THEY ARE LARGELY RESPONSIBLE FOR SOLDS AND ALL ILLNESS.

How Not to Take Cold-Have Your Underclothing Light and Loose and Keep up Your Natural Heat-How to Take Care of the Body.

A physician who has given much thought to the hygiene of clothing has come to the conclusion that many deaths are caused by heavy woollen underclothing.

It can be proved that flannels are often the cause of severe colds. To have a cold is to be in a diseased condition, and that means a loss of vitality and a shortening of life. It may even mean sudden death.

One can easily demonstrate in one's own person on a small scale the ill effects of excessive flannels. Bind your hand in thick woollen bandages and leave it in that condition for a night. In the morning you will find it damp and flabby, the pores all open. It is in the most susceptible condition for catching cold. If the whole body were brought to the same state the result of exposure to cold air would inevitably be disastrous.

That the whole body is often brought to a nearly similar condition is certain. The majority of people during the winter encase themselves in heavy, tight woollen or flannel garments. These

PROVOKE PERSPIRATION

and do not absorb it. The result is that the wearer's skin is hot, damp and highly susceptible to the inflammatory effects of cold. A slightly lowered temperature can hardly fail to bring on a cold.

Heavy woollen underclothing is able to do all the more harm because it has the weight of ancient domestic tradition. Few people dare to be wiser than their grand mothers. Woollen underclothing, according to modern experience, should be as light as is consistent with comfort. There are many persons who go through the winter healthily in cotton underwear, and these are probably the most fortunate class of the population. But the warmth preserving qualities of wool are not to be ignored.

One of its great properties is that it is a bad conductor of heat. The heat of the body, therefore, is not given out by it. It also does not stick to the skin and does not absorb perspiration freely. This is a quality of doubtful value. While it is agreeable not to have your underclothing glued to your skin, it is injurious to carry a deposit of moisture which may become cold and do harm in all parts of the body. The object, therefore, should be to wear underclothing which does not cause excessive perspiration. It should be light and loose. Wool is apparently the best material for the majority of people.

The subject of colds receives too little attention. Many people are resigned to the perpetual possession of them. They should be regarded as disease, dangerous, offensive and unelean. Patent medicine advertisements print eloquent descriptions they have been cured. Now that I realize of their final effects. These remarks are applicable to those who have neglected others, I know why it is that the masthemselves too long, and are fit subjects for ers of this wonderful remedy, the her ninety-nineth year. the hospital or prolonged medical treatment. A wise attention to clothing and the general health is more valuable than all cure every case. That's Fraud's talk, a lie; Tidings from Amosa Wood Hospital remedies and treatment.

Colds are probably the chief cause of illness and disease among human beings. They give little trouble to animals, who wear no clothing. Arguing from these less clothing you wear and the more you expose yourself

THE HEALTHIER YOU WILL BE.

But a state of civilization of considerable antiquity has made it necessary for man to preserve his natural heat by artificial means. It is not permissible to abandon clothing entirely in this country. Nor is it advisable to wear as little as the public authorities will permit during an American winter. Neither warm clothing nor artificial heat will satisfactorily replace the natural heat of the body. To preserve this should be the first aim of all who wish to avoid colds. Good food, fresh air and exercise are obviously the principal means.

In the care of the body the skin should take an important place. As far as colds are concerned it is all important, because they rarely occur unless the skin is in a certain condition. When the pores of the skin are opened the cold air enters where it is not wanted and causes an inflammation. In cold weather the pores should be closed. Cold water is an excellent vehicle for closing the pores. The weight of experience seems to prove that it is better to use warm water first. Much depends on the individual constitution. The warm water cleanses and softens the skin and relieves the body of superfluous moisture, the frequent source of colds. Following this, the cold water will close the pores and put the skin in a sound, normal condition. No one should stay in cold water long health on both." By druggists. enough to feel discomfort.

She Was an Observer.

You have brought new sunshine into my tion, Buffalo, N. Y. life, he said rapturously.

Do you mean that? she asked timidly. Of course I mean it. Can you doubt me? Oh, of course, I know you wouldn't intentionally misrepresent. But you know a young man so often thinks a girl has

brought sunshine into his life when, in

reality, it's only moonshine.

Music, Heavenly Maid.

Hostess-Won't you play something for member your nose was awfully cold. us, Miss Keynote?

Gifted Amateur-Certainly, if it is your desire. What would you prefer? Hostess-Oh, anything, only so it isn't loud

enough to interfere with the conversation.'

A Mott Street Boycott.

say Chinee mus' go. Ah Sing-Me sabe how fix 'im. We not takee her washee any more.

WAS GOULD INSANE?

Financial Worry and Physical Exer tion Not the Greatest Destroyer of Human Life.

For Humanity's Sake, After Thirty-six Years of Nerve-Creeping Slavery, Me Tells How He Was Set Free.

Caldwell, N. J., April 25: (Special.)-Since one of our prominent citizens, who has suffered so terribly from tobacco From the Comber Herald. tremens, has made known his frightful

once quit tobacco.

faith I spit out my tobacco cud, and put Dr. Williams' Pink Pills. tobacco from the first day. I sleep and | tions and substitutes. eat well, and I have been benefited in more ways than I can tell. No, the cure was no exception in my case. I know of ten people right here in Caldwell who have bought No-Ta-Bac from Hasler, and what No-To-Bac has done for me and Sterling Remedy Company, of New York and Chicago, say : 'We don't claim to but we do guarantee three boxes to cure ly old men, who think as I did that they | them all it did for me." are old and worn out, when tobacco is the thing that destroys their vitality and man-

The public should be warned, however, against the purchase of any of the many, imitations on the market, as the success of No-To-Bac has brought forth a host of counterfeiters and imitators. The genuine No-To-Bac is sold under a guarantee to cure, by all druggists, and every tablet has the word No To-Bac plainly stamped thereon, and you run no physical or financial risk in purchasing the genuine article.

" Now good digestion wait on appetite, And health on both,"

says the great Shakespeare, but he did not have in mind a coated tongue or torpid liver, with all the symptoms of biliousness, so common in this country. All this, and more, can be cured by Dr. Pierce's Golden Medical Discovery, a purely vegetable compound, which restores the action of the liver, gives tone to the flagging energies of the dyspentic's stomach, and thus enables "good digestion to wait on appetite, and

Asthma and Hay Fever cured by a newly discovered treatment. Address for pamphlet, World's Dispensary Medical Assolia-

Remembered One Thing.

Mrs. McSwat-It's so, Billinger! The bride is always more self-possessed at a wedding than the groom is. You didn't know whether you were standing on your head or your feet when we were married. You can't recall a single distinct impression

Mr. McSwat-Yes, I can, Lobelia, I re-

Does Not Irritate, But Heals.

It is remarkable that those who suffer from kidney disease grow impatient of those medicines that are slow in their cure. Who enjoys paid? The beauty of South American Kidney Cure is that it relieves the sufferer almost instantaneously. What sick one does not Ah Wing-Melican steam laundly man know the delight that comes when pain is relieved? Kidney Cure, as a plain matter of fact, relieves the most distressing kidney and bladder troubles in six hours. It is hard to boycottee steam laundly man's wife. We say anything more for it. Who wants more said for it?

A TALE TOLD THE EDITOR.

MR. THOS . STRANG SPEAKS THAT SUFFERERS MAY READ AND LIVE.

Attacked With La Grippe, the After condition drink a tumbler of St. Leon just His Friends Thought Him Near Death's | Try it, Door-After Many Failures He Has Perfect Health.

experience in behalf of humanity, the ladies six miles from Comber. It was named here are making tobacco-using husbands' after the highly respected and well lives miserable with their entreaties to at known family of Strangs. The neighborhood is a quiet one, being inhabited The written statement of S. J. Gould is by a church-going, sober, industrious attracting wide-spread attention. When people. Among the people of that interviewed to-night he said: "I com- neighborhood none is hetter or more menced using tobacco at thirteen; I am favorably know than Mr. Thos. Strang. now forty-nine; so, for thirty-six years I Mr. Strang is a man of middle age and a chewed, smoked, snuffed and rubbed snuff. bachelor. A few day ago he related to In the morning I chewed before I put my the Herald the story of his recovery from pants on, and for a long time I used two an illness which he believes would have ounces of chewing and eight ounces of resulted fatally but for the use of Dr. smoking a day. Sometimes I had a Williams' Pink Pills. The origin of Mr. chew in both cheeks and a pipe in my Strang's trouble was la grippe which mouth at once. Ten years ago I quit developed into heart disease. He laid for list. Miss MacDonald, 41 Shuter St., Toronto drinking whisky. I tried to stop tobacco months with every nerve in his frail body time and again, but could not. My nerves unstrung. He tried many medicines, craved nicotine and I fed them till my skin | but none seemed materially to benefit is the truthful, startling title of a book about turned a tobacco-brown; cold, sticky pers- him. He would rally at times and enpiration oozed from my skin, and trickled deavor to walk, but his system being redown my back at the least exertion or ex- duced and weakened he would frequently citement. My nerve vigor and my life were fall prostrate to the ground, and his run no physical or financial risk, as No-To-Bac being slowly sapped. I made up my mind friends had to carry him into the that I had to quit tobacco or die. On Oc. house. This terrible state of things tober I stopped, and for three days I suffer. lasted for months and all the while he was ed the tortures of the damned. On the getting weaker, and even the most hopeful third day I got so bad that my partner of his friends feared the worst. Mr. Strang accused me of being drunk. I said, 'No, was stongly urged to try the world renoun-I have quit tobacco.' 'For God's sake ed Dr. Williams' Pink Pills and consented man,' he said, offering me his tobacco box, to do so. A neighbor was despatched to take a chew; you will go wild, and I was the Comber drug store for a supply. In a wild. Tobacco was forced into me and I few days after beginning their use he began was taken home dazed. I saw double and to improve. In a couple of weeks he was my memory was beyond control, but I still able to walk around and to-day Mr. Strang knew how to chew and smoke, which I did is rejoicing and telling the same old story all day until towards night, when my sys- that hundreds of others are telling in this then place on ice, when it will open sparkling tem got tobacco soaked again. The next fair Dominion-the story of renewed and delicious. morning I looked and felt as though I had strength through the use of Dr. Williams' been through a long spell of sickness. I Pink Pills. Mr. Strang is now a sound make two and five gallons. gave up in despair, as I thought that I man. Quite frequently he walks to Comcould not cure myself. Now, for suffering ber, a distance of six miles, to attend umbus, O., has been named Trilby. humanity, I'll tell what saved my life, church. He informed the Herald that he Providence evidently answered my good was only too glad to give his experience so wife's prayers and brought to her attention | that suffering humanity may also reap the in our paper an article which read: 'Don't | benefit and thus be realized from the thral-Tobacco Spit and Smoke Your Life Away!' dom of disease and pain. To his benefac-"What a sermon and warning in these lors-for such they are-Mr. Strang feels

into me mouth a little tablet upon which | The after effects of la grippe and all was stamped No-To- Bac. I know it sounds troubles due to poor blood or shattered like a lie when I tell you that I took eight | nerves, speedily yield to a fair treatment tablets the first day, seven the next, five with Dr. Williams' Pink Pills. They cure the third day, and all the nerve-creeping when other medicines fail, and no one feeling, restlessness and mental depression | should suffer for an hour without giving were gone. It was too good to be true. It this great remedy a trial. Sold by dealers seemed like a dream. That was a month or sent by mail postpaid, at 50 cents a box, ago. I used one box. It cost me \$1, and or six boxes for \$2.50, by addressing the it is worth a thousand. I gained ten Dr. Williams Medicine Co., Brockville, Ont., pounds in weight and lost all desire for or Schenectady, N. Y. Refuse all imita-

Out of the Market.

Guest-Who is this Miss Highmind that all the ladies are so enthusiastic over? I never before knew of a woman whom every other woman spoke well of.

Host-She is a very fine old lady, now in

Mr. J. E. Smith, of Amosa Wood Hospital, are perfectly willing to refund money.' I afflicted with very bad rheumatic pains, and would not give a public indorsement if I they became so intense that life to me was a misery. I saw the South American Cure adwere not certain of its reliability. I know | vertised, and determined on giving it a trial, facts, some enthusiasts would say that the it is backed by men worth a million. No- and procured a bottle from R. J. Old, druggist To-Bac has been a God-send to me, and I of St. Thomas. Before taking one half the Emulsion has been endorsed by firmly believe it will cure any case of to- taking it, using in all four bottles. I used bacco-using if faithfully tried, and there that quantity to give the medicine a fair trial, are thousands of tobacco slaves who ought although I had no sign of an ache or pain to know how easy it is to get free. There's after taking the second bottle. I can strongly recommend this remedy to all sufferers from happiness in No-To-Bac for the premature- rheumatism. I feel confident it will do for

A. P. 760



Mr. J. W. Dykeman St. George, New Brunswick.

After the Grip

to Strength, No Ambition tood's Sarsaparilla Cave Perfect

Health. The following letter is from a well-known terchant tailor of St. George, N. B.:

C. I. Hood & Co., Lowell, Mass.: "Gentlemen-I am glad to say that Hood's Earsavarilla and Hood's Pills have done me a reat deal of good. I had a severe attack of the grip in the winter, and after getting over the fever I did not seem to gather strength, and had no ambition. Hood's Sarsaparilla proved to be just what I needed. The results were very satisfactory, and I recommend this medicine to all who are afflicted with rheumatism or other

afflictions caused by poison and poor blood. I always keep Hood's SarsapariHa in my house and use it when I need a tonic. We also keep Hood's Pills on hand and think highly of them."

Hood's Pills are purely vegetable, and do tot purge, pain or grips. Sold by all druggists.

J. W. DYKEMAN, St. George, New Brunswick.

They Go Together. They say that Jones has added bicycles to his boot and shoe business. That man wants the earth. Naturally if he sells bicycles.

To keep the body in perfect order and Effects Developing Heart Trouble- before retiring. Its effect is like magic,

The report that the peach crop of New Once More Regained the Blessing of Jersey has been ruined by the cold weather is denied.

Catairh Use Nasal Balm. Quick, pos Strangfield is a post office corner abou tive cure. Soothing, cleansing, healing, Get Rid of Neuralgia.

> There is no use in fooling with neuralgia. It is a disease that gives way only to the most powerful remedies. No remedy yet discovered has given the grand results that invariably attends the employment of Polson's Nerviline. Nerviline is a positive Trick and Novelty Co., 157 Church St., Toronto specific for all nerve pains, and ought to be kept on hand in every family. Sold every where, 25 cents a bottle.

The Connecticut House has passed the bill prohibiting the docking of horses'

LADIES be your own Dress a aker by using The Magic Scale System. Writefor circular & price

Don't Tobacco Spit or Smoke Your Lif

No-To-Bac, the harmless, guaranteed tobacco habit cure that braces up nicotinized nerves, eliminates the nicotine poison, makes weak men gain strength; vigor and manhood. You is sold under guarantee to cure or money refunded. Book free. Ad. Sterling Remedy Co., 374 St. Paul St., Montreal,

A petrified hog, a compound of pork and rock, has been dug up at Granby, Mo.

Recipe. - For Making a Delicious Health Drink at Small Cost.

Sugar.....two pounds is the Best 5 cent Cigar on the market. Lukewarm Watertwo gallons Dissolve the sugar and yeast in the water, add the extract, and bottle; place in a warm place for twenty-fo r hours until it ferments,

The root beer can be obtained in all drug and grocery stores in 10 and 25 cent bottles to

A new post office established near Col-

Charlatans and Quacks

Have long plied their vocation on the sutfering pedals of the people. The knife has pared to the quick; caustic applications have tormented the victim of corns until by buying a words! Just what I was doing. It told that he owes a debt of gratitude. With the conviction shaped itself-there's no about a guaranteed cure for the tobacco him the days when beads of agony stood on cure. Putnam's Painless Corn Extractor habit, called No-To-Bac. I sent to Drug- his brow have passed away, and his body proves on whatslender basis public opinion gist Hasler for a box. Without a grain of has been regenerated anew by the use of often rests. If you suffer from corns get the Extractor and you will be satisfied. Sold everywhere.

PURE, MICH GRADE

Continent, have received from the great **EXPOSITIONS**

Unlike the Dutch Process, no Alkalies or other Chemicals or Dyes are Their delicious BREAKFAST COCOA is absolutely pure and soluble and costs less than one cent a cup.

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Diseases and Loss of Flesh. Scott & Bowne, Belleville. All Druggists 50c. & 61

0000000000 Bargains in Oc. Bulbs and Plants The Maximum of Worth at Minimum of Cost No. B-15 Gladiolus, finest assorted, for 50c. " I - 6 Dahlias, select show variet's " 50c. " G-8 Montbretias, handsome . " 50c. O-6 Roses, everbloom'g beauties" 50c. Window Collection, I each, Fuchsia, Dbl. Fl. Musk, Ivy and Sweet Sc't'd Geranium, 50c. Manetta Vine, Tropæolium, Mex. Primrose & Heliotrope E-8 Geraniums, finest assorted " 50c. R-12 Coleus, fine assorted colors " 50c. S-5 Iris, finest varieties . . . " 50c. Any 2 collections for 85c.; 3 for \$1.25; or 5 for \$2. By Mail, post-paid, our selection. A Snap !

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Other Manufacturers are putting on the market inferior goods under this name.

A poor article is never imitated, therefore Adam's Root Beer Extract......one bottle | the fact that "Something Good" is being Fleischmann's Yeast......half a cake | counterfeited is a guarantee to smokers that it

In purchasing see that our trade mark (The Snowshoe) and firm name are on each box, no other is genuine. Our "Something Good' brand is registered and any one selling other cigars under this name will be prosecuted.

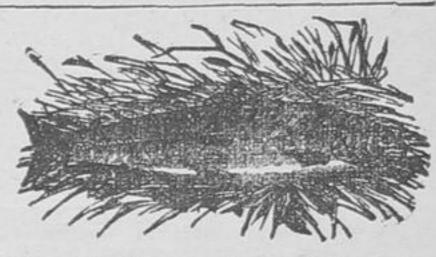
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SNOWBALL WAGON.

It will please you, give you satisfaction, and save you money. No breakdowns or blacksmiths bills to pay out for repairing. If we have no AGENT in your locality, write direct to

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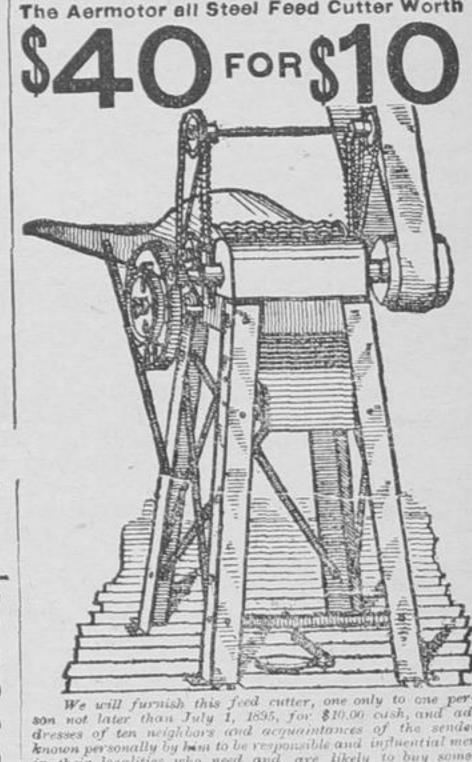


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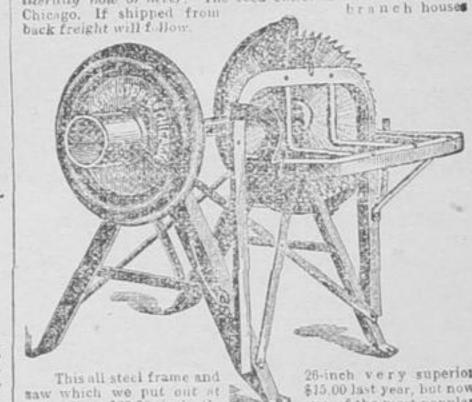
Best Rubber and Plated Multiplying and Check Reels from \$1.00 up Enamelled Lines in best Silk for Trout and Bass, \$1.00 and \$1.25. And every other requisite for the fisherman at best prices. Lacrosses, fine double Gut......31 25

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son not later than July 1, 1895, for \$10.00 cush, and addresses of ten neighbors and acquaintances of the sender known personally by him to be responsible and influential men in their localities who need and are likely to buy something in our line this year. After July 1, money sent in on this offer will be returned to sender and no attention will be paid to inquiries or letters concerning this offer. It is literally now or never. The feed cutier is delivered f. o. b. Chicago. If shipped from



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