

HOW TO POSTPONE OLD AGE.

How a Very Desirable Result May Be Obtained.

This desirable result may be effected, we are told, by Doctor W. Kinnear, by avoiding food in which earthy salts abound. He says in the Humanitarian (London):

'Anatomical experiment and investigation shows that the chief characteristics of old age are the deposits of earthy matter of a gelatinous, fibrous character in the human system. Carbonate and phosphate of lime, mixed with other salts of a calcareous nature, have been found to furnish the greater part of these earthy deposits. As observation shows, man begins in a gelatinous condition; he ends in an osseous or bony one—soft in infancy, hard in old age. By gradual change in the long space of years the ossification comes on; but, after middle life is passed, a more marked development of the ossific character takes place. Of course these earthy deposits, which affect all the physical organs, naturally interfere with their functions. Partial ossification of the heart produces the imperfect circulation of the blood which affects the aged. When the arteries are clogged with calcareous matter there is interference with circulation, upon which nutrition depends. Without nutrition there is no repair of the body.

'Hence, as blood is produced by assimilation of the food we eat, to this food we must look for the earthy accumulations, which, in time, block up the system and bring on old age. Almost everything we eat contains more or less of these elements for destroying life, by means of calcareous salts deposited by the all-nourishing blood. Careful selection, however, can enable us to avoid the worst of them.

'None of these things interfere with nutrition and circulation in earlier years. The reparation of the physical system, as everyone ought to know, depends on this fine balance. In fact, the whole change is merely a slow, steady accumulation of calcareous deposits in the system. When these become excessive, and resist expulsion, they cause the stiffness and dryness of old age. Entirely blockage of the functions of the body is then a mere matter of time. The refuse matter deposited by the blood in its constant passage through the system stops the delicate and exquisite machinery which we call life. This is death. It has been proved by analysis that human blood contains compounds of lime, magnesia, and iron. In the blood itself are thus contained the earth salts. In early life they are thrown off. Age has not the power to do it.

'Earth salts abound in the cereals, and bread itself, through seemingly the most innocent of edibles, greatly assists in the disposition of calcareous matter in our bodies. Nitrogenous food abounds in this element. Hence a diet made of fruits principally is best for people advancing in years, for the reason that, being deficient in nitrogen, the ossific deposits so much to be dreaded are more like to be suspended. Moderate eaters have in all cases a much better chance for long life than those addicted to excess of the table. Fruits, fish, poultry, young mutton and veal contain less of the earthy salts than any other articles of food, and are therefore best for people entering the vale of years. Beef and old mutton usually are overcharged with salts, and should be avoided; a diet containing a minimum amount of earthy particles is most suitable to retard old age, by preserving the system from functional blockages. The daily use of distilled water, is after middle life, one of the most important means of preventing secretions and the derangement of health. As to diluted phosphoric acid, it is one of the most powerful influences known to science for shielding the human system from the inconveniences of old age. Daily use of it mixed with distilled water helps to retard the approach of senility. By its affinity for oxygen the fibrous and gelatinous deposits previously alluded to are checked, and their expulsion from the system hastened.

'To sum up: Avoid all foods rich in the earthy salts—much fruit, especially juicy, uncooked apples, and take daily two or three tumblerfuls of distilled water with about ten or fifteen drops of diluted phosphoric acid in each glassful. Thus will our days be prolonged, old age declared, and health insured.'

The Revolving plate.

A very deceptive optical illusion is accomplished by the use of a large china plate. Sitting on one side of the table you rest the plate on your knee, so that about one-third of it shows above the table. Take a knife in both hands and rest it on the plate. If you now lower and raise the knees alternately, quickly and evenly, it gives a motion to the plate, as if it was actually revolving round. In fact, it is so illusive that to the operator himself it has that same appearance.

Acetylene for Street Lighting.

The City of Wabash, Ind., is soon to be lighted by an acetylene gas plant, now being installed by the Logansport and Wabash Valley Gas Company, otherwise known as the Deitrich Syndicate, says the

Railways Review. The machinery and materials are now on the ground and the city authorities inform us that the street lights will probably be in operation shortly. The city has heretofore been lighted by artificial gas, in the usual way, and the substitution of acetylene for street lighting is an experiment which has been but little tried.

YOU NEED IT.

If You Would Avoid the Troubles and Dangers That Stomach Derangements Bring on.

Paine's Celery Compound Banishes Every Difficulty and Restores Perfect Health.

Stomach troubles are exceedingly common and varied in character. To-day thousands complain of stomach derangements. Stomach difficulties are usually manifested by poor appetite, foul tongue and breath, putrid or bitter taste in the mouth, a desire for acids; some have headache, sleepy feelings, constipation, inactive bowels, and vomiting of food and bile.

Victims of stomach troubles manifest low spirits, despondent mind, and have fears of impending danger. It matters not what the symptoms are; any of them indicate low nerve force, and point to the fact that the digestive system is out of gear and the blood in an unhealthy condition.

In order to avoid the many dangers of indigestion, dyspepsia and general stomach derangements, Paine's Celery Compound should be used when any of the many unpleasant symptoms that lead to trouble are experienced. A few doses of nature's health restorer will quickly set the digestive machinery of the body in perfect running order, and good health will be maintained.

If it be that you have long neglected the troubles that have become deep seated chronic, do not despair. The faithful use of Paine's Celery Compound for a few weeks will, without fail, banish all your sufferings; your appetite will become natural, your rest and sleep will be refreshing, and your food will enrich your blood, making bone and muscle, and your health will be as rugged as ever before.

Such is War.

The actions of wounded in battle are often misunderstood. A general officer who has seen much active service cites a pathetic instance of this kind. In the midst of battle he was trying to check the flight of some panic-stricken men. One poor fellow came stumbling along, not heeding a word that was said to him. Indignant and impatient, the officer, as he came near this man, leaned from his horse and touching him with his sword, said sharply, 'Go back, sir!' The man, looking up with an expression of anguish and despair on his face that said as plainly as words, 'I am looking for a place to die,' opened his tunic and showed a big, gaping wound in his breast. Then he dropped to the ground. The officer instantly dismounted from his horse, but almost as he raised the man's head to his arm the poor fellow breathed his last.

Not what they say to each other is the true test whether two persons are congenial or not.

DAILY MAIL AT THE WHITE HOUSE

How the President of the United States Sorts His Mail.

To read his daily mail is one of the burdensome tasks that falls to a President of the United States. More than a thousand letters a day have been at times received at the White House. The average daily mail is very large. Of course Mr. McKinley cannot read these letters as an ordinary business man reads his morning mail, but by a carefully developed system their contents are in substance presented to him.

Several confidential clerks open the letters and give them a first reading. They are then carefully sorted. Many of them do not need to go to the President, as they are simply recommendations for office. These, after being courteously acknowledged, are referred to the proper department and placed on file until the subject to which each of them relates can be taken up for consideration.

Many of the letters are merely formal or contain requests for something which cannot be granted. These the clerks answer, and the President's secretary signs. The requests for charity are so many that a special 'form' has been devised to be used in answering them. They are all alike necessarily and politely refused.

All letters which the President ought to see are carefully briefed; that is, a yellow slip is pinned at the top of each letter, and on this is a typewritten synopsis of its contents, telling who the writer is and what he has to present. Frequently the President is sufficiently interested by the brief to cause him to read the whole letter. Sometimes the communication is referred to a Cabinet officer, in which case the yellow slip is retained at the White House, and filed away. When a large number of persons write on the same subject the letters are bunched, and the brief at the top gives the names of those who present one argument, and in another list the persons who offer a different view. This is an admirable way of jumping at conclusions, made necessary by the excessive burdens of the presidential office.

Then he had her.

'And then,' the fair maiden went on with her narration, 'I covered my face with my hands and wept.' 'Impossible,' ejaculated the young man. 'You could not cover your face with those small hands.' And she was his from that day forward and they lived happily ever after.—Detroit Free Press.

DR. AGNEW'S OINTMENT.

The Great Skin Cure—35 Cents.

Alfred Le Blanc, of St. Jerome, Que., has such faith in Dr. Agnew's Ointment that he buys it by the dozen to take with him to his lumber camp. He finds it a quick cure for chafing, bruises, frost bites, and other emergencies incident to camp life. It cures salt rheum, eczema, tetter, scald head, and other skin eruptions, and piles in three to five nights, 35 cents.

The addresses of a young man having been declined by a young lady, he paid court to her sister.

'How much you resemble your sister,' said he, the evening of his first call. 'You have the same hair, the same forehead, and the same eyes.'

'And the same nose!' she added, quickly. He has stopped calling at that house.

FLASHES OF FUN.

Auntie: 'Another time, Tommy, when you yawn keep your mouth shut.'

Young person should reflect that everything which is blind and laughs at locksmiths is not love.

Ethel: 'Wouldn't it be funny if George should fall in love with me?'
Maud: 'Perfectly ridiculous!'

'I don't know what's going to become of that boy of mine. He was never known to get anything right.'

'Make a weather prophet of him.'

Her father: 'Is he a young man of any means?'
She: 'Certainly; he means to marry me.'

Gayman: 'This is a great day for us at home. My daughter comes out to-night.'
Dumley: 'Don't say so? So does my brother. He's been in for a month.'

Doctor: 'You're a long time paying my account sir.'
Hardy: 'Well you were a long time curing me.'

Miss Passay: 'I dread to think of my fortieth birthday.'

Miss Pert: 'Why? Did something unpleasant happen then?'

Amateur Yachtsman: 'How does it happen that you have always lived near the water, yet do not know how to swim?'

Fisherman's Boy: 'Don't have to swim. I know how to sail.'

Edwin (amateur photographer): 'That's it Another plate spoiled.'

Angellina: 'What spoiled it?'

Edwin: 'The light of your eyes.'

P. S.—Engaged.

A Correspondent asks: 'When is the best time to pick apples?'

The best time for this class of work is before the gardener gets up in the morning, and there's no big dog in the garden.

Cyril (tenderly touching her tresses): 'Sweet one, let me like this lovely hair.'

Winifred (tremulously): 'What, dear-est, what would you be?'

Cyril (rapturously): 'All you own.'

'Is this a fast train?' asked the travelling man of the porter.

'Of course it is,' was the reply.

'I thought so; would you mind my getting out to see what it is fast to?'

Shrinks.—Reputation is a good deal like cheap clothing.

'How's that?'

'When you proceed to wash it, it always shrinks.'

A farmer saw an advertised recipe to prevent wells and cisterns from freezing. He sent his money, and received the answer: 'Take in your well or cistern on cold nights and keep it by the fire.'

Passer-by: 'Policeman, there is a fight around the corner.'

'Thank you, sir: I'll do as much for you some day. And he walked in the opposite direction.'

'Frisbie is the laziest man I ever knew.'

'What makes you think so?'

'He actually seems to be glad that he's getting bald-headed, so that he won't have to comb his hair any more.'

Mrs. Peckham (with becoming pride): 'My husband tells me everything.'

Mrs. Blunt: 'Mercy! He can't give you much of a chance to talk. It must be awful.'

Weary-Looking man: 'Doctor can insomnia be cured?'

Doctor: 'Nothing easier. Anyone can fall into a sound sleep by simply trying to count a thousand.'

'Yes; but our baby can't count.'

Grandpa: 'Don't get scared, Willie; the tiger is about to be fed; that's what makes him jump and roar so.'

Willie (easily): 'Oh I ain't afraid of him, grandpa. Papa's the same when his meals ain't ready.'

Violinist (proudly): 'The instrument I shall use at your house to-morrow evening, my dear sir, is over 500 years old.'

Parvenu: 'Oh never mind that. It's good enough: no one will know the difference.'

He: 'You say you like a manly man. What is your idea of a manly man?'

She: 'Well, for instance, one who doesn't stay and stay just because he knows the girl isn't strong enough to throw him out.'

'Mr. Gizzley seems to be a deep thinker,' remarked the impressionable young man.

'Yes,' replied the elderly cynic, 'he can't talk five minutes without getting beyond his depth.'

'Young man,' said the young woman's father, 'you have boasted several times that you possess an honored name.'

'Yes, sir,' replied the suitor haughtily.

'Well, may I inquire what bank it will be honored at and for how much?'

'O, course, I'm a friend of the working man,' said the aspiring politician.

'Then why don't you work occasionally?'

asked one of his auditors.

'O, that's simple enough. I don't wish to crowd some more deserving man out a job.'

Mr. E—, a barrister, noted for absence of mind, was once witnessing the representation of 'Macbeth,' and on the witch's replying to the Thane's inquiry that they were 'doing a good deed without a name,' catching the sound of the words, he started up, exclaiming, to the astonishment of the audience, 'A deed without a name! Why, it's void; it's not worth sixpence!'

'Professor,' said a graduate, trying to be pathetic at parting, 'I am indebted to you for all I know.'

'Pray do not mention such a trifle,' was the unflattering reply.

LEGS ENTIRELY RAW

From his feet to his body, and ran a blood tinged, irritating water.

Mrs. A. Keirstead, Snider Mt., N.B., tells how her little boy suffered, and how B.B.B. cured him permanently.



FREDDY KEIRSTEAD.

There is not a mother in this land who has a child suffering from skin disease in any form but will thank Mrs. Keirstead, of Snider Mt., N.B., for telling of the remarkable manner in which her boy, Freddy, was cured of one of the severest and most torturing of skin diseases by the use of Burdock Blood Bitters; and not only relieved and cured for the time being, but, mark you, after eight years the disease has shown no sign of returning.

The following is Mrs. Keirstead's letter:—

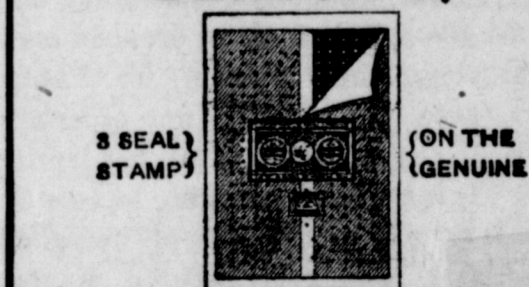
'With gratitude I can testify to the wonderful curative powers of Burdock Blood Bitters. Eight years ago our little son, Freddy, was afflicted with salt rheum and was in a dreadful condition. His legs, from the soles of his feet to his body, were entirely raw, and ran a bloody water, which appeared to burn and itch until he was often in great agony.

'After trying several remedies, we resolved to give B.B.B. a trial.

'You can imagine with what delight and gratitude we saw our boy entirely cured after using one bottle and part of the second. We gave him the remainder of the second bottle, and from that time till the present he has never had a sign of salt rheum or a sick day. You need not wonder that I think there is no other medicine can equal Burdock Blood Bitters to purify the blood and build up the health and strength.'

No Other External Remedy, and Few Internal, Are Equal To a

BENSON'S,



It is the best POROUS PLASTER

invaluable in Kidney Disease. It soothes the kidneys, stops the dull ache, protects against endo-toxin, and is a sure cure for all urinary troubles. Of agents, Leeming, Miles & Co., Montreal, is quotable.

CHILDREN'S COUGHS

QUICKLY CURED.

Hard to keep the children from catching cold—will run out of doors not properly wrapped—get wet feet—kick the bed clothes off at night.

What's mother going to do about it?

Mustn't neglect the children's Coughs and Colds—might end in Croup—and Croup end fatally or weaken the lungs for life.

Most mothers now give their children Dr. Wood's Norway Pine Syrup.

It's nice to take, and cures all kinds of Coughs and Colds more quickly and effectually than any remedy known.

Mrs. R. P. Leonard, Parry Sound, Ont., writes: 'I have used Dr. Wood's Norway Pine Syrup for Coughs and Colds of myself and also of my baby. I find it always cures a Cold quicker than any other Cough mixture I ever tried.' Price 25c.

LAXA- Cure constipation, biliousness, sick headache and dyspepsia. Every pill guaranteed perfect and to act without any gripping, weakening or sickening effects. 25c. at all druggists.

CALVERT'S CARBOLIC OINTMENT

Is unequalled as a remedy for Chafed Skin, Piles, Scalds, Cuts, Sore eyes, Chapped Hands, Chilblains, Earache, Neuralgic and Rheumatic Pains, Throat Colds, Ringworm, and Skin Ailments generally.

Large Pots, 1s 1/4 each, at Chemists, etc., with Instructions.

Illustrated Pamphlet of Calvert's Carbolic Preparations sent post free on application.

F.C. CALVERT & CO. Manchester

STAINED GLASS

Memorials, Interior Decorations.

CASTLE & SON, 20 University St., Montreal. Write for catalogue E.

Rheumatic Torture

South American Rheumatic Cure Cures in 1 to 3 Days.

Solomon Woodworth, of Hopewell Hill, N.B., is rescued from a deplorably helpless condition, induced by the agonies of rheumatism. Mr. Woodworth had contracted rheumatism of the severest form and in a very short time was incapacitated for work—for weeks he could get no rest—suffered the most violent pains in his arms and shoulders—grew worse and felt he could not live, so terrible were his sufferings—his arms became perfectly helpless. He began taking South American Rheumatic Cure—after the second dose he experienced great relief and at the end of three hours every vestige of the pain was gone—the use of his hand and arm returned gradually and he feels altogether like a new man and to-day rejoices in a cure which he procures almost a miracle. South American Rheumatic Cure cures in 1 to 3 days every form of rheumatism and neuralgia. Do not suffer longer—it will relieve in six hours.

South American Nerve soothes the nerves and cures all forms of nervousness.

South American Kidney Cure cures only kidney diseases—relieves in a few hours.

