00, \$600000000.00, \$750000000.00, \$1000000000.00, \$1250000000.00, \$1500000000.00, \$2000000000.00, \$2500000000.00, \$3000000000.00, \$4000000000.00, \$5000000000.00, \$6000000000.00, \$7500000000.00, \$10000000000.00, \$12500000000.00, \$15000000000.00, \$20000000000.00, \$25000000000.00, \$30000000000.00, \$40000000000.00, \$50000000000.00, \$60000000000.00, \$75000000000.00, \$100000000000.00, \$125000000000.00, \$150000000000.00, \$200000000000.00, \$250000000000.00, \$300000000000.00, \$400000000000.00, \$500000000000.00, \$600000000000.00, \$750000000000.00, \$1000000000000.00, \$1250000000000.00, \$1500000000000.00, \$2000000000000.00, \$2500000000000.00, \$3000000000000.00, \$4000000000000.00, \$5000000000000.00, \$6000000000000.00, \$7500000000000.00, \$10000000000000.00, \$12500000000000.00, \$15000000000000.00, \$20000000000000.00, \$25000000000000.00, \$30000000000000.00, \$40000000000000.00, \$50000000000000.00, \$60000000000000.00, \$75000000000000.00, \$100000000000000.00, \$125000000000000.00, \$150000000000000.00, \$200000000000000.00, \$250000000000000.00, \$300000000000000.00, \$400000000000000.00, \$500000000000000.00, \$600000000000000.00, \$750000000000000.00, \$1000000000000000.00, \$1250000000000000.00, \$1500000000000000.00, \$2000000000000000.00, \$2500000000000000.00, \$3000000000000000.00, \$4000000000000000.00, \$5000000000000000.00, \$6000000000000000.00, \$7500000000000000.00, \$10000000000000000.00, \$12500000000000000.00, \$15000000000000000.00, \$20000000000000000.00, \$25000000000000000.00, \$30000000000000000.00, \$40000000000000000.00, \$50000000000000000.00, \$60000000000000000.00, \$75000000000000000.00, \$100000000000000000.00, \$125000000000000000.00, \$150000000000000000.00, \$200000000000000000.00, \$250000000000000000.00, \$300000000000000000.00, \$400000000000000000.00, \$500000000000000000.00, \$600000000000000000.00, \$750000000000000000.00, \$1000000000000000000.00, \$1250000000000000000.00, \$1500000000000000000.00, \$2000000000000000000.00, \$25000000000