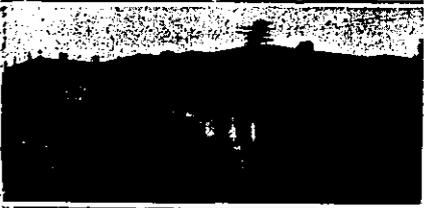


they decided that it was suffering from insufficiency of sunlight and lack of a proper diet suited to its advanced years. The latter need was met by spreading an ample supply of specially prepared loam about its roots, which had resulted in the addition of much fresh fibre to them, showing that the old giant had not done growing yet.

The vine is now 135 years old. It was planted by Launceiot Brown, better remembered by his well-merited sobriquet of "Capability" Brown, who had been appointed royal gardener at Hampton Court by King George II., and enjoyed the intimate friendship of his successor and several noblemen of high degree. The variety, Black Hamburgh, was originally a slip from a vine in the parish of Ilford, Essex, which had been planted 11 years previous, and had attained portentous size. The vine at Hampton Court proved itself a worthy scion of such stock, for in 1800, some 30 years after it was planted, its yield was reported to be 2,200 bunches, weighing on an average one pound each. Its stem was then 13in in girth and its main branch was 30ft long. Forty years ago its yield was stated to be on an average between 2,300 and 2,500 bunches. The greatest girth of its stem is now 3ft, and its branches cover a space of 2,300 square feet. The length of its principal branch has remained stationary at 90ft, that being the limit of the length of the vinehouse.

Of late years the average crop of grapes taken from this ancient vine has not exceeded 1,500 bunches, because the practice has been adopted of pinching off something like 2,000 bunches in order to improve the quality of the ripening fruit. The grapes belong to the King, but the bulk of the luscious fruit is distributed by his direction among the London hospitals. It is estimated that since the old vine was planted it has produced 200,000 lbs of grapes.

Christmas comes but once a year,
And when it comes—why, then it's here;
But this of colds we cannot say,
They come, they go they often stay,
And merge into a nasty cough
Which we have trouble to drive off,
Vain the attempt unless we procure
A bottle of Woods' Great Peppermint Cure



ROYAL HOTEL, THE SQUARE, PALMERSTON NORTH.

HUGH CAMERON Proprietor.

Having had over 30 years' experience in Hotel-keeping, the Proprietor of the above house will endeavour to give satisfaction to his patrons. Tourists and Commercial men specially catered for.

APARIMA HOTEL, SOUTH RIVERTON.

T. R. CARROLL begs to inform intending visitors to Riverton that he has taken over the beautifully-situated Seaside APARIMA HOTEL. This Hotel is on a terrace, with sloping lawn, having a northerly aspect, overlooking the town of Riverton and the Estuary. Conveyance by Rail. This is really one of the best health resorts in Otago. The climate and scenery are simply superb, and will afford transformation of thought and rest of mind. Two first-class salmon-trout rivers close to the Hotel—Walpourikino and the famous Aparima River. A Tennis Court and Quoit Ground on the property. Bowling Green close at hand. A boat kept for the use of visitors. Besides Fishing, Bowling, and Boating, there is good Shooting ground close by. The Estuary abounds with Wild Duck and Swan. The Hotel is connected to all parts of Southland by telephone. Nothing but First-class Wines and Spirits in stock, and Speight and Co.'s famous Beer. For tariff and further particulars apply to the Proprietor, T. R. CARROLL. Telephone No. 4.

TEED'S

MR. M. OLSEN, a well-known settler in Egmont Village, Taranaki, says:—"I was a cripple from a corn of over thirty years' standing, and ridiculed any idea of a cure, yet was induced to use TEED'S. The result was my corn was extracted more like bone than flesh, and my foot left painless. I am indeed gratified. Mr. Teed deserves well of posterity. I would like to erect a monument for his discovery."

CERTAIN CURE FOR CORNS!
1s—Chemists and Stores—1s.

STAGE PARS.

(Continued from Page 18).

Mr William Anderson's Company is drawing big houses to the Melbourne Theatre Royal with that stirring drama "Thunderbolt."

The Holloway Company closed their Sydney season on Saturday with "The Shaughraun"

Bostock and Wombwell's Circus is now touring New South Wales. It opens in Melbourne on Cauldfield Cup night.

Mdme. Blanche Arral is giving a very successful series of grand operatic recitals at the Sydney Town Hall.

Mr Frank Grist writes me as follows:—"On behalf of Mrs Grist and myself allow me through your columns to thank His Worship the Mayor (Mr A. M. Myers) and all the ladies and gentlemen, both in and out of the profession who so kindly came to my assistance in my affliction and sickness. My sincere thanks are especially due to the 'Driscoll Boys,' who acted as organisers and treasurers throughout."

HEALTH NOTES.

(By W. S. C.)

In order that we may keep the body in the best condition to withstand the daily stress and strain of mental and physical wear and tear, it is essential for us all to understand something of the various processes of nature which ensure the maintenance of life. Most people do not realise that it is as necessary to life that the body should waste away as it is that its substance should constantly be replaced by a sufficient supply of fresh air, water and food. The wasting of the body is accomplished by the production of a certain quantity of used-up material, and this used-up or dead material must be thrown off from the body by natural means without undue delay, for if any of it is suffered to remain in the system it becomes actively poisonous, and must cause disease or death.

Upon the skin, lungs, kidneys and liver rests the main responsibility of extracting poisonous matter from the blood and removing it from the system. The moment one of those organs, through weakness or disease, becomes incapable of performing its work efficiently, that moment we begin to suffer from some illness, and if steps are not taken to restore to health and activity the organ at fault, death from some form of blood poisoning must ensue.

The skin, as a general thing, needs but regular treatment with good soap and water, and it will do its duty perfectly and without complaint. The lungs are vigorous organs, and we are soon made aware of any interference with their action by a fit of coughing or a choking sensation. It is the importance of looking well after the health of the kidneys and liver which we especially desire to impress upon our readers. These organs are the most delicate of all those engaged in extracting and removing from the blood the waste poisons as fast as they are produced in the body. Unless the kidneys and liver are in a fit state to thoroughly perform their task, the particular poisons, which it is their duty to make and extract, will remain in the system, and as the kidneys and liver are often unable to tell us directly, by a sensation of pain, that there is anything the matter with them, we are probably unaware of their failure until we begin to suffer from Rheumatism, Gout, Neuralgia, Lumbago, Backache, Sciatica, Blood Disorders, Anaemia, Indigestion, Biliousness, Jaundice, Sick Headache, General Debility, Gravel, Stone and Bladder Troubles. All these complaints are caused by the presence in the body of urinary and biliary poisons, which, if the kidneys and liver were acting efficiently, would have been duly removed, and we should have been spared from suffering.

The kidneys of the average person filter and extract from the blood about three pints of urine every day. In this quantity of urine should be dissolved about an ounce of urea, ten to twelve grains in weight, of uric acid, and other animal and mineral matter varying from a third of an ounce to nearly an ounce. If the kidneys are working freely and healthily, all this solid matter leaves the body dissolved in the urine, but if through weakness or disease the kidneys are unable to do their work properly a quantity of these urinary substances remains in the blood and flows through the veins, contaminating the whole system. Then we suffer from some form of uric poisoning such as Rheumatism, Gout, Lumbago, Backache, Sciatica, Persistent Headache, Neuralgia, Gravel, Stone and Bladder Troubles. A simple test to make as to whether the kidneys are healthy is to place some urine, passed the first thing in the morning, in a covered glass, and let it

stand until next morning. If it is then cloudy, shows a sediment like brick dust, is of an unnatural colour, or has particles floating about in it the kidneys are weak or diseased, and steps must immediately be taken to restore their vigour, or Bright's Disease, Diabetes or some of the many manifestations of uric poisoning will result.

The liver is an automatic chemical laboratory. In the liver various substances are actually made from the blood. Two or three pounds of bile are thus made by the liver every day. The liver takes sugar from the blood, converts it into another form, and stores it up so as to be able to again supply it to the blood, as the latter may require enrichment. The liver changes uric acid, which is insoluble, into urea which is completely soluble, and the liver also deals with the blood corpuscles which have lived their life, and are useful no longer. When the liver is inactive or diseased we suffer from some form of biliary poisoning such as Indigestion, Biliousness, Anaemia, Jaundice, Sick Headache, General Debility and Blood Disorders.

So intimate is the relation between the work done by the kidneys and that done

by the liver that where there is any failure on the part of the kidneys the liver becomes affected in sympathy, and vice versa. It was the realisation of the importance of this close union of the labour of those vital organs which resulted in the discovery of the medicine now known throughout the world as Warner's Safe Cure. Certain medical men, knowing what a boon it would be to humanity if some medicine could be found which act specifically on both the kidneys and liver, devoted themselves to an exhaustive search for such a medium, and their devotion was eventually rewarded by their success in compounding a medicine which possesses the required quality in the fullest degree. Warner's Safe Cure exhibits a marvelous healing action in all cases of functional or chronic disease of the kidneys and liver, and restoring them, as it is able to do, to health and activity, it, of necessity, cures all complaints due to the retention in the system of urinary and biliary poisons. A vigorous action of the kidneys and liver naturally eliminates the poisons, and troubles due to the poisons cease. Cures effected by Warner's Safe Cure are permanent simply because they are natural.

GEORGE ADAMS,

HOBART, TASMANIA.

The Trustees in the Estate of the late GEORGE ADAMS still continue his BREWERY and other Businesses in HOBART, and money may be paid through any BANK in Australasia to the credit of the TRUSTEES in the estate of the late GEORGE ADAMS, Commercial Bank of Tasmania, Hobart, and any FIRM regularly communicating with Hobart.

Depositors, when doing so, will please request the BANK to advise the TRUSTEES of amount, with their name and full address.

The TRUSTEES will carry on the Businesses under LICENSE from the TASMANIAN GOVERNMENT and Special Supervision of a Representative of the Government, WITHOUT ANY INTERMISSION, and under the same management as during past years.

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The above is specially adapted for the Convenience and Comfort of the Commercial and Social Travelling Public, and in every way equal to a First-class Hotel. lofty and airy bedrooms, Ladies' Tea Rooms, Drawing-room, Spacious Dining-room, Commercial Room, Hot, Cold, and Shower Baths, Convenient and Commodious Sample Rooms.
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