

HEALTH.

Medicine For Weary Brains.

Many persons seek relief from weariness and lassitude, in things which stimulate and excite them.

A judicious writer says: "The best possible thing for a man to do when he feels too weak to carry anything through, is to go to bed and sleep as long as he can."

The weary man, by the aid of any stimulant, drives away sleep, drives away the best friend he has, and may find, when too late, that the friend has gone beyond recall.

Danger in Bad Water.

Many of those who know that the use of bad water is dangerous, are not aware of the extent or gravity of the risk incurred in the use of water which is contaminated with sewerage.

The following account of poisoning from the water of an ordinary well, resulting in typhoid fever, shows that this grave disease may be contracted by the use of even a very small amount of contaminated water.

"M. Dujardin-Beaumetz has forwarded to the Paris Academy of Sciences a communication on the Pierrefonds typhoid cases of last summer. M. Fernet, who occupies a high post at the Ministry of Public Instruction, hired a house for his wife and family, at Pierrefonds, a fashionable resort near Compiègne, contiguous to two others.

After they had rented it for a season, they were told to beware of the water in the well. On this account they drank mineral water exclusively until the last day, when the stock was out, and the servants, preparing to return to Paris, were too busy to fetch some bottles from the chemist.

"The well has been examined, and is reported to contain the bacilli which are believed to be associated with typhoid fever. This is a common danger to which visitors to so-called health resorts are frequently subjected.

Tobacco Blindness in a Woman.

A prominent oculist recently reported a case of tobacco blindness in a woman of apparently cultivated and refined habits.

"She laughed heartily, and then confessed that she did smoke a good deal. Naturally, I desired to know how one with her education and refinement had acquired a habit so unusual to ladies.

"We believe an excessive habit of smoking a woman has just been reported to be afflicted by tobacco blindness."

Influence of Beer on the Digestion. Prof. H. A. Hare, M.D., of the University of Pennsylvania, has recently been projecting to scientific tests the influence of beer on the digestion.

men of beer examined, some seventeen in all. In more than two-thirds of the specimens of beer examined, the stomach digestion was delayed considerably more than one hour, and in some instances the delay was nearly two hours.

Health Notes.

Food that a person cannot endure will not cure. Purity of surroundings kills many contagious elements, on the principle of starvation.

It is asserted in the Medical World, that if you desire a speedy action of drugs swallowed, as if you gave them hypodermically, administer them in hot water.

One word regarding that insane delusion which possesses many—that if they have been bitten by a healthy dog and that dog subsequently becomes rabid, the injured one also acquires the disease.

A novel method of treating patients suffering from phthisis is described in the current number of The Medical Record. It was devised by a French physician, Dr. Borgeon of Lyons, who has been applying it for two years to cases of chronic pulmonary and throat disease.

There is a general idea that disease is carried by germs, and that the air is filled with these, and it is a wonder to most people that every one is not so afflicted.

A Fish Dinner.

Travellers in Alaska had told us that the seals of the Pacific coast waters capture the codfish and eat all but the head, which is hard and boney.

"The remark was prophetic. France's cry, 'On to the Rhine!' which heralded the war with Germany, was inspired by Napoleon's idea that the Rhine is the natural boundary of France.

Napoleon in Exile.

Napoleon's life at St. Helena was so guarded from the knowledge of the islanders, and even of the officers of the garrison, that on the arrival of newspapers from England, the first question asked was, 'What news of Bonaparte?'

"General Bonaparte has left Longwood," "General Bonaparte has passed the guard," "General Bonaparte is at Hutt's Fate," "General Bonaparte is missing."

The last message was telegraphed because the general had turned, in the course of his ride, an angle of a hill, and was hidden for a few minutes from the observe.

Every night, at sunset, a cordon of sentries was drawn around the Longwood grounds. The venturesome ensign crept under cover of trees, between two sentinels, up to a lighted window of the house.

The ensign knelt and saw some one walking up and down the lighted apartment. He could see of the exile only a pair of thin shoes with diamond buckles, two well bound legs encased in silk stockings, and the edge of a coat lined with white silk.

Something on the ground attracted his notice, and he stooped to examine it. Suddenly the music of the band of the regiment was heard, and he moved away to catch a glimpse of an inspection.

The severe restrictions were maintained as precautionary measures. Napoleon had once before escaped from an island, and the British Government did not wish Europe to be again disturbed by the sudden appearance of the Emperor on the continent.

"Napoleon's remains now rest in Paris, under the gilded dome of the Invalides. While this mausoleum was being prepared for the Emperor's ashes, a party was walking one morning through the work-rooms, inspecting the sculpture intended to adorn the vault.

One of the party was the brilliant Count D'Orsay, and another was the director of the work, who struck the granite block, which was to encase the remains, with a hammer, to exhibit its solidity.

"See," said the Count, "France may yet light a torch at the tomb of her Emperor!" The remark was prophetic.

"The Last Question on Examination Day." We were ranged on the floor in front of the visitors on examination day to be looked at, and answer such questions as they or the teachers saw fit to ask.

"Where was John Rogers burnt to death?" said the teacher to me in a commanding voice. "I couldn't tell."

"The next," said a little girl at the foot of the class. "Well," said the teacher. "If Joshua knows, he may tell."

"In the fire!" said Joshua, looking very solemn and wise. This was the last question. We had liberty to make all the noise we pleased for five minutes, and then go home.

"GENEROUS COMPANY.—A beautiful present to nearly every one as long as they last, first come first served. The most accomplished woman has still something worthy to be added to her list if she has ever yet made a good sweet white loaf of bread."

"Did you ever say the like of that, now?" "Sure, I was thinking we'd niver say him getting his dinner all this day."

"Choosing a Profession." Colonel Yeager's eldest son, Percy Yeager, Jr., does not show any ambition to make his mark in the world.

"A Good Corn Sheller for the House." A marvel of cheapness, of safety and of promptitude, is contained in a box of that famous remedy, Putnam's Painless Corn Extractor.

It is said that two hundred and sixty-eight steam boilers exploded in the United States last year, killing over two thousand persons.

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The Last Polish Rising.

At Warsaw, the peaceful but impressive public demonstrations were mainly brought about by the Committee of the Polish Nation. To it must be attributed the organization of the street processions; the kneeling down of masses of people before the churches, while the Cossacks, whip in hand, rode into their midst; the singing of the national hymn in the churches themselves, when thousands of persons, staying there day and night, were with the utmost difficulty got to leave or dragged out as prisoners.

"But we have no arms, your excellency," answered the Polish gentleman. "Well," said Gortchakoff, "if that is the only impediment, I shall have pleasure in furnishing them to you, and then I shall be delighted to deal with this question."

Waiting for His Wife's Train. Old gentleman in refreshment room, near Depot. Looks at watch and soliloquizes, "Here's six glasses of whiskey I've had already, and my wife's train's not due for another hour."

"Jennie," said a young lady, turning away from the mirror and addressing a companion, "what would you do if you had a moustache on your lip?"

"Mamma," said little Susie Thoughtful, "what is a cipher?" "Why, my dear," replied the astonished parent, "a cipher is—why, a cipher is naught—its nothing; that is, it means nothing when it stands alone."

"Well, ma, why I asked was, I saw pa standing beside the new cook in the kitchen this morning and he put his arm around her neck and said: 'Reba darling, I cipher a taste of your rosy lips.'"

She Would Never Complain.

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It Stood for Something.

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I CURE FITS! When I say cure I do not mean merely to stop the fits, but to cure the disease.

LOVE'S CHAPTER VII. August sun had set; the fields of wheat and rye were full of the smell of ripening fruit. The old miller, who had been a miller since the time of the first mill, was sitting on the bench that stood by the water of the lake. He was a bright-faced healthy man, "taken" at the Abbey by the housekeeper, left, after a long illness, with consumption of her glittering eyes and puffed cheeks. The Earl had died, and the miller had inherited the mill. He had a large family, and he was a very good father. He was a very good father. He was a very good father.