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The Lesson of Health

IS ONE TAUGHT US BY THE EXPERIENCE OF OTHERS.

Learn This Lesson Well and the Ravages of Disease Will No Longer be so Prevalent—The Story of One Who Has Been Benefitted and who offers Her Experience to All Others.

From L'Sorelois, Sorel, Que.

Among the multitude of ailments that afflict humanity there are few that cause more acute misery than indigestion or dyspepsia, as it is variously called. Both young and old are susceptible to its attacks, and its victims throughout the country are numbered by tens of thousands. Among the disagreeable symptoms which accompany dyspepsia and make it easily recognizable, are weight, uneasiness and a heavy feeling in the stomach after eating, a feeling of weariness, sick headache and dizziness, pains in the stomach, offensive breath, irritability, etc. Ordinary medicines will not cure dyspepsia. They may relieve its symptoms temporarily, but the trouble always returns and each time in an intensified form. Dr. Williams' Pink Pills is the only medicine which will thoroughly and effectively cure dyspepsia. These pills act not merely upon the symptoms, but on the disease itself through the blood, hence through the stomach, which is strengthened and restored to its normal functions.

Mrs. Alp. Lussier, a lady well known in Sorel, Que., is one of the many who have been released from the clutches of dyspepsia through the use of Dr. Williams' Pink Pills, and in the hope that her experience will be of benefit to some other sufferer she gives the following story for publication: "For over two years I was a sufferer from dyspepsia or bad digestion. The disease became chronic and I was an almost continual sufferer from headaches, heartburn and heart palpitation. All sense of taste left me and at times my stomach was so weak that I was unable to keep any food on it, and this caused me more distress than one could imagine. Although I tried several remedies, none of them gave me relief, and I began to regard my life as a burden, rather than a joy as it should be. One day while reading I came across a case similar to my own, cured through the use of Dr. Williams' Pink Pills, so in the hope that I would receive similar benefit I decided to give the pills a trial. I had not taken the pills long before I could see that my hopes of recovery were being realized. By the time I had taken half a dozen boxes all symptoms of the trouble had disappeared and I was able to enjoy life as I did before being seized with the malady. I have no hesitation in saying that I think that Dr. Williams' Pink Pills are the best known cure for dyspepsia, and I would strongly advise all sufferers to give them a trial.

The old adage "experience is the best teacher" might well be applied in cases of dyspepsia, and if sufferers would only be guided by the experience of those who have suffered but are now well and happy through the use of Dr. Williams' Pink Pills, there would be less distress throughout the land. Dr. Williams' Pink Pills can be had at all dealers in medicine or by mail, post paid, at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

It is reported in Vanceboro that after the 15th of the present month, all the Maine Central trains will run through to McAdam, N.B., only stopping at Vanceboro to take on and let off passengers. All the mails will be transferred at McAdam except the Vanceboro mail, which will be dropped on the Vanceboro station as the train passes.

A childless home is a cheerless home. The maternal instinct exists in every woman, and when it is ungratified she is deprived of much of the happiness of life. It often happens that childlessness is due to some cause which can be removed, and often is removed by the use of Dr. Pierce's Favorite Prescription. The vigor and vitality which this remedy imparts to the delicate womanly organs, puts them in a condition of normal health, the lack of which is often the sole obstruction to maternity. Every woman should read Dr. Pierce's Common Sense Medical Adviser, a book containing 1008 pages and 700 illustrations. It is sent entirely free on receipt of stamps to pay expense of mailing and customs. Send 31 one-cent stamps for the paper bound volume, or 50 stamps for cloth covered. Address Dr. R. V. Pierce, 663 Main Street, Buffalo, N. Y.

THE BRIDE DISAPPEARED

But the Man in Order to Console Himself. Married Her Sister.

Ottawa, Oct. 11.—St. Rose de Lima, a little hamlet near East Templeton, is rejoicing in a curious marriage sensation, according to an old resident, who was in town yesterday.

According to his story, an elderly man,

said to be about 60, was yesterday to have married a girl of 16 or 17. The friends of both parties objected to the match, but the bride, though she had another lover of more tender years, refused all along to break with her older admirer. Yesterday, however, the younger lover apparently rose to the occasion, for when the hour of the wedding came round the bride prospective was not to be found.

The excitement naturally to be expected under such circumstances in a small place like St. Rose de Lima, followed, and the groom prospective was generally commiserated with even by those who had said he had no right to marry so young a girl.

Finally some genius suggested that the bereaved one need not go without a wedding while there was elder sisters of the missing girl left at home. The groom prospective seized on the suggestion, promptly proposed to an elder sister, was accepted and inside of an hour they were married, and the wedding bells rang out out joyously.

One hundred and twenty sheep are now at the bottom of the Strait of Canso, as the result of the sinking of a raft off Mulgrave Wednesday afternoon. A flock of one hundred and twenty-seven sheep were on their way to Sydney from the mainland. At Mulgrave the cars in which the sheep were being conveyed were placed on a raft to be towed to Point Tupper. When near the middle of the Strait the raft upset and cars, sheep, etc., were consigned to the water. Many of the sheep were killed in their frantic endeavours to escape. Out of the number seven only were saved. The balance went to the bottom.

John D. Rockefeller, jr., probably the richest young man in the world, was married Wednesday to Miss Abby Green Aldrich, daughter of Senator N. W. Aldrich, at Warwick Neck, near Providence, R. I., the summer residence of the bride's father. The ceremony took place in the presence of a large number of friends and guests representing the legislative and financial interests of the United States. By special request of the groom no wine or alcoholic drink of any kind was served at the wedding feast.

A London newspaper says that the war in South Africa has drained all the horse breeding districts of Europe of animals suitable for mounted infantry. English agents in Hungary alone try to buy 8000 monthly, paying about £30 a head. Agents are also buying whatever animals are suitable in the United Kingdom and Australia. The dearth on the continent has driven French and Belgian buyers to Great Britain.

After a run in Mr V. L. Emerson's torpedo boat at Ottawa, Wednesday, the Minister of Public Works says it is the fastest craft he has ever been on. The boat ran faster than twenty miles an hour, and part of the time was going over twenty-five miles an hour. It is only thirty feet long and is propelled by a gasoline motor, which develops about fifty horse-power.

How One Million is Spent

Not less than one million dollars is annually spent by people seeking an absolute cure for Catarrh, Bronchitis and Consumption. Numerous are the remedies, but the one standing pre-eminently above all others is Catarrhzone. It cures these diseases because it is sure to reach them. Catarrhzone is inhaled into the lungs, throat and nasal passages, and bathes every part of the diseased membrane with its germ-killing, healing vapour. You simply breathe Catarrhzone and it cures. Price 25c and \$1 at druggists, or Polson & Co., Kingston, Ont.

Joseph McKay's buggy was struck by a train at Forest, Ont. One of his two children was killed and Mrs. McKay was probably fatally injured. Mr. McKay and his other children were severely injured.

How to Get up an Appetite.

Distaste for food often follows Grippe and fevers, and is associated with a general weakness of the system. To impart a real zest for food, and give power to the stomach to digest and assimilate no remedy can equal Ferrozone. This is a new and startling discovery. It strikes at the root of disease and by removing the cause, cures quickly and permanently. Ferrozone will quickly enable you to eat and digest anything. Mr. C. A. Burchill, druggist, can tell you a great deal more about Ferrozone, how it cures and why it cures. Call today and see him.

LADY MINTO'S RIDE

On a Canadian Pacific Railway Engine.

THROUGH THE ROCKIES ON THE PILOT.

In Charge of Allan Macnab, the Countess Makes a Thrilling Journey From Glacier to Illecillewaet.

From Glacier House to Illecillewaet upon the pilot of the engine of the Royal train—a wild dash through the keen evening air, high up among the grandeur of the Rockies—a dash for fifteen miles around startling curves, through gloomy tunnels, and high above, the long snow shed the Summit range, with lofty Sir Donald overlooking all!

This was the experience of the Countess of Minto during the westward progress of the Royal train. The air was growing chilly when Her Excellency took her seat upon the pilot, for the sun had gone down behind the lofty mountain peaks and deep purple shadows were already beginning to grow among the hills.

Allan Macnab, a Nova Scotian, selected out of seventy or eighty drivers for the honourable post, stood at the throttle of engine number 683. He wore a smart little bouquet of purple pansies in honour of the occasion. A parting ray of the sun shot down through a mountain gorge and flashed along the sombre sides of the big boiler. A rug was spread along the front of the pilot and Her Excellency took a seat on the left side. On her extreme left was Captain Graham, A. D. C., and others in the party were Major and Mrs. Maude, and Miss Grenfell. Mr. Sidney Hall, artist with the Royal suite, occupied the extreme right. Hon. Arthur Guise, was on one side of the cab and the Montreal Star correspondent was on the other.

Those on board the locomotive with the lives of Her Excellency and her companions in their keeping were Allan Macnab, engineer; Joseph Callaghan, special engineer, and W. E. Dodd, fireman. The bell rang, rags were tucked warmly around the distinguished travellers on the pilot, and with many a sharp hissing and panting, number 683 had started.

The monster gained speed slowly, but with its driving wheels grinding steadily and strongly gripping the rails, the engine soon was racing along.

There was a roar about the cab like a tumult of many waters. The human voice was muffled with the congregation of sounds. The shining rails were like toy things as they seemed to meet far in the distance. The first section man was passed like a flash. He took off his hat, and flag in hand, smiled as the countess threw him a pleasant greeting.

And now farther to the left are the sharp peaks—Uto, Eagle, Avalanche and Macdonald and the snowy Hermit Range with its wild Grizzly peak where the bears, after which it is called, are so often encountered. Far down among the trees the Illecillewaet shows a silver thread across the valley.

Around the curves the locomotive dashed with the ends of rags flying loose from the pilot and a gloved hand at either side grasping tightly the short, stubby flag staves.

Section man after section man is passed with bat in hand having completed the work of inspection and now content with placid mind to watch the Royal progress. The great glacier looms up in the distance, and its grotto-like, crystal seracs shine and glow far off in hues of green and white and blue.

The great locomotive groans and pants as it ascends the heavy grade, in some parts as steep as one hundred and sixteen feet to the mile. Suddenly a spot of blackness appears against the side of a steep wall and with a roar which seems to split one's ear-drums, the engine has plunged into the depths of a tunnel. The vibration of the roar against the sides of the rocky cave is terrific. The engine seems surrounded and enveloped in a great swallowing noise which is like a thousand drums and tom-toms. There is nothing ahead but the yawning hole in the rock through which the engine is being hurled. With a sudden motion, Engineer Macnab presses a button and immediately a powerful ray of light is

thrown forward through the gloom, lighting up the dismal interior and showing in the shadows beneath the little party on the pilot. It is the electric headlight a new device in the West, which is being used to reassure the distinguished visitors upon the pilot. At the end of the tunnel a heavy shower of water is falling and the travellers on the pilot duck their heads as they dash through the drizzling downpour. Out into daylight we dash and with the pressure of the button the electric light is gone.

Far above our heads tower the giant Rockies with their white capped summits now wrapped in gloomy shadows. Grayish-hued glaciers are pausing upon some slopes and a warm garment of green verdure encircles others. Tall trees are like tiny shrubs in the distance, and here and there are ugly scars among the greenery, showing where land slides have torn down the mountain sides. About the lower slopes are the sweet smelling pine trees and the firs and a maple tree here and there exhibiting its glorious coloring among the more sombre surroundings. Past all this grandeur we flash with the awe taking hold of the heart and the harsh, strenuous mutterings of the iron monster making a fearsome accompaniment. The Countess waves to an old Italian woman by the side of the track and a rare smile illuminates for an instant as we flash by the ancient olive-tinted countenance. The lofty ranges, the home of the mountain goat and the bear, swing slowly past one by one, and crowd into a lordly panorama in the rear. The Loop is now at hand with the railway's sudden turns and twistings. The engine rushes across a valley leading down from the Mount Bonney Glacier, touching for a moment on the base of Ross Peak, then doubling away back to the right upon itself a mile or more. Then, sweeping around to the right it touches Cougar Mountain, crossing again to the left, and at last shooting down the valley parallel with its former course. A glance behind shows two long gashes on the mountain slope, one above the other, but those upon the pilot cannot know of this.

The night wind is now bitter cold as the locomotive cuts its way fiercely through the mountain passes. The driving bars rattle slightly and the cab rocks sometimes to and fro as the hissing monster answers the master's hand at the throttle.

Fourteen miles have now been covered since the travellers, perched upon the pilot, took their seats—fourteen miles of keen, swift rushing air, of delightful shivers as the engine plunges across a trestle with a gaping gorge and seething waters far below—fourteen miles of careful watch upon the track for fallen rocks or trees—fourteen miles of exhilaration such as can be had in no other situation.

The Illecillewaet River, with its pea-green water, is now in sight. Gigantic trees for which British Columbia is famous, line the gorge like an army of titanic warders. The engine slows up and stops, giving a final proud hiss of satisfaction. The Countess, with a little sigh of relief, steps from the pilot and is escorted to her carriage in the rear.

CRYING BABIES.

The Cry of an Infant is Nature's Signal of Distress.

Babies never cry unless there is some good reason for it. The cry of a baby is nature's warning signal that there is something wrong. Every mother ought to get to work immediately to find out what that something wrong may be. If the fretfulness and irritation are not caused by exterior sources, it is conclusive evidence that the crying baby is ill. The only safe and judicious thing to do is to administer Baby's Own Tablets without the slightest delay.

For indigestion, sleeplessness, the irritation accompanying the cutting of teeth, diarrhoea, constipation, colic, and simple fevers, these marvelous little tablets have given relief in thousands of cases and saved many precious baby lives. Do not give a child so-called "soothing" medicines; such only stupefy and produce unnatural sleep. Baby's Own Tablets are guaranteed to contain no opiate or other harmful drugs; they promote sound, healthy sleep, because they go directly to the root of baby troubles. Dissolved in water these tablets can be given to the youngest infant. Mrs. Walter Brown, Milby, Quebec, says:—"I have never used any medicine for baby that did as much good as Baby's Own Tablets. I would not be without them."

Baby's Own Tablets are for sale at all drug stores, or will be sent direct on receipt of price (25 cents a box) by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Merchants who want to increase the number of their customers buy and sell UNION BLEND TEA. The best trade drifts to the stores where the best teas are sold.

The Children Eagerly Look For Their Dish of.

MALT BREAKFAST FOOD.

Each Mor. ing.

Happy and cheerful reports of the wonderful work that Malt Breakfast Food is doing for growing children, come to the notice of the manufacturers every day. Many fathers and mothers declare that their little ones look more eagerly and anxiously for their dish of Malt Breakfast Food each morning than for anything else. All the children relish it, and find it delicious and appetizing. Malt Breakfast Food is giving in every instance the happy results that careful parents look for—increased in flesh, purer blood, brighter eyes and greater bodily strength. We strongly advise parents to adopt the use of Malt Breakfast Food if their children are not showing evidences of healthy growth. Grocers everywhere.

Among the Boer prisoners at St. Helena is a Prince Edward Islander, who went to South Africa about 28 years ago, and on the outbreak of hostilities took up arms against the British. He was among the men the Canadian contingent bagged at Paardeberg. The fellow is a native of Wood Islands, P. E. I.

Advice to Mothers.

If your little boy or girl comes home with a sore throat, the first thing to do is to rub the throat and chest with Polson's Nerville. Don't be afraid to use Nerville freely—a whole bottle full wouldn't burn or blister the tenderest skin. Rub in until all taken up by the pores and just before the child goes to sleep give him a glass of hot water into which 30 drops of Nerville has previously been stirred. This is a sure, pleasant and speedy cure. Large bottle 25 cents.

In his reply to the Scottish agricultural delegates Mr. Hanbury, President of the British Board of Agriculture, said that so long as he retained the position he would never consent to the removal of the restrictions on the importation of Canadian cattle.

Corns! Corns! Corns!

Discovered at last; a remedy that is sure, safe and painless. Putnam's Painless Corn and Wart Extractor never fails, never causes pain, nor even the slightest discomfort. Buy Putnam's Corn Extractor, and beware of the many cheap, dangerous and flesh eating substitutes in the market.

The German Minister of Education has issued orders restricting the attendance of foreign students at universities and at the Berlin Technical School.

Too MANY PEOPLE DAILY WITH CATARRH.—It strikes one like a thunder clap, develops with a rapidity that no other disease does. Dr. Agnew's Catarrhal Powder is the radical, quick, safe and pleasant cure that the disease demands. Use the means, prevent its deep-seating and years of distress. Don't dally with Catarrh. Agnew's gives relief in ten minutes.—10. Sold by W. H. Carten.

Her mother—I saw him kiss you! I am terribly shocked. I did not for a moment imagine he would dare take such a liberty. Herself—Nor did I, ma. In fact, I bet him a pair of gloves he doesn't.

For cuts, wounds, rheumatism, stiff joints, burns, scalds, bites of insects, croup, coughs, colds, Hagyard's Yellow Oil will be found an excellent remedy.

Cornelius Shields, president of the Dominion Coal company, says the company's next move will be to reopen the old Victoria mines at Cape Breton, and thus give work to an additional 500 men. He says the company has already shipped 750,000 tons of coal to the St. Lawrence.

When you feel weak, run down, nervous, unable to work or think as you ought, take Milburn's Heart and Nerve Pills. They'll build up your health and give you strength and energy.

The New York Yacht Club has declined Sir Thomas Lipton's proposal to race the Shamrock II again next summer for the America's Cup.

DOAN'S KIDNEY PILLS cure backache, sideache, scanty, cloudy, thick and highly colored urine, diabetes, dropsy and all troubles arising from a weak condition of the kidneys.

Morin College, Quebec, opened on Tuesday with bright prospects of a successful session. About fifty students registered.