

# SANOL'S

## ANTI-DIABETES

SANOL is the "RELIABLE CURE" for Gall Stones, Kidney Trouble, Kidney Stones, Bladder Stones, Gravel, Hemorrhage and all diseases arising from Uric Acid. Price \$1.50.

SANOL'S ANTI-DIABETES is the only remedy which has a record of complete cures of Diabetes. Price \$2.00.

For sale at all leading druggists. Send for free literature.

The Sanol Manufacturing Co., Ltd. Winnipeg, Man.

## Bive Fish Frozen for Shipment.

The expression "cold blooded as a fish" does seem to have some actual foundation; at least if experiments have recently been making toward the solving of the problem of the transportation of live, fresh fish from one part of the world to another are turning out as anticipated.

Apparently the fish are kept alive in ice for long periods of time. The starting process is simple and easily managed. The fish are immersed in water, which is near the freezing point and kept there for from three to five hours. At the end of that time the temperature is lowered to the freezing point, and in that water they are kept for from fifteen to eighteen hours. Finally they are frozen by pouring into the water a freezing mixture, which forms a cake of ice. This is wrapped in a cloth specially prepared to keep it from melting during the transportation.

At the end of the journey or of the desired time it is necessary to thaw the ice slowly.

## HOME DYEING

Is CLEAN, and as SIMPLE as "A.B.C."

NO chance of MISTAKES if you use

## DY-O-LA

The Guaranteed "ONE DYE" for All Kinds of Cloth.

NEW SLEEVES.

Some Elaborations Which Mark the Vogue.

The progressive changes which take place each season in our manner of dressing always bring us some combinations which, without being quite new, prepare us for the newer lines to follow.

Next season our skirts are to be more elaborate, and we must have sleeves to go with them.

For instance, the muscular work performed in the simple act of walking is greater than most of us have any idea of.

Walking, he says, at the moderate rate of three miles an hour is equivalent to lifting the body perpendicularly through one-twentieth of the distance walked.

If the person walk one mile at the rate mentioned the amount of work done would be equivalent to lifting the body perpendicularly through a distance of 264 feet.

Supposing a person weighing 150 lbs. walks five miles, he is doing work which equals the lifting of nearly 88 tons one foot high.

Yet all the movements of walking are, in the case of a healthy person, performed quite unconsciously, so that all the muscles employed in the act are actually exercising and developing themselves.

A man cannot even stand perfectly

Minard's Liniment Lumberman's Friend

## UNCONSCIOUS WORK.

We Do a Lot That We Don't Know About.

Hopkin Hadley, an English scientist, has lately given some interesting facts pointing out what a tremendous amount of unknown work we are doing every minute that we live.

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still without this unconscious muscular action. For every moment of active life he is fighting the natural forces, gravity, and it is only in the absolute co-ordination of mind and muscle that keep him erect and steady on his feet.

The total strength of the muscles in the body of a strong man can be estimated at about 10000 pounds. Apart from the voluntary muscles, which number over 500, there are an infinite number of muscles which are even too great to attempt to estimate.

The skin is a perfect network of tiny muscles. The stomach is merely a muscle sack. The air tubes of the lungs have muscular walls, and every one of these little muscles has its separate use, and is being dragged into service when we haven't the slightest idea of it.

Even every separate hair has its own little muscle, by which it can be made to stand on end when a man is frightened.

## BABY'S BATTLES

Baby's battles for health are many. The precious little life is in constant danger from the many ills that afflict little ones such as constipation, indigestion, colic, diarrhoea, etc., and unless the mother guards her little ones against these troubles serious results may ensue.

Baby's Own Tablets is the best medicine to fight baby's battles. They are a mild laxative that will regulate the stomach and bowels and will turn off sickness and will keep baby happy, healthy and strong.

The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## THE MONROE DOCTRINE.

(Chicago Tribune)

As to the doctrine of a British cabinet against a South American republic, and the relation of the process to the Monroe Doctrine, it is worth while to recall the origin of the doctrine.

The doctrine was first announced by President James Monroe in his annual message to Congress in 1823.

It was a declaration of policy, not a principle, and it was not intended to be a permanent one.

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## CROYDEN WOE WATER.

Strange British Stream Has Appeared Again.

Once more the mysterious "woe water" of Croyden, from which superstition has gathered so many auricles in past years, is again appearing in the Daily Graphic.

The stream is an intermittent one. Sometimes several years pass before it is seen at all. At other times it appears every year for quite a long period.

It is only a year ago since there was a slight bubbling of the water, but it has been nearly 10 years since there was a real land, as soon as they did see this water has come back in considerable volume, and is bubbling up at the rate of 2,111 cubic feet a minute.

The Croyden torrents is the only one left of a large number of similar intermittent streams that used to appear as unexpectedly from the Surrey chalk hills and flood the valley of Croyden.

By ancient historians it was mentioned with awe as the unmistakable prognosticator of evil. According to one old chronicler, "when Englishmen did first inhabit this land, they knew it was a token of death or pestilence or of great battle."

John Aubrey in his "Survey of Surrey" spoke of the mysterious flow at Croyden which rises only upon the approach of some remarkable alteration in Church or State.

It is a singular fact that the arrival of the "woe water" in 1862 was coincident with the appearance of an epidemic of fever.

Scientific explanation is that the "woe water" comes from a floor in the underground water passing down from the higher to the lower portions of the district, swelling out of its ordinary underground channels over the surface by reason of the general elevation of the underground water line.

A QUEEN WITHOUT WORRIES.

Queen Ranavalona, of Madagascar, is like the little girl who, asked what she would do if she were a queen, replied, "I would sit on my gold throne."

This absolute and dusky ruler of nearly 4,000,000 people takes her sovereignty very lazily. She has no children to care for, nothing to worry her and spends her time wearing Paris gowns, munching betel (a Madagascan confection), gossiping with the ladies of her court and playing cards.

She is said to be an intelligent woman, but seems to be sadly in need of a mission.—London Standard.

## Thirty Deaths from Razor

A physician in Chicago states thirty deaths have resulted from paring combs with a razor. Avoid blood poisoning by applying Putnam's Corn and Wart Extractor. Purely vegetable. Please and sure is Putnam's Extractor, 25c at all dealers.

## SCIENTIFIC MANAGEMENT.

(Frederick Winslow-Taylor, in Industrial Canada)

Let me go over the four principles of scientific management again. The first is the development of science to replace the old rule-of-thumb that was in the heads of the workmen; the second, the progress of the science of management; the third, the bringing together of the scientific study and selection of the workmen; and the fourth, the division of work between workmen and managers.

There is an application of these principles even to pig iron handling, because that is a most elementary form of human labor. In the pig iron business, the old rule-of-thumb was to let the men do as they pleased. They would take a pig iron, walk a few steps, and drop it on a pile. They would see a pile of iron and say, "that's a pile of iron." They would see a pile of iron and say, "that's a pile of iron."

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## Can't Breathe Through His Nose Stuffed With Catarrh

Catarrh Inhibitor the One Means of Relief, and It Cured Sickly.

The extraordinary efficacy of Catarrh Inhibitor is without a parallel. A sneezing cold is cured in ten minutes, a harsh cough is eased in an hour, the most offensive catarrh is thoroughly drawn from the system.

In case of asthma and bronchitis the relief and certain cure that comes from the healing balm extracts Catarrh Inhibitor is simply wonderful.

"For more than twenty years I suffered with a cough, bronchitis, asthma, and nasal catarrh," writes J. F. Fenwick, of Stamford, P. O. "Every attack I had seemed to grow worse and I could hardly breathe on account of an accumulation of phlegm in the nose and throat. One day I tried Catarrh Inhibitor and in ten minutes was wonderfully relieved. I could breathe freely and naturally through the nose, and blood spitting was stopped. The phlegm was cleared away and my regular breathing restored. No remedy can do more than 'Catarrh Inhibitor.'"

There is no remedy so certain and safe as Catarrh Inhibitor, but being a good remedy it is limited. Beware of the substitute. Large Catarrh Inhibitor lasts two months, price \$1.00. Smaller sizes 25c and 50c. At all storekeepers and druggists, or The Catarrh Inhibitor Co., Buffalo, N.Y., and Kingston, Canada.

WHEN HUMANITY SHOWS.

(Toronto Star)

When you read the names of the men who fought the battle of Omdurman, you will find that they were people who came of various races. Their names show that they were of English, Scotch, Irish, German, Scandinavian, French and Italian descent, but instead of seeking to destroy each other they waged the common fight of mankind for preservation.

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## NO TRAMPS THERE.

Switzerland Won't Stand for Any Loaf