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SUCCESSFUL TREATMENT OF OBE-SITY WITHOUT MEDICINE.

A Great Deal Depends Upon the Diet-Fat Meats Should be Avoided, and Also Water - The Food That Leads to Fat And That Should be Taken of Sparing-

News, directions for the treatment, without | ployed in issuing orders extra time, might be medicine, of obesity, of which the following utilized in getting out a paper, as there was are in substance the principal points: People inclined to corpulence must diminish the quantity of their food. They must also take the sort of food that will produce the least amount of fat, but will give strength; they should therefore take more of nitrogenous and less of carbonaccous food. Of beef, veal, mutton, lamb and pork, the first is the least and the last the most heat producing. Pork, therefore, should not be eaten. White bread makes heat and fat; rye is less heating; oatmeal is good for strength and is very suitable; rice makes fat; potatoes contain a great deal of starch and are not to be eaten; milk is too fattening; fruits may be eaten; coffee and tea can be taken, but without milk or sugar. Water must be taken very sparingly-one glassful in twenty-four hours, if possible. Exercise must not be violent, as that produces an appetite; yet, if it be walking, if perspiration is produced to a slight degree, it is an advantage. Eight hours' sleep is enough as a rule, and seven will be generally sufficient.

As there are more thin people in the world than fat people, Dr. Banting adds a word of advice to the former. They must sleep all they can; keep early hours for retiring; lie down in the middle of the day; drink a great deal of water; eat heartily, especially of farinaceous food; take plenty of excercise, but in moderation. The value of cheerfulness emphasized. Follow the old adage, "Laugh and grow fat."

Lemon Juice.

The lemon is a fruit much used in the sick room and, in the opinion of Herald of Health, in many instances unwisely. Lemonade being a very refreshing and agreeable drink, is easily taken in excess by persons suffering from fevers, a fact which should not be forgotten. In typhiod fever, for instance, its immoderate use would be attended with danger, inducing, as it might, additional derangement in an already inflamed intestinal mucous membrane. In all inflammatory diseases of the stomach and bowels lemonade should only be given after the attending physician has sanctioned its use. During the past few years lemon juice has become quite

alar in the management of diphtheria it is the supposed action on the membraneous the in the throat. There have also been at mated to the juice marked virtues in the fall tional derangement of the liver, comm mly called "bilious disorders." Some persons so affected have found benefit from its , persistent use; the symptoms of others, however, have been aggravated by it.

Purifying Water by Boiling.

In some parts of Germany no water is given to children until it has been boiled to kill the germs of any disease present. Dr. M. L. Holbrook points out certain advantages and disadvantages of this practice among the poor, with whom food is not abundant, as follows: The boiled water deposits on the kettle its lime, and this is a loss of so much mineral matter. It kills the germs, which is beneficial. If the child is suitably fed no harm is done, but a positive benefit; but if not well fed it is a direct loss to the bones to lose the lime in the water. Pure fresh water from springs does not contain germs, and if it is used there is no use in boiling it. Germs, however, may develop in standing water in a few hours' exposure to the air.

The Ice Bag in Sea Sickness.

In a recent letter to a daily paper, says Science, a correspondent states that he has made twenty-six trips across the Atlantic, and has in every instance, except the last, suffered very much from sea sickness. On his last trip he had with him a rubber bag, twelve inches long and four inches wide, the mouth of which was closed by an iron clamp. This he filled with small pieces of ice and applied to the spine at the base of the brain from half to three-quarters of an hour every morning. It had a most soothing effect, and he enjoyed every hour and every meal.

The Hours of Fate.

According to Dr. Richardson the animal vital processes are at their lowest ebb in the period between midnighteand 6 o'clock in the morning. It is at these times that those who are enfeebled from any cause most frequently die. Physicians often consider these hours as critical, and forewarn anxious friends in respect to them. From time immemorial those who have been accustomed to wait and attend on the sick have noted the hours most anxiously, so that they have been called by our old writers "the hours of fate."

A Cure for Earache.

The Medical World says that earache may be cured by directing a gentle stream of water as hot as can be borne directly into the ear from a fountain syringe, Care must be taken not to allow the force of the stream to become too great.

SOCIAL ETIQUETTE.

and Customs Practiced in Polite Society.

When a day comes that finds us with a longing for the country we are tempted to act upon some general invitation to visit a country friend. To people contemplating such a visit, Good Housekeeping recalls the oft quoted "Don't." Don't go unless you have a special invitation for a special day from the lady of the house. General invitations mean nothing at all, and it is never safe to accept any kind of a one from the paterfamilias, who probably knows about as much as you of the domestic arrangements of his household.

Money matters are always a delicate subject between friends. But, suggests the authority already referred to, though we can seldom renumerate them for the trouble they take for us in dollars and cents, yet sometimes there will be ways in which it may be done. It is easy to give presents to children, and although it is harder to give anything to the mother, yet by exercising a little tact, you may be able to do it. She cannot refuse a pretty piece of fancy work that you have made during your visit, and books and magazines can usually be safely offered.

A Relief to Hostess and Guest.

It is usually a relief to a hestess to have her visitor entertain herself for a part of the morning at least. This the guest will generally be glad to do, if she has a cheery, comfortable room, some writing materials, interesting books, and an easy chair in which to enjoy them.

Friendly Behavior.

In society we should try to carry entertainment with us and to seem entertained with our company. A friendly behavior often conciliates and pleases more than wit or britlianev.

Journalistic Experiences of Union Sof-

diers-"The Weekly Reveille." Two or three days after reaching Memphis I was detailed at headquarters, and was directed to take possession of the first vacant printing office in order to print such general orders as might be received for distribution to the various commands. The other printer detailed for this work was a companionable fellow, bright and intelligent, but erratic and unreliable, and with no very deep convictions. The idea was mutual that while emno publication of any kind in Memphis, unless it might be The Daily Avalanche, which,

the northern soldiery then crowding the city. The paper was getten out under the name of The Weekly Reveille, printed on coarse paper, and by no means attractive or newsy, but it had the gossip of the regiments, it had a flavor of Unionism which could not be donied, and it went like hot cakes, so much so that within three days another edition was issued under the name of The Semi-Weekly Reveille, to be followed on the second day thereafter with what blossomed out as The Tri-Weekly Reveille. These several editions gave attention to general orders and to news from the north, clipped from St. Louis papers of several days' antiquity, which were readily retailed at twenty-five cents each, and the tri-weekly was even more a success financially than the weekly and semi-weekly editions.

of course, was of different views from that of

In the earlier stages of the war The Daily Appeal was apparently the leading organ in the southwest, but when the Union forces hove in sight of Memphis it shook the dust of the doomed city from its folds and followed the fortunes of the Confederate army in its search for safety. But it left a finely appointed office behind, an office complete in every respect, as remembered as this late date, save a press, and one day there came an order from the general to abandon the little, dirty, dingy, one horse stand around the corner and take possession of The Appeal building, with all its contents.

Great things were expected of this energetic advance, and so there was immediately issued probably the only unquestioned Republican Union p: per ever before printed in Memphis, under the stately caption of "The Daily Union Appeal." It was a "gally" undertaking, this publishing a daily paper in the enemy's country without money or credit, or any special stock of brains; but an editor from "The Avalanche" was engaged, by the name of Casuran, or something similar, and "The Appeal" was launched.

Printers were plentiful; in fact, they could be found asleep on the office steps at all hours of the day and night, and "cases" were constantly changing hands, for as fast as one was \$4 or \$5 ahead he made a break for "God's country," as it was termed, meaning the north. In consequence of this intense desire to reach the north there was a great kick every pay day against accepting Tennessee money, and it was a hard pull and fre-| quently an impossible one to get any other kind with which to meet their demands. It is recalled as well that the gang at The Avalanche office, which did the presswork for The Appeal, were also terribly exercised about that Tennessee money, and occasionally they had cause to be fearful that none was coming.

How The Daily Union Memphis Appeal managed to live from day to day is a mystery even at this late date, but it did in some way, and many a printer blessed it for the opportunity given of a chance to secure honest money and a trip to God's country, safe from war's alarms.

The correspondents of the great northern dailies, then waiting for an advance of the army, also occasionally volunteered an "intellectual etching," and The Appeal was not without weight and influence—while it lasted. My connection, however, was limited, for in a few weeks there came marching orders for the regiment, and without giving a thought to the possibility of getting a detail to remain in Memphis-these were my callow days-I turned over my share to a chaplain and joined my command. Whatever was the fate of The Union Appeal is unknown, unless it died from pure inanition. - Indianapolis News.

When Baby was sick, we gave her Castoria, When she was a Child, she cried for Castoria, When she became Miss, she clung to Castoria, When she had Children, she gave them Castoria,

A Very Big Scheme. "I've got a scheme," said one travelling

man to another. "Any money in it."

"Big money." "Let's have it."

"I'm going to start breweries at summer resorts-Muskoka, for instance. "I fail to catch on."

"Why, don't you see, we can use the hops that the hotel proprietors give every even-

The friendship of those men is now tinged with a certain distant courtesy which at times is almost painful.

Try and be Cured.

Lame back and nervous debility, associated with rheumatism, is sometimes met with in every day life, but as a rule we find not more than two of these complaints in the same party. Be this as it may The only sure and perfect cure is electricity and the best form of administering it is by Norman's electric belts and insoles. W. J. Wilson is agent, and from him you can procure testimonials and circulars relating to any of your complaints.

An Admiring Little Wife. Henry George-"My dear, this steak is burned to a crisp." Mrs. George-"Mercy me ! so it is?"

"And the potatoes are not half done." "So I see now." "And the bread is sour, and, in fact, there

is not a thing to eat, and I'm as hungry as a bear. What on earth have you been doing with yourself all the morning?" "I've been swinging in the hammock,

dear, dreaming about how lovely everything will be when your millennium gets here.

A Valuable Discovery.

F. P. Tanner, of Neebing, Ont., says he has not only found B.B.B. a sure cure for Dyspepsia, but he also found it to be the best medicine for regulating and invigorating the system that he has ever taken. B.B.B. is the great system regulator.

A Romour Without Foundation.

BALTIMORE, Sept. 10. -D. H. Batcs, pre dent of the Baltimore and Ohio telegraph company, positively denies that the B. & O. telegraph system has been sold to the Western Union, and says, further, that no negotiations are pending that are likely to so re-

Very Valuable. ' Having used B. B. B. for biliousness and | NESDAY at 8 a.m., for Montreal and way torpid liver, with the best results. I would ports, and for Toronto and St. Catharines recommend it to all thus troubled. The EVERY SUNDAY at 5 a.m. medicine is worth its weight in gold." Tillie White, Nanitowaning, Ont. made the charges

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ence Street.

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-	STEAMSHIPS FROM MONTREAL FROM QUEBEC Circassian
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Rates of Passage by the Mail Steamers : From Quebec to Londonderry and Liverpool: Cabin-\$60, \$70, \$80. Return-\$110, \$130, \$150. Return - \$60. Steerage

\$20. Return \$40. Rates of Passage by the Extra Steamers. Cabin-\$50, \$60 and \$70. Return-\$90, \$110 and \$130. Intermediate - \$30. Return \$60. Steerage at very low rates

The Steamships of the Allan Line come direct to the Railway wharves, and passengers are forwarded on by special trains to Montreal and the West, The last train connecting at Quebec with the Mail Steamers, sailing from that port on

Thursday, leaves Kingston on Wednesday at The last train connecting with the Extra Steamers sailing on Friday, leaves Kingston on Thursday at 1:45 p.m Passengers desiring can be booked via R. & Ont. Nav. Co. Steamers, enjoying the scenery

of the 1,000 Islands and the Rapids of the St.

Lawrence. For Tickets and every information apply to THOMAS HANLEY, World's Ticket Agent, Corner Johnson and On-

tario Streets,

GRAND TRUNK CITY PASS'GER STATION BAY OF QUINTE STEAMBOAT ROUTE.

DAILY LINE TO PICTON, DESERONTO AND BELLEVILLE. The Fast and Elegant

(C. H. NICHOLSON, MASTER),

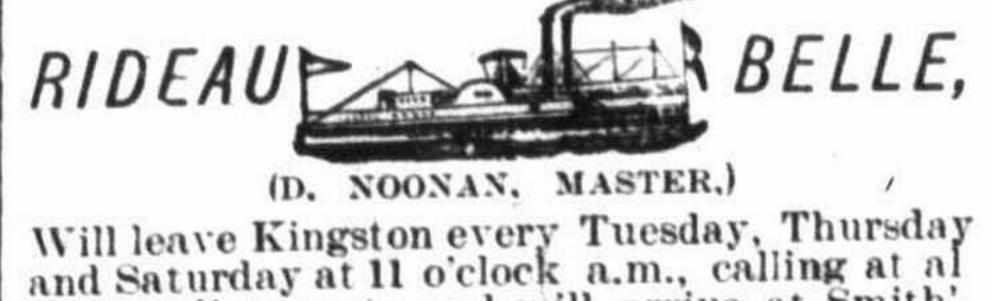
Will, until further notice, leave Gunn's Wharf at 3:30 p.m. (sharp) for Bay of Quinte ports, arriving at Picton at 7:30 p.m. and going through to Deseronto and Belleville every night except Friday, when she stops at Picton over night. Returning leaves Belleville Monday, Wednesday and Friday at 6:00 a.m. sharp; Deseronto 7:30 a.m., and Picton 9:30 a.m.; leaves Belleville Tuesday and Thursday at 4:00 a,m.; De-

seronto 5:30 and Picton 7:00 a.m. On Saturday leaves Picton at 5:00 a.m. On Saturday, during July and August, this steamer makes a special excursion trip to 1,000 islands, leaving Kingston at 2 p m. and returning leaves Kingston for Bay ports at 8 p.m. Magnificent accommodation for passengers

and lowest freight rates given. Full information given by applying to the Captain on board, or to A. GUNN & CO. C. H. HATCH, J. P. GILDERSLEEVE, Freight Ag'ts. Pass. Agents.

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intermediate ports, and will arrive at Smith' Falls at 12 o'clock p.m. Returning, will leave smith's Falls every Monday, Wednesday and Friday morning at 5:45 o'clock and Jones' Locks at 6 o'clock, calling

at all intermediate ports, arriving at Kingston 6:30 o clock p.m. All day trip, giving opportunity of seeing the splendid scenery of the Rideau and other lakes both ways. Passengers will have nearly two hours at the picturesque Jones' Falls, one of the

most romantic spots on the continent. Every attention paid to the comfort of passengers. Freight handled with care and despatch. Through freight consigned to our care will have prompt attention.

For further particulars apply to the proprietors, Noonan & Bajus; Capt. A. Foster, Smith s Falls; or James Swift, Kingston.

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Fast, Commodious, Upper Cabin Steamer "ALEXANDRIA,

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A. GUNN & CO.,

ing at 7 o'clock, for Montreal, calling at Gananoque, Brockville, Prescott, Ogdensburg, Morrisburg, etc., running all rapids, and arriving in Montreal early Tuesday evening. Returning, leaves Montreal Thursdays at 12 o'clock noon, for Kingston, arriving Friday night, leaving Kingston for Trenton and Bay of Quinte ports on Saturday mornings at 4:3

Passen ger accommodation unsurpassed. Renrned tickets at reduced rates. Freight rates as low as the lowest. For tickets and other information apply to

St. Catharines, Toronto, and Montreal, And Intermediate Ports.

May 6th.

(J. H. SCOTT, MASTER),

Will leave Swift's Wharf EVERY WED-For freight and passage apply to James Swift.

EXCURSION DAYS.

Tickets will be on sale every day

Sept. 8th and 13th. Return Tickets will be issued, good to go on all regular trains on the above dates; good to return up to 19th inclusive. Fare for round trip only \$3.55.

TRAVELLING.

GRAND TRUNK RAIL'Y.

INDUSTRIAL EXHIBITION, TORONTO,

Sept. 5th to 17th.

from Sept. 6th to the 16th inclusive, at \$4.85 for

round trip, good to return up to the 19th in

WESTERN FAIR, LONDON,

Sept. 19th to 26th.

Return Tickets will be on sale from Sept. 19th to 25th inclusive, at one-Single First-Class Fare for round trip, good to return to the 23rd in

ONTARIO PROVINCIAL EXHIBITION, Ottawa Sept. 19th to 24th.

Rate of fare will be advertised later.

TORONTO EXHIBITION.

Return-Tickets From Kingston to Toronto

K. & P. R. and C. P. R.

Will be on sale by the undersigned as follows: From Sept. 6th to 16th, at \$4.80. And on Special Excursion Days, Sept. 8th and 13th, at \$3.55.

To Judges and Exhibitors, Single Fare from 1st to 5th Sept. on presentation of certificates signed by H. J. Hill, Secretary.

September. Trains leave Kingston 12:40 p.m., 11:45 p.m. Trains arrive Toronto 8:20 p.m., 7:28 a.m.

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Elegant Drawing Room Cars are run on all Express Trains between Kingston and Shar-No. 3 Express leaves Kingston at 12:40 p.m. Arrives l'oronto 8:20 p.m.; Ottawa, 5:25 p.m. Montreal, 8:15 p.m.; Renfrew, 5:10 p.m. Passen-

gers leaving by this train will reach Winnipeg in 60 hours. No. 1 Mixed leaves Kingston 7:30 a.m.; arrives at Sharbot Lake 10:00 a.m., and Renfrew 2:45 p.m., connecting with C.P.R. Express for points

No. 5 Express leaves Kingston at 4:15 p.m. ; arrives at Sharbot Lake at 7:10 p.m. ; Renfrew at 10:45 p.m. No. 7 Express leaves Kingston at 11:45 p.m., connecting with C.P.R. Night Express Train at Sharbot Lake for all points east and west. F. CONWAY, B. W. FOLGER

DOMINION AND INDUSTRIAL EXHIBITION, TORONTO.

Ass. Gen. Pass. Agt. Supt.

Richelieu & Ontario Navigation Co. This Company will issue First-Class Return Tickets for \$6,50, Meals and Berths included; or \$4.86, Meals and Berths extra. Exhibitors, on presentation of Certificate signed by Mr. H. J. Hill, full fare up and Re-

turn Free. .Deck passengers \$3.00. The steamers will leave Kingston daily (Mondays excepted), At 5 P.M. for Toronto, calling at Cobourg. Port Hope and Bowmanville, (weather permit-

At 5 A.M. for Montreal and Quebec, calling at Clayton, Alexandria Bay, Brockville, Prescott, Cornwall and Coteau, passing through the beautiful add romantic scenery of the lake of the Thousand Islands and the Rapids of the St. Lawrence by daylight.

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convince assured of the desirability of placing their Insurance in a Co'y so perfectly secure. The Company still maintains its claim to doing the largest Fire Business in the world. The Company has actually paid since its information the following large sums:-For Fire Losses. \$82.040.285

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