S check on that kind of thing now. The stewards watch each other, and every spoos and fork and entree dish is guarded pretty closely." Within three hours we had left the typhoon area in our wake, and the grey dawn showed us the black funnels of a P. and O. liner bound from Colombo to Fremuelts har spicor links when the starts. to Fremantle, her snioon-lights gleaming with star-like brilliance across the naked sea levels.

(To be continued.)

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SUFFERED HORRIBLY.

FROM STRENGTH TO WEAKNESS AND THE WAY BACK TO HEALTH

HOW INDIGESTION BROUGHT A STRONG MAN DOWN, BUT MOTHER SEIGEL'S SYRUP LIFTED HIM UP.

"I tried all sorts of medicines, and had mixtures from several doctors, but mothing had any good effect on me. I was then employed as a boundary rider on a sheep station, and I believe it was the coarse, common quality of the ra-tions served out that brought on my trouble. Anyway, I was lucky enough to meet an old friend, who gave me some Mother Seigel's Syrup, and from that time I steadily improved. When I had finished six bottles I was completely cured." cured.'

Here we have convincing proof of the great value of Mother Scigel's Syrup. Not even coarse, bad food on a way-back station can resist its corative action. It so tones and strengthens your stomack, liver, and digestive organs generally that you are able to digest anything in version.

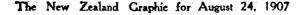
MOTHER SEIGEL'S SYRUP IS THE WORLD'S SUPREME CURE FOR INDIGESTION.

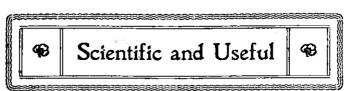
The Orient Company has decided that the new steamer Asturias will be employ-ed in the Australian mail service, and that she will be timed to leave Sydney in March next. As it will no doubt be of interest to the general public, we give below some few particulars with regard to this vessel. She will probably be the nost up-to-date steamer trading between England and Australia. This vessel will be a twin screw steamer of over 11,000 tons register, and will be equipped with all the latest improvements as regards accommodation. First saloon cabins will be situated on the promenade, hurri-cane and spar decks, and will consist will be situated on the promenade, hurri-came and spar decks, and will consist largely of single berth rooms. There will also probably be a number of suites of cabins and cabins-deluxe. She will be fitted throughout with electric fans and her electric appliances will be of the must improved and up-to-date nature. The order for the Asturias was placed with the celebrated firm of Messre. Har-land and Wolf, Belfast. Her length will be about 555 feet, with a beam of about 42 feet. about 62 feet.

"TITLE isst word in Cocoss is Boursville, the most debelous of flavoured Co-coss. Its aroma is delightful. It has no superior. Ack your grocer shout our free gift scheme.



Dia got "Konra the paper of





AIRSHIPS AND WAR.

Colonel J. E. Capper, who is in command of the balloon section at Aldershot. England, is quoted as saying that the British Government for many months past has been making experiments with a view to a possible aerial war, and ar-• view to a possible aerial war, and arrangements are already in progress for the formation of a home and attacking fleet of airships. Between 400 and 500 men are being trained for service in Britain's future aerial fleet. This aerial force will consist of balloons, kites, and Britains inture aerial neet. Inis aerial force will consist of balloons, kites, and aeroplanes. He adds: "An aerial section to our army is not the mere hobby of ambitious inventors, but it is an absolute necessity if we are to continue to hold the same position in the world which we do now. If once the British people really wake up and take an intelligent and business-like interest in flying ma-chines we shall make great strides to wards the construction of an aerial branch to our flying forces. I do not wish to prophesy, but in the future— perhaps some twenty years hence air-ships will be so common that there will be legislation for them in the same way as there is now for the motor cars and as there is now for the motor cars and other road traffic."

* * * MILES THE HAND TRAVELS IN WRITING.

The average person has no idea how much nuscular effort is expended in writing a letter. A rapid penman can write thirty words a minute. To do this, he must draw his pen through the space of sixteen and a half feet. In forty minutes his pen travels a furlong, and in five hours a third of a nile. In writing an average word the penman makes in the neighbourhood of sixteen curves of the pen. Thus in writing thirty words to the minute, his pen would make four hundred and eighty curves; twenty-eight thousand eighty curves; twenty-eight thousand a year of three hundred days of ten hours each. The man who succeeded in making one million marks with a pen in a month was not at all remarkable. Many men make four mil-lion while merely writing. thirty words a minute. To do this, he

+ + +

DANGER OF UNCOOKED PORK

A serious disease is sometimes communicated to human beings through eating raw pork or park which has been ing raw pork or pork which has been only partially cured. A certain par cent of the pork is infected with trichina, a minute insect, which is also able to live in the human body, where it causes a disease having the symptoms of typhoid fever, and also of rheamatism, and which sometimes proves fatal. Although pork meats are required to pass Government inspections, it is very difficult in fact, im-possible, to sort out all of this kind of pork. The only safe and sure way is lever to use pork meat that has not possible, it only safe and sure sure pork. The only safe and sure sure never to use pork meat that has been thoroughly cooked. not

+ + + PREHISTORIC CONSUMPTIVE FOUND

From the examination of a skeleton recently discovered at Heidelburg, in Germany, which experts inform us belongs to the stone age, Professor Barteis has been able to discover that consumption was in existence at that distant period. He found characteristic signs of the disease, among them the decay of the fourth and fifth dorsal vertebrae (hones of the spinal column) and their conjunction in an essecution and their conjunction in an essecute (bony) formation with the sixth, a sure sign of the discase. Then he discasered a deviation of the spinal column, caused by the illness, another sign, which left the professor an doubt about the truth of his discovery.

LIMIT OF HUMAN STRENGTH.

EXAMPLE FORMAL STREAMENT. Experiments upon a number of men-have shown that a man five feet high and weighing 126 pounds will lift on an average 156 pounds will lift on an average 156 pounds will lift on an through a height of 1.2 inches. Others 6.1 feet high and weighing 183 pounds could lift the 156 pounds to a height of thirteen inches. Other men 6 feet 3 inches high and weighing 188 pounds could lift 156 pounds to a height of 61 inches, or 217 pounds to a height of 61 inches. Ry a great variety of experi-ments it was shown that the average human strength is equivalent to raising human strength is equivalent to raising 30 pounds through a distance of 24 feet in one second.

+ + +

CULTIVATE A REALTHY SKIN.

In order to provide against the effects of cold winds, and to secure for one's self a constant protection against changes in the weather, it is necessary to culti-vate a healthy skin. One must keep one's In the weather, it is necessary to enlip-vate a healthy skin. One must keep one's self physically strong by obeying the laws of health. When people die from pneumonia in winter it is because their lungs have lost the power to resist disease; their general vital resistance is gone; their lungs become congested from a little exposure because the skin is in-active, germs find a footbold and develop in the lungs, the lungs fill up with exu-date, and they no longer have lung enautie heavy to keep them breathing. Pneumonia and all these winter diseases may best be avoided by maintaining per-fect activity of the skin. The man accus-tomed to taking a cold bath every day of his life need not fear pneumonia.

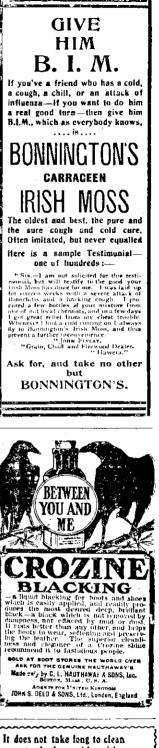
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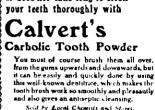
HOW TO LIVE LONG.

An exponent of the simple life is a man, ninety years old, who has these rules for longevity and contentment, evolved from his own experience, written out for the guidance of friends. Sleep seven hours. Arise early, as the birds do. Go to bed at the same hour every night. For relaxation, smoke a pipe after each meal. Indulge yourself moderately. In the evening, a quiet game. A glass of wine occasionally. Cultivate strawberries and flowers. The outdoor exercise tends to prolong life. Do not worry. Do not get excited. Know when you have had prough. Retire at middle age, though even on a modest income, and live quietly. Keep your mind occupied by reading his-tory.

+ + + DON'T SMOKE WRILE MOTORING.

Experimenting with tobacco in various forms, a London specialist finds that the general effect, when motoring, of tobacco in an appreciable quantity is to acceler-ate the action of the heart. One eigar was smoked by the specialist after din-er in a drawing-room when the heart was beating at 82 per minute. The eigar hashed forty minutes, after which the pulse was again tested, and the rate per minute was 120, an increase of 38 beats in the minute. Next evening, when the heart was heating normally again, a run was taken on a fast open motor ear, and the experimenter sat on the front acat by the driver. He smoked again for forty unitues, in which time he had consumed two eigars and a third part of another. On the heart heing tested a further acceleration of 15 beats per minute was noticed, while Experimenting with tobacco in various hing fasted a incher acceleration of 15 beaus per minute was noticed, while there was apparent a slight irregularity as well, and in addition the state of mind was not nearly so resiful nor the sense of enjoyment so strong. Another case which occupied four works in the experiment showed, after continuous smoking while notoring for this period, such a had effect as to necessitate com-pleto abstention from this purioe for a period of three months. The dector thinks it always advisable, therefore, to smoking a bittle as possible in these cir-cumstances; otherwise the heavily de-rived from motoring will be nullified.





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