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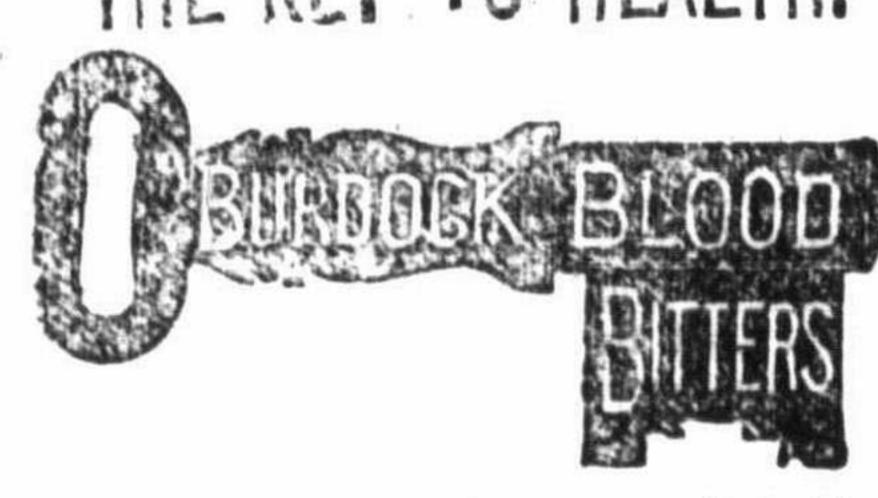
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A ce ightful Toilet Article. Not a face paint or powder; does not cover over, but cures. Used in connection with Pond Lily iver Pellets, a nd Pond Lily Skin Soap, most effectually and positively removes Freckles Tan, Black Specks, Blotches allays all irritation after shav. ing, or any itchiness of the skin from what roughness from the face, hands, neck and

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HINTS FOR HEALTH.

Follow Them Closely and You Will Either Be Well or Miserable.

If you are a man who wishes to retain his health you should rise at 6 o'clock in the morning. You have slept, of course, in a chamber the windows of which were open, allowing free access and circulation of the air. If the bed clothes should happen to be blown off at 5 o'clock you might get up then, though Rheumatism, Sciatica, Neural- this is a disputed point, Dr. Harpever claiming that you should, while Dr. Withered is positive that in order to be regular in your habits you should stay in bed till 6, even without the clothes. Regularity, the doctor says, is the keynote of life, and the man who gets up some mornings at 6 and others at 5 does so at his peril.

After rising take a cold bath for twenty, minutes, practice with dumb bells for ten minutes, go out 'doors and walk briskly up hill for tent minutes, run up a -steep hill or the roof of an Episcopalian church for ten minutes, practice high jumping and handsprings for five minutes. Enter the house and sit down to

breakfast at exactly 7 o'clock. Remember that everything depends on what you do not eat. Dr. Husks, of Philadelphia, has made the food question a life study and you cannot do better than to follow his advice. In the first place, you must not cat meat in any form. Meat is not a natural food of man. The man who eats meat is weak; the one who makes a diet of vegetables. is strong. This is illustrated, Dr. Husks has ably pointed out, even in the animal kingdom; the stronger and more robust animals feed on vegetable matter, while the weaker and less active are meat eaters. To show the force of this it will only be necessary to call your attention. to the weak and nerveless lion and the powerful and aggressive lamb; the debiliated tiger and the hearty hen.

Dr. Husks cannot, of course, recommend all kinds of vegetable food, but has prepared a list of things which he considers comparatively safe when not adul terated and which have not been exposed to disease germs or sewer gas. You may select for breakfast not above three dishes from the following list: Macaroni, grahum gems, oatmeal, cracked wheat. lled oats, husked corn, patent infant and, hominy, tring beam, warm water, oats in the short, cornstarch pudding, tapioca, sago, bran, shorts and millfood. Do not overload your stanach. Keep your appatite under control at any cost. Remember that you eat to live and not live to eat. If the bran or the oate are too great temptations banish them from your table. Do not, I beg o' you, become

a victim of brane The catmeal is recommended as best to start the breakfast on. It may take either the form of much, gruel or perridge. Each is made by the addition of water to the catmeal, but a wide difference is made in the cooking, the much being cooked over a slow fire, the gruel over a moderate tire, and the porridge over a quick fire. Bran biscuits make an excellent second course. Do not forget to practice moderation. The bran should be carefully sifted before using and the coarser part retained for the biscuits.

Do not over eat. You will unfortunately have to drink . something, experiments by Professor Rollingstone in an attempt to proce that drinking any kind of fluid is cimply a habit having failed. Dr. Husks cannot for an instant consider anything but water. Tea and coffee are dangerous. We can learn much as to what to cat and drink from a study of the lower animals, whose tastes and instincts have not been corrupted as have man's. The cow does not drink tea, nor, for that matter, coffee either. If man was not enfeebled by generations of coffee and tea drinking he might be as large and strong as the cow.

Nothing but water should be drunk for breakfast, or, indeed, other meals. It should be as near as pessible at a temperature of ninety-eight degrees so as to avoid cracking the chamel off the teeth or injuring the linings of the stomach. As many of the disease germs as possible should be removed from the water before using by boiling, and, if possible, distilling. Even then you will swallow a large number of germs every time you You should of course have a filter. In a recent paper Dr. Wachem strongly recommends Dr. Snachem's filter, and during the course of an address delivered the other day by Dr. Snachem, he spoke highly of Dr. Vachem's filter. Dr. Searchparty, who has a patent ventilator to sell, speaks highly of both filters. Probably you had better get both. The cow does not use a filter, but cows are not men.

Rise from the table promptly at half past 7, with a slight feeling of hunger. You will thus know that you have not eaten too much. No matter if the third dish of bran does look tempting, do not weakly yield. For an hour after breakfast indulge in light and humorous conversation. Do not attempt any work, as the forces of the body are engaged in digesting the macaroni you ate, and should not be disturbed. Do not for an instant think of indulging in a cigar. Tobacco is poisonous. Cigarettes are worse than eigars. Dr. Jekle and Professor Hyde estimate that if our old friend, the cow, were to smoke a cigarette it would kill her. Dr. Sombody says that no man can smoke three cigarettes a day and live to be 40 years of age. The fact that there are men living 60 years old who have smoked more than that per day only shows to what lengths men will go right in the face of science. A little learning is a dangerous thing. "Had these men the least respect for medical science," says Dr. Sombody, "they would have lain down at 40 and died. What kind of a way is it for a man to act in this Nineteenth century to go snicking around for twenty years after we have declared him dead?" Unless you want to go on thinking that you are alive after all of we scientists know well enough that you are dead, you want to let cigarettes alone. Watch yourself closely for symptoms of gout. -- Fred II. Carruth in New York Tribune.

A Common Experience. Wife-John, I suppose you have some

money saved up, haven't you? John-Not a cent.

"Why, John! It is a year since you stopped drinking and you have worked like a slave every day since."

"That's true." "Where is your money, then?" "The money I saved by swearing off I had to loan to old friends who didn't

swear off."-Omaha World

Misdirected Charity. She-Mamma has given \$25,000 to establish an old man's home. Isn't that

nice, Charley? He (yearnfully)-Very nice, but not so nice as if she would give that much to establish a young man's home, Fannie.-Washington Post.

THE TEA TABLE.

The Cream of the Papers Gathered For the Whig Readers.

A man may foot a bill without kicking. Hanson's magie corn salve cures corns and bunions with three applications. 15c. per box at Wade's drug store.

The person of a very inquiring turn of mind is sometimes a sadder and always a why sir man.

For coughs and colds take the Diamond Cough Remedy, composed of elecampane, wild cherry and horehound. 25 and 50 cents a bottle at Wade's drug store.

Youth is the time of hope. When a man gets a little older he stops hoping and begins reaching out for whatever he can get.

That hacking cough can be so quickly cured by Shiloh's Cure. We guarantee it. Sold by W. J. Wilson. No wonder hats begin to look played out

at an early period of their mortal existence. They are on the rack at least half the

Croup, whooping cough and bronchitis imme liately relieved by Shiloh's Cure. Sold by W. J. Wilson. Three large trunk factories in Racine,

Wis., have closed down for an indefinite period. This will be bad news for the elephant world. Catarrh cured, health and sweet breath

secured, by Shiloh's Catarrh Remedy. Price 50 cents, Nasal Injector free. Sold by W. J. Wilson. The Boston builders have constructed many fine public buildings, but we suppose

none of them would acknowledge having built a poor house. Shiloh's Cough and Consumption Cure is sold by us on a guarantee. -It cures consumption. Sold by W. J. Wilson.

Miss Adele Aus der Ohe is gaining fame as having played on the piano with both hands at the age of three. Sleepless nights, made miserable by that

terrible cough. Shiloh's Cure is the remedy for you. Sold by W. J. Wilson. Mrs. Humphrey Ward says she is anxious

to get undisturbed work on a new story which has been planned for some time. For lame back, side or chest, use Shiloh's Porous Plaster. Price 25 cents. Sold by W. J. Wilson.

It is said that so much jewellry is wasted

upon garters, if only from the fact that beautiful things are meant to be seen, not Will you suffer with dyspepsia and liver complaint? Shiloh's Vitalizer is guaranteed

to cure you. Sold by W. J. Wilson. There gentle action and good effect on the system really make them a perfect little pill. They please those who use them. Carter's Little Liver Pills may be well-termed "Perfection,"

Lawyer Carrie B. Kilgore is the first woman to be appointed master in a law case in Pennsylvania.

Derangement of the liver, with constipation, sallow skin. Remove the cause by using Carter's Little Liver Pills. One a dose. Try them.

Jacob Tome, of Elkton, Md., has given half a million dollars to establish a free seminary at Port Deposit. There are many forms of nervous de-

bility in men that yield to the use of Carter's Iron Pills. Those who are troubled with nervous weakness, night sweats, etc., should try them. If you would have a desirable head of

hair, use Hall's Vegetable Sicilian Hair Renewer, the most wonderful discovery of modern times for the hair and scalp. General Harrison's double, a man named Hoyett, of Newark, N.J., has reached

Indianapolis, and is staying at one of the Eminent physicians everywhere recommend Ayer's Cherry Pectoral as the most reliable remedy that can be had for colds, coughs, and all pulmonary disorders. Ask

your druggist for Ayer's Almanac; it is the best publication of the kind, and full of information. Tom Bigbee (at the club) - "How devoted young Sidney is to Miss Oldmaid!" Rockaway Beeche-"Yas, very. Cleahly love at first sight." Tom Bigbee-"It may be

with him. But it's love at last sight with What enhances the beauty of fine features more than a clear skin? Even plain features are made attractive by a good com plexion. To secure this, purify your blood

with Ayer's Sarsaparilla. It has no equal. Price \$1. Six bottles, \$5. Worth \$5 a bottle.

With Increased Knowledge

Of the laws governing health and the treatment of disease, resort to the physicians is less often made than formerly. Successful treatment can be made in such minor ail ments as headache, biliousness, constipation, fluttering of the heart, when sympathetic, foul breath, &c , all the various disorders resulting from deranged action of the liver and stomach by the use of Hamilton's Pills of Mandrake and Butternut. These pills, being entirely composed of vegetable extracts they form an admirable substitute for the numerous tonic bitters in the market. Hamilton's Pills are mild in action, certain in results, safe in all kinds of weather, and form the best family medicine extant. Sold by all dealers in medicine, and by N. C. Polson & Co., Kingston.

A Business Letter.

Tilsonburg, March 15th, 1887. T. Millburn & Co.,

Sirs,-Please ship at once three dozen B. B. Birters. Best selling medicine in the shop. Sold seven bottles to day. Yours truly, C. Thompson.

The above sample is but one of hundreds of similar expressions regarding B.B.B.

B. B. Stood the Test.

"I tried every known remedy I could think of for rheumatism, without giving me relief, until I tried Burdock Blood Bitters, which remedy I can highly recommend to all afflicted as I was.". Henry Smith, Milvelton, Out.

Miss Laura Kindig has presented an \$800 organ to a church in Goschen, Indiana. This commendable action tempts the South Bend Tribune to the heartless comment that "now the organist Kindig away at his lei-

Very Valuable.

"Having used B. B. B. for biliousness and torpid liver, with the very best results would recommend it to all thus troubled. The medicine is worth its weight in gold. Tillie White, Manitowaning, Ont.

For the Deaf.

A person cured of deafness and noises in the head of 23 years' standing by a simple remedy, will send a description of it FREE, to any person who applies to Nicholson, 30 St. John St., Montreal.

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Symptoms—Moisture; intense itching and stinging most at night; worse by scratching. If allowed to continue tumors form, which often bleed and ulcerate, becoming very sore. Swayne's Ointment stops the itch-ing and bleeding, heals ulceration, and in most cases removes the tumors. At druggists, or by mail, or 50 cents. Dr Swayne & Son, Philadelphia. Lyman, Sons & Co., Montreal, wholesale agents,

Eczema, Itchy, Scaly, Skin Tortures, The simple application of "Swayne's Ointment, wit yout any internal medicine, will cure any case of tetter, salt rheum, ringworm, piles, itch, sores, pimpies, eczema all scaly, itchy skin eruptions no matter now obstinate or long standing. It is potent, effective, and costs but a trifle. Lyman, Sons & Co., Montreal, wholesale agents.

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Rectory, Cornwall, Ont. Dr. Washington. Dear Sir,-I am glad to be able to inform you that our daughter is quite well again. As this is the second time she has been cured of grave bronchial troubles under your treatment, when the usual remedies failed. I write to express my gratitude. Please accept my sincere thanks.—Yours truly, C. B. PETTIT.

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Catarrh of the Head and Throat, Catarrhal Deafness, Chronic Bronchitis, Asthma and Consumption. Also loss of voice, fore throat enlarged tonsils. Polypus of the nose removed. COME EARLY. CONSULTATION FREE. Dr. Washington, as almost every person knows, is an eminent authority on all diseases of the throat and lungs and has been mest successful in the treatment of his patients.

NEW YORK TESTISONIAL.

G H. Cannon, 232 West 104th Street, New York City, who was not only cured himself, but who is so confident of the merits of the dreatment that he writes the doctor as follows: "I would have written sooner but was waiting for a decided answer from my friend, Mr. John Bawson, in reference to trying your treatment for his daughter for her catairh troubles. finally got his consent by telling him I would be responsible for his meney if she was not cured. I now therefore, enclose your cheque for full course and guarantee of cure, etc." Dr. Washington personally superintends prompt answering of all correspondence.

REFERENCES.

John McKelvey, Kingston, Catarrh. Mrs. A. Hoppins, Kingston, Broncho Consump-

Mrs. E. Scott, Kingston, Catarrh, head and Mrs. Jno. Bertram, Harrowsmith, Catarrh,

Miss Mary A. Rombourg, Centerville, Catar.h. head and throat. Mrs. James Emberson, Napanee Bronchitis, long standing.

Miss Frank Consaul, Frankford, Catarrh. Mrs. R. Blake, Newboro, Catarrh and Consumption. M. S. Dean, Bridgenorth, Catarrh, head and

A. E. Fish, Belleville, Catarrh, throat. John Phippen, of Sandhurst, cured Catarrh. Wm. Mitchell. Kingston, cured Catarrh. F. Whitemarsh, Wolfe Island, Ont., cured of Catarrh.

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NOTICE. TUESDAY, THE FIFTH OF FEBRUARY next, will be the last day for receiving Petitions for Private Bills.

TUESDAY, THE TWELFTH OF FFBRU. ARY next will be the last day for introducing Private Bills to the House. THURSDAY, TWENTY-EIGHT OF FEB-RUARYnext, will be the last day for presenting Reports of Committees relative to Private Bills. CHARLES T. GILLMOR,

Clerk of the Legislative Assembly. 28th December, 1888.



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