

Fruit! Fruit! Fruit!

SUGARS FOR PRESERVING.

Housekeepers will now be pondering over the quantity of preserves to be made this season, and other details incidental to that important work. Right here the question 'Where will you purchase your supply of Sugar' comes in. To preserve fruit Sugar is necessary, and alive to this fact we made large purchases some months ago at an exceptionally favorable quotation. Its a sweet subject but we don't wish to enlarge on it too much—we merely ask that when you make up your mind what quantity you will require, you will be good enough to call and get our prices. We can't be equalled in value. Nor excelled in weight or sweetening materials.

A. CAMPBELL, FAMILY GROCER

Spring Opening

NEW CARRIAGES, WITH TOP OR OPEN

L. O'CONNOR has ready for his customers a full line of the finest and most substantial

Carriages, Buggies, Gladstones and Phaetons

to be found in this part of the Province. His work is so well-known that it is scarcely necessary to say that he uses the best material and workmanship in the construction of all kinds of Vehicles, and consequently will not keep on hand an article that he cannot guarantee

FARM WAGGONS AND ROAD CARTS,

which cannot be beaten for easy draft, material or workmanship. All the above will be sold at the lowest living prices. Call and examine article and prices and be convinced.

REPAIRING ATTENDED TO ON THE SHORTEST NOTICE.

L. O'CONNOR.

Lindsay, April 5th, 1892.—14-11.

WATCHMAN

PRINTING OFFICE,

William - Street

LINDSAY.

FOR ALL KINDS OF

BOOK & JOB PRINTING

E. JOS. COOPER, PROPRIETOR.

For Sale or to Rent THE WEST HALF of lot 10 in the 7th Con. of Eldon, County of Victoria, containing 100 acres more or less. Apply to DALLAS WRIGHT, owner, on the premises, or by letter to Argyle P. O. Eldon, June 11, 1892.

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CATARRH... (Advertisement for eye medicine)

H. HART, L. D. S.,... (Advertisement for dental services)

KNOWLSON BROS.

REAL ESTATE INSURANCE & FINANCIAL AGENTS... (Advertisement for insurance services)

The Aetna Fire Insurance Co., of Hartford, Conn., incorporated 1819, losses paid in 71 years about \$65,000,000, assets over \$10,000,000, absolutely the strongest American Co. in existence.

The North British and Mercantile incorporated 1809, paid up capital abt. \$3,500,000 total assets \$50,376,064. The N B & M is the largest and strongest Co. in existence.

KNOWLSON BROS.

LIFE INSURANCE... (Advertisement for life insurance services)

The Confederation Life Association, of Toronto, issues Policies Incontestable after three years. FREE from ALL RESTRICTIONS as to RESIDENCE, TRAVEL or OCCUPATION.

KNOWLSON BROS.

REAL ESTATE... (Advertisement for real estate services)

We have a large list of valuable Building Lots, Brick and Frame dwelling houses, Farm properties, and choice lots on Straggon Lake, which can be had cheap for cash, or mortgage at a low rate of interest.

MONEY TO LOAN at a low rate of interest. Persons desiring to place their property in the market can have it advertised free of charge and will be sold or exchanged by us at a small commission.

KNOWLSON BROS.

Represent the Beaver Line of Steamships plying between Montreal and Liverpool, Boats large and well equipped and cheap rates of passage.

Represent the Norwich & London Accident Insurance Co. Capital \$1,000,000. Rates extraordinarily low and security unimpaired.

OFFICE WILLIAM-ST. NORTH OF KENT STREET, Lindsay, Nov. 19th, 1890.—45-1y.

Columbus. Behind him lay the gray Azores, Behind him the Gates of Hercules; Before him not the ghost of shores, Behind him only shoreless seas. 'Tis I mate said, "Now must we pray, For lo! the very stars are gone, Brave Admiral, speak! what shall I say?" "Why, say, "Sail on! sail on! and on!" "My men grow mutinous day by day; My men grow ghastly wan and weak." The stout man thought of home: a spray Of salt wave washed his swarthy cheek. "What shall I say, brave Admiral?" "If we sight naught but seas at dawn?" "Why, you shall say at break of day, "Sail on! sail on! sail on! and on!" They sailed, and sailed, as winds might blow, Until at last the blanched mate said, "Why, now not even God would know! Should I and all my men fall dead, These very winds forget their way." For God from these dread seas is gone, Now speak, brave Admiral, speak and say—" He said, "Sail on! sail on! and on!" They sailed. They sailed. Then spoke the mate, "This mad sea shows its teeth to-night; He curls his lip, he lies in wait, He lifted his eyes, he spoke: "Brave Admiral, say but one good word: What shall we do when hope is gone?" The words leapt as a leaping sword, "Sail on! sail on! sail on! and on!" Then, pale and worn, he kept his deck, And peered through darkness. Ah, that night, Of all dark nights! And then a speak: "A light! A light! A light! A light!" A glow, a starlight, flag unfurled! He grew to be the time, but one good word: He gained a world; he gave that world Its grandest lesson—"On! and on!" —Joaquin Miller.

HEALTH AND HYGIENE

HOW THE DANGER OF GETTING TYPHOID FEVER MAY BE LESSENE.

Nettle Rash and Its Peculiar Character—Conservation of Strength—A Lot of Energy Wasted Through Lack of Intelligence.

To PREVENT TYPHOID FEVER.—Of all diseases that can be warded off, none is more easily kept at bay than typhoid fever. It owes its origin to a bacillus. The bacilli easily find entrance to the intestinal canal, because food and drink take them in. None of us can live without nourishment, which must be procured in the most natural of ways, by eating; so we could not cease to eat and drink in order to escape a fever. The bacillus of typhoid fever lives a long time in water, even in ice. Milk is very frequently the means of carrying the disease, even when the milk itself is originally pure. It is transported from the country to the consumers, in cans which have been washed with impure water. Milk cans are never "wiped" as dishes are, and there is sure to be a little water left in the can. This little is enough to infect many quarts of milk and to carry sickness and death into many homes. Babies and young children are by far the largest partakers of fluid stuff. Water, as a diluent, plays an important part in their dietary. Typhus fever is quite as liable to attack the young as those of older and larger growth. For this reason not only should the water be boiled but also the milk which is given to children. Boiling kills the bacilli, and in times of danger, when fever is in the vicinity, it is nothing short of crime to neglect these easy and reliable precautions, for no one is so poor that she cannot find a place to boil milk and water for her little ones to drink.

If there is a case of typhoid fever in the house, the discharges from the bowels should not be thrown into the closet until they have first been disinfected. If one is unable to procure a disinfectant, let her pour boiling water into the vessel containing the stools, and, after the water has become cold, empty the vessel. The stools are full of the bacilli, and if they are not destroyed, then, when the fecal matter has become dry (as it does if thrown out on the ground) it may be carried far away; and its most potent particles contain bacilli. Such dust may settle anywhere and be the means of carrying the disease to those susceptible to it. Those most likely to catch the fever are the over-worked and run down; especially those exhausted by diarrhoea or other convalescing from any disease which has made severe inroads upon the strength. Those subjected to mental strain are an easy prey to this most dreaded and devastating form of fever.

NETTLE RASH.—Urticaria or nettle rash is a somewhat common ailment. It is characterized by the sudden appearance of rounded or linear elevations of the skin, which are termed wheals. They are of varying length and figure. Their color is generally white, contrasting with a crimson ground. A singular fact about them is that, ordinarily, they disappear as suddenly as they come, and leave no trace behind. However, they are apt to reappear in other parts of the body, especially at night, and greatly to interfere with sleep, as they are attended with burning and itching.

This tendency to reappear may continue for several days. Some cases assume a chronic form, and may last for months and even years. The disease seems to be due to a peculiar disturbance of the nervous system. The irritant may be some troublesome article of diet, such as shellfish, or certain drugs, or a general dyspeptic condition, or some ailment like eczema, or scabies that gives rise to scratching; the stings and bites of insects, or the stinging hairs of plants. Sir Erasmus Wilson says of some cases: "The nervous sensibility of the skin is so acute that wheals may be produced by the slightest touch, and written characters may be developed at will by the mere act of tracing their outline on the skin with the point of a pencil."

The symptoms may vary in intensity, but though in all forms the disease is troublesome, it is rarely dangerous. It is readily distinguished from other diseases, somewhat resembling it, by the sudden disappearance of the wheals, and by the fact that similar wheals may be caused by rubbing the finger briskly over the skin.

Urticaria, whether chronic or acute, requires a careful search for the source of the irritation, for the treatment must depend largely upon this. In severe cases help may be obtained from the hot bath or flannels wrung out in hot water, but there are other remedies which the doctor can best prescribe.—Youth's Companion.

AVOID WASTE OR STRENGTH.—This is the season when most men and women find themselves possessed of a new capital of strength and zeal. They are eager for work and overflowing with energy. It is a time of promise, and it is also a time of danger. A great deal of energy is wasted,

as another precious thing are wasted, through lack of intelligence and direction. Physical and mental strength are as much a trust as any other form of property. They are, indeed, the most precious form of property, since they are the only property that can be bestowed upon another without danger of prostration or loss of self-respect on the part of the receiver. To waste them by multiplying the sources through which they are given out, and by failing to concentrate them on things to which they ought to be directed, is an offence against one's self and against society.

It is an offence, unfortunately, of which a great many of the best people are guilty. At the beginning of the year of work, select the lines to which you can give the greatest effectiveness, and hold to them with resolute persistence. Do not be distracted by the claims of things which interest you, but to which you ought not to give your energy. In this way good causes and good people often become temptations. Put out of account, so far as personal help is concerned, those things of which you cannot give yourself, and concentrate strength, time and energy on the one, two or three lines of work for which you are fitted and to which you are committed. Avoid waste of strength by using it with intelligence and by concentrating on a few objects.—Christian Union.

TRIBUTE FROM JOHN BULL.

He Admits that We Surpass Him in Appliances for Fighting Fire.

There is much to be learned from America by all of us and it is to be regretted that one of the crack brigades of the States could not have crossed the ocean to attend the present Firemen's Congress. We may find one more opportunity for the lesson if the Committee of the Chicago Exhibition think fit to invite the firemen of Europe to the coming World's Fair. The Americans like to think that they take the lead in this branch of public work; and by all accounts of them they would still be very hard to beat. Most of our newer contrivances are probably of American origin. The steam fire-engine; the horses and men harnessed day and night and trained to walk straight into the shafts as soon as they hear the alarm-bell; the pole down which the men, also ready dressed, slide from their sleeping rooms to reach the basement to save the few seconds that might be lost by their coming downstairs—all these seem to have been matters of common experience in America when they were first talked of as novelties here. The same thing may be said of the alarm boxes.

The Americans train for speed, and some of their records are astonishing. At a fire which occurred in New York two years ago, the first alarm was received at 6.07. In three minutes after that the first engine reached the burning building, which, it may be supposed, was not very far off. The whole second floor, which was 100 feet long, was a mass of fire, and the flames were spreading to the stories above. Other engines soon arrived, and by 6.35, or in less than half an hour, not a spark of fire was left in the building. The water-towers, which are huge perpendicular pipes, carried on a movable derrick, pour the stream into the highest buildings at any elevation required. They are packed into a comparatively small space when not in use, but are instantly reared to their full height by the force of carbonic acid gas. The floating fire-engines are largely used in New York, as the city is surrounded by water. The latest is built of steel, and it travels at a very great speed. Its four pipes are from three to four inches in diameter; but the power of all the pumps may be concentrated into one or two pipes, which yield a still larger volume of water. These five-inch streams, in their tremendous force, act like battering-rams and drive their way through ceilings and roofs, and even through brick walls, into the very heart of the fire.

In some instances the life lines are fired from a gun, on much the same principle as the rockets used for the signal. The gun carries a thin line to the firemen at the top of the burning building, and when this they draw up the stouter rope they require. The life nets, which are equally light and strong, into which persons jump with comparatively impunity from the highest floors, save many lives. The best of these contrivances have been introduced in our own fire service, in great part owing to the enterprise and energy of Capt. Shaw. He was able to boast in his farewell address that during the thirty years of his control of the Metropolitan Brigade, the number of stations had been raised from thirteen to fifty-nine, and the number of firemen from not much more than one hundred to a little over seven. In 1861 there were no telephones nor call points. They now extend over the whole of London. To the last moment of his official career, however, Captain Shaw was still calling for more of everything. Yet it will be some time before the ratepayers will enable him to realize his ideal of thirty-two new stations at an average cost of a thousand a year each. A perfect water supply was then, and perhaps still is, our most pressing need. Only a small number of the pipes were constantly charged, and there were often more engines at a fire than there was water for their use.—London News.

Tendency Toward Variations.

It is generally known nowadays that the whole fabric of Darwinism is built on a single fact—namely, that there exist between all the individuals of a species slight variations, no two individuals being ever exactly alike in all respects. The story of evolution is simply the story of natural selection building up in the course of long ages the small variations in certain directions, and so slowly developing the more advantageous types. These variations are therefore all-important. Not only can there be no progress without them, but it is with their aid alone that a species is enabled to hold its own in the competition of life by continually adapting itself to surrounding conditions which are always changing.

progress is possible; these only are able to keep up the supply of variations, and so hold their own amid the competition of life by ever adapting themselves to the continually changing conditions of the rivalry in which they are always engaged. All the examples we have been considering merely lapse towards an earlier and simpler form of reproduction which the winning species have long ago abandoned under stress of circumstances, the lapses themselves becoming rarer and rarer, and once ceasing altogether as we rise in the scale of life.—Longman's Magazine.

POISONOUS PLANTS.

They are Very Rare in Canada and Can be Readily Detected.

A subject of great interest to everybody and one which is frequently made an excuse by ill-informed people for not studying wild plants, is the fact of being poisoned. Strangely enough this fear need troubles them with regard to cultivated and greenhouse plants, where a much larger proportion of poisonous species is to be found than is the case in the woods around us. As a matter of fact poisonous plants in Canada are exceedingly rare. The Poison Ivy is the only plant in this part of Canada, which is poisonous to the touch, and even with regard to this, although it is so virulent in the southern states, it is, as you all know, an extremely rare thing to find anyone affected by it here. There are, also, far fewer plants than most people think they are actually poisonous, even when taken internally; and anyone with a very small amount of knowledge and common sense is warned against these by their acid taste or nauseous odor. This, I have no doubt, is the reason why cattle and wild animals which feed on vegetation are so seldom poisoned. The poisonous plants are distasteful to them and are not eaten in any quantity when their dangerous nature has been detected by the keen senses of taste or smell. For this reason I can make no excuse for people, who are old enough to think, who allow themselves to be poisoned, and I do not believe any sensible person ever will.

I quite agree with my friend Professor Macoun who a few years ago, in speaking of the vast supplies of good wholesome food going to waste all round us every year in the shape of various fungi, touched on this subject, and speaking of the small number of poisonous plants in any locality, said: "I have no patience with the stupid people who allow themselves to starve to death in a country clothed with grass, plants, and trees, nearly all of which are capable of sustaining life." With regard to such plants as contain noxious principles there are a few general rules which may be borne in mind by those who travel in the wilds and are liable to require such knowledge, and to which, without going into minute detail, it may not be amiss to refer here. Plants belonging to the same natural order, as a rule, contain similar constituents. There are large orders of plants every member of which makes wholesome food, notwithstanding the occasional presence of acrid principles; such as we find in the cross family which may always be recognized by their cruciform flowers, made up of four separate petals. The same may be said of all the rose family which have the stamens standing on the calyx as we find in the rose and apple. All grasses as wheat and corn, and all plants bearing papilionaceous flowers as the bean, the pea, the clover, produce wholesome food for man and beast.

Mrs. Lincoln in her "Familiar Lectures on Botany" says, "Such plants as have five stamens and one pistil, with a corolla of a dull livid color, and a disagreeable smell, are usually poisonous; the thorn apple and tobacco are examples. The umbelliferous plants, which grow in wet places, have usually a nauseous smell; such plants are poisonous, as the water hemlock. Umbelliferous plants which grow in dry places, usually have an aromatic smell and are not poisonous, as cataway and fennel. Plants with labiate corollas, and containing their seeds in capsules, are often poisonous, as the foxglove; also such as contain a milky juice, unless they are compound flowers. Such plants as have horned or hooded nectaries, as the columbine and monk's hood, are more poisonous. Amongst plants which are seldom poisonous are the compound flowers, as the Dandelion and Boneseed; such as have labiate corollas, with seeds lying naked in the calyx, are seldom or never poisonous, the mint and thyme are examples of such plants."

Plants containing mucilaginous matter are, as a rule wholesome, and in British Columbia the Indians eat almost any bulbous root, making regular annual trips to districts where certain liliaceous plants abound. Amongst those roots which they collect in this way are the camass, lilies, and nearly all bulbous-rooted plants, which they designate by the general name of muck-a-muck. Another article of food to which they are very partial is the inner bark of young pine trees.

With regard to the poisonous properties of the parsley family referred to above, Dr. Trimen says, "The properties of the Umbelliferous are of three principle and remarkably different kinds. In one section a watery and acrid matter is present; in a second a milky gum-resinous secretion; and in a third, an aromatic and oily one. When the first of these predominates, they are poisonous; the second in excess converts them into stimulants; and the third renders them carminative and serviceable as pleasant condiments. If both the acrid and gum-resinous secretions be absent they are often useful articles of food, as happens with the sweet roots of the carrot and the parsnip, and the foliage of the samphire, fennel, chervil, parsley and celery."—James Fletcher, Experimental Farm.

The Hightest City and the Hottest Spot.

The highest city in the world is Pasco, the capital of the department of Junin, in the Republic of Peru. Pasco is built on the tableland, 14,275 feet above the level of the sea. The site on which it stands abounds in silver ore, the mouths of the mines being frequently in the mouths of the streets. The climate is so injurious to health, and the place so destitute of any attraction save its wealth in silver, that only the anxiety to become rich could induce people to live there. The difference of temperature in the sun and in the shade is so great that, while one side of the street may be exposed to oppressive heat, on the other side protection is required against the cold. The hottest spot on earth is one of the regions along the Peruvian Gulf, where little or no rain falls. At Bahrin the arid shore has no fresh water, yet a comparatively numerous population continues to live there, thanks to the copious springs which break forth from the bottom of the sea. The fresh water is obtained by diving and filling goat-skin bags with the precious commodity.