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ENGLISH GRAIN

POWDER

Cacteria in the Soil at Different Depths -Alcohol is the Devil in Solution-Good Food as a Beautifier-Sunburn and Tan.

Nothing is more essential to method in learning than frequent reiteration, and it is therefore needless to plead excuses in seeking thus to impress even the elementary facts of sanitary science. It might be supposed that by this time every one understood the importance of observing particular care in the selection of a sum-Each of these Articles are mer dietary, especially as regards fruit. Hardly any question of domestic manthe sad result in this instance. Luscion fruits are particularly liable to putrefative change and such thrifty processes z exposure to a cold and dry air, spreading out and the like, suffice only to postpone interpose a caution the importance of riage his friends tried to dissuade which can hardly be exaggerated. Yet here, also, the consequence of neglect

have too often been sadly apparent. Bacteria in the Soil. Some investigations carried out by Dr. Alexander A. Houston, of Edinburgh, respecting the number of bacteria in the soil at different depths from the surface, go to prove that the micro-organisms become less and less abundant as the depth from the surface increases. For example, the average number of germs in a gram of soil examined, which was taken from the surface, was 1,687,799; at a depth of three feet this average fell to 173,807: and at a depth of six feet it was only 410. These figures are interesting, and would tend to show that at certain detinite distances from the surface the soil would be sterile.—Medical News.

Sunburn and Tan.

While the skin is red, glaring, hot, dry and smarting, treat it just as you would treat a common burn, viz.: Apply that which will "take out the fire." 'Th best remedy for a burn is a mixture of equal parts of lime water and linseed oil. If this cannot be procured, gently rub the inflamed part with olive oil, sweet oil or mutton tallow. After the soreness and redness have disappeared and the tile skin becomes brown or freckled emon juice or ammonia are then of service. If the acid is used (vinegar is as good as lemon juice) add it to the bath HAVE RECENTLY HAD water-one tablespoonful to the quart of a considerable, though, limited sum water. The ammonia in less proportion of money, placed with me, for loaning on -one teaspoonful to the quart. The farms at oily preparations may be used every three or four hours, twice a day-night and morning is often enough to use the acid or alkaline bath.

Tippling.

rates, according to security. In most "Alcohol is the devil in solution," says cases, solicitor work is done in my office, Sir B. W. Richardson, epigrammatically. The accomplished savant took the following position on the question of the use of alcholic beverages in a recent lecity of Gereza. Alcohol should be relegated to the domain of medicine and its use made conditional on the sanction of the practitioner. A less restricted use of it, however, would be open to such members of the community as had qualified (in Sir James Coxe's phrase) to be "the intelligent custodians of their own health"-to such, in fact, as would Daly Proprietor I have a whose unimpoired name of the young, be trusted to use it for dietetic or thera-Daly Proprietor. I have again whose unimpaired nervous and circulatory systems stand in no need of advenassumed control of the Daly House titious force, especially should abstain Everything is first class. The table is from alcohol. Premature indulgence in always supplied with the best in the it inevitably fores alls its beneficial market. The sample room is A No 1 power at the time when failing health The hotel is electric lighted throught temands it, and the proverb "vinum lac A commodious yard and first class stabl- senum" (wine is the milk of the old) ing. The best \$1.00 per day house in leses its relevancy when by early habi-Lindsay. Free buss to and f rom all tuation to it, the system has caused to respond to its medical administration. This is one of the most effective arguments against "moderate drinking." Professor Forel goes as far as to say practically, that moderation in the use of alcohol is a humbug. Certainly the so-called "mcderate" drinking of the in-The undersigned are instructed by MOSSOM BOYD & CO., (dissolved by the death of a partner,) habitants of a city like Munich. which offer for sale by auction, at the office of the firm, in consumes per head, including women and children, 568 litres (a litre is almost a quart) of beer on an average, gives a test of how elastic an interpretation the

who advised her to get a tonic, and obey large number of turkeys.

preceded by 5 o'clock tea or the German custom of coffee at 4. It is advisable to eat also before going to bed. Giving the blood work in promoting digestion removes it from the head and induces sleep. The practice of putting into the stomach three times in 12 hours just as much food as it can hold, and for 12 hours giving it nothing, is about as illogical an arrangement as can be de-

HE WANTS A DIVORCE.

His Better Half Walloped Him Beyond Human Endurance,

A remarkable divorce suit has been arises in this connection in the simplest some time been in the reprehensible Cashmere. way. A few days ago a child died soon | habit of administering to him a severe GREGORY after eating strawberries. Why? Because thrashing daily. Lawyer Robert J. the fruit had been purchased two days Arundle, who represents Mr. Halleck, previously, and, as was only to be expect- tells a very unusual tale of domestic ined, when eaten was in a state of decay. felicity. Mr. Halleck, he says, came It is impossible to resist the impression here from Boston, where he was engag-Corner Kent and William-Sts. that neglect had something to do with ed for years in the dry goods business. He is still a young man, not being more than 35 years of age. Four years ago he was married in Springfield to a widow. Mrs. Hattie Kennedy.

The sequel would tend to support the decay for a brief period. We cannot do elder Weller's story regarding widows better than point to the incident above in general. There was, to begin with, a mentioned in order to remind the vendor | marked difference in the physical apand the purchaser alike that freshness | pearance of the couple. Mr. Halleck is is the only certain guarantee of safety a little man. He is light-haired, bluewhen any succulent fruit forms an ar- eyed, five feet five in height and 107 ticle of diet. We have not forgotten that another hardiv less serious danger of the season awaits those who includes in the season awaits and the season another hardiv less serious danger of fully half a foot taller, broad shouldered the season awaits those who indulge in and muscular and about sixty pounds fruit which is under-ripe. In this case heavier. Mr. Halleck says that up taste as well as judgment commonly to the very moment of the mar-



him from running into such danger, but he was blind to his fate. He soon found that his friends were right. In temperament as well as in physique there was between the two the widest incompatibility. She was determined to rule the roost and he interposed no objection, his sole desire, according to his libel in divorce, being to live with her "in loving peace and harmony." Before they had been married a year he avers that she knocked him down because he became a member of a social club. She repeated the dose frequently thereafter, appearing to find much enjoyment in it. At first he made a desperate resistance, but he quickly discovered that he was over-matched and in no wise able to cope with his better half. The chastisements he received made him an object of ridicule to neighbors and friends and for that reason he coaxed the head of the family to move to this city.

Here affairs have gone from bad to worse, his wife increasing in severity as she grew in averdupois. Dates and specimen instances of the "cruel and barbarous treatment" alleged are furnished in the libel. Upon one occasion, as he sat smoking a cigarette after dinner. his wife made some remark to which le did not immediately reply, whereupon ture before the students of the Univer- she administered his ear such a blow as to fell him to the floor, where she sat upon him for half an hour before she per nitted him to rise. At another time he fled through the hall to escape her wrath, but just as he gained the front door and a sight of liberty she reached him with her right foot and he landed face first on the sidewalk, bruising his nose and otherwise damaging himself. Again she hurled a water pitcher at his head, and he is positive that only the inaccuracy of aim natural to her sex saved his life. Two weeks ago Mrs. Halleck went to visit friends in Springfield. Mr. Halleck took advantage of this respite to lay his woes before a legal adviser. At the trial he promises to furnish a lot of witnesses from among the neighbors, al of whom, he says, sympathize with him. -Philadennia Times.

Success of a Boy Farmer.

Once in a while a boy become a man when he is very young, and in that case everybody is very glad to see him succeed. Frank Hogan, of Ingersoll, Texas, is such a boy. He is only sixteen, but he has been graduated from the school where he lives, having taken every prize in his class this year. He rented fifteen acres of ground from his father, agreeing to furnishall the vegetables the family could consume as rental, and so far has kept his contract. His crop consists of A girl of great beauty became afflicted four acres of oats that will yield seventywith a species of acue, which disfigured five bushels per acre; six acres of Irish her once fine complexion, says the New potatoes that will yield about twenty York Evening Sun. No greater calam- parrels to the acre; three acres of cabity could have befallen her. She went bages that have over nine thousand from physician to specialist, she was put plants to the acre, and the boy thinks on various diets, she tried every remedy | hey will average about eight pounds to that was suggested, and finally, wearied the head; and the balance of his rented with efforts that were unavailing, she land is sown in onions that will yield gave herself up to zinc salves. At length | not less than six hundred bushels to the there came along a person of wisdom, lacre. In addition to this, he is raising a

its promptings to eat. Instead of dieting | He expects to clear at least \$1,000 for she needed to eat bountifully of nourish- his year's work, as he is now offered ing food. What she needed was to en- \$1.50 per barrel for onions, 3 cents per rich and start the tides of her ebbing pound for cabbage, and \$2 per barrel for blood. This prescription was not dis- potatoes. This is doing better than most agreeable, and she followed it faithfully. men. There are a great many farmers trouble was gone, and her skin, now to make \$1000 a year out of a farm of him up and took him along past the smooth and flawless, is brilliant with one hundred acres. -Harper's Young captain's cabin all the way to the taff-

A Popular "World" Word, A "sizzard" is the latest name for a hot

The muggy, breezeless hot spell has

INTO TONS OF ICE.

Narrow Escape of an American Barl from Destruction in the South Atlantic.

A juggler of Cashmere, all in white with a lizard crawling in his head-dress, ifter 25 years wandering in tropic and Arctic seas, lies in many fathoms in the South Atlantic, about 500 miles northeast of the Falkland Islands. He was the figurehead of the British bark Cashmere, one of the first of iron sailing

The immaculate juggler who vanished under the sea had seen enough to supply entered for the fall term of court. him with yarns that would have made Thomas A. Halleck, a well-to-do resi- the adventures of all other figureheads dent of Hestonville, seeks a severance of seem unimpressive in comparison. The the vinculum matrimonii on the ground story that the figurehead cannot tell to agement is either more vital or more of "cruel and barbarous treatment." His lits shipmates was related yesterday by elementary. Yet error continually wife, according to his story, has for Cap: Thompson, the skipper of the bark

man whose face has been burnt to a wreckage was not cleared away until chocolate hue by the fervent suns of | noon the next day. southern latitudes for the last 40 years. He has been 20 times around the Horn, the cutting away of the juggler of the and he has seen lots of ice in both the Cashmere. Ho had his face to the water Western and Southern oceans, but he and a big piece of iron was sticking in says he never saw in so brief a period his back. When the tangled wire supso much ice as he saw after rounding porting him had been cut away he turnthe Horn, bound from Pisagua. Chiii, ed over and, face upward, fell into the to this port, deep laden with nitrate of sea.-N.Y Sun.

It was not seeing the ice that bothered im, however; it was hitting it and being thumped and pounded by immeasurable | The Home is the True Fountain of the tons of it. And that is why the Cashmerian juggler didn't come proudly into port under the steel bowsprit of the the French race is actually dying off. Cashmere. That is also the reason why | The population decreases decade by dethe steel bowsprit was brought in on the cade, not through emigration, for the bark's deck. The Cashmere warped into French are not an emigrating people, Erie Basin last evening, battered and rusty above the water line, with a green slim clinging to her immersed surface as thick as the hair on a Cashmere goat. Her nose was twisted, and a jury bow- alliance of philosophers has been organsprit at an ungraceful tilt, supplied the ized. They have been holding a congress place of the heavy steel spar. She had this month to examine the causes of the been more than six months making her serious drift of things and to devise way from Pisagua.

The skipper says he remembers the from finally becoming extinct. Antarctic ice in the Southern Ocean, just north of the Horn, away back in 1854, when he was master of the British clipper Eagle. That was the greatest year before this one for ice in that neighborhood. The clipper Indian Queen, plying between England and Australia, the Captain says, ran into a big berg in 1854, knocked out her masts and smashed in her cutwater.

The Indian Queen's skipper, mate and five or six men launched the lifeboat and abandoned the ship. The second mate turned to, pumped her out, stopped the leak, rigged jury masts, and took the vessel into Valparaiso. The skipper and his boat's crew were never heard of. On being reminded that the yarn of Boston Globe.

the Indian Queen was another story. Capt, Thompson told how he lost his figurehead, and how close he came to losing the Cashmere, too. The bark was about 300 miles east of the Falkland

zon. The captain, remembering the fate | Good Hope): ly along until February 28th.

Mate Pontet, with a pair of the skipper's | The day's life began early. First, the castle head, peering forward.

form for an iceberg.

as if it had been originally an ice arch, and had been divided at the keystone. lead ahead !"

sprit, a thick tube two feet in diameter. broke in two, the upper half telescoping the lower, which was driven through timbers and making itself so fast that it Rio Janeiro. The headway of the bark | making." was only slightly checked by the breaking the bowsprit. The cutwater was crushed in and the white juggler was torn off. He was held above the sea by a tangle of steel wire stays and rigging.

When the stem of the bark hit the berg an avalanche of ice crashed on the forward deck. The first several hundred tons were crushed to snowy fineness by the ice boulders that followed, and all the forward deck was, as the skipper said, a turtle back of ice. The big chunks, some eight feet square, slid from the crystal turtle back into the sea and along the deck aft.

Just as a huge cake tore along the starboard scuppers, a German seaman, who was known only as Albert, came out of the forward house with his rubber boots in his hands. The cake scooped rail. He yelled as he dashed by the cabin, "Oh, mein Kopf!" and that is why his shipmates now call his Albert Kopf. Every other seaman went aft in a hurry,

but not on ice cakes. The bark backed off the berg, and would have cleared it, had not a wind, deflected from the berg, sent her into it again. The captain looked up and saw that the stars had been blotted out by an awful canony of in, the giant cornice of the be g. I reduced fait aller at the wheel to jam it hard down and stick to his post.

This was to avoid hitting the berg under the cornice and bringing it down on the bark. The keel of the Cashmere scraped on the submerged base of the berg as she came around into the wind on the other tack and cleared the impending cornice, As she passed under the man at the wheel looked fearfully np, trembled and cried out:

"That is going to fall. I can't stay

"Yes, you can," said the skipper. "If that falls we will all go down together. You will have as good a chance as any-

When the danger of hitting or being hit by the berg was over, the men set to work chopping away the compact mass of ice forward. The pumps had been sounded and the hold had been found free of water. The forepeak was filled, but the collision bulkheads kept the Capt. Thompson is a grizzled Scotch- water from the hold. The ice and

Second-Mate Hamilton superintended

RACE DECADENCE IN FRANCE.

Living Stream of Humanity.

It is said to be an established fact that but through the rapid increase of deaths over births.

So great is the alarm over the steady depopulation of the country that an methods to prevent the French race

These wise men declare that the French die off faster than do any other European people, and that the births fail more and more each year to supply the gap caused by the deaths.

Perhaps this state of things is largely the penalty of being able to say that "Paris is France." In that great metropolis the sanctity of marriage has sunk to a melancholy level.

It is possible that the French are not naturally so "long-lived" a race as the more phlegmatic peoples of Northern Europe. At all events it is none the less true that all races survive chiefly as the home and the family relation maintain the sanctity that belongs to them .-

Life in Equatorial Africa.

Some years ago Captain Hore, who spent some years in the command of a mission steamer on Lake Tanganvika. Islands on February 28th, when the cap- | visited New Zealand. He addressed the tain noticed on glancing over the star- Sunday-school children, and succeeded board quarter, a white square in the in interesting them by his curious and instructive information about Central He looked closer and made out that Africa and its inhabitants. We take the the square was ice. The air was clear, following account of life in Tanganyika and no bergs were visible on any hori- from the Grahamstown Journal (Cape of

of the Royal Alfred, an iron bark owned | "Captain Hore." says the Journal, by the owners of the Cashmere, which showed that the life and habits of the supposed to have been lost by collision | people of Tanganyika did not differ in with an iceberg about 11 months ago, essentials from those of people leading a ordered a double lookout on duty, and simple existence elsewhere, and the imkept his own eyes peeled for bergs. The pression made upon him, especially of wind was aft, and the bark sailed serene- the people settled to the northeast of the lake, was decidedly favorable. They At dawn a towering berg was seen had no literature, and consequently away off to the westward. There were knew of no past. They had no knowlno other glacial apparitions on that or edge of the outer world, and therefore the following day. But the captain could neither hear nor think about other feared the approach of night, which people; but they were too busy to feel doesn't begin down off the Horn until ennui. When a man wanted a house, he did not consult advertisements; he had It was the mate's watch, and Third to set to work, choose a site, and build it. tield glasses, was stretched on the fore- women and girls went to fetch water in vessels they themselves had made; then The wind had shifted, and the bark they took axes, which their husbands or was on the port tack under easy canvas. | brothers had made, and cut wood for Third Mate Pontet suddenly saw a green- | fuel; then they ground corn, which the ish white vision apparently rise out of family had grown, and which was the water dead ahead. He said it look- stored on shelves in the hut out of the ed as if it were four times as tall as the | way of rats, for their porridge, and so bark's main truck. It was of curious | they earned their breakfast. All hands turned to at sowing time and harvest. A gigantic cornice extended several It was an error to suppose the hundred feet from one side. It looked men did not work. They sometimes worked both night and day. and suffered great hardships as bearers Pentet didn't wait to make a note of in expeditions. The women were not these things. He ran aft, and, as he more harshly dealt with than they were passed the forecastle, which is in a deck- in England. One thing was to be said house on the Cashmere, he shouted: "Ice | for these people: they were self-supporting and self-reliant. Everything they The wooden jibboom of the tark enjoyed was the fruit of their own labors speared the side of the berg and broke and ingenuity. They had developed off like a toothpick. Then the steel bow- the fishery and navigation of the lakes, and in fishing they employed all the apsmashed into the ice. The mighty tube pliances, nets and lines that the lecturer had seen in every other part of the world. Nor were they without ornathe forecastle head clear through two mental art, for their earthenware was of hoids, twisting and breaking the deck graceful design, and Captain Hore had a canoe-man who composed a long stuck where the impact with the ice put poem about the white stranger, and it until it was hauled out by a crane at sang it to an instrument of his own

A Sprinkle of Spice. I love to steal a while away From every cumbering care, And take a Pullman sleeper for Chicago and the fair. And when I've spent a week or And seen the sights so great, I love to steal a chance to ride Home on an empty freight. -Kansas City Journal.

Biggs-You say high living killed him. He was as poor as a church mouse. How could it? Boggs-Fell from the window of the

eighth story flat.—Buffalo Courier. Now, what would you think of a trip to the pole On an iceberg cool and high, On a freezing sea, where the ice blocks roll

'Neath an icicle-bordered sky. Atlanta Constitution.

Mamma-Come, Johnny, say your verse for the lady. Johnny-In the multitude of counselors there is a bicycle.

Mamma-Why, Johnny! "there is safety," not a "bicycle." Johnny-Well, what's the diff ?- Bogton Transcript. Lo, the poor Indian, With untutored mind,

The drug store combination

Quick doth find.

Good Food as a Beautifier.

WEDNESDAY, 6th, OF SEPT. 1893. Commencing at 10 o'clock in the forenoon. A num adjective admits.

A UCTION SALE of Farming and Wood Lands,

A Village Lots, Cattle, Horses, Farm Implements,

the Village of Bobcaygeon, on

boats and trains. Call and see me.

Lindsay, May 10th, 1893.

ber of good farming and wood lots in the Townships of Verulam, Harvey, Somerville, Snowdon, and Glamorgan, including the farm in Verulam worked by the firm, and Big Island in Pigeon Lake containing 1,200 acres, and well known as the Big Island Stock Farm. Also village and park lots in Bobcaygeon, including a number of Beautiful Sites for Summer Residences. Also all their herd of Pedigreed Polled Angus Cattle, and all the remainder of their horses not sold at Toronto. Also farm implements and second hand lumbering tools such as axes, saws, chains, wagons, sleighs, etc. For particulars apply to

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WALL PAPERS.—New Patterns at color, and her good looks completely re-5c. a roll. Gilt Paper for 20c. a roll habilitated. And now comes a medical worth 35c., Gilt Paper for 15c. worth authority saying that more women sin yorth 35c., Girl Paper 101 13c. worth 35c., Girl Paper 101 13c., Girl

and examine my stock.

GEO. A. LITTLE, Metherell's Old Stand opposite Post Office.

Picture Frames at reduced prices. Call and German women eat four, and often been named the "sizzard" as distinguishfive, times a day. American women ad from the blizzard. Of the two terrors, only eat three times a day. The women however, the "sizzard" is after all much who breakfast at 8 should eat again at to be preferred. 12. This should not interfere with lun-I sheon, and dinner at To'clock should be