

THE TOBACCO HABIT.

HAVE YOU GOT IT, AND DO YOU WANT TO LOSE IT?

A Chicago Specialist Says That a Sure Cure For "My Lady Nicotine" Can Be Found in the Plentiful Use of the Humble Peanut.

However fantastic my particular method of dealing with the tobacco habit may seem on paper it will effect a cure if faithfully carried out. In the first place, be sure that your patient really desires to break off the habit of using tobacco. In the second place, remember that your patient will react according to the impression your manner makes upon his mind. If you speak lightly of your method of treating him, he will hold that method in small esteem. Therefore, speak impressively, and if he smiles at your modus operandi draw him into a decent humility.

Suggestion alone is not sufficient to hold the average tobacco user, and you will therefore add a material medicine in the shape of—peanuts! Yes, my friend, ludicrous as the idea seems, there lies in the vulgar peanut a charm to sap the power of "My Lady Nicotine" and free the fettered slave.

In all drug habits there are two conditions—to combat—physical and mental, or physiological and psychological. I use peanuts to offset the physical craving and suggestion to calm the mind.

What is the condition of the user of tobacco if the weed is withdrawn? It is important to understand this, because there is but a slight variation in one dozen cases from the average.

The condition is one of mental unrest, some physical sensations and nervousness. The withdrawal of tobacco acts as a withdrawal of a powerful nerve tonic, because this weed, used first as a nerve sedative, becomes by force of usage a nerve stimulant. Let us take the mental condition first under consideration. I do not try to put a tobacco user to sleep, because it is an unnecessary performance, but give him positive suggestions while he is sitting opposite me to the following effect:

That it will be easy to break him of the habit.
That he will not suffer, despite the fact that he has tried to break off previously, but has failed on account of the discomfort ensuing.
That he is not a hero or a being to be pitied or sympathized with, because he will not be called upon to display any heroic qualities of endurance.
That if he follows directions he will not suffer from nervousness or "sinkings" at the pit of the stomach.
That he will begin at once to gain in weight; that his memory will be sharper and more tenacious, and that his digestive organs will regain tone; that his nerves will be as steel, his muscles as iron and his complexion will lose the muddy hue which mars its comeliness.
That the habit is uncleanly—in fact, degrading—and that its gratification entails a gross waste of money. What right has he to literally burn his income when his wife is compelled to wear a gown that is out of date?
Thus, then, do I prepare the patient's mind for the lightness of the task before him, laying special stress upon the fact that he will at no time consider himself an object of compassion or self pity, for if he believe himself to be performing a deed of no small heroism he will suffer agonies, whereas if his abnegation is ignored and taken as a matter of course he will react accordingly.

Now, as to the physical symptoms, they will be but slight if the above preparation of the mind is properly done and will show themselves in occasional pains about the region of the heart, sinking at the pit of the stomach, a lassitude, weak and accelerated pulse and muscular twitchings. Nervousness, jumping at a sudden noise and irritability of temper will be in evidence, but will be greatly modified by suggestion.

Prescribe peanuts, to be eaten slowly, constantly and continually. He must be occupied. Busy him therefore with peanuts. He would, if left alone, think tobacco. He must, on the contrary, think peanuts. Has he a loathing for peanuts? All the better. He will learn to love them for their nutritious qualities and intrinsic flavor. Does his stomach rebel on the second or third day? Has he biliousness or colic? It is still well, because no man when bilious desires tobacco.

Observe that you are supplying him with material for his digestive organs to work upon, and that his jaws are not idle. There is no vacuum, and there will be under this regimen no sinking at the pit of the stomach. A feeling of fullness perhaps, a plethoric condition, a sense of satiety, but this is exactly what we desire to bring about. Keep the system busy and at work; keep the mind at rest.

Ah, my friends, how true it is that the mouse may gnaw the ropes that bind the lion! Even the plebeian peanut may be the means of restoring harmony to an afflicted household. I have known this humble agent, taken according to directions, stretch strong men upon beds of sickness from which they rose in the course of a day or two clean of heart and purged of the craving for tobacco. I have known of others whose stomachs were not upset and who went their way rejoicing and waxed fat speedily.

I have never known of a failure if the above directions were carried out. The tobacco habit is not worthy to be classed as a drug habit.—Sydney Flower, LL. D.

Dr. Williams' Pink Pills

Strengthen Weak and Nervous People.

NERVOUS DEBILITY.

Mr. Jas. Purteile, a well known farmer living near Crofton, Ont., says:—"For several years I have been a great sufferer from nervousness and general debility. I believe my troubles originated in over-work, aggravated by a severe cold. I had advice from doctors in Picou and Belleville, but did not get any better. Then I went to Toronto for treatment, and for a time experienced some relief, but it was only temporary, and soon I was worse than before. Some of my neighbors advised me to try Dr. Williams' Pink Pills. Before the first box was gone I found relief, and after I had used a few boxes more I was rejoicing in complete recovery and my health has since been excellent. Words fail to express the value I now place on the little pink messengers of health, and I only hope other sufferers will follow my example."

NERVOUS AND RUN DOWN—CURED.

Mrs. C. Robin, of Kingsville, Ont., says:—"I have derived much benefit from the use of Dr. Williams' Pink Pills. My nervous system was completely run down, and the nerves of my eyes were so much affected that I could scarcely see, and I had to go to an oculist and have glasses made to order so I could walk about. I tried many kinds of medicine without any beneficial effect whatever. One day a little book advertising Dr. Williams' Pink Pills was left at my house, and after reading it I determined to try this medicine and to my surprise I began to feel better before I had finished the first box. I have used three boxes and find my nervous system as strong as ever it was, and my eyesight has improved to such an extent that I go around half the time without using my glasses."

Dr. Williams' Pink Pills build anew the blood, strengthen the nerves and restore the glow of health to pale and sallow cheeks. They are a cure for all troubles peculiar to the female system, young or old, and also cure such diseases as rheumatism, neuralgia, partial paralysis, locomotor ataxia, St. Vitus' dance, nervous headache, nervous prostration, the after effects of la grippe, influenza and severe colds, diseases depending on humors in the blood, such as scrofula, chronic erysipelas, etc. Do not be persuaded to accept any imitation, no matter what the dealer may say who offers it. Imitations never cured any one. See that the full name Dr. Williams' Pink Pills for Pale People is on the wrapper around every box you buy.

MICA MINES OF INDIA.

The Methods of Hundreds of Years Ago Still in Use.

The mica mines of India are in the interior of the country and very inaccessible. The Abruker mine, it is stated, produces the finest mica that has ever been mined, both for lamination and color. It has been sunk about 200 feet, following the pitch of the vein, and all this mica and refuse have been raised and carried away by the natives. No machinery of any kind except drill and hammers is used in their mining operations.

The refuse and the mica are placed in baskets each holding ten pounds, the baskets being passed up from hand to hand by women, who stand in a line on ladders. The contents of the baskets are deposited at the top, and the baskets are returned down the ladder in the same manner as they went up, but by another line of women. Water is taken out of the mines by means of jugs. It is supposed that this method of operation has been carried on for many hundreds of years, except that there is more care to protect the miners.

After the crude mica is taken from the mines it is first roughly trimmed and then sorted into different grades, according to sizes and quality. It is then taken to the mica workers, who split it up and scribe out the size for it to be cut into by the shearers, the cut pieces then being cleaned, weighed and packed ready for shipment. The mica is then transported to general warehouses in baskets on the backs of bullocks and in bullock carts. In this way it is carried hundreds of miles to shipping points at a speed of about ten miles a day.

The mica can be split down to .0003 of an inch in thickness. Being both fireproof and transparent, it is very useful for many purposes in the arts, besides being an excellent insulator.—Electrical World.

Nervous People.

Nervous people not only suffer themselves but cause more or less misery to everyone around them. They are fretful, easily worried and hence a worry to others.

When everything annoys you; when your pulse trembles and your heart beats excessively; when you are startled at the least unexpected sound, your nerves are in a bad state and should be promptly attended to.

NERVOUSNESS IS A QUESTION OF NUTRITION. FOOD FOR THE NERVES IS WHAT YOU WANT TO PUT YOU RIGHT, AND THE BEST NERVE FOOD IN THE WORLD IS

Dr. Williams' Pink Pills for Pale People.

They give strength and tone to every nerve in the body, and make despondent, easily irritated people feel that life has renewed its charms. But you must get **DR WILLIAMS'** Substitutes never cured anyone—the genuine pills have cured thousands who are willing to say so.

If your dealer does not keep them they will be mailed, post paid at 50 cents per box, six boxes for \$2.50, by addressing the Dr. Williams Medicine Co., Brockville, Ont.

COLOR BLIND PAINTERS.

A London Oculist Asserts That There Are Such Artists.

To speak of a color blind artist sounds like joking, said a noted oculist; but, strange as it seems, there are several persons so affected who can nevertheless paint extremely well. Numbers of color blind people there are, of course, who draw perfectly in pencil, ink and crayons, but I myself know a scene painter attached to a provincial theater who, though "color blind," paints all its scenery, and has quite a local name, not only for his "interiors" and oak chambers, but even for landscapes.

I can tell you also of two London ladies who consulted me for color blindness who paint really beautiful pictures. One is the daughter of a late famous artist and was taught painting by her father. She is quite unable to distinguish red from green, but her colors are all labeled with the names, and she has been taught which to use for certain effects. Possibly her painting may seem to her eyes, as it were, drawing with a brush and "shading" with the colors.

The other is a lady artist of some celebrity, who has for years exhibited annually in London. The public is not aware that she is color blind. She painted the "Wedding Group" for a certain noble bridegroom a year or two ago and also several public men's portraits and one of an eminent physician fetched 500 guineas.

There is a gentleman residing at Kensington who, having years ago left the navy through finding his advancement hopelessly barred by his color blindness, is at present making several hundreds a year by his brush as an artist, designing most artistic and brightly colored picture posters for advertisement hoardings.—London Answers.

ALL HEADACHES from whatever cause cured in half an hour by **HOFFMAN'S HEADACHE POWDERS** 10 cents and 25 cents at all druggists.

Carved His Epitaph and Died. "John Harmon died here from the bite of a rattlesnake."

This is an inscription on a bench tree standing on the knobs, in Monroe township, back of Jeffersonville. A date once followed the words, but it is now indistinct. There is a strange story connected with the inscription. An old resident relates it.

"Years ago, when that section of Indiana was little explored and when the heavy bush was the dwelling place of the wild turkey, deer and rattlesnake, John Harmon started to Charlestown to attend court. He was armed with an old fashioned rifle. A rattler bit Harmon's leg. Harmon killed the reptile. Then he began to prepare for death. It was he who carved the words in lighter lines on the tree, with the request beneath, long since obliterated by the tree's growth, to bury him on the spot. A few days later Harmon's body was found. A grave was dug by the tree and there it can be seen today."—Louisville Courier-Journal.

Excessive Precaution. A southwest Georgia couple going to be married, the prospective husband said:

"Molly, the last time I was married I lost the ring fore I got to the parson's. But I'm shore of it this time."
"Whar is it, John?" she asked.
"I've got it in my mouth," he said.
"Im shore of it now."
But when they stood before the preacher the latter asked:
"Where is the ring?"
The groom gulped—choked—stuttered, and finally exclaimed in despair:
"Fore de Lord, I done swallowed it!"

Cure a Cold in One Day Take Laxative Bromo Quinine Tablets All druggists refund the money, if it fails to relieve 50c.

EXTREME NERVOUSNESS.

Frequently brings its Victim to the Verge of Insanity.—The case of a Young Lady Given up by Two Doctors.

From the Smith's Falls News.

Many cases have been reported of invalids who had suffered for years, and who had been given up by the attending physician who have been restored to health and vigor through that now world-famed medicine, Dr. Williams' Pink Pills, but we doubt if there is one more startling or more convincing than that of Miss Elizabeth Minshull, who resides with her brother, Mr. Thos. Minshull, of this town. The News meeting Mr. Minshull asked him if the story was correct. He replied:—"All I know is that my sister had been given up as incurable by two physicians. She is now well enough to do any kind of housework, and this change has, it is my honest conviction, been brought about by the use of Dr. Williams' Pink Pills. My sister is 20 years of age. She came to Canada from England about ten years ago, and resided with a Baptist minister, Rev. Mr. Coty, at Sorel, Que. In April of 1896, she took ill and gradually grew worse. She was under a local physician's care for over five months. The doctor said that she was suffering from a complication of nervous diseases, and that he could do little for her. The minister then wrote me and I had her come to Smith's Falls, in the hope that a change and rest would do her good. When she arrived here she was in a very weak state and a local physician was called in to see her. He attended her for some time, but with poor results, and finally acknowledged that the case was one which he could do very little for. My sister had by this time become a pitiable object; the slightest noise would disturb her, and the slightest exertion would almost make her insane. It required someone to be with her at all times, and often after a fit of extreme nervousness she would become unconscious and remain in that state for hours. When I went home I had to take my boots off at the doorstep so as not to disturb her. When the doctor told me he could do nothing for her, I consulted with my wife, who had great faith in Dr. Williams' Pink Pills, and I concluded it would do no harm to try them anyway, and mentioned the fact to the doctor. The doctor did not oppose their use, but said he thought they might do her good, as they were certainly a good medicine. In September of last year she began to use the Pills, and before two boxes had been used, she began to show signs of improvement. She has continued their use since, and is to-day a living testimony of the curative power of Dr. Williams' Pink Pills.

THE MYSTERY OF DREAMS.

What Can Flit Through a Man's Brain in One Minute.

It is very certain that the majority of dreams are only of momentary duration, though extended occasionally to the length of a minute.

In proof of this Dr. Sholz tells the following story from his experience:—"After excessive bodily fatigue and a day of mental strain of a not disagreeable kind I betook myself to bed after I had wound my watch and placed it on the night table. Then I lay down beside a burning lamp. Soon I found myself on the high sea on board a well known ship. I was again young and stood on the lookout. I heard the roar of water, and golden clouds floated around me. How long I stood so I did not know, but it seemed a very long time.

"Then the scene changed. I was in the country, and my long lost parents came to greet me. They sent me to church, where the loud organ sounded. I was delighted, but at the same time wondered to see my wife and children there. The priest mounted the pulpit and preached, but I could not understand what he said for the sound of the organ, which continued to play. I took my son by the hand, and with him ascended the church tower, but again the scene changed. Instead of being near my son I stood near an early known but long dead officer. I ought to explain that I was an army surgeon during the maneuvers. I was wondering why the major should look so young, when quite close to my ears a cannon sounded.

"Terrified, I was hurrying off, when I woke up and noticed that the supposed cannon shot had its cause in the opening of the bedroom door, through some one entering. It was as if I had lived through an eternity in my dream, but when I looked at my watch I saw that since I had fallen asleep not more than one minute had elapsed—a much shorter time than it takes to relate the occurrence."

If you have catarrh, don't dally with local remedies, but purify and enrich your blood with Food's Sarsaparilla.

Wants, Lost, Found, &c

DOG LOST.—In the city, Saturday afternoon, Dec. 20th, from the Railroad Station, a fox hound dog, white and tan, short hair, long ears and a crook in the tail. Reward for return to Edward Hardings next to Drakes Lutchers shop. 2 Jan 3-91 pd

LOCKET LOST.—Half a locket with the initials A B D inserted upon it.

FOUND. Feather Boa. Apply at this office.

BOARDERS.—Two boarders can be accommodated in comfortable house a minutes walk from Post Office. Large front room, suitable for married couple or two gentlemen, no other boarders. Apply at this office.

WANTED.—A girl for general housework, reference required. Apply to Mrs M. Trainor Sidney Street.

NOTICE IS HEREBY GIVEN THAT application will be made to the Parliament of Canada at its next session by THE DOMINION PERMANENT LOAN COMPANY, for an Act to amend its Acts already obtained (20 Victoria chapter 85, and 61 Victoria chapter 10) to define the Capital Stock of the Company, and to consolidate, define, declare and enlarge its powers of lending, purchasing, borrowing and investing, and for other purposes. Dated at Toronto this 12th December, 1898. MACDONELL, BOLAND & THOMPSON, 303-91 Solicitors for the Applicants.

WANTED.—A reliable woman for general servent. Apply to Miss Morris, 233 Water Street.

DWELLING HOUSE.—Store and warehouse for sale or to let on Bayfield Street. Apply to owner, Capt. White, corner of upper Pownall and Cut St.

WANTED.—Good moulders, accustomed to heavy green sand work. Steady work and wages \$2.50 to \$3.00 per day. Apply to Farrell Foundry & Machine Co., Ansonia, Conn.

PHOTOGRAPHIC.—The celebrated Cyclone Cameras are being used by amateurs and professionals alike over the civilized world. The most compact and least complicated of any in the market. A child can operate them. Plain and Complete Instructions go with each Camera. Size of pictures 2 1/2 x 2 1/2 to 5 x 7. Price \$3.50 up. Nothing on earth will give you or a friend to whom presented more pleasure than one of these Cameras. Write for Illustrated Catalogue with full descriptions, Prices &c. Marsh & Co., 51 W. Lake St., Chicago. 297 ff.

We want one or two good men to represent our firm in E. I. whose duties would be to sell, deliver and collect. Liberal terms. For particulars write The Thomas W. Bowman & Son Co Limited, Star Nurseries, Toronto, Ont. 297 dy ff.

WANTED.—Second hand Clement's Canadian History, and Bertrand de Guesclin French. Apply at this office.

TO LET.—Until the 31st of May next the office in the Newson Block with stoves and window blinds lately occupied by W. S. Stewart Attorney at Law. Terms easy. Apply to W. S. Stewart at his office Pownall new block. Ch. town Dec. 14th 1898 Dy e. o. d. 2 wks.

TO RENT.—From Jan. 1st, 1899, The Brick Store—corner Queen and Grafton Street, lately occupied by Johnson & Johnson. Apply to Goff Bros. d&stf.

SKATES.—Sharpened while you wait, and repaired by a competent hand at Rice's Bicycle Repair Store opposite the Skating rink. 285 ff.

TO LET.—The house and premises known as the "Old London House," situated on Water St., next to Government Warehouse No 1. Apply to Peake Bros & Co. Jan 25-99

TO LET.—Three story Dwelling House containing eight large rooms, on Pownall Street. Possession given on Oct 15th W. W. Wellner, 217

TO LET.—The store at the corner of St. George and Grafton Street (known as May's corner). Also three rooms above store. The store and rooms are fitted up in first class style and will be rented either together or separately. Apply to Catherine May, corner Prince and King Sts.

LOST.—A ladies silver watch, reward Apply at this office. 3/3

WANTED.—A good smart boy about 15 years of age to attend in store. Gordon & McLellan

ALL HEADACHES from whatever cause cured in half an hour by **HOFFMAN'S HEADACHE POWDERS** 10 cents and 25 cents at all druggists.

Negroes in council at Washin, to on Monday demanded reforms in the South and expressed determination not to put up with lynchings.