

DANGERS IN FLANNELS.

THEY ARE LARGELY RESPONSIBLE FOR COLDS 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.

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.

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 grandmothers.

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.

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 unclean.

Colds are probably the chief cause of illness and disease among human beings. They give little trouble to animals, who wear no clothing.

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.

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.

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.

"Asthma and Hay Fever cured by a newly discovered treatment. Address for pamphlet, World's Dispensary Medical Association, Buffalo, N. Y.

Remembered One Thing. Mrs. McSwat—It's so, Billinger! The bride is always more self possessed at a wedding than the groom is.

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.

A Mott Street Boycott. Ah Wing—Melican steam laundry man say Chinese mus' go.

Hostess—Won't you play something for us, Miss Keynote?

Music, Heavenly Maid. Hostess—Won't you play something for us, Miss Keynote?

Gifted Amateur—Certainly, if it is your desire. What would you prefer?

WAS GOULD INSANE?

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

For Humanity's Sake, After Thirty-six Years of Nerve-Creeping Slavery, He 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 tremens, has made known his frightful experience in behalf of humanity.

The written statement of S. J. Gould is attracting wide-spread attention. When interviewed to-night he said: "I commenced using tobacco at thirteen; I am now forty-nine; so, for thirty-six years I chewed, smoked, snuffed and rubbed snuff.

In the morning I chewed before I put my pants on, and for a long time I used two ounces of chewing and eight ounces of smoking a day. Sometimes I had a chew in both cheeks and a pipe in my mouth at once.

What a sermon and warning in these words! Just what I was doing. It told about a guaranteed cure for the tobacco habit, called No-To-Bac.

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

A TALE TOLD THE EDITOR.

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

Attacked With La Grippe, the After Effects Developing Heart Trouble—His Friends Thought Him Near Death's Door—After Many Failures He Has Once More Regained the Blessing of Perfect Health.

Strangfield is a post office corner about six miles from Comber. It was named after the highly respected and well known family of Strangs.

The Connecticut House has passed the bill prohibiting the docking of horses' tails. LADIES be your own Dressmaker by using The Magic Scale System.

Recipe—For Making a Delicious Health Drink at Small Cost. Adam's Root Beer Extract.....one bottle

Have long plied their vocation on the suffering pedals of the people. The knife has pared to the quick; caustic applications have tormented the victim of corns until the conviction shaped itself—there's no cure.

Industrial and Food EXPOSITIONS In Europe and America. Unlike the Dutch Process, no Alkalies or other Chemicals or Dyes are used in any of their preparations.

For 20 Years the formula for making Scott's Emulsion has been endorsed by physicians of the whole world.

nourishes. It does more for weak Babies and Growing Children than any other kind of nourishment. It strengthens Weak Mothers and restores health to all suffering from Emaciation and General Debility.

For Coughs, Colds, Sore Throat, Bronchitis, Weak Lungs, Consumption, Blood Diseases and Loss of Flesh.

Scott's Emulsion

50c. Bargains in Bulbs and Plants

THE STEELE, BRIGGS, MARCON SEED CO. LTD. Toronto, Ont.

AGENTS WANTED FOR the latest and best line of Books and Bibles in Canada.

STAMMERING Permanently cured by a strictly Educational System.

GRANBY RUBBERS Better this season than ever. Everybody wants them.

Now good digestion wait on appetite, And health on both," says the great Shakespeare.

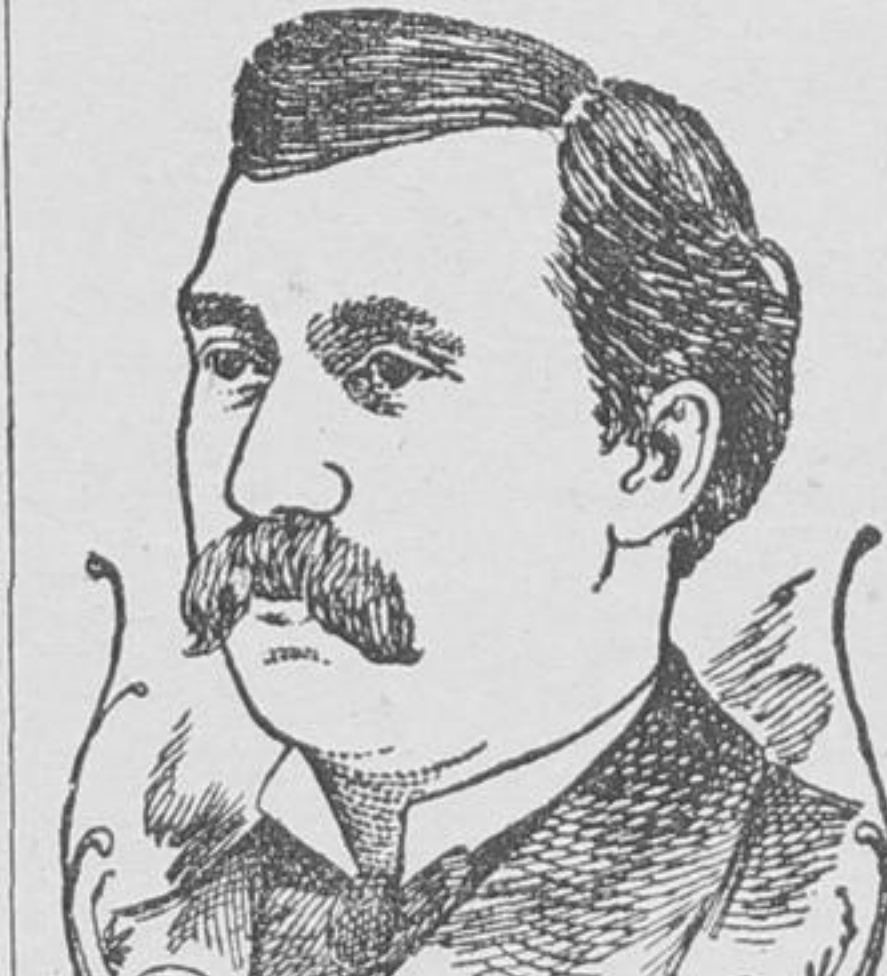
Mr. J. W. Dykeman, St. George, New Brunswick.

After the Grip No Strength, No Ambition.

Hood's Sarsaparilla Cures afflictions caused by poison and poor blood.

Hood's Sarsaparilla Cures

Hood's Pills are purely vegetable, and do not purge, pain or grip.



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

After the Grip No Strength, No Ambition.

Hood's Sarsaparilla Gave Perfect Health.

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

Gentlemen—I am glad to say that Hood's Sarsaparilla and Hood's Pills have done me a great deal of good.

Hood's Sarsaparilla Cures

Hood's Pills are purely vegetable, and do not purge, pain or grip.

Hood's Pills are purely vegetable, and do not purge, pain or grip.

They Go Together.

They say that Jones has added bicycles to his boot and shoe business.

To keep the body in perfect order and condition drink a tumbler of St. Leon just before retiring.

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

Catarth Use Nasal Balm. Quick, positive 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.

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

LADIES be your own Dressmaker by using The Magic Scale System.

is the truthful, startling title of a book about No-To-Bac, the harmless, guaranteed tobacco habit cure.

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

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

Dissolve the sugar and yeast in the water, add the extract, and bottle, place in a warm place for twenty to thirty hours.

A new post office established near Columbus, O., has been named Tribly.

Charlatans and Quacks Have long plied their vocation on the suffering pedals of the people.

Industrial and Food EXPOSITIONS In Europe and America. Unlike the Dutch Process, no Alkalies or other Chemicals or Dyes are used in any of their preparations.

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KARL'S GLOVER ROOT PILLS. IT GIVES FRESHNESS AND CLEAR SKIN. CURES CONSTIPATION, INDIGESTION, DIZZINESS, ERUPTIONS ON THE SKIN, BEAUTIFIES COMPLEXION.

KO NO. The Favorite TOOTH POWDER for the Teeth and Breath, 50c.

TRICKS. Magical Apparatus, Latest European and American Novelties, Card Tricks, &c.

\$150.00 FOR AN OLD CANADIAN STAMP used between 1871 and 1888.

CAUTION. Owing to the enormous sale of our famous "Something Good" Cigar.

"Something Good" Cigar. Other Manufacturers are putting on the market inferior goods under this name.

A poor article is never imitated, therefore the fact that "Something Good" is being counterfeited is a guarantee to smokers that it is the Best 5 cent Cigar on the market.

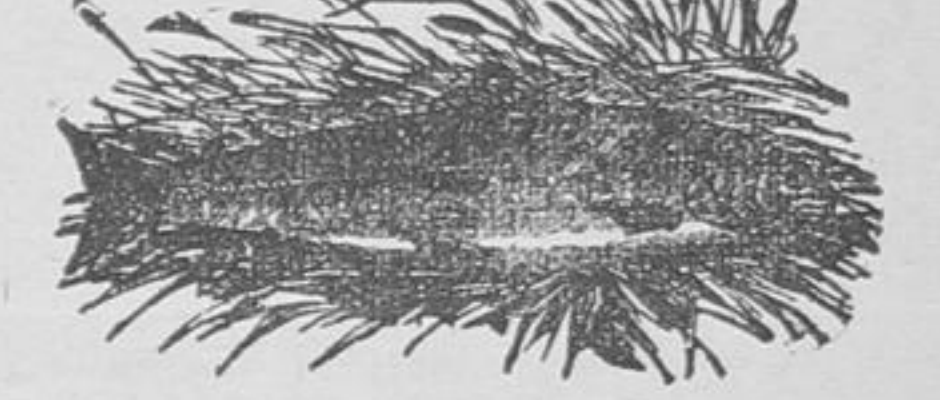
Empire Tobacco Co., Montreal.



We intend to make a thousand farmers happy this season. Why not be one of them by buying a SNOWBALL WAGON.

It will please you, give you satisfaction, and save you money.

THE SNOWBALL WAGON COMPANY, ST. GEORGE, ONT.

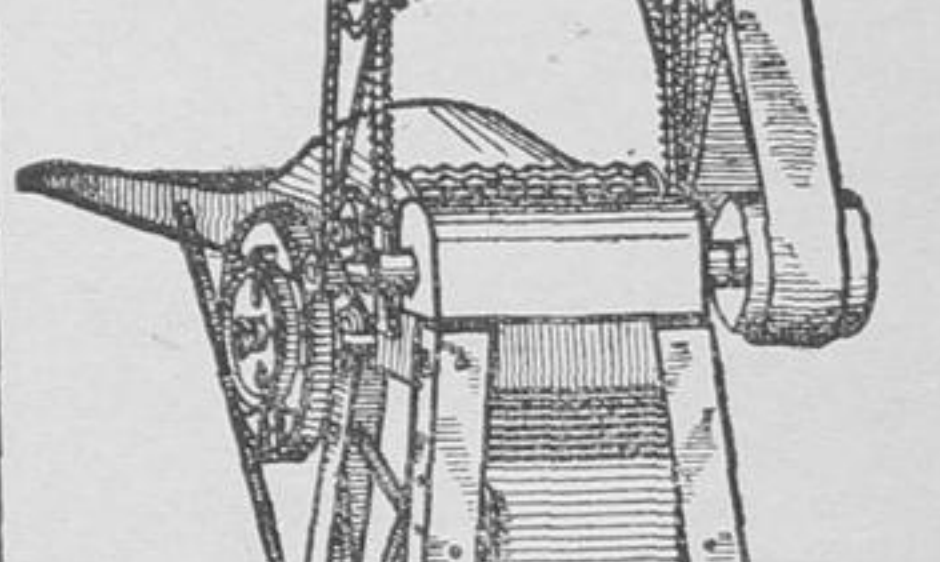


FISHING TACKLE. Finest Stock in the Province for all kinds of Fishing.

All Lancelwood Trout and Bass Rods, fine finish, for \$2.50. Best Rubber and Plated Multiplying and Check Reels from \$1.00 up.

Headquarters for Sporting Goods. THE WIGHTMAN SPORTING GOODS CO., 403 St. Paul Street, Montreal.

The Aermotor All Steel Feed Cutter Worth \$40 FOR \$10



We will furnish this feed cutter, one only to one person at a time.



This all steel frame and saw which we put out at \$15.00 last year, but now sell only at \$25.00.

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