Ears and nose are all more or less affected by catarrh. The eyes become inflamed, red and watery, with doll, heavy pain between them; there are roaring, buzzing noises in the ears, and sometimes the hearing is affected; the nose is a severe sufferer, with its constant, uncomfortable discharge. All these disagreeable symptoms may be removed by the use of

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With a better understanding of the transient nature of the many physical ills which vanish before proper ef-forts—gentle efforts—pleasant efforts— rightly directed. There is comfort in the knowledge that so many forms of sickness are not due to any actual disease, but simply to a constipated condi-tion of the system, which the pleasant family laxative, Syrup of Figs, promptly removes. That is why it is the only remedy with millions of families, and is everywhere esteemed so highly by all who value good health. Its beneficial effects are due to the fact, that it is the one remedy which promotes internal cleanliness, without debilitating the organs on which it acts. It is therefore all important, in order to get its beneficial effects, to note when you purchase, that you have the genuine article, which is manufactured by the California Fig Syrup Co. only, and sold by all reputable druggists.

If in the enjoyment of good health, and the system is regular, then laxatives or other remedies are not needed. If afflicted with any actual disease, one may be commended to the most skillful physicians, but if in need of a laxative, then one should have the best, and with the well-informed everywhere, Syrup of Figs stands highest and is most largely used and gives mozureneral satisfaction.

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HORSEMEAT IS HEALTHFUL

Doctors Say It Is Better to Eat than Pork.

Paris and Vienna cheap restaurants substitute horse meat for other kinds of butchers' meat, as a matter of course. Hitherto even in Paris, where the advantages of horse's meat as a regular item on bills of fare have been known ever since the siege of Paris, restaurants hesitate to publish the fact that they are serving it to their customers, for fear of the popular prejudice. Yet just as oleomargarine is infinitely better than genuine butter of a poor quality, so ordinary horse meat is better for health and flavor than meat from cattle sold for the use of the poorer classes.

The poorer classes in Berlin are

forced by the high prices to go without meat. In Paris the custom of using horse meat has made it possible for all the poorer classes who have to do heavy labor to obtain a sufficient amount of nourishing animal food. Horse's meat differs from beef in being slightly coarser in grain and having a slightly richer flavor. Its quality naturally depends on the age of the beast. As a rule, even though it may be tougher, the meat is far safer to cat than beef. While the herds of cattle each year are producing among thenselves more tuberculosis infection, horses have little chance to communicate tuberculosis or any other disease

more than cows, and infinitely more than swine or poultry. The business of slaughtering horses for their meat is undoubtedly on the increase in the United States, because a large market has opened in Europe for horse meat, especially when it is canned. The Germans are eating it, though unconsciously, in the form of

to one another, because they are sel-

dom closely together. The diet of

horses fits them for food purposes even

An unknown amount comes back to America as canned meat, and not improbably forms a staple item of diet in all public or private institutions where feeding by contract is carried on. That this industry will rapidly increase is certain from the fact that horses are becoming cheaper and more abundant. The farms out West can better afford to feed horses with their grain if they can sell the horses for

their meat. The result will be that if horses come largely into the market as a food product the younger horses will be killed off before they are two years old to save the expense of longer feeding them. This will do away with the real reason against the use of horse meatthat only old and feeble horses are

LOST FAITH IN SAMSON.

Tommy Traddles' Experience with the

Fellow with Short Hair. With distended eyes, mouth and ears Tommy Traddles heard his Sunday school teacher tell about Samson and his long hair and his wonderful feats of strength, and his weakness after Delilah had shorn him of his leonine locks.

"An' he didn't have any strength at all after he got a hair cut?" he asked, incredulously. "No; his strength was in his long hair,

and when his locks were gone he was powerless," explained the teacher. When Tommy came the following Sunday his face was a trifle scratched and one of his eyes was discolored. He had very little to say, but was evident-

ly doing a great deal of thinking. "Say, teacher," he said at last, "I don't think much of that Samson story you told us last Sunday."

"Why so, Tommy?" inquired the

"Oh, you see, Johnny Jones, he's bigger 'n me, an' he's captain of the Young Rovers football team, an' he wore his hair long, like all of those kickers. An' him an' me isn't good friends, an' last Tuesday me an' Jimmy Hawkins and Bob White-we all caught him alone, an' piled on to him an' held him down an' cut off all his long hair with ma's shears."

"That wasn't at all nice, Tommy," reproved the teacher, "but I suppose you were thinking of the story of Sam-

"Yes, that is just what I was thinkin'

"And you thought his strength was in nis hair?"

"Yes'm, that's just what I thought,"

"Well, was it?" "Was it?" Tommy replied disgusted-

y. "I met him all alone yestiddy. Was it? Say, just look at that eye." Some women think that making s

man a good wife means making him wear a piece of red flannel around his neck when he has a sore throat.

EDUCATIONAL COLUMN

NOTES ABOUT SCHOOLS AND THEIR MANAGEMENT.

Necessary Apparatus Is Often Lacking in the School Room-Irregular Attendance Is Trying to the Teacher.

Lack of Apparatus.

How often do we find the necessary apparatus wanting. Maps are few black-boards poor, and many others things unknown. Here the teacher has a grand chance to work. In many little ways may the supply be added to, and the pupils greatly benefited at the same time. Take for instance, a school concert. No small amount of work is implied-but it is a pleasure, and the results amply repay one for all the trouble. It is a great help to the children. The training and study necessary to an appearance in public, strengthens the mental powers and improves their reading, beside the confidence in themselves given by an appearance on the stage, a certain amount of which is necessary. Then the fact that certain articles in the school-room were obtained by their own work, gives a delightful feeling of ownership and a right to take special care of them.

There are many other ways in which the school apparatus may be improved, and I think every teacher should consider it his or her duty to do something in this line. I will say in conclusion that I am proud to have my name enrolled in the ranks of the noble army of country teachers of Canada, as think we are given a grand work to do, and a wide field in which to work. From among our country boys have come, and are still coming, some of our greatest men. We may have under our charge one whose name will yet be famous. Let us, then, not think lightly of our work, but rather consider the great responsibility resting on our shoulders. Let us strive to do our best, and, if we have no other, we will surely have the love of our pupils, which is worth a great deal, and we will finally receive the reward of the faithful.-

Educational Record.

A Good Law. Tennessee has a law which requires candidates for the county superintendlowing are the rules established by the State Board of Education:

1. The examination shall be written and shall begin on the first Monday in October preceding each biennial election for county superintendent of schools, and may continue two days.

2. The examination, in addition to papers on all the branches in which instruction is now given in the public schools, shall embrace questions on theory and practice of teaching and school law.

3. The questions for examination will be prepared by the State Board of Education, and sent by said board to the various commissions appointed by the chairman of the County Court, as provided in the act. The questions will be mailed under seal, and must not be opened until the day of the examination and then in the presence of the commission and applicants.

4. The papers submitted by the applicants shall be carefully graded by the commission, and the papers, with the grades marked thereon, shall be forwarded five days from the date of the examination, to the State Superintendent of Public Instruction for final grading by the State Board of Education.

5. Under the provisions of this act the State Board has no authority to exempt from examination applicants for certificates of qualification for the position of county superintendent.

Irregular Attendance. How very trying it is, we probably all known, to have a pupil or pupils who attend irregularly. In the country especially, pupils are kept at home for such trivial things. A little extra work to be done, one of the children must be kept home. They get behind their classes and a great amount of work must be done over again by the teacher or the pupils lose a great deal. After a time, they lose their interest in school and do not want to go. You must try to make the parents see of how much more lasting benefit, of how much greater importance, a boy or girl's education is to be to them in after life, than the little saved by their work. years, and if the time is wasted then regrets will fill the years to come. Urge | 5 per cent Turks and some industrial the trustees to give prizes and clearly shares, such as English, Belgian and impress upon the minds of the pupils that regular attendance is the principal thing. They will all be auxious to work for prizes. I often wish compulsory attendance were the law throughout the land. It would be the very best thing that we could have and I hope it will not be long in coming.-Exchange.

Power in Personality.

Nobody knows it, but the true teacher is a princess-a queen. I looked at the long lines as they came marching into the building, "Line 13" looked hard. There was George, whose step-father had come the day before expressly to tell us that George was a "perfect little devil, and wouldn't mind nobody," a statement pretty nearly true. Peter, whose mother wished he would die, he was so mean; he kicked her with his great boots and stole every cent in the house. James, who slept, he said, with their one hen in his bed every night to keep him warm, and would a little rather hit a police officer with a snowball than any other inoffensive citizen. Hank, who, the boys said, smoked cigar stumps; and at least six other "characters," who could not be influenced or centrolled in any degree in their homes. They could run away from school;

who couldn't catch them if she tried, and probably wouldn't try. But here they were, not very clean, and somewhat ragged, marching with a show of dignity into their room. I opened the door an hour later and stepped in. Fifty-five of them there in the seats; several girls as subtle as the boys, and quick to respond if any sly mischief promised. What did I see? Half the room at work, interested, busy, studious-no attempt at disorder, every child knowing his present duty and doing it. The other half with books in hand, reciting in clear, pleasant tones, and giving a close, intelligent attention to the teacher's questions. And there she stood, quiet, pleasant, strong-a general, a leader, a queen. No civic officer could have exercised such control among those "hard" citizens. They recognized the power in her personalty and they simply yielded to it. When the cities of this land once learn who are the real makers of civilization, where mothers fail and fathers are not, then the public school will be crowned with laurel and the teacher will be canonized.-Popular Educator.

Making Things Plain. All teachers need to bear in mina, especially at the beginning of the year, that the things they teach, while plain and clear to them, are misty and shadowy to the undeveloped minds of their pupils. The longer we have taught, the oftener we have gone over a subject in the class room, the less likely are we to appreciate the difficulties that the immature learner meets. Misconception is easy and difficulties many for the childish mind, and care needs to be exercised lest the pupil, getting entangled, become discouraged. Go slowly and by easy steps until children find their footing, then the ascent of the hill of learning may be more rapid and satisfactory.—School Journal.

When Shaving Became Fashionable. The confessor of Francis II, of France refused him absolution until he had completely removed his beard. An ancient German was by tribal custom not allowed to cut off his flowing beard until he had killed his first man in battle. About the year 200 B. C. the Roman Emperor Scipio Africanus inaugurated the custom of shaving among the Roman nobles. Henry I. of England wore a beard until a courageous preacher leveled his eloquence at him to such ency to pass an examination. The fol- good purpose that he submitted to be shaved. From the time of Julius Caesar until the advent of William the Conqueror the Britons were mustaches, but the clergy, after the conversion of the islanders, were forced to shave by law. One of the early popes established the shaving of Roman Catholic priests to distinguish them from the patriots of Constantinople. The priests of the Greek Church still wear beards. Peter the Great of Russia laid a tax on beards, and delinquents were forced to have their faces shaved with a blunt razor or to have the hairs pulled out with pincers. So everybody shaved. The first shaving was done by order of Alexander the Great, who forced the Greek warriors to cut off their beards, as he found them awkward impediments in the hand-to-hand contests of that time.—Current Literature.

> An Exchange for Cigar Stubs. Without doubt the most novel exchange is the Cigar Stump Exchange, held at Paris, in the ancient Place Maubert, which is the resort of more curious characters than any other place in the world. On the steps which lead to it from the Boulevard Saint Germain, the Parisian Cigar Stump Exchange meets every pleasant afternoon. All members of the exchange bring their wares to these meetings in paper boxes. There is no dealing in futures. Each broker sells only the cigar ends actually in his possession. The buyers on this exchange are wholesalers and retailers. The wholesalers buy up all the stumps they can get for about a franc a pound, clean them, cut them up fine and sell the product in packages with fancy covers as smuggled tobacco for three or four francs a pound.

The Third Napoleon's Wealth. Ex-Empress Eugenie, of France, recently sold some jewels, and a notice ran through the papers that she was in straitened financial circumstances. She will not starve, however. Napoleon III. left over \$100,000,000, as the Germans found when they got hold of his papers at St. Cloud. His money was invested in 6 per cent American bonds. Youth is the time of storing for after 5 per cent and 3 per cent Russians, 4 per cent Prussian and English consols, American railroad shares and Suez canal shares. The jewels which the ex-empress sold were so gorgeous that only royalty can wear them without appearing over-ostentatious, and the \$400,000 which the jeweler paid for them has been added to the rest of the interest bearing money.

Not Particular.

The old gentleman looked at the youth rather sharply over the top of his

"I gather from your remarks," he said, "that you would like to be my sonin-law."

"I don't care a continental about that," retorted the young man with considerable asperity. "Your daughter has enough money in her own right to satisfy me."

Wages of Seamen.

The wages of seamen on sailing vessels are about the same all over the world, averaging about \$15 a month. with food; seamen employed on steamers receiving about 10 per cent.

Nothing is more disheartening to a man than the discovery that he has married a woman who loves to keep but for some reason they did not. The his writing table in order.-Albany truant officer was a woman, not young, Telegram.



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Oldest Wooden Building.

The oldest wooden building in the world is said to be the church at Borgund, in Norway. It was built in the eleventh century, and has been protected by frequent coatings of pitch. It is | to, is extremely dry, not a rivulet travbuilt of pine and in fantastic Roman- ersing it anywhere. Yet a tree grows

Physicians Wise in Their Generation. The above class of scientists recognize. and have repeatedly borne testimony to, the efficacy of Hostetter's Stomach Bitters as a remedy and preventive of fever and ague. rheumatism, want of vigor, liver complaint, and some other ailments and infirm conditions of the system. Experience and observation have taught them its value. They but echo the verdict long since pronounced by the public and the press. Only the benighted now are ignorant of America's tonic and al-

No matter how ashamed a girl feels the first time she kisses a man, it never occurs to her that the man may feel that way too.

Beware of Ointments for Catarrh that

As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken in-ternally, and acts directly upon the blood and mucous surfaces of the system. In buving Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio by F. J. Cheney & Co

Sold by Druggists, price 75c per bottle.

Women seem to have an idea that because they haven't got a Greek face they have to frizz their hair all up with a hot iron.

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D. B. Jones, of Brooklyn, owns a Cromwell.

Attracting attention everywhere: Our book "100 Ways of Making Money at Home Without Capital" is being read everywhere. Practical, reliable, guaran-teed. 25c. L. Myers, Austin, Ill.

When a woman gets an idea she must be economical she hunts around and finds an old skirt to rip up.

prevented quick consumption .- Mrs. Lucy Wallace, Marquette, Kan., Dec. 12, '95. The funded debts of Spain and Cuba

exceed \$1,600,000,000, and there is a floating debt of nearly \$170,000,000. Just try a 10c box of Cascarets, the fin-

est liver and bowel regulator ever made.

There never was a woman who wasn't awfully conceited about the way she could love if she tried.

The Rain Tree of Fierro.

Travelers in the Canary islands tell of a remarkable tree that grows on one of the group. It might well be called a rain tree. Fierro, the island referred there, around which is gathered a cloud, from which a gentle rain is always falling. Underneath the tree the natives of Fierro have constructed cisterns which are kept constantly full, thus giving them a water supply which they otherwise would not have on the

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A citizens' league has been formed in Toronto to put down the bicycle scorcher. The league is composed of the most prominent citizens, and is out for blood.

From Now Until Spring

Overcoats and winter wraps will be in fashion. They can be discarged, temporarily, while traveling in the steam heated trains of the Chicago, Milwaukee & St. Paul Railway. For solid comfort, for speed and for safety, no other line can compare with this great railway of the

A woman's idea of a comforter is some one to say "There, there!" and pat her on the cheek.

Whatever may be the cause of blanchwatch that formerly belonged to Oliver | ing, the hair may be restored to its original color by the use of that potent remedy, Hall's Veretable Sicilian Hair Renewer.

> places the minimum capital stock of banks at \$500,000. When bilious or costive eat a Cascaret,

The new banking law of Mexico

candy cathartic; cure guaranteed; 10, 25c. Women may claim that they like a

man who always keeps his temper, but I believe my prompt use of Piso's Cure , they don't. D'd you ever go within a mile of a soap factory? If so you knew what material they make soap of. Dob-bins Electric Soap factory is as free from oder as a chair factory. Try it once. Ask your greeer for it. Take no imitation.

A girl can't be in love and have a bad cold in the head at the same time.

Mrs. Winslow's Soothing Strup for Children teching: softens the gums, requese inflammation. teething: softens the gums, reduces inflammal allays pain, cures wind colic. 25 cents a bottle.

Lots of men think they ought to get their wives' affection on credit.

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