

APPLES.

Their Wholesomeness Exceeds That of Any Other Fruit or Vegetable—Good for Sedentary Men.

The apple contains a larger percentage of phosphorus than any other fruit or vegetable. This phosphorus is admirably adapted for renewing the essential nervous matter, lethargy of the brain and spinal cord. The old Scandinavian traditions represent the apple as the food of the gods, who, when they felt themselves to be growing old and feeble and infirm, resorted to this fruit for renewing their powers of mind and body. The acids of the apple are also of signal use for men of sedentary habits whose livers are sluggish in action. These acids serve to eliminate from the body noxious matters, which, if retained, would make the brain heavy and dull or bring about jaundice or skin eruptions and other allied troubles. The ancient practice of taking apple sauce with roast pork, rich goose and like dishes is based on scientific reasons. The malic acid of ripe apples, either raw or cooked, will neutralize any excess of chalky matter engendered by eating too much meat. Fresh fruits, such as the apple, the pear and the plum, when taken ripe and without sugar diminish acidity in the stomach rather than provoke it. Their vegetable salts and juice are converted into alkaline carbonates, which tend to counteract acidity. A good, ripe, raw apple is one of the easiest of vegetable substances for the stomach to deal with, the whole process of its digestion being completed in eighty-five minutes. Besides these medicinal qualities of the apple, it has great virtue for local applications. The paring of an apple cut somewhat thick is an ancient remedy for inflamed eyes, being tied on at night when the patient goes to bed. In France a common remedy for inflamed eyes is an apple poultice, the apple being roasted and its pulp applied over the eyes without any intervening substance.

How the Whippoorwill Hides.

One of our commonest birds is the whippoorwill, yet, though constantly heard, he is rarely seen. This is because he goes abroad only in the hours of darkness. He does not seek security there by hiding, but squats boldly upon a log. His plumage is mottled grey and brown, like old bark, yet this would not suffice to conceal him if he sat crosswise, as birds generally do, so he sits lengthwise, and at once falls into the appearance of a stub of a broken branch. He disguises himself as a "bump on a log." But some of his relatives in other parts of the world, do even better. Down in the Antilles there is a goat sucker, as all of this family are called, though none really rob the goats of their milk—which is abroad during the day, fitting from stump to stump, for it chooses only to alight upon dead stumps. The instant it thinks itself observed it straightens up, stiffens every muscle and becomes to the eye merely a spike or splinter of its perch. A large Australian relative, the "more-pork," does this trick so well and quickly that you may almost touch the bird with your cane in pointing it out to a friend, yet the chances are that he will be unable to see it; in fact, more than one person has placed his hand upon the "more-pork," perched upon some fence, without suspecting that it was anything more than a knot. Both these birds maintain their rigid disguises as long as any reason for alarm remains, and few lose their lives from hawks.

The Summerless Year.

The Farmer's Sun the other day interviewed Benjamin D. Waldbrook of the Township of Trafalgar, in Halton County, who is described as "a man whose memory forms one of the most complete links connecting the Ontario of to-day with the Ontario of pioneer times." "The spring of 1816," he told a representative of The Sun, "was probably as promising as is the outlook of to-day. But the brilliant promise of early summer in that season was speedily followed by the blackness of despair. That was the 'summerless year.' Snow commenced falling in the middle of June; by the middle of August it was a foot in depth, and from the first fall in June until the following spring, the earth remained under the covering of the wintry blanket. Absolutely nothing in the way of harvest was gathered, everything in the way of crops rotting in the ground. What did people live on? Meat—meat and fish. There were no vegetables, and there was no flour. It was venison and fish to-day, relieved by fish and the flesh taken from slaughtered cattle, for which there was no sustenance all winter through. My father did not come in until the following spring, but when he came the country was still full of stories of the horror of the year-long winter which had just passed away."

Ten Thousand Bass.

The Ontario Fishery Department intend to keep right on catching bass in Lake Erie and transferring them to inland waters. There will likely be a time, when the weather is very warm, that the bass cannot be secured, then the men will cease operations. Altogether the Department has transferred 10,000 bass from Lake Erie to the various inland waters of the province, and as many more will be placed in the streams and lakes of the province before the winter comes.

IS CANADA IN DANGER?

Money and Men Needed and Americans Furnish Both—What a British Writer Hints May Happen.

Mr. J. Emerson-Neilly, in an article "Links of Empire," which appeared in The Pall Mall Gazette, says: "Will our investing public at home ever consider Canada? It may be too late soon for them to do so. The country is craving capital to help it develop, and most of the money sent in response comes from across the American border. Why is it so? Is Canada still popularly supposed to be a waste of snow and ice, with a sprinkling of white people surrounded by bears and Red Indians? We are generous enough in supporting foreign banks that burst and railways that play queer tricks, while we turn our backs upon our own territory where capital may be sunk to splendid account. Here you have millions of acres of wheat-bearing land fit to grow all the grain we want at home. It lies waste, and the Dominion Government has to beg those on emigration bent to come out and take up 160-acre farms free! "There is more in this particular matter than meets the eye. The scare of war often makes us ask, 'Will the Russian and American grain supplies be cut off?' If they were, we should be in bad case. It would be good policy if we grew our own grain on our own land. Then our supplies would be certain in peace and war, and while dealing with the Canadians, we would be giving our money to our cousins and brethren, and making this great link of empire greater and more prosperous: The Canadian Government has for many years been down on its knees begging for home emigrants, with but small success. Your Irish emigrants go to America for some reason or another, your English and Scotch seek South Africa and Australia mostly; Canada is neglected; yet one day she will call to the home people no longer."

"American farmers are pouring over the border to take up the land refused by the British, and year by year the stream of American immigrants grows greater and greater. Moreover, American capital is spilling into Canada. Uncle Sam is starting new industries, and supporting and fostering old ones, and in a few years he will have everything in his grip. If those who have money to invest at home played a more patriotic and more sensible game it would be otherwise. We would be richer, and Canada would be richer too."

"Canada is slowly but surely being populated by American people, and run by American money. Will the day come, a quarter of a century hence, when there will be a serious movement to join the Dominion of Canada to the United States of America? I know how splendidly strong is the British Canadian's loyalty; but we must not close our eyes to the fact that the French form a large proportion of the population, and would lend strength to any movement for the union started by the vast mass of American farmers, miners, and others who will have assembled here about the time I name."

A Job Without Strings.

In the "Message of Garcia" a man was given a letter to deliver to the Cuban general, Garcia, and he took the letter and delivered it. He didn't ask any questions about how to do it, or where he would find Garcia, or what he should do if he didn't find him, or any other thing. He delivered it. But you will notice that the job was given to him without any strings to it; the man's individuality wasn't hampered by "instructions," or formulas, or "advice." He was given his job and told to do it, and allowed to do it.

This needn't be carried too far into business. Every house has its own way of doing things, and every good employe soon finds out what the way is. The secret of the success of the great business enterprises of the world lies in the talent of some man at the head to get folks who can do things, and then let them alone to do them.

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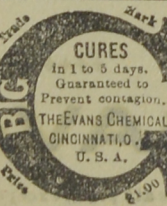
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Offices formerly occupied by late Dr. Coulthard.

Office hours: 9 to 11 a. m., 1 to 3 p. m., 6 to 8 p. m.

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Aug. 14, 1901.—d & w.



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Sold by Druggists. Circular sent on request.

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Castoria is for Infants and Children. Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It contains neither Opium, Morphine nor other Narcotic substance. It is Pleasant. Its guarantee is thirty years' use by Millions of Mothers. Castoria destroys Worms and allays Feverishness. Castoria cures Diarrhoea and Wind Colic. Castoria relieves Teething Troubles, cures Constipation and Flatulency. Castoria assimilates the Food, regulates the Stomach and Bowels of Infants and Children, giving healthy and natural sleep. Castoria is the Children's Panacea—The Mother's Friend.

Castoria.

"Castoria is an excellent medicine for children. Mothers have repeatedly told me of its good effect upon their children."

DR. C. C. OSGOOD, Lowell, Mass.

Castoria.

"Castoria is so well adapted to children that I recommend it as superior to any prescription known to me."

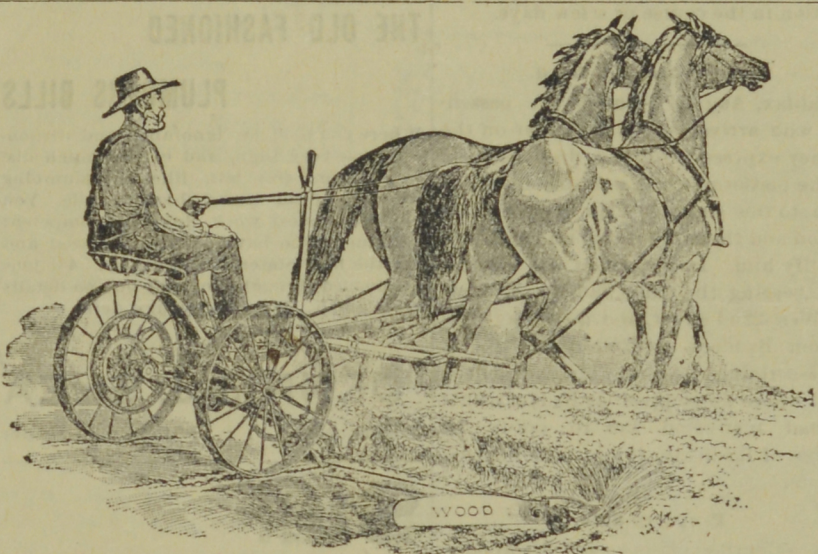
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To arrive by Brig Ora.

74 Hhds Fancy
200 " Extra Choice
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100 Barrels do
631 Packages

The quality of the above is exceptionally fine and will be sold at closest prices while landing.

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LONG'S HOTEL.

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P. D. McKENZIE

Feb 27, 1901—d

PROPRIETOR

Professional Announcement.

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Indigestion

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Is successfully used monthly by over 10,000 Ladies. Safe, effective. Ladies ask your druggist for Cook's Cotton Root Compound. Take no other, as all Mixtures, pills and imitations are dangerous. Price, No. 1, \$1 per box; No. 2, 10 degrees stronger, \$3 per box. No. 1 or 2, mailed on receipt of price and two 8-cent stamps. The Cook Company Windsor, Ont.
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Lime, land and Calcine Plaster, Superphosphate.

Hard Coal in all sizes, Soft and Blacksmith Coal.

To arrive in a few days, a schooner of Hard Coal—to be sold from the wharf.

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CANADIAN RY.

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Aug. 26th to Sept. 7th, 1901.

One Fare for the Round Trip. Going Aug 27th to Sept. 3rd. Return to Sept. 12th, 1901.

From Fredericton, \$21.50.

Going Aug 30th and Sept. 2nd only, return to Sept. 12th, 1901.

From Fredericton, \$16.15.



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If you travel by the CANADIAN PACIFIC.

All tickets to Buffalo good to stop over at Toronto.

Try our personally conducted excursions to the great Pan-American on Sept. 17th and Oct. 15th. Call on the nearest Ticket Agent or write to

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