

GEN. BOOTH'S SECRET.

Simplicity in Diet and Life Cause for His Having Reached Advanced Age.

General Booth has arrived in England again fresh from triumphs in the Far East. Physically he is the most wonderful old man the world has seen for centuries, and it is doubtful if history can give another example of a man nearing eighty who has done so much as he.

He is seventy-eight years old. He works unceasingly, without holiday or recreation. Even when travelling he carries his office with him. He travels more than many who make travel their business; he preaches more often than a popular evangelist; he writes and publishes as much as almost any professional author; he bears the daily burden of the management of a world wide organization, and he is ever devising new schemes. As his years increase his activities seem to increase also.

What is the secret of this enduring strength? Take the record of the man during the past twelve months. Since June 1906 he has addressed about 300 indoor gatherings and countless meetings in the open air. At each of these assemblies he has been the one emotion and enthusiasm. His public addresses have averaged over one a day.

He has written and published in the year something like 200,000 words. Even while on his way home from Japan he has dictated 30,000 words of a book.

He has travelled over 25,000 miles by land and sea, including a motor tour of 1,500 miles within the year.

SOVEREIGNS HE HAS MET.

He has been received by the King and Queen of Denmark, the King of Norway, the Queen of Sweden, and the Emperor of Japan. Eminent men of all kinds have conferred with him from Imperial statesmen to Japanese commanders. He has also had the daily supervision of his army, the task which claims his first attention. No movement of any importance takes place among Salvationists in any part of the world without his first being consulted, and his consent secured. He still guides his soldiers from New Zealand to Iceland.

The way in which the General arranges his days so that he can accomplish so much is worth attention. The first secret of his life is simplicity, and the second is that of leaving every secondary detail to his assistants and yet himself keeping a grip over the heart of his work.

He lives in a little house at Hadley Wood, a house that would be rented at not more than £60 a year. The rooms are scantily furnished with the old-fashioned goods that he had when he was a young Methodist minister.

Up to a few years ago he started his day with a cold bath, and made a point of working for two or three hours before breakfast. Since he became a septuagenarian, however, the cold bath has been cut off, together with the early morning work. At half-past seven comes breakfast tea and toast, with sometimes an

egg. The tea is strong, and is made half with milk. By not later than eight o'clock he is at work, writing, dictating, or interviewing.

THE SIMPLE LIFE.

His food is simplicity itself. He neither smokes nor drinks. For several years he has been a vegetarian, not as a matter of principle, but because he finds that it suits him. The midday meal, the chief one of the day, consists of a vegetable soup, a vegetable dish, and macaroni and cheese, or a rice pudding or a baked apple. At four o'clock comes bread and butter or a scone, and later in the evening the final meal, often nothing but bread and milk.

He always, if possible, takes a short rest after the midday dinner. He has kept this up for many years, and believes that it largely contributes to his staying power during the latter part of the day. Dinner over, he goes to his room, and lies down for a quarter of an hour or at twenty minutes in the dark.

While he does not give food much thought, he devotes an amount of attention to certain personal details which would surprise some. General Booth would probably barely notice any inconvenience if he had to live for a month on dry biscuits, but he would find it hard to endure speaking with a chandelier flashing in his eyes, or sitting still in clothes damp with perspiration.

PREPARATION OF ADDRESSES.

When he has an important address to give he devotes much time to it. He begins by writing half a dozen headings. These he elaborates, and then, it may be a day or two after, he calls in his shorthand writer and dictates the address. He takes the typewritten copy and prunes and revises it, polishing up the style, selecting the words, and so on. This is re-copied once more. Then in the end the General goes on the platform with his whole theme clearly in his mind. There is no need for him to look at his type-script, for he knows what he is going to say.

Part of the day is given to reading. He will study anything that can shed a light on his knowledge of man. He is a close student of history, ancient and modern. Of the two books he has from Mudie's one is usually a review and the other historical, biographical, or military. Robert's "Forty-one Years in India," Ian Hamilton's "Diary of a Staff Officer," and similar books appeal strongly to him.

It is usually eleven and sometimes later before the old man goes to bed. Bed in his case does not always mean sleep. When troubles arise and difficulties crop up, as they often must in a work so great as his, he tosses about hour after hour in the darkness. An electric bell always connects him during the night with his shorthand writer, and at times the General, despairing of sleep, calls his assistant up and dictates for hour after hour when all the rest of the world is sunk in slumber.

BAD BURN QUICKLY HEALED.

"I am so delighted with what Chamberlain's Salve has done for me that I feel bound to write and tell you so," says Mrs. Robert Mytton, 457 John St., Hamilton, Ontario. "My little daughter had a bad burn on her knee. I applied Chamberlain's Salve and it healed beautifully." This salve allays the pain of a burn almost instantly. It is for sale by all dealers.

STRAWBERRY PUDDING.

Cream one tablespoonful of butter add half cup of sugar, add the beaten yolks of four eggs and the grated rind of half a lemon. Beat well; add 2½ cups of grated bread crumbs and two cups of milk; let stand twenty minutes then pour into a buttered dish and bake in a hot oven until firm. When done, remove from the open cover with a third layer of crushed strawberries and sprinkle with powdered sugar. Beat the whites of four eggs to a stiff froth, add four tablespoonfuls of powdered sugar and beat again. Spread this roughly over the berries and brown lightly in a moderate oven.

LET THE STOMACH ALONE.

You can't cure catarrh by dosing the stomach. The disease is in the throat, nose and bronchial tubes. Inhale Catarrhazone to the spot where the disease really is,—it clears away foul secretions, stops discharges at once, purifies and heals the passages literally annihilates every trace of catarrh. Nothing else is so direct and certain as "Catarrhazone." Results guaranteed. Two sizes, 15c. and \$1.00 at all dealers.

PRUNE PUDDING.

Soak one pound of best prunes over night in water to cover. In the morning stand them over the fire in a saucepan and let them simmer until very soft; then crush them with a fork and remove the stones. Whip this pulp well with a fork, add the juice of one large lemon and enough sugar to season palatably, stirring the sugar through the fruit pulp till it is all dissolved. Beat the whites of three eggs to a stiff froth and whip briskly through the prune pulp. Pour the mixture in a pudding dish; stand

it in a quick oven and bake four to six minutes; then remove and put in a cool place. When quite cool stand pudding in the refrigerator. When ready to serve, cover the pudding with whipped cream.

WITHOUT USE OF SPIRITS.

A dandelion wine that has no spirits added and is not fermented makes a very pleasant and healthful drink. Take two heaping quarts of dandelion flowers, add four quarts of boiling water. Let stand for twenty-four hours. Strain and add three pounds of sugar and two lemons, sliced thin. Boil all for fifteen minutes and bottle. If not desired very syrupy, then scant the sugar allowance. An orange could replace the lemon if desired.

Eat What You Like—Give the digestive organs some work to do. These functions need exercise as much as any part of the human anatomy, but if they are delicate, give them the aid that Dr. Von Stan's Pineapple Tablets afford and you can eat anything that's wholesome and palatable. Sold at Central Pharmacy, A. J. Ryan.—8.

CONSTIPATION

For constipation there is nothing quite so nice as Chamberlain's Stomach and Liver Tablets. They always produce a pleasant movement of the bowels without and disagreeable effect. Price, 25 cents. Samples free at all dealers.

"Jones is the most prominent member of our golf club."
"Why, he can't play golf!"
"No, but he always pays his dues."

Pat—What be yer charges for a funeral notice in your paper?
Editor—Fifty cents an inch.
Pat—Good heavens! And me poor brother was six feet high.

DOUBLED UP WITH CRAMPS.

Stomach feels like an infernal machine and you want relief mighty quick. Nothing does the work half so soon as Polson's Nervine. Why it kills the pain instantly. If your bottle is empty get another today. Nervine keeps the doctor bill small because it cures little ills before they grow big. Nothing for indigestion, heartburn and cramps like Polson's Nervine. Large bottles for 25c.

WISHING.

I wish I was a little boy,
With tangled yellow curls,
To be kissed like I used to be
By all the pretty girls.
They used to grab me from my ma
And often raise a row
To see which one would kiss me first—
They never do it now.
I'm safe to go where'er I choose;
I hear no maiden sing
As she swoops down and grabs me,
"Oh, you lovely, darling thing!"
I did not used to like it;
I kicked and raised a row.
If they would only try again,
I would not struggle now.
—Houston Post.

The Showman's Error of Judgment.



New Keeper (in traveling menagerie)
—"Here's a nice go! The best chameleon's dead."

Manager—Ph-e-e-w! How did it happen?

Keeper—Well, I was showing him as usual—put him on the red cloth, and 'e went red all right; put him on the blue cloth, and 'e went blue all right. Then, well, I suppose I must 'ave forgot myself—I put him on a tartan plaid, and the poor little beggar bust 'isself.—Black and White.

Too Hasty.

Harker was in a fierce humor the other morning when the front door opened and in walked a stranger unannounced.

"I came"—began the stranger taking off his coat and rolling up his sleeves. "What?" thundered Harker. "You didn't come in here to start anything, did you?"

"I did," replied the stranger coolly. "But he got no further. With a savage whoop Harker grabbed the intruder around the waist and deposited him on the sidewalk. Two hours later his wife returned.

"William," she said, "was there any one here during my absence?"

"Yes," snorted Harker; "there was some lunatic here who said he came to start something, but I just bundled him out on the sidewalk before he had time to make a move."

"William, you are the biggest goose in town."

"In what way?"
"Why, the man came to start the clock that hasn't been running for a week. He is a clocksmith."—St. Louis Post-Dispatch.

By Proxy.

"What are you doing for your cold?"
"Nothing. My friends are looking after it for me."—Chicago Inter Ocean.

A shopkeeper of Rouen went to a druggist in a small way of business for a bottle of quinine. Having taken the purchase home, he discovered that he had been given morphine instead of quinine, so he returned to the druggist and complained of the mistake. "Morphine, monsieur!" exclaimed that worthy. "Is it possible?"
"It's more than possible, it's certain."

"Then, monsieur, you owe me one franc more."

TIMOTHY AND CLOVER SEED

AT G.T. WHELPLEY'S

Timothy Seed, Red Alsike and Long Late Clover Seed. A Large Variety of Garden Seeds, Potato Onions, and Onion Sets, all fresh row seeds.

The Farmer's Wife

Is very careful about her churn. She scalds it thoroughly after using, and gives it a sun bath to sweeten it. She knows that if her churn is sour it will taint the butter that is made in it. The stomach is a churn. In the stomach and digestive and nutritive tracts are performed processes which are almost exactly like the churning of butter. Is it not apparent then that if this stomach-churn is foul it makes foul all which is put into it?

The evil of a foul stomach is not alone the bad taste in the mouth and the foul breath caused by it, but the corruption of the pure current of blood and the dissemination of disease throughout the body. Dr. Pierce's Golden Medical Discovery makes the sour and foul stomach sweet. It does for the stomach what the washing and sun bath do for the churn—absolutely removes every tainting or corrupting element. In this way it cures blotches, pimples, eruptions, scrofulous swellings, sores, or open eating ulcers and all humors or diseases arising from bad blood.

If you have bitter, nasty, foul taste in your mouth, coated tongue, foul breath, are weak and easily tired, feel depressed and despondent, have frequent headaches, dizzy attacks, gnawing or distressing stomach, constipated or irregular bowels, sour or bitter risings after eating and poor appetite, these symptoms, or any considerable number of them, indicate that you are suffering from biliousness, torpid or lazy liver with the usual accompanying indigestion, dyspepsia and their attendant derangements.

The best agents known to medical science for the cure of the above symptoms are Dr. Pierce's Golden Medical Discovery, as attested by the writings of leading physicians, and practitioners of all the several schools of medical practice. Have been skillfully and harmoniously combined in Dr. Pierce's Golden Medical Discovery. That this is absolutely true will be readily proven to your satisfaction if you will put mail a postal card request to Dr. R. V. Pierce, Buffalo, N. Y., for a free copy of his booklet of extracts from the standard medical authorities, giving the names of all the ingredients entering into his world-famed medicines and showing what the most eminent medical men of the age say of them.

American Regard for Women.

Toward women the American man's attitude is fine. She is neither his deity nor his doll. He simply treats her with deference. His chivalry has as little to do with saccharine utterances, scraping feet and bended knees as his patriotism with hysterical shriekings and the waving of ensanguined flags.—Lippincott's.

One's Point of View.

"I liked that play we saw last night because it has a happy ending."
"Why, man, the husband in it terrorizes his wife into trembling and silent submission and ends by killing his mother-in-law!"
"I said it had a happy ending."

MEN RULE BY FORCE, WOMEN STRENGTH.

Once you were robust, bright and happy. To-day you are dull, worried, failing in vitality and appearance. Just when you should be at your best you're played out and need a cleansing, bracing tonic. Your blood will soon redder, your vivacious spirit will soon return, you'll be yourself again if you regulate the system with Dr. Hamilton's Pills. A truly wonderful medicine. It searches out disease, positively drives away headache, weariness, and lack of vital force. Give yourself a chance. Use Dr. Hamilton's Pills and watch the result. Sold everywhere in 25c. boxes.

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