

HEALTH.

Diet in Disease.

BY A. ARNOT, M. D.

Progress in the prevention of disease lies more in the direction of its causes than in the direction of its effects.

There is a large class of diseases which, although not so fatal, are yet the cause of a great deal of suffering and of a great deal of uselessness.

When the meeting had been duly opened the Secretary announced the death of Brother Gilmartin Cox, of Mississippi.

Samuel Shin moved that a resolution of condolence be forwarded to his wife. Sunset Jackson moved that Paradise Hall be closed for the space of thirty days.

Poblas Smith moved that some member be selected to deliver an eulogy on the dead brother's character.

"Why all this excitement over the death of a member?" asked Brother Gardner, as he looked up and down the aisles.

I might easily extend my list of diseases, and relate more cases that were cured in the same way after medical treatment had failed.

This very morning a young man, an asthmatic patient of mine, called to tell me that one month of this diet had done more for him than all the medicine he ever took.

There is an absurd notion prevalent that a person will grow weak under this regime; so far is this from being true, that I have had patients gain several pounds in weight.

Aluminous food is a true stimulant, causing increased vigor and power of endurance, and the want of it is acutely felt by the patient.

"Esso" delivered an eulogy on a dead man we ought to be posted as to what he was in life.

"Moas" grave-stuns an silent liar. "Moas" eulogies contain four falsehoods to one truth.

"Moas" of de tears shed fur de dead outside our families am worked up by a fo'cupump.

"Does you wish to make any mooshun in de case?" softly inquired the President.

A petition from fourteen colored citizens of Kalamazoo requested the Lime-Kiln Club to use its influence with Congress to have the name of Nigger Shoal, Lake Haron, changed to Colored Shoal.

Resolved, Dat such demonstrashuns on de part ob Brudder Gardner am evidence ob too much centralized power, and if de members ob de Lime Kiln Club am looking arter der best interests dey will purvide de necessary impoishun for conspiracy at der next meetin'.

Resolved, Dat a copy ob dis resoluhsun be sent to the Secretary of de Lime Kiln Club wid de request dat it be read in open meetin' to show to de world whether de cull'd populashun ob de North am allowed freedom of speech.

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Imperial Cough Drops will give Positive and Instant Relief to those suffering from Colds, Hoarseness, Sore Throat, etc., and are invaluable to orators and vocalists.

There is no excuse for your suffering any longer from Catarrh, Bronchitis, etc., when you can get a remedy guaranteed to cure, and which is perfectly safe.

WANTED—10,000 Millmen and others interested in machinery to send names and address for a copy of my No. 12 Illustrated Catalogue.

WILD LANDS FOR SALE.—3,210 ACRES IN 2, Nottawasaga, Bruce County; 100 acres; one mile from Stayner; will make a first-class grain or dairy farm.

CONSUMPTION. I have a positive remedy for the above disease; by its use thousands of cases of the worst kind and of long standing have been cured.

LOAN & SAVINGS CO. INCORPORATED. A. D. 1835. Subscribed Capital.....\$5,000,000 Paid up Capital.....2,200,000 Reserve Fund.....1,100,000 Total Assets.....8,300,000

A CURE FOR DRUNKENNESS. Opium, Morphine, and kindred habits. Valuable treatise sent free. The medicine may be given in tea or coffee, without the knowledge of the person taking it.

Snow Drift Baking Powder

Leading hardy kinds, in large quantities, raised on our own grounds, in lat 45°.

CROCKER ROLLER SKATES. One Million pair in use in Canada and U. S. Simplest, strongest, lightest and easiest running.

JAMES PARK & SON, Pork Packers, Toronto. L. C. Bacon, Rolled Spice Bacon, C. C. Bacon, Glasgow Beef, Ham, Sugar Cured Ham, Dried Beef, Breakfast Bacon, Smoked Tongues, Moss Pork, Pickled Tongues, Cheese, Family or New York Lard in Tubs and Pails.

FREE LANDS AND CHEAP HOMES. FOR THE MILLION. Along the line of the Chicago and Northwestern Railway in Central Dakota and Northern Nebraska.

SEEDS. RENNIE'S SEEDS ARE THE BEST. Illustrated Catalogue for 1886. Containing description and prices of the choicest FIELD, GARDEN & FLOWER SEEDS.

Peerless Oils. Are made only at the Queen City Oil Works, and have received during the last three years SIX GOLD MEDALS. SAMUEL ROGERS & CO., 30 Front St. East, Toronto.

THE LIME-KILN CLUB.

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A CURIOUS DREAM.

A London Lord Mayor's Story of the Dick Wittington Class. We may, perhaps, be pardoned for here introducing an amusing anecdote concerning a former Lord Mayor of London.

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Young Girls.

are at a critical period when they are about maturing and developing into women. The lack of watchful care at this time may result in fixing irregularities upon delicate organs and entailing a long list of "female weaknesses."

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