Grant's Terrible Lesson.

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well known, too, that a large number | begin with. other diseases-nervous prostrefore their time each year from seases induced by tobacco using. view of their undoubted facts surely warning voice should be raised by e pulpit, by the press, and by the edical profession. The wonder is at so important a matter is so little | a fixed one. when of. Hundreds of young men ould avoid tobacco using were they well aware as they should be of the sks they run of indulging in the

Unfortunately it too often occurs hat the very men from whose mouths arning should come are too full of bacco smoke, or possibly tobacco uids, to say anything on the subject. -Truth.

A GOOD GUARANTEE.

H. B. Cochran, druggist, Lancaster, a., writes that he has guaranteed er 300 bottles of Burdock Blood itters for dyspepsia, billious attacks nd liver and kidney troubles. In no ase has it disappointed those who sed it. In Canada it gives the same eneral satisfaction.

onthly Report of S. S. No. Glenelg for March.

icNab. 279; Samuel Edwards, 231; eter McNab, 231.

3rd Class-Thomas Nelson, 279; Villie Nelson, 259; Charlie Noble,

ook, 194; Willie Jack, 187. 1st Class-Tomnie Glencross, 89; oseph Firth, 86; Bertie Cook, 80. AGNES J. WHITE,

Teacher.

SURE TO CONQUER. The most troublesome cough is sure yield if timely treated with Hagvard's nd safe for young or old,

ic sympathy is everywhere being rather startling bet it is next the agly expressed with the brave and a fact. People fancy that when they ent sufferer. For some weeks draw in a little air at each inspiration. the pain he has endured has been and then puff it out again they are thing terrible. It is reported doing all that is required of them but. all his teeth has been drawn out if the lungs could speak, they would teeth in your mouth. Don't start the a hope of giving some relief, tell their owners that they were not day's work without a good breakfast. even that has not helped the half performing their duty. Then Don't sleep in a room without youtilter to any great extent. In con- again, people will breath through the ation of some kind. Don't stuff ence of the terrible condition of mouth instead of the nose. This is cold lest you be next obliged to starve mouth no kind of food can be taken | wrong for the passage of the cold air a fever. Don't try to get along with. something in a liquid form, and through the various remifications along out flamed underslothing in winter. much of even that without great which its course would lie when taken Don't use your voice for loud spaking Very little sleep can be obtain- in through the nostrals, becomes or singing when hourse. Don't try and nervous prostration is mevit- warmed before it reaches the lungs, to get along with more than eight or at Hill Brown from hese causes. The brave whereas that drawn in through the nine hour's sleep. Don't sleep in the eral 18 reported to be enduring mouth passes directly into them, along same under garment you wear during this agony with true fortitude but with whatever dust. and impurities the day. Don't toast your feet by the nust be evident that the time will may be floating about and it very fire, but try sunlight friction instead. n arrive, if it has not come already, injurious to weak chested people, that Don't try to keep up on coffee and en he will welcome death as an end is to say people whose pulmonary alcohol when you ought to go to bed. are not in a perfectly sound state. As Dou't eat snow to quench thirst; it there seems to be no doubt what breathing is about the first thing a brings on inflammation of the threat. that Gen. Grant's present con- person does when he enters this world Don't strain your eyes by reading or on has been brought about in and the last before he leaves it, it is avi- working with insufficient or flickering sequence of many years' excessive dently a yery important act, and as light. Don't use the eyes for reading acco smoking. During all the such should meet with more attention or fine work in the twilight or evening

nost constant smoker, but as he was a rule, take half deep enough in- vour bair is thin or falls out easily. man of splendid constitution no spiration; the air cells at the bottom Don't eat anything between meals urious effects appeared to come of the langs do not receive a sufficient excepting fruits or a glass of hot milk m it. The penalty is now being amount of air, in many cases scarcely if you feel faint. Don't take some any and in the next place they per. other persons medicine because you Some time ago, when it became sist in ignoring the nostrils as the dent that the General's month was right channels through which the twing unmistakable evidences of outer air should be drawn in its ease because of the amount of passage to the lungs. Although it totine absorbed from the cigars does not follow that a large chested He quit smoking, but man is necessarily more sound as to fortunately it seems to have his pulmonary organs than one with en too late, and now the a small chest, still his chances of eadful disease is slowly and surely being so are surely greater if his lungs have free room in which to work; and Surely a terrible lesson like this by paying attention to a few simple ght not to be lost sight of. Every rules in respect to their breathing bitual tobacco smoker is exposed people may so materially increase the similar dangers, and every one of size of their chests that they will be em would do well to sit down ar astonished. These rules are very ve a few minutes' careful consider- | short, very simple and very few in ion to the important question number. They are, first, breath bether all the pleasures of tobacco through your nose; second, fill your ing are sufficient compensation for lungs to their fall extent, if you can, e terrible risks it is necessary to at every breath, and third breathe as n in order to continue the habit, to much pure air as you can. An exv nothing of the loss of time and cellent plan to strengthen the lungs s of money in connection with the and to increase the size of the chest me unnecessary habit. Surely the at the same time, is to devote fifteen hole subject is well worthy of careful minutes or so daily to breathing as follows: Go out into the open air; Gen. Grant's unfortunate case is stand perfectly erect, and then fill the bt by any means an isolated one. lungs to their fullest extent through he tobacco habit has far more the nose, retain the air till you begin man victims every year than most to feel uncomfortable, then expel it rsons are aware of. It is a well and repeat the dose. In six months nown fact that a very large propor- we will guarantee that you will be of the cases of that dreadful able to "hold your breath," as it is sease of cancer in the mouth or commonly termed, for fully two ngue come from tobacco using. It minutes, if your lungs are sound to

Athletes habitually breathe through ion, paralysis, dyspepsia and the their noses, and to this is attributed that may have been located in the are either produced, or greatly the fact of their remarkable freedom estened by the free use of tobacco. from colds and such complaints. disappear. It is not necessary for a undreds of men die in Canada alone | People will soon become accustomed | pad, in order to be useful, to contain to keeping their mouths shut, though | "liver medicines" or even horseradish. the difficulty of doing so will of course be greater with some than with others, especially females! But perseverance will do much, and the habit of breathing through the nose will soon become

> The receipt for strengthning the lungs by supplying them with warm them room in which to perform their proper functions is so simple and so effective that those who fail to profit by it are very foolish; and when one reflects how great must be the effect of a wright or a wrong mode of breathing on the general health, and how all important it is that people should breathe properly instead of improperly, it will seem strange that those can be found who will go to work the wrong way when they are told the

Medicinal Value of Lemons-

The way to get the better of the ville. bilious system without blue pills or quinine is to take the juice of one, two, or three lemons, as appitite craves, in as much water as makes it pleasant to drink without sugar, before 4th Class—Asa kotson, 295; Hugh going to bed. In the morning on rising, at least half an hour before brakfast, take the juice of one lemon in a goblet of water. This will west the system of humor and bile with efficiency, without any of the weaken: 2nd Class—May Robson, 199; Ella ing effect of calounel. People should not irritate the stomach by eating lemons clear; the pewerful acid of the juice, which is always most corrosive, invariably produces inflammation after a while, but properly diluted. A. Chard, of Sterling, in a recent so that it does not burn or draw the letter, states that he met with an throat it does its medical work accident some time ago, by which one 18 clear of food, has abundants oppor- few applications of Haggard's Vellow ectoral Balsam. Pleasent to take tunity to work over the thoroughly.

over but air registers. Don't settettet
you do not need, just to mive it. Don't
try to get obof too quick situit exercising. Don't sleep with insecure false or early morn. Don't wear close. In the first place people does not, as heavy fur or rubber caps or hats if are troubled some what as they were.

WHERE TO KEEP IT.

Keep it in your family. The best remedy for accidents and emergencies, for Burns, Scalds, Bruises, Soreness, Sore Throat, Croup, Rheumatism, Chilblains and Pain or Soreness of all kinds, is the marvellous healing remedy. Hagyard's Yellow Oil.

A Popular Medical Notion.

Among the modern medical whimsies is that of medication by pads. Some external applications are of use, and because they are, quacks find people ready to believe their assertions that their particular pad will perform wonderful cures. This circular of one of these pads shows it to be a reciprocating, back-action affair, as it both draws disease from the body and sends curative influence into the system. Much to the belief in medication by pads, rests upon the fact that a pad which is not medicated is often real service. Let one apply to any part of the body a riece of rubber cloth, or oiled silk, or other water-proof material and bind it in place. At the end of a few hours he will be surprised to find the material dripping wet, from the confining of the insensible perspiration. The surface thus covered will be in a soft, parboiled condition, while any neuralgic or rhumatic pain stop thus covered, will be likely to Let those who are tempted to pay a high price for medicated pads, first see what yirtue there is in an unmedicated piece of rubber or similar material.—American Agriculturist for April.

Mrs. Robert Hooper, of Kinloss, county of Bruce, in a letter, says: "I have been troubled air, and plenty of it, and by giving with Dyspepsia and Liver Complaints for a number of years, and am glad to say to the public as well as friends that McGregor's Speedy Cure brought me around, and I am now all right, thanks to McGregor's Speedy Cure. Hundreds of like testimonials are frequently received, and are daily proving that this is truly a wonderful remedy, curing Sluggish Liver, Bilious Headache and Costiveness, where all else fails. Sold at Hill Bro's. Trial bottles given free.

Monthly Fairs.

Markdale-Saturday before Flesh-

Chatsworth-Monday before Dur-

Dundalk-Tuesday before Orange-

Flesherton-Monday before Orange-

Orangeville-The second Thursday

in each month. Mount Forest-Third Wednesday

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Durham-Third Tuesday in each I mod'w rol soo vrium of got

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McGregor & Parke's Carbolic Cerate. Sold

The daughter of a New York millionaire has applied for a divorce on the ground that her husband OHARMS. deceived her. He assured her that he was a coachman, but since she merried him she has discovered that he is only an editor. We didn't suppose there was such a band of beartless villainy abroad in the land .- Norris Watches, Clocks and Jewellery town Herald.

THE CHEAPEST AND BEST.

On account of its purity and concentrated strength and great power over diseases, Burdock Blood Bitters is the cheapest and best blood clean. sing tonic known for all disorderly conditions of the blood.

Murket Reports.

MARKDALE.			
Fall Wheat	78	to	\$0.00
Spring Wheat 0	78	to	0 00
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Oats	84	to	
Butter	15	to	00
Eggs	14	to	00
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Pork 5	00	to	5 00
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Fine Farm for Sale.

R. EDWARD DAVIS offers his farm IVI for sale, being lot N. 1 21, con. 13, Artemesia, better known as the "Meaford Road." This is a choice clay loam form of 80 acres, 75 of which is cleared and fit for any machinery to work on, and well fenced with cedar rails; has a fine bearing orchard of three acres; a good large frame barn and out-buildings, and comfortable frame house; the place is well watered with running stream; also a saw-mill in good running order and doing a good trade—run by water-power.

cality, and is a good site for cheese factory.

EDWARD DAVIS, Markdale, Ont.

The subscriber has much pleasure in intimating to the Ladies of Markdale and vicinity that she has commenced the

In all its branches. Having graduated in the ranks of the best seamstress in the Dominion, she fee's assured of giving satisfaction to all who may favor her

with a call. The latest & best styles of London, Paris & New York Fashions 136-39 pd. Strictly adhered to. She has on hand

a supply of FANCY GOODS

And a choice selection of the latest

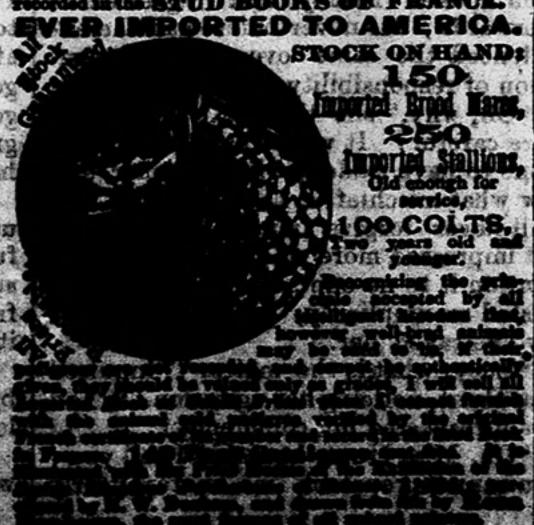
styles of TRIMMINGS,

Which for beauty and rare design, cannot be surpassed, if even equalled in Markdale. Respectfully yours,

M. E. BENSON. Markdale, April 7, 1885.

M-W. DUNELAM Wayne, Du Page Co., Illinois, HAS IMPORTED FROM FRANCE Percheron Horses valued at \$3,000,000, which includes

VER IMPORTED TO



New goods arriving every week, consisting of CLOCKS, CHAINS, VIOLIN STRINGS, etc.-

18 k. Wedding Rings always in stock.

Repaired by myself and satisfaction guar-

NO TROUBLE TO SHOW GOODS.

Give me a Call.

James C. Russell,

Watchmaker, Jeweller,

Flesherton,

ACYARDS CURES RHEUMATISM

FREEMANS WORM POWDERS.

Are pleasant to take. Contain their own Purgative. Is a safe, sure, and effectual estroyer of worms in Children or Adults.

Farm for Sale.

160 acres, being lots 42 and 43 second range West of Toronto and Sydenham read, Holland, about 100 acres cleared and in good state of cultivation, ballance well timbered. with Maple, Beech and Hemlock, and about This is a very desirable farm, 1 mile from 10 acres cedar swamp- Good roughcast school, one mile from church, 5 miles from house 22x33 with stone cellar, frame barn Markilale and 6 from Flesherton, good road | 40x60 and good out houses, all with stone either ways; is situated in an excellent lo- foundations. Good young orchard bearing. The farm is well watered, two good wells, For terms and further particulars, apply to one at the house, a fine spring creek croses the farm near the rear. Only two miles from the thriving village of Williamsford, a station on the T. G. & B. branch of the

This is a rare chance, and terms will be made very easy. For futher particulars apply on the premises to FRANCIS McCANN,

Williamsford P. O. 230-44

Farm to Sell or Rent.

North 1. 16 con. 11. Holland, 100 acres, 70 acres cleared. 41 miles from Williamsford Station and 3 from Berkeley, only 60 rods from School and post office. Un the premises there are a good log house with frame kitchen and a woll near the house, and log barn. Will be sold on easy terms, small payment down, and good time given for the balance, or will be rented for five years, and improve ment taken for part rent.

Apply to JAMES BRUCE, Lily Oak P. O. Ont.

FARM FOR SALE.

MILES from Markdale station, on the C. P. R., Lot 9, Con. 11, Glenely, containing 100 acres, 60 cleared, balance good. timber; well watered; stone house and frame barns; soil clay loam; well fenced and in a good state of cultivation. Apply on the premises to

237-39*

GEO. STODDART, Traverston P. O.

A RARE CHANCE.

CHOICE VILLAGE LOT in Markdale for sale, opposite the STANDARD office, Mill Street. Has a comjortable dwelling house, shop and stable and good well. A small payment will be takon down ard balance to su't purchaser at a low rate of interest. For further particulars apply at this office, or to

WM. WALKER,

Markdale P. O.

IMPORTANT.

When you visit or leave New York City, save Baggage Express and Carriage hire and stop at the Grand Union Hotel, opposite the Grand Central Depot. Elegant rooms Hotel then at any other dust ches botel is