

a check on that kind of thing now. The stewards watch each other, and every spoon 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 Fremantle, her saloon-lights gleaming with star-like brilliance across the naked sea levels.

(To be continued.)

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.

"For upwards of three years I was a victim of indigestion, with acute attacks of heartburn, and I suffered horribly." Thus Mr. Thomas E. Watson, of 10, Chapel-street, Woolloomooloo, Sydney, N.S.W. His statement is dated March 6, 1906, and proceeds:—"After eating only a few mouthfuls I used to feel as if I had bolted a whole sheep. Intense pain at the stomach, constipation, and maddening headaches were some of the tortures I had to endure, and while I live I shall never forget the miserable time I had. It was one constant round of suffering, and as time went on the disease got such a hold of me that I feared I should never be well again.

"I tried all sorts of medicines, and had mixtures from several doctors, but nothing 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 rations 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."

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

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

The Orient Company has decided that the new steamer Asturias will be employed 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 most 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, hurricane and spar decks, and will consist largely of single berth rooms. There will also probably be a number of suites of cabins and cabins-de-luxe. She will be fitted throughout with electric fans and her electric appliances will be of the most improved and up-to-date nature. The order for the Asturias was placed with the celebrated firm of Messrs. Harland and Wolff, Belfast. Her length will be about 535 feet, with a beam of about 62 feet.

"THE last word in Cocoa is Bourville, the most delicious of flavoured Coacos. Its aroma is delightful. It has no superior. Ask your grocer about our free gift scheme.

BEST IN 1897. BEST NOW.
KEARSLEY'S ROYAL FEMININE
WIDOW WELCH'S
FEMALE PILLS
 Awarded Certificate of Merit as leading remedy for all Female Complaints. The original is wrapped in Waxed Paper, and bear the name of "Kearsley" on the wrapper and printed on the bottle by all Chemists.
Be sure you get "Kearsley's,"

Scientific and Useful

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 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 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 machines we shall make great strides toward solving the aerial problem and towards 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—airships will be so common that there will be legislation for them in the same way 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 muscular 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 mile. 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 eight hundred curves in an hour, and eighty-six million four hundred thousand in 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 million while merely writing.

DANGER OF UNCOOKED PORK.

A serious disease is sometimes communicated to human beings through eating raw pork or pork which has been only partially cured. A certain per 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 rheumatism, and which sometimes proves fatal. Although pork meats are required to pass Government inspections, it is very difficult, in fact, impossible, to sort out all of this kind of pork. The only safe and sure way is never to use pork meat that has not been thoroughly cooked.

PREHISTORIC CONSUMPTIVE FOUND

From the examination of a skeleton recently discovered at Heidelberg, in Germany, which experts inform us belongs to the stone age, Professor Bartheis 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 (bones of the spinal column) and their conjunction in an osseous (bony) formation with the sixth, a sure sign of the disease. Then he discovered a deviation of the spinal column, caused by the illness, another sign, which left the professor no doubt about the truth of his discovery.

LIMIT OF HUMAN STRENGTH.

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 through a vertical distance of 8 inches or 217 pounds through a height of 1.2 inches. Others 6.1 feet high and weighing 183 pounds could lift the 166 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 16 inches, or 217 pounds to a height of 9 inches. By a great variety of experiments it was shown that the average human strength is equivalent to raising 30 pounds through a distance of 2½ feet in one second.

CULTIVATE A HEALTHY 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 cultivate 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 inactive, germs find a foothold and develop in the lungs, the lungs fill up with exudate, and they no longer have lung capacity enough to keep them breathing. Pneumonia and all these winter diseases may best be avoided by maintaining perfect activity of the skin. The man accustomed to taking a cold bath every day of his life need not fear pneumonia.

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 enough. Retire at middle age, though even on a modest income, and live quietly. Keep your mind occupied by reading history.

DON'T SMOKE WHILE 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 accelerate the action of the heart. One cigar was smoked by the specialist after dinner in a drawing-room when the heart was beating at 82 per minute. The cigar lasted 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 beating normally again, a run was taken on a fast open motor car, and the experimenter sat on the front seat by the driver. He smoked again for forty minutes, in which time he had consumed two cigars and a third part of another. On the heart being tested a further acceleration of 15 beats per minute was noticed, while there was apparent a slight irregularity as well, and in addition the state of mind was not nearly so restful nor the sense of enjoyment so strong. Another case which occupied four weeks in the experiment showed, after continuous smoking while motoring for this period, such a bad effect as to necessitate complete abstinence from this practice for a period of three months. The doctor thinks it always advisable, therefore, to smoke as little as possible in these circumstances; otherwise the benefits derived from motoring will be nullified.

GIVE HIM B. I. M.

If you've a friend who has a cold, a cough, a chill, or an attack of influenza—if you want to do him a real good turn—then give him B.I.M., which as everybody knows, is

BONNINGTON'S CARRAGEEN IRISH MOSS

The oldest and best, the pure and the sure cough and cold cure. Often imitated, but never equalled. Here is a sample Testimonial— one of hundreds:—

"Sir,—I am not solicited for this testimonial, but will testify to the good your Irish Moss has done for me. I was laid up for six weeks with a severe attack of bronchitis and a hacking cough. I procured a few bottles of your mixture from one of our local chemists, and in a few days I got great relief from my chest trouble. Whenever I find a cold coming on I always fly to Bonnington's Irish Moss, and thus prevent a further inconvenience."

"Grain, Chaff and Firewood Dealer, Hawera." Ask for, and take no other but BONNINGTON'S.

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