



cough is a danger signal. You should heed its warning promptly. Begin at once, and take regular

Ayer's Cherry Gectoral

All serious lung troubles begin with a common cold. A cold in the throat easily passes to the bronchial tubes, and you have bronchitis, leading possibly to pneumonia or consumption. Stop March El

your cold before it goes down into the chest. When you bring a bottle of Ayer's Cherry Pectoral into the house you bring with it relief, good cheer, hope, and sunshine. It is a standard and unrivated remedy for colds and coughs.

There are many substitutes and imiations. Heware of them and of so-alled "Genuine Cherry Pectoral." tations. sure you get AYER'S Cherry eotoraL

Put up in large and _nall bottles.

Property by Dr. J. G. Ayer & Co., Lowell, Mass., U. S. A.



Here and There



Belf-confidence.

Belf-confidence, when not carried to excess, is a wonderful help to success. When you begin an undertaking, do so with the idea that you are going to succeed. Don't be fearful that you are doing the thing wrong all the time. Lack of confidence will hold you back, and you know the old saying, "Nothing venture, nothing have."

You must run a certain amount of

venture, nothing have."
You must run a certain amount of risk in order to succeed. And if you fail the first time, don't be daunted, go at it with renewed energy and the determination to win in the long run.

A Mighty Steamboat.

The trains of the Trans-Siberian raitway are ferried across the Lake Baikal on a steamboat which, it is said, pos-sesses the most powerful engines em-ployed in any vessel afloat. They are proyen in any vesses amost. They are of 45,000 horse-power, and a large share of their immense energy is required to break a way for the boat through the thick ice which covers the

The engines of the great German boat Kaiser Wilhelm der Grosse are of only 28,000 horse power.

Max O'Rell on Keeping Young.

It is restlessness, ambition, discontent, and disquietude that make us grow old prematurely by carving wrink-les on our faces. Wrinkles do not appear on faces that have constantly smiled. Smiling is the best possible massage. Contentment is the Fountain of Youth.

complain when we ought to be We complain when we ought to be thankful, we weep when we ought to rejoice, we fidget and fret. Instead of smilling, which keeps the cheeks stretched and smooth, we frown—which keeps them contracted and engraves wrinkles on them. Instead of looking at the rosy side of things, which makes the eyes clear and bright, we run after the impossible or the unlikely to happen, which makes us look gloomy. In short, I may say that old age is of our own make, for youth is placed at one's disposal for ever and ever.

The organs of man are like the works

the sugans of man are like the works a clock. If they are not used, they ast. So long as the human machine kept well oiled and regularly wound up, it goes.

activity, it is work that keeps ft is It is activity, it is work that keeps you young, healthy, cheerful, and happy; it is work—thries blessed work!—that makes you feel that you are not a useless piece of furniture in this world, and makes you die with a smile on your fees. your face.

Work, work again, work always!

♦ ♦ ♦ Pompeilan Housekeeping.

That there is very little new under the sun one very often has occasion to admit, for frequently antiquity reveals to us many things which show that the scientific knowledge and the devices of because the property of some few wise men hundreds of years ago. A Birmingham manufacturer visiting Pom-Birmingham manufacturer visiting Pom-peti not long ago was anazzel to find in a collection a small cable skilfully made of very tough wire and almost exactly similar to those used in our modern in-dustries. You may go in the jeweller's to-day and select from a very artistic as-sortment a hot water urn with its learning sortment a hot water urn, with its lamp-like contrivance for keeping up the temperature, and deem that you are buying something extremely modern. But you will be mistaken.

There has recently been added to the Naples Museum a splendid collection of these objects dug up from the ruined city. Archaeology has been able to piece to-gether an almost entire picture of the uses of these beautifully designed urns. In Roman times wine was always mixed

The host would ask his friends how they would like to have it. Some pre-ferred to have their wine cooled, and anow or anow water was put into the

wine. Here is where we have the advantage over a Roman in our modern refrig-erating methods, which enable us to have ice at all seasons without regard to the product of the winter. But a custom among the Romans, which nowadays seems strange to us, was the admixture

seems strange to us, was the admixture of hot water with the wine. Special vessels were adopted for heat-ing or keeping the water hot, and they were very often of beautiful and claborate design. There are many and very ingenious varieties of these urns, each one possessing a space for the hot water, a tube or other receptacle for hot coals, and a tap. Besides their chief use of heating water for mixing with wine they could be used also for cooking ovens. Great numbers have been dug up in Pompoii and Herculaneum, where in the days of their prime they must have formed beautiful table ornaments. Now that the winter custom of mixing hot punches and toddies is in vogue, it is not improb-able that the artistic impulse will lead to the reproduction of these beautiful ancient models.

Unincky Charms.

If there is any faith to be placed in the working of charms and the signi-cance of talismans it might be well ficance of talismans it might be we'll worth while to know and understand some of them. Foreign curios, for example, are in great demand, whether they are found in their native lands or in this country, and many are bought and worn without the slightest knowledge of what they mean or were intended to be used for. Not long ago well-known society woman purchased a well-known society woman purchased

a well-known society woman purchased a very attractive Japanese charm which bore an inscription in Japanese.

The fair purchaser liked its style; it was quaint and odd-looking and it was just the thing to hang on an Oriental chain she possessed. But it so hangened that whenever she chanced to women this ground again. Thusk came were this ground that pened that whenever she enamed to wear this ornament some Il-luck came to her or her friends, usually to her. This ill-luck was so marked that she finally laid it to the charm, and in order to find out whether there could be der to find out whether there could be any evil omen in the charm she sent it to an Orientalist and had the de-sign and inscription read. What was her surprise to find that the ornament was the Japanese emblem of sickness. Needless to say it never again adorned the fair owner, who has since made it a rule to know something about the significance of the foreign curios she is tempted to buy.

rancies, Flippant and Otherwise.

Many a good husband hasn't the nerve

Many a good husband hasn't the nerve to be anything else.

A woman's vanity begins with her hat and ends with er shoes.

Motto for medical men: "How poor is he that hath not patience!" Charity begins at home, but give her a breath of fresh air now and then.

You may stratch a truth into a lie but

woreast of fresh air now and then. You may stretch a truth into a lie, but you can't shrink a lie into truth. Half the world travels first with a third class ticket. The other half says "Season."

Marriage is a serious step. know if you are stepping up or down. Fools rush in where angels fear to

fread. And do great deeds while wise men are in bed. The lighthouse of Faith lights the

The lighthouse of Faith lights the dark sens of doubt. If you would reach larbour, steer by the lighthouse and follow not the lights of other ships. They, too, steer towards the light, but sands may lie between you.

Never judge a man by his waistcoat, or a cigar by its band.

Any fool can give advice, but it needs a wise man to take it.

You know a man by his friends and a

You know a man by his friends and a woman by her cuemies.

woman by her cleames.

By sorrow we learn, by wisdom we remember, by foolishness we forget.

A man begins to learn something as soon as he realises that he knows no-

The world will not mind what you de

if you can just keep it laughing whilst

if you can just keep it laughing whilst you are doing it.

Beware of your enemies, and always remember that your gretnest enemy walks in your own boots.

An old man is as proud of his ability to do a day's work as a young man is of his ability to avoid it.

The Haiser and His Navy.

Only these who have seen the German Only those who have seen the German Emperor among his ships and nen can thoroughly appreciate how completely he is the very soul of his Navy. He continually visits it, knows all his superior officers personally, and loses no opportunity of delivering one of those flamboyant speeches to his men which the world knows so well. At the annual swearing in of the recruits before him he invariably delivers a speech or sermon to thom, standing in front of a field-altar, with crucifix and candles on it, and attended by a Protestant pusior and Cattiolic priest. On board ship, on Sundays, he always conducts divius service and preaches the sermon (generally written he always conducts divine service and preaches the sormon (generally writter, for him by a pastor). He is never seen out of uniform, one curious consequence of which is that he sets no lead in the fashions for civil dress. On the contrary, it is our peace-loving King Edward (so cordially hated and so much curicatured in (fernancy) who is taken us the model. cordially hated and so much caricatured in Germany) who is taken as the mode for men's dress. The Emperor's sort Prince Adalbert, is in the Navy. He is not popular among his brother officers. When at a naval port the Emperor sleeps on board a battleship, dining in the common room at the mid-day dinner of his officers at their Kasino. When the meal is over he almost always delivers a speech and is said to "let hinself go" in the way of expressing his opinions a good deal more than he does in his other and more public speeches. As Emperor and more public speeches. As Emperor and more public speeches. As Emperore he is a very different person from what he is in private life. On hearing him speak in public it is impossible aut to think of a drill sergeant. The loud, harsh speak in pusition is suppossible and to think of a drill sergeant. The loud, harsh voice, the curt, peremptory sentences, ending abruptly, irresistibly remind one of the drill-ground. But in private life he is all generosity, lavish even to his officers, as his gifts of his yachts, pictures (his own drawings among them), books, and many other things show. One cannot help suspecting that the sudden and impetnous monner in which he sometimes acts is provoked by the chronic malady of information of the ear from which he is said to suffer. It is generally forgotten, too, that his left arm is almost useless. It is four inches shorter than its fellow, has a malformed hand with only radimentary fingers, and is quite limp and lifeless. At table he uses a combined knife and fork. Among his personal tastes may be mentioned a liking for Dachel-hunds, erroneously called dachshunds in England. He luan lik personal tastes may be mentioned a liking for Dachel-hunds, erroneously called dachshunds in Enghand. He has a liking also for Munich beer and Frankfort sausages, and always drinks Sekt (German chempagne, which is not champagne at all), and smokes the inexpensive ten freminge eigar of a thin Dutch shape. The partiality for the two last is partly dictated by patriotic motives. Lastly, he does not like Wagner—thinks he is too noisy—and objects to the "suffragette," believing that woman's lot in life is to attend to the three K's.—Kinder, Kuche, and Kirche. and Kirche. •••

The Only Way.

A gentleman complained to his doctor A gentleman companies to the sacro-recently that every time he bent for-ward slightly and held out his arms horizontally, waving them around in a small circle, he felt a sharp pain in his small circle, he shoulder-blade.

snowner-made.
"Well," snort-d the doctor, "why the dickens do you want to do such a control act?"
"How else is a man to put his over-cont on, doctor?"

It does not take long to clean your teeth thoroughly with

Calvert's Carbolic Tooth Powder

You must of course brush them all over, You must or course Drum them all over, from the gune upwords and downwards, but it can be easily and quickly done by using this well-known dentifrice, which makes the tooth brush works so smoothly and pleasantly and also gives an autrasptic cleansing.

Said by L. Said Samuels and Stores.

Madely F. C. Colvert & Co., Manchester, Eng