

HALF SICK

Generally the expression is, "I don't feel half well," though sometimes people say, "I feel half sick." But there is no such thing as being half sick. The man who feels half sick is all sick. As a rule, the cause of the weak, tired, half sick feeling is indigestion of the stomach, resulting in loss of nutrition and consequently in physical weakness.

Doctor Pierce's Golden Medical Discovery cures diseases of the stomach and other organs of digestion and nutrition. It restores strength by enabling the perfect digestion and assimilation of food. It makes half sick people all well.

"I suffered for four years with pain in my stomach so that at times I couldn't work nor eat. I was told to use your medicine, which I did with good results. I only used four bottles of your 'Golden Medical Discovery,' and must say that I am entirely cured and feel like a new man. I can highly recommend your medicine to any sufferer."

"Golden Medical Discovery" contains no alcohol and is entirely free from opium, cocaine and all other narcotics. It is strictly a temperance medicine. Accept no substitute for "Golden Medical Discovery." There is nothing "just as good" for diseases of the stomach.

The "Common Sense Medical Adviser," one thousand and eight large pages, in paper covers, is sent free on receipt of 31 one-cent stamps, to pay expense of customs and mailing only. Address Dr. R. V. Pierce, Buffalo, N. Y.

BEAUTY'S SEVEN NURSES.

Don't forget that the nurses of a woman's beauty are seven—fresh air, sunshine, warmth, rest, sleep, food and whatever stirs the blood, be it exercise or enthusiasm.

Don't neglect sleep. You can sleep yourself into good looks. A long nap and a hot bath will make any woman more attractive and lift years from her shoulders.

Don't eat when tired, and don't work when tired. It is a mistake to work when not in a fit condition—bad for the work and worse for you.

Don't miss your beauty sleep. It is a mistake to go to bed late, at night, rise at daybreak and imagine that every hour taken from sleep is an hour gained.

Don't give unnecessary time to a certain established routine for housework, when it could be much more profitably spent in rest and recreation.

Don't sit down to table as soon as you come in from work, or a round of social duties. Lie down, or sit down for ten minutes, waiting until you can partake of your dinner with the physical machinery rested and refreshed.

Don't bathe in hard water. Soften it with a little powdered borax, or a handful of oatmeal.

Don't bathe the face while it is very warm or very cold.

Don't wash the face when traveling unless it is with a little alcohol and water, or a little cold cream.

Don't attempt to remove dust with cold water. Give the face a hot bath with soap, and then rinse thoroughly with clear, tepid or cold water.

Don't rub the face with too coarse a towel. Treat it as you would the finest porcelain, tenderly and delicately.

Don't be afraid of sunshine and fresh air. They offer you bloom and color.

Don't forget that hearty laughter is a source of relaxation. So are all high thoughts, as those of hope, beauty, trust and love.

The British Colonies and the motherland fall far short of the United States of America in population, their combined populations being 10,800,000 less; but their combined commerce is vastly greater.

The first electrical railway was that of Siemens, at Berlin, in 1879.

Fast Flyer Begins Journey to Coast.

Imperial Limited Tri-Weekly service Opened Under the Most Favorable Conditions.

The Canadian Pacific has given the sign that summer is here again. The Imperial Limited, the company's transcontinental flyer, which crosses the continent from Montreal to the Pacific ocean in 97 hours, started yesterday and is to-day puffing in the long fight with time along the rugged and precipitous shore of Lake Superior.

The Imperial Limited service was inaugurated a week earlier this year than usual. This will probably become the permanent date. Next year it is predicted there will be a more momentous change. The company expect to have two trains leaving Montreal daily, one of which will be the Imperial Limited, running its race in 97 hours. This year it will run three times a week, the days of departure from Montreal being Sundays, Wednesdays and Fridays, and from Vancouver, Tuesdays, Thursdays and Saturdays.

Yesterday's train, radiant in fresh paint and varnished mahogany, rich red and warm from tender to baggage car, drew out of Windsor Station punctually at 11.40 o'clock, taking with it a full complement of passengers and a party of Montreal newspaper representatives, who journeyed with it as far as Ottawa, the guests of the company.

There was a large gathering of people on the platform. They had come out to see this graceful thing hurling its snorts of defiance, and as if conscious of the power that had bound it in fetters to obey the will of man and determined to flee from it.

MAKE-UP OF THE FLYER.

The train was just as it began its work last year, consisting of two palace sleepers of the most modern type, two tourist sleepers, one upholstered in leather and the other in corduroy; dining car and cars for the accommodation of the ordinary first class passengers—each car solidly built, wide vestibuled throughout and with exquisite finish both internal and external.

The journey to Ottawa gave the party ample opportunity to admire anew the sumptuous Louis Quinze sleeping cars, fresh from the hands of the decorator and spotless as when they first entered the service.

The company lays itself out to provide on this train for the tastes and purses of all classes of patrons. The wealthy may secure seclusion in state rooms of ivory and gold, with the comforts of a drawing room with its velvet frappe upholstery. His less fortunate brother, whom the spurs of ambition has driven forth to carve a career in the great west where the possibilities are elemental and vast as nature herself, may find a comfortable lodging and cook his own food at a range that would make many a housewife burn with envy, for the small charge of a couple of dollars a day in addition to the ordinary railway fare, while he is being whirled along to meet destiny at a speed of forty miles an hour.

The company gave its guests an opportunity of testing the quality of the cuisine on the dining car, and it was much to the advantage as well as pleasure of the guests that Mr. George McL. Brown, superintendent of dining, sleeping and parlor cars, accompanied them on the trip, for he was able to show how, by the scientific utilization of space, it is possible to do so much where there is little room to spare.

On this day the mysteries were all revealed, not even the kitchen, that shining, remote, miraculous place, where the chef waves the wand of the magician, being held sacred from the raids of the inquisitive.

Mr. Brown told how every summer sees some new improvement introduced in this mystic arena where multum in parvo reigns supreme, and shows how, with burnished steel and tin and copper and dull lead, one can do wonders if they are put into the right shape.

Some of the stores taken on, say at Montreal, last the trip to the coast, but of others, there is a fresh supply daily.

In the run through the Rockies the dining cars are dispensed with, for beyond Laggan meals are provided at the charming hotel chalets a Field Glacier and North Bend.

The floral decorations on the tables are delightfully refreshing—the dining service could not be excelled in any hotel. Each guest finds a boutonniere by the side of his plate and a beautifully designed menu tells of the good things from which he may make his choice, and shows him pictures of the mountain scenery, with all the delicacy of shading that is known to the engraver's art.

The trip to the capital and back was made under the most pleasant conditions. Mr. George H. Ham took the party under his special protection, and proved himself in a very real sense both philosopher and friend.

An Ancient Foe

To health and happiness is Scrofula—as ugly as ever since time immemorial. It causes bunches in the neck, disfigures the skin, inflames the mucous membrane, wastes the muscles, weakens the bones, reduces the power of resistance to disease and the capacity for recovery, and develops into consumption.

"Two of my children had scrofula sores which kept growing deeper and kept them from going to school for three months. Ointments and medicines did no good until I began giving them Hood's Sarsaparilla. This medicine caused the sores to heal, and my children have shown no signs of scrofula since." J. W. McGinnis, Woodstock, Ont.

Hood's Sarsaparilla

Will rid you of it, radically and permanently, as it has rid thousands.

At the capital the party was met by Mayor Cook, Senator Templeman, the principal resident correspondents, and several reporters, who conducted them to the Parliamentary Buildings, where there was informal exchange of greetings and revival of old friendships.

WASHINGTON LETTER.

(From Our Regular Correspondent.)

Washington, D. C., June 11th, 1903. The Federal Government seems to have become involved in a period of criminality. Each day the Post Office scandal shows some new development, important, or at least gravely significant. The defalcation of a clerk in the District of Columbia local government, which it is feared will approximate \$75,000, has just been discovered and the Treasury Department is investigating a diamond smuggling case which it is believed will reveal frauds of upwards of \$175,000.

The Postoffice scandal still furnishes material for many sensational dispatches, and yet many of them have to be so carefully worded, in order to avoid liability of libel suits, that they convey actual information only to persons familiar with the inside workings of Government departments. At present the fire of the investigation is turned on H. H. Rand, 'confidential clerk' to the Postmaster General, promoter of various mining and other corporations, of one of which Machen, now under indictment by the Grand Jury, is President.

It is freely claimed that Rand has all along acted as spy for the Machen crowd and has kept them informed of all that took place in Mr. Payne's office. The President has taken a hand in the affair and has asked Payne to explain the retention of Rand in his present position. Fourth Assistant Postmaster General Bristow is working under serious disadvantage for the reason that when a Washington newspaper exposed certain frauds in the Machen ring last winter the Postmaster General and others succeeded in stopping the exposures for six months and the malefactors have largely succeeded in covering their tracks. The Postmaster General still suppresses the report of Bristow, showing the condition of affairs in the Washington Postoffice and placing former First Assistant Postmaster General Perry Heath in a bad light, and meanwhile Heath is making preparations for an extensive trip in the Orient.

The president left Tuesday for Cleveland, where he attended the wedding of Senator Hanna's daughter, returning to Washington this afternoon. The postmaster General left for Cleveland a day earlier so that he could have a long talk with Senator Hanna before the auspicious event, which he also attended. It is supposed that President Roosevelt and Senator Hanna talked over the political situation and some statement is looked for from the president regarding the chairmanship of the republican national committee, which rumor has it Mr. Hanna will surrender to someone of Mr. Roosevelt's choosing. There are many well posted politicians in Washington, however, who believe that Mr. Hanna will retain his present position.

Professor Wiley's borax eating boards are to be given a two months vacation from their diet of borax and formaldehyde. The young men are overjoyed at the prospect, but there is a curious reason assigned for the granting of their petition for a rest. It appears that Dr. Wiley has been weighing his patients each day. Suddenly the warm weather came on and several of the young men took the liberty of getting their hair cut short. They did not do this on scientific principles however, and never thought to have the hair saved and weighed so that Dr. Wiley's figures are all upset and it is claimed he told them to take any kind of a vacation they pleased as he was disgusted with them.

The Treasury Department's discovery of diamond frauds is a subject the facts of which it is difficult to get at, as none of the officials will talk. It appears, however, that there is but one completely expert diamond inspector in the employ of the Government and he is retained in the New York custom house.

This fact becoming known, importers have been bringing their diamonds in through other points of entry and have accomplished their importation at valuations far below the correct figure. The whole matter is being investigated and an attempt will be made to recover the loss to the Government.

Life of Railway Engines.

An English lecturer recently stated the average life of an English express locomotive to be twenty-five years, of a local passenger engine twenty-five years, of a freight locomotive twenty-six years, and of a switching engine twenty-seven years. The total mileage of an express passenger engine was placed at from 700,000 to 1,000,000 miles, and for each of the other classes of engine a mileage of 500,000 to 800,000 was given. In the United States the average life of an express locomotive was given as eighteen years, of a local passenger engine nineteen years, and of a switch engine twenty-two years. Whereas the mileage of an English express locomotive was only at the outside 1,000,000 miles in twenty-five years, or 40,000 miles per year, in the United States it is often as high as 2,000,000 miles, or 110,900 miles per year.—Iron Age.



Mrs. Laura L. Barnes, Washington, D. C., Ladies Auxiliary to Burnside Post, No. 4, G. A. R., recommends Lydia E. Pinkham's Vegetable Compound.

"In diseases that come to women only, as a rule, the doctor is called in, sometimes several doctors, but still matters go from bad to worse; but I have never known of a case of female weakness which was not helped when Lydia E. Pinkham's Vegetable Compound was used faithfully. For young women who are subject to headaches, backache, irregular or painful periods, and nervous attacks due to the severe strain on the system by some organic trouble, and for women of advanced years in the most trying time of life, it serves to correct every trouble and restore a healthy action of all organs of the body."

Lydia E. Pinkham's Vegetable Compound is a household reliance in my home, and I would not be without it. In all my experience with this medicine, which covers years, I have found nothing to equal it and always recommend it.—Mrs. LAURA L. BARNES, 607 Second St., N. E., Washington, D. C.—\$5000 forfeit if original of above letter proving genuineness cannot be produced.

Such testimony should be accepted by all women as convincing evidence that Lydia E. Pinkham's Vegetable Compound stands without a peer as a remedy for all the distressing ills of women.

HONEY AS A FOOD.

Starch and sugar, when eaten, undergo a digestive change before they are assimilated. In honey this change has been made to a considerable extent by the bees. It is easy of assimilation, and concentrated, and furnished the same element of nutrition as sugar and starch—imparts warmth and energy. As a medicine, honey has great uses. It is excellent in most lung and throat affections, and is often used with great benefit in place of cod liver oil. Occasionally there is a person with whom it does not agree, but most people can learn to use it with beneficial results. Children, who have more natural appetites, generally prefer it to butter. Honey is laxative and sedative, and in diseases of the bladder and kidneys it is an excellent remedy. It has much the same effect as wine or stimulants, without the injurious effects and is unequalled in head and harvest drinks. As an external application, it is irritating when clear and soothing when diluted. In many places it is much appreciated as a remedy for croup and colds. In preserving fruit, the formic acid it contains makes a better preservative than sugar syrup, and it is also used in cooking and confectionery. In early times, it is said, Palestine flowed with milk and honey, but we have far more of both to-day than the people of any age ever had. Honey does not injure the teeth as candies do.

Piles

To prove to you that Dr. Chase's Ointment is a reliable and absolute cure for hemorrhoids and every form of itching, bleeding and protruding piles, the manufacturers have guaranteed it. See testimonials in the daily press and ask your neighbor how they think of it. You can use it and get your money back if not cured. 50c a box, at all dealers of EDMANSON, BATES & CO., Toronto.

Uniform Heat

Reading comfortably on the ground floor,
Bathing baby comfortably on the second floor,
Writing comfortably on the third floor.
This, in short, is the story of every house heated with a

"Sunshine" Furnace.

The Regulators that divide the warm air are so constructed, and the pipes which carry it to the different registers so arranged, that any quantity of heat desired can be forced to the different rooms or flats of a house.

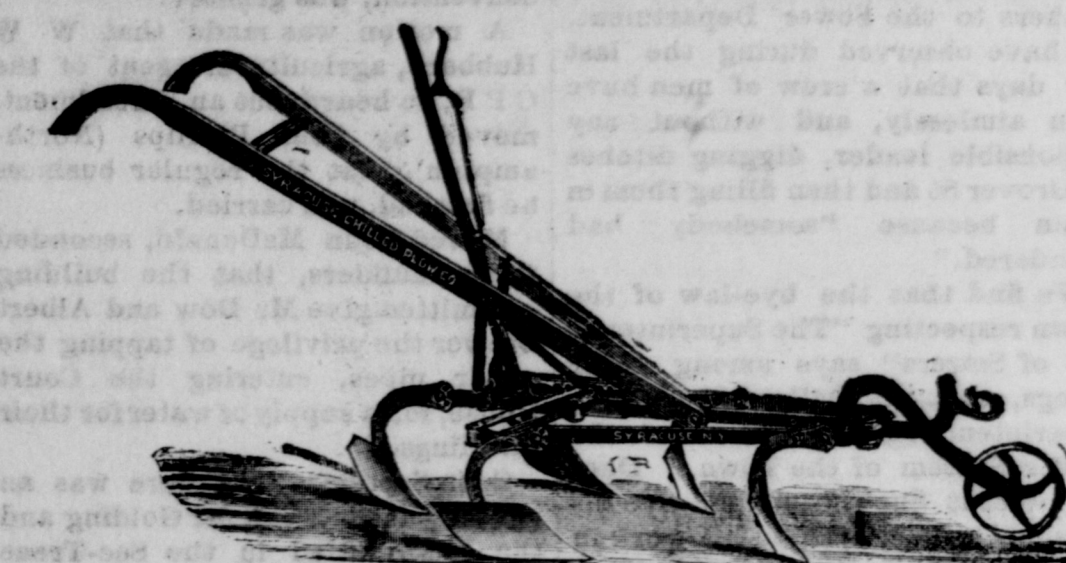
The "Sunshine" is the only furnace made in which hot-air pipes to first floor do not rob second and third floor pipes.

Burns coal, coke and wood equally well.
Sold by all enterprising dealers.
Write for free illustrated booklet.

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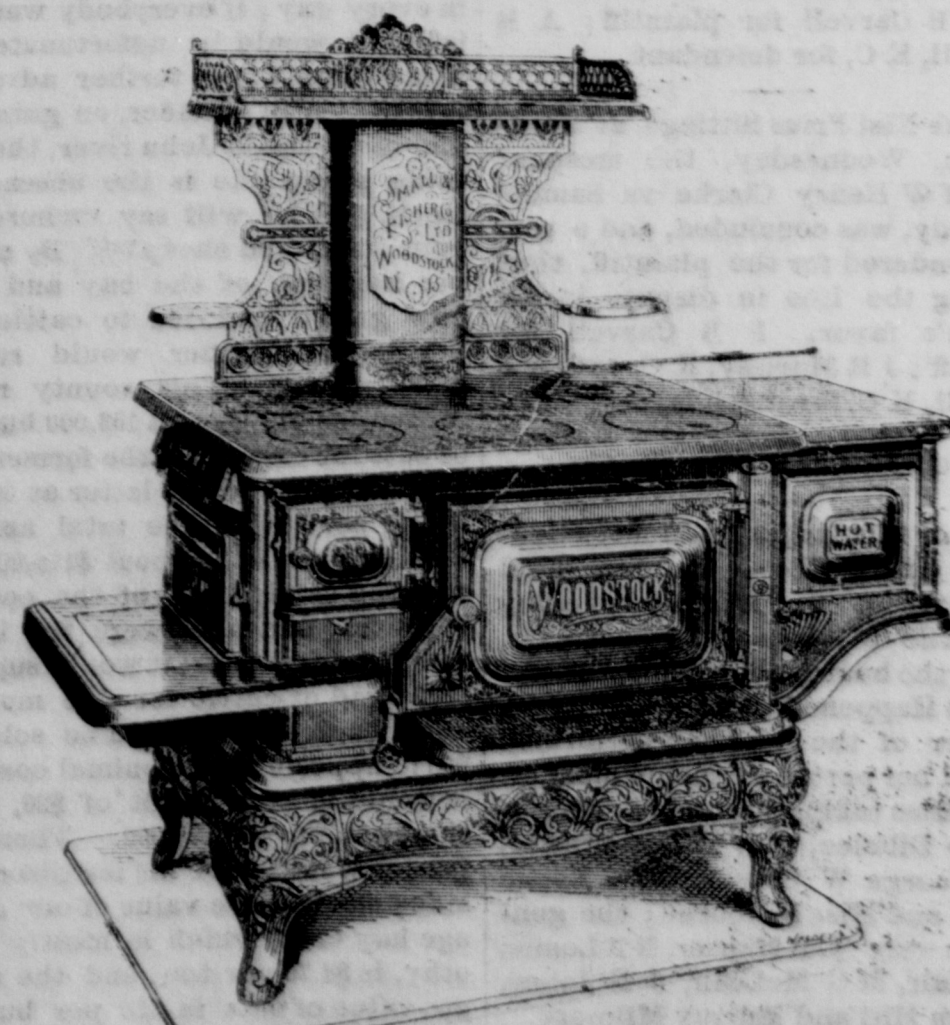
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