

Pithy Pointers for purchasing People.

WHAT TO BUY!
WHEN TO BUY!
WHERE TO BUY!

This ought to interest every householder in the County of Victoria. [] derived through this medium of economical expenditure counts just as much as that made by labor. Why not trade when there is an actual saving guaranteed on every purchase made. How can we do this? Reason it out in this way. We visit personally the world's best markets, and buying for spot cash in large quantities we thus secure the very lowest prices, no one can gainsay this.

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DUNDAS & FLAVELLE Bros.

HEALTH AND HYGIENE

IMPORTANCE OF ALWAYS HAVING CLEAN HANDS.

To Insure Good Teeth—The Smoking Habit—Warning to Housekeepers—Poison, and Various Notes.

SMOKING.—Sir Morell Mackenzie concluded an article in the New Review on Smoking, with a little practical advice. A person should never smoke, he says, except after a substantial meal, and if he be a singer or speaker, only after, and not before, using his voice. Let him refrain from smoking pipe, cigar or cigarette to the bitter end, and it may be added, rank and oily end. Let him smoke a mild cigar or a long-stemmed pipe charged with some cool smoking tobacco. If he will smoke a cigarette, let it be smoked through a mouth-piece, which is kept clean with ultra-Mohammedan strictness. Let the singer who wishes to keep in the perfect way, refrain from inhaling the smoke. Let him take it as an axiom that the man in whom tobacco increases the flow of saliva to any marked degree is not intended by nature to smoke. If he is strictly moderate in indulgence—the precise limits each one must settle for himself—he will get all the good effects of the soothing plant without the bane which lurks in it when used to excess.—New York Medical Times.

To INSURE GOOD TEETH.—Begin with the infant to lay the foundation for good teeth, by giving the little one regular attention, particularly in regard to its food. Indigestion causes faulty nutrition—poor nutrition produces nothing good. The growth of teeth is mainly limited to childhood—their condition is profoundly influenced by children's diseases. More than the diet must be watched. The teeth themselves should be filled. This guards against disease of the bony portion of the jaw into which the roots of the teeth are inserted and against an unsymmetrical growth of the jaw itself. A baby's mouth after the first tooth appears should be bathed twice a day with a soft rag and lime water. Rubbing is needful along the gums. Frequent visits to the dentist are necessary all through childhood. It will not only save expense and painful experience, but do much toward the preservation of the general bodily health. Decayed and imperfect teeth render mastication difficult and as a consequence indigestion follows. Indigestion brings suffering to every part of the body, and eventually a permanent breakdown.

DIFFERENT KINDS OF POISONS.—Poisons are generally divided into corrosive, irritant, neurotic and gaseous poisons. The typical member of the corrosive class is corrosive sublimate, the soluble chloride of mercury. In this class are included also the concentrated mineral acids (sulphuric, nitric and hydrochloric), oxalic acid, the alkalis (potash, soda and ammonia) and their carbonates; acid, alkali and corrosive salts of the metals, such as bisulphite of potash, alum, butter of antimony and nitrate of silver; also, carbolic acid.

Irritant poisons are of two classes, metallic irritants and vegetable and animal irritants. An irritant usually produces an inflammation of the parts to which it is applied. Arsenic is the most important of the metallic irritants. Other irritants are the moderately diluted acids, many

metallic salts, such as those of antimony, lead, copper, zinc, chromium, gamboge and aloes. Cocolynt and croton oil are good examples of vegetable irritants and cantharides of animal irritants.

Animal and vegetable matters when in process of decomposition, or when infested with certain organisms known as bacteria, may produce violent irritant symptoms. The symptoms produced by irritant poisons are usually more slow in their development than those of a corrosive poison has acted.

Arsenic is a specific irritant poison. Almost all the compounds of this metal are poisonous. The term arsenic is most commonly applied, not to the metal itself, but to its lower oxide, arsenious oxide, which is also known as white arsenic. Another of the irritant poisons is lead. The salts of lead, especially the acetate or sugar of lead, are of great activity, while chrome yellow, or lead chromate, is a powerful irritant poison. All chlorates are, indeed, irritant poisons. The soluble salts of copper, such as blue vitriol (the sulphate) and verdigris (subcarbonate and subacetate) are emetic and irritant salts. Rince salts and barium salts, except the insoluble barium sulphates, are irritant poisons. The chromates, such as bichromate of potash, etc., are violent irritants. Phosphorus has two chief forms—the yellow or ordinary and the red or amorphous, the former of which only is poisonous. The vegetable irritants produce drastic purgative effects.

It is impossible at present to attempt a systematic division of the neurotic poisons, as they embrace poisons so widely different in their action. Prussic or hydrocyanic acid is one of the best-known poisons of this class, and a very deadly one. In the pure state it is said to kill with lightning-like rapidity. It is met with in commerce only in the diluted state. Other soluble cyanides, especially cyanide of potassium, are equally poisonous.

Opium is another neurotic poison, but it is too well known to need further description. Strychnine and all strychnine-producing plants (it is mainly derived from the strychnos nux vomica plant) all act in the same manner. This is one of the most fatal and agonizing of all the vegetable or mineral poisons, throwing the body into the most violent, racking convulsions, producing, in fact, all the outward symptoms of tenancy.—The American An-

LINDSAY MARKETS

LINDSAY, ONT., Oct. 27th, 1892.

Fall Wheat per bushel, old.	\$0 00 to 0 6
Fyfe do do.	0 00 to 0 6
Spring do.	0 00 to 0 62
Goose do do.	0 00 to 0 55
Flour, new process.	1 90 to 2 10
Flour, mixed, roll.	2 10 to 2 30
Strong bakers.	2 20 to 2 40
Barley, per bushel.	30 to 0 35
Peas, do.	0 00 to 0 55
Peas, large do.	0 70 to 0 75
Oats, do.	0 00 to 0 27
Potatoes per bushel new.	0 25 to 0 30
Butter per lb.	18 to 0 19
Beef.	0 05 to 0 07
Eggs, per dozen.	0 14 to 0 15
Salt, per barrel.	0 00 to 1 40
Straw, per load.	3 00 to 6 00
Wool.	0 18 to 0 20
Hides.	0 00 to 0 30
Wood.	2 00 to 4 00
Bacon per lb.	0 09 to 0 10
Mess Pork, per bb.	0 00 to 17 50
Bay, per ton.	6 00 to 8 00
do extra Prime.	0 00 to 0 00
Shorts per ton.	11 00 to 16 00
Lambskins.	0 50 to 0 60
Sheepskins, pelts.	0 50 to 0 60
Live Hogs,	0 00 to 5 00
Flax seed per 100.	2 00 to 3 00
Dressed Hogs, per 100lb.	4 50 to 5 00
Rye.	0 00 to 0 75
Bran per ton.	12 00 to 14 00
Mixed Chop.	1 00 to 1 10
Screenings.	65 to 0 75
Alsike Clover.	7 00 to 8 00
Red Clover.	3 75 to 4 25
Timothy Seed.	1 50 to 2 05
Corn Chop.	1 75 to 1 80
Oat Chop.	1 00 to 1 30
Pea Chop.	1 10 to 1 20

SALE OF Texas Jack Stock.

Now is the time to purchase stock in this sale. 80 horses, shares \$5 each, shares not to exceed 3,200 in number. Corn-cracker, b.s., five yrs old, record 22.20, heads the list. Texas Jack, Jr., b.s., six yrs old, record 2,27 1/2. Second, the lams of four in the 2.30 list. Fanny Walker, a noted six-year-old trotting mare; about ten Al pacing mares, a lot of young Texas Jack pacers, all in this sale. This is not a matter of choice but of necessity to pay up an estate. A catalogue giving description and pedigree of every horse, etc., in this sale goes with each share. Sale sure to take place whether shares are sold or not.

Agents wanted everywhere to sell shares if you don't see an agent send direct to h: undersigned.

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Lindsay, Feb. 4th, 1891.

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250 Envelopes 35c

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3 Papers of Pins 50c.

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