

**5 gross Prussian Oil.**  
**5 gross Putner's Emulsion.**  
**5 gross Withe's Liquid Malt.**  
**2 gross Paine's Celery Compound.**

Quotations and Letter orders solicited. Prices and terms right.

**S. McDIARMID,**  
 Wholesale and Retail Druggist,  
 47 1/2 & 49 Knox St.,  
 ST. JOHN, N. B.

**Baptist Young People**  
**WATCH THIS SPACE**  
 AND SEE WHAT THE

**CANADIAN PACIFIC RY.**  
 WILL OFFER FOR THE

**B.Y.P.U. Convention**  
 MILWAUKEE, WIS., JULY '96,  
 before making arrangements for your Summer Vacation Tour.

**Printing**

BECAUSE you are not located in St. John is no reason why we should not do your printing. We are doing work for people all over the Maritime Provinces. Everybody is pleased with our work. We honestly believe that no other printer can do better for you than we can. We want an order from you—no matter how small—just to get acquainted and let you see what we can do.

**PATERSON & CO.,**  
 Masonic Temple,  
 ST. JOHN, N. B.

**50 YEARS.**

**SHARP'S**  
**BALSAM OF HOREHOUND**  
 Never let the Front Rank for Curing CROUPS, COUGHS AND COLDS.

**ARMSTRONG & CO.,**  
 Proprietors, St. John, N. B.

**J. HAMBLET WOOD,**  
 Rubber and Metal Stamps  
 ST. JOHN, N. B.

**ASTHMA CURES**  
 Dr. TAPPIN'S

**unfortunate**  
 Cod-liver oil suggests consumption, which is almost-unfortunate.

Its best use is before you fear consumption; when you begin to get thin, weak, run down; then is the prudent time to begin to take care, and the best way to take care is to supply the system with needed fat and strength. **Scott's Emulsion** of cod-liver oil, with hypophosphites, will bring back plumpness to those who have lost it, and make strength where raw cod-liver oil would be a burden.

**AGENTS WANTED—MEN AND WOMEN**  
**OUR JOURNEY AROUND THE WORLD**

**BE CONTENT WITH YOUR LOT.**  
 A swallow was building her nest under the eaves, and a juncy, noisy, little cock-sparrow perched above, was watching her with much curiosity.

**THE HOME.**  
 HEALTH HINTS.

One of our medical exchanges calls attention to the harmfulness of cough mixtures, which should be regarded as a relic of ancient and unscientific methods of practice. The most efficient is usually opium which, indeed, lessens the tendency to cough, but at the same time arrests every secretion of the body. Says one physician, "You might as well take a broadsword through your patient all over as to cover him up with cough mixtures."—Congregationalist.

**CURIOUS CURE FOR NEURALGIC HEADACHE.**  
 An apostle of physical culture says that an excellent cure for falling cure for nervous headache is the simple act of walking backward. Ten minutes are as long as is usually necessary to promenade. It sometimes, however, requires more than ten minutes to walk all if one is very "nervous." But it is not understood that it is necessary to walk a chalk line. Any kind of walking will do, provided it is backward. It is well to get in a long, narrow room, where the windows are high, and walk slowly, placing first the ball of the foot on the floor and then the heel. Besides curing headache, this exercise promotes a graceful carriage. A half-hour's walk backward every day will wonderfully ward producing a graceful gait.—Boston Journal.

**ICE CREAM AS A MEDICINE.**  
 Ice cream as medicine has rather a pleasant sound, and the physician who prescribed it often would, no doubt, be popular with his patients, particularly the juvenile ones. It has been recommended lately by no less a medical authority than Dr. Costa, who treated a clear case of gastric fever solely with ice cream, which was allowed *ad libitum*. Various remedies had been used in the case; but they, as well as all articles of food, were promptly rejected by the stomach, and the patient had become much emaciated. The ice was slowly, only stayed down, but it relieved the pain, and at the end of two months' treatment the patient was well. The daily quantity of ice cream consumed ranged from three to four ounces. The cream being always fresh and free from corn starch and other thickening ingredients. Two other cases were subsequently treated in the same way and with the same result.—N. W. Langet.

**HYGIENE OF OVER-EATING.**  
 I assert that it is the duty of the good housewife to keep down the appetite of her husband, writes F. S. Root in the *Ladies Home Journal*. Lowering it is this necessary in the case of root-to-do professional and business men. In the families of mechanics earning low wages such a warning is almost wholly unnecessary, but it may be said of most men in good circumstances that they eat too freely of rich food. If men would begin careful and systematic physical culture in early youth and continue the practice through life, good health would be the result. Beyond the age of forty—at a period when many are physically lazy—the superior value of exercise is apparent; but, ordinarily, this is just the time when the hygiene of athletics is neglected. There is no reason why a punching bag, rowing machine, pulley, weights and other apparatus should be relegated to college boys and clerks. But having done a good deal of work in his time it is almost impossible to persuade a business or professional man, earning forty, to do any sort of physical culture if such training has been previously neglected. Hence, I say it is the duty of a woman to keep from her husband all rich compounds that will ultimately ruin his digestion. High feeding is occasionally neutralized by hard exercise; but in the absence of the latter it is mischievous in the extreme. If your husband will stand the treatment, begin by switching off the hot heavy breakfast of steak and hot potatoes, etc., and set before him egg-toast, oatmeal and coffee.

**COLD MEATS FOR LUNCHEON.**  
**BAKED HAM.**—Soak the ham in cold water overnight; trim, wipe dry, cover with a paste made of flour and water, and bake in a slow oven. When done, take off the crust and peel off the skin; allow to cool, glass, and garnish with carrots and beets cut into fancy shapes.

**BOILED HAM.**—Place the ham in a pot with enough water to cover it, and add 2 heads of celery, 2 turnips, 3 onions, a bunch of sweet herbs, and 2 bay leaves; simmer four hours. Remove the skin, sprinkle with pepper and allspice; brown in a quick oven.

**STUFFED HAM.**—Soak the ham overnight; put in cold water and boil slowly and steadily until thoroughly done; when done remove the skin. Make a dressing as follows: 1 cup of bread crumbs moistened with milk; season with allspice and cloves, powdered, a teaspoonful of thyme, the same of marjoram and savory, a tablespoonful of butter, and a raw egg; mix well. Make incisions all over the ham, and fill them with the above mixture; rub the ham well with the yolk of an egg and cover with bread crumbs; bake in a slow oven for an hour.—Harper's Bazar.

**THE NEED OF SLEEP.**  
 It is probable, we quite admit, that the effect of night on individuals differs greatly, and that a process of natural selection is continually at work, men who cannot bear night work avoiding it, while those to whom it is recuperative—and every journeyman knows that men strong into the professions, in which sitting up, if not obligatory, is at least advantageous. There are extraordinary differences of instinct in this respect, a few men being literally unable to sleep at night work, while others deliberately leave their whole work to be done after the sun has disappeared.

The incapacity and the faculty are connected in some way with the differences in the power of sleeping, which still remains among the specialties of physicians. Why can some men sleep all night and some "nervous" men, while others, sometimes very "heavy" men with apparently immovable nerves, are tortured by insomnia? Why, too, do some men seem to obtain sufficient rest with five hours' sleep, while others require nine? Dr. Smedley jocularly argued in one of his "amusing stories," or do they "nervous" men sleep? We cannot answer the question any more than the doctors can, but we agree on one side of the subject more heartily with the *British Medical Journal*. The popular prejudice against sleep works identity of mischief. There are plenty of sluggards even among the cultivated class, but the sleep sluggard is in that class a very rare specimen. The tendency of the educated is to wakefulness, and the man who is a specialist in work and exhibits what his friends think is a disposition to over-sleep, is obeying a healthy instinct. Sleep recuperates him, and he knows it. The popular notion that a young man who works with his head yet sleeps hours is a sluggard, is popular nonsense. No man whose brain is active and who does not drink ever sleeps more than is good for him.—London Spectator.

**THE FARM.**  
**BUTTER IN A MINUTE.**  
 A wonderful dairy machine is on exhibition in England. This machine, the invention of Herr Salenka, a Swedish engineer, makes butter in about a minute from sterilized milk direct. Milk is heated in the sterilizer (or Pasteurizer, as it is called) to 160 degrees Fahrenheit, and runs thence into the creaming chamber of the machine. As the cream is skimmed, it rises into the churning chamber, being cooled down to 60 degrees in its progress by means of very small cooling frames, through which cool water constantly passes, and which revolve with the stirrer at the rate of 6,000 revolutions per minute. The cream is forced into a tube perforated with tiny holes, through which it emerges with great force on to a fresh layer of cream that rises, converting it into butter by coagulation. The butter thus formed in granules emerges from a spout into a tub, mixed with buttermilk.

When the churning is done, a wooden stirrer is passed up and down for two or three minutes to make the butter separate from the greater part of the buttermilk. The butter is then taken out and passed through a wire strainer, which removes out more of the buttermilk remaining in, after which it is placed on ice for two hours, and then worked a little more and made up.

**VENTILATION IN WINTER.**  
 People sometimes fancy that there is less need of ventilation in winter than in summer, when the odor of the air in a confined room would be sufficient to condemn it. In the winter, with our storm windows and doors, weather strips and cold burners, extra precautions should be taken to secure thorough ventilation. Our lives are shortened or lengthened by the observance or non-observance of the laws of health. One of the most important of these laws is that fresh air is necessary to sustain life. The atmosphere of a room, if not changed strongly upon it, so that more attention may be given to the ventilation of our homes. When badly ventilated rooms are occupied for a time the impure air produces headache, dizziness, sleeplessness and yawning. The respiration, the circulation and the digestion all become deranged. By good management it is quite possible to keep our homes well supplied with fresh air, without the necessity of exposure to very cold air to ventilate at the right time and in the proper way.

Ventilate the sitting room at least three times a day, when the family is at meals. One window may be raised from the bottom and another lowered from the top. Treat the dining room kitchen in the same way, when the members of the family are elsewhere. The sleeping apartments should be well ventilated. There is but little danger of taking cold, when a person is accustomed to having his sleeping room well supplied with fresh air. The best means for ventilation are properly constructed flues. These ought to be arranged on opposite sides of the room, in order to create a current and an abundance of fresh air. Place one near the level of the floor and one near the ceiling, thus furnishing a channel for the escape of the noxious vapors that are constantly rising from the open fireplaces, or next in value to the flues is an excellent means for removing the impure air. Parents, make your homes healthful; let in the pure, fresh air and sunshine; you are in a great measure responsible for the health and lives of your little ones.

**BONEMEAL OF DIFFERENT KINDS.**  
 Bonemeal goes under various names, such as ground bone, bone flour, bonedust, etc. We find in the market raw bonemeal and steamed bonemeal. Raw bonemeal contains the fat naturally present in bones. The presence of the fat is objectionable, because it makes the grinding more difficult, and retards the decomposition of the bone in the soil. While fat itself has no value as plant food. When bones are steamed, the fat is removed and the bone is more easily ground. Moreover, the chemical nature of the nitrogen compounds appears to be changed in such a manner that the meal undergoes decomposition in the soil more rapidly than in case of raw bone. The presence of easily decaying nitrogen compounds in bone manure, as in the process of decomposition, to disappear more or less of the insoluble phosphate. Bonemeal should contain from 3 to 5 per cent of nitrogen and from 20 to 25 per cent of phosphoric acid; about one-third of the amount of the latter appears to be in readily available condition. Raw bonemeal generally contains somewhat more nitrogen (1 or 2 per cent) and rather less phosphoric acid than steamed bonemeal.

**A NEW INSECTICIDE.**  
 Tree vermin will soon have no peace or comfort in the orchard or shrubbery of the progressive farmer or lover of nature. Kerosein emulsion, paris green, pyrethrum and other insecticides have been most effectively used in the destruction of certain forms of insect pests, but a class of vermin consisting of borers and other sordid creatures, the New Jersey Experiment Station found the German lime remedy, "arsenolime," effective. This is a product of the experiments and has been found very effective. It weighs about like butter, and is applied to trunks of trees with a brush. Being sticky, insects can neither crawl up nor down a trunk coated with it, or insects cannot bore through it into the trunk, or the adult insect issue from the tree trunk for its freedom. Applied to trees it shows no harmful effect. It has been found effective in destroying peach and pear borers, and will probably afford immunity from canker worms, scale insects, moths and caterpillars. Full particulars of this insecticide are printed in Bulletin 1111 of the New Jersey Experiment Station at New Brunswick.—Farm and Home.

**SAVING WOOL OIL.**  
 In the latest method of scouring wool, naphtha is employed in the cleansing substance. It is claimed that the naphtha does not injure the fiber, as alkali cleaners do, but leaves the fleece in better condition than when cleansed by any other means. It is further claimed that the wool is so much soiled that after the grease is extracted from the wool it may be separated from the naphtha and can be used as a medicinal agent or in making linseed soap. It is said that a plant

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**EVERY MOTHER SHOULD Have it in the House**

**STRICTLY FOR FAMILY USE.**  
 It soothes every ache, every lameness, every pain, every soreness everywhere; whether on the head, the neck, the back, the limbs, or on the face, it cures all ailments that are the result of rheumatism and inflammation, such as colds, croup, coughs, catarrh, colic, cramps, chilblains.

**Johnson's Anodyne Liniment**

**Notice of Sale!**  
 To Daniel Smith and Jane his wife, and all others whom it may concern:—  
 There will be sold at PUBLIC AUCTION, at Chubb's Corner, (so called), in the City of Saint John, in the Province of New Brunswick, on MONDAY the 25th day of JANUARY, A. D. 1896, at twelve o'clock noon, under and by virtue of the order of a certain Indenture of Mortgage made the 1st day of May, A. D. 1895, between the said Daniel Smith and Jane his wife, and Richard Holt and Robert Nugent, Trustees named and appointed by a certain Indenture of Trust made between James McWilliams of the one part, and Daniel Holt and Robert Nugent of the other part, said Mortgage being duly recorded in the office of the Registrar of Deeds in and for the County of Saint John, in Book 10, No. 4 of Records, pages 88, 89, 90, the 31st day of June, A. D. 1895.

**ILL NIGH UNTO DEATH.**  
 The Experience of a Lady Well Known in Coaticook.

Stricken With La Grippe, Followed by Pneumonia, She Languished For More Than a Year—Dr. Williams' Pink Pills Saved Her. When Other Medicines Failed.—From *L'Echo de St. John*, Coaticook, Que.  
 The town of Averill, Vt., is situated about 8 miles from Coaticook, Que., and is the home of Mrs. A. A. Hartwell, who has many relatives and numerous friends in the latter place. Mrs. Hartwell has through an experience which she has written up in a book, *L'Echo de St. John*, thinks worthy of giving the widest publicity as many others may derive much benefit therefrom. Mrs. Hartwell has ever been considered a woman enjoying a healthy constitution until about two years ago, when she was like hundreds of others in the vicinity, stricken with influenza or as it is more generally termed the grippe, a disease which carried off many people in this town and vicinity, and in the case of numerous others left behind wretched constitutions. As often happens, pneumonia followed the first symptoms of the grippe and Mrs. Hartwell was sick, nigh

**Champion Liniment**  
 I HEREBY give you notice that in default of payment by you of the balance of the mortgage made by you to the said James McWilliams of the one part, and Daniel Holt and Robert Nugent of the other part, said Mortgage being duly recorded in the office of the Registrar of Deeds in and for the County of Saint John, in Book 10, No. 4 of Records, pages 88, 89, 90, the 31st day of June, A. D. 1895, and in default of your payment of the interest thereon, I, the undersigned, as Executor of the said James McWilliams, do hereby give notice that I will sell the premises described in the said Indenture of Mortgage, and the interest thereon, at public auction, on the 25th day of January, A. D. 1896, at twelve o'clock noon, under and by virtue of the order of a certain Indenture of Mortgage made the 1st day of May, A. D. 1895, between the said Daniel Holt and Robert Nugent of the one part, and James McWilliams of the other part, said Mortgage being duly recorded in the office of the Registrar of Deeds in and for the County of Saint John, in Book 10, No. 4 of Records, pages 88, 89, 90, the 31st day of June, A. D. 1895.

**The Champion Medicine Co.**  
 South Ohio, Yarmouth Co., N. S.

**FOR SALE!**  
**Large Pipe Organ**  
 First Baptist Church, Yarmouth.

**FOR SALE!**  
 Double Bank with 20 steps.  
 For further particulars apply to  
 CHAS. J. POWER,  
 Secy. Treasurer to Building Committee.

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