EXCESSIVE EATING AND DRINKING.

We all eat too much flesh food and drink too much alcohol.

The former militates against working energy, and the latter dulls and clouds our intellectual faculties. We feel, in ten fewer the spirits and injure the health. Nature, in fact, is overtaxed by the engine, and its work cannot be treated. The vitality of tissue which daily wears up can only be replaced by the proper assimilation of food.

It cannot be done with medicine.

Science, however, has again come to the rescue, and has brought to our relief a power that can supply the need of humanity, and the very obvious natural to health restored by its influence. Its discovery has been a most valuable discovery. The evidence of medical men, and the public is conclusive on this point. Sanatogen Tablets (Dr. Tibbles' Vi-Cocoa) is a Food Reviver, and a purifying, invigorating, vitalizing and strengthening food, which have hitherto been non-existent.

Men and the aged, invalids, and invaluable to brain and delicate women and children.

Sanatogen Tablets (Dr. Tibbles' Vi-Cocoa) is the most valuable of the best cocoas, and a tonic and recuperative food, nutritious and delicious, and can be used by all ages, men and coffee are prohibited.

Sanatogen is a medicine, and a unique and wonderful food.

The wonderful African Kola nut which it contains is concentrated powers of nutriment, and imparts to the system, when taken, a feeling of well-being, health and enables those who use it to undergo great mental and bodily fatigue.

Sanatogen Tablets (Dr. Tibbles' Vi-Cocoa) is made up in 1d. packets, and 1s. and 2s. tins, and it can be obtained from Tibbles' Vi-Cocoa, grocers, and stores, or from Dr. Tibbles' Vi-Cocoa, Limited, 50, Q., and 62, Burdett-road, London. 3d.

THE PENRHYN DISPUTE.

TERMS OF SETTLEMENT ACCEPTED.

THE MEN CHEER FOR VICTORY.

The Penrhyn quarrymen on Saturday had a meeting to consider the terms of settlement, the proposal being the terms of settlement which Mr. H. Lloyd-Jones, representing the Penrhyn Quarry Men's Union, had agreed to on behalf of the men. The terms of settlement were signed by Mr. Lloyd-Jones, Mr. Lloyd Jones, Mr. Lloyd Jones, Mr. H. Williams, Robert Davies, and Henry Jones, on behalf of the men, and by Colonel Pennant, on behalf of the British agent to evacuate the Swat Valley and the Bonnar tribes.

A considerable impression has been created by the fact that the Government of India have not satisfactorily read both the Viceroy's letter and his reply, and solemnly promised to do their utmost to prevent any of the tribes to take hostile action against the British, to whom he promised to give protection.

Baster's special service contributes the following interesting account of the Bunerwal Pass:—

"General Egerton, with the Argyll and Sutherland Highlanders, the Sikhs of the Punjab Rifles, two guns, and twenty-five sabres, will start on the 23rd for the Bunerwal Pass, which is the capital of Chamla. Major General Corrie Bird and his Staff will accompany the force, which will be joined by the Pathan Mahsuds, each one hundred and twenty strong, crossed the Swat River, and the Bunerwal Pass, which the Bunerwal Pass, selected from the whole body of the work, Colonel Mackenzie, who has been appointed to be under the first claims; and

"Mr. Lloyd-Jones, representing the men, and Mr. Lloyd to Lord Penrhyn, either by individuals or by

"Healthy bargains are to be given to suitable Bunerwals.

"The letting of contracts is to be left in the hands of the Bunerwals, and they are to engage a proper number of men, and to see that each receive his just share of the work. Wages are to be paid at the rate of 8d. for day, 1d. half rock, and 1s. 2d. for night work, 1d. for 100 stones, and 1s. 2d. per barrel.

"All the line employees are to be re-admitted in body as far as practicable, and the remainder to be arranged by the Bunerwals. Men who have left these now working at a distance.

"A vote of thanks was passed to Mr. Carter for efforts to bring the dispute to an end.—In answer to a question, Mr. Carter said he was glad if he had been of any service. In order to show that this dispute, he said, there was a perfect chasm of Bunerwal, and postponed over and over again.—Cheers

"Mr. Carter said that he would prefer to meet the men in the country, in conjunction with Mr. Williams. (Laughter and renewed cheers.)

"Mr. Carter said that they had now practically all along the line.

"Mr. Lloyd-Jones, Mr. Ritchie, President of the of Trade, paid a special visit to Bangor, and had a long interview with Lord Penrhyn's manager, with the men's leader, and Mr. Carter, and had a satisfactory solution of the dispute.

"Mr. Lloyd-Jones said that the men would not be the men go to work to-day (Monday) they will not be paid for the work done for the past a week, the statement having reached them that the men had been paid for the work done. It was decided by the men, and it was decided that the men should be paid for the work done, and the men called by the men during this evening. It was decided that the men should be paid for the work done by Lord Penrhyn's unqualified refusal to accept the proposal of the men to have the matter left to the arbitration of the men, and that the men should be allowed to pre-

"Mr. Carter said that the men had been unanimously by an arrangement to submit the matter to the arbitration of not more than six employees, and that the men should be allowed to select a representative.—Lord Penrhyn is not thus called upon to be a party to an arbitration, while the men are not prepared to select such committee, and he empower such men to select a representative.—Lord Penrhyn is not recognised.

"Finally, the Question of Contracts.—The men complained in their original grievances, that skilled quarrymen were not allowed to work on contracts, and that unskilled men, who profited by their labour, were allowed to contract, and that the men had no right to interference with the management. It is not the letting of contracts that remains in direction of the management, who, however, undertake to consider the contracts and to discuss the matter with the men.

"Finally, Bylaws.—There are a class of skilled men, who are paid at the rate of 4d. per hour, and the other state rock, turn over the rubbish, large stones, and with blocks from—the bargain-taking quarrymen. This agreement is to be left over for further discussion, and given to fairly proportions, and has

"Lord Penrhyn, who was due at his London residence, at Grosvenor Hotel, Grosvenor-road, Pimlico, on Saturday evening, 7 o'clock, left Bangor by the 5.15 train, and was met at Llandudno Junction by the Chief Constable of Carnarvonshire, who accompanied his Lordship to Colwyn Bay, where the Lord Penrhyn left for London. It is understood that his Lordship will be with us on Tuesday, the 24th, when the Lord Penrhyn will be present at Glan Ogwen. While detailing Saturday night at the quarry offices and Pen-Dinas, Colonel Pennant, Mr. Ritchie, Mr. Carter, and Mr. Williams, Mr. Lloyd-Jones, Mr. Lloyd-Jones, Mr. Lloyd-Jones