Miscellanous.

Health Habits of the Greek African Explorer, Henry M. Stanley.

(Related by himself for the 'Herald of Health.)

In his reception room at the Everett House, New York, Mr. Stanley was found on the morning after his first lecture. He was in perfect condition physically and mentally, the scorohing suns of Africa having merely produced a coat of bronze, which gave him a most distinguished air and emphasized the brilliancy of an excellent pair of eyes.

broken and spoiled, and six were converged to medicinal purposes. They were disposed of in this way: One was under the way in the way in the surface of in this way: One was given to the men suffering from dyson, tery, two were consumed by the white tery, two were consumed by the white man, Pocock, who died of typhoid fever; the stimulant kept him up four er; the stimulant kept him up four pression, impairs the Sight and Hearing, destroys the Appetite, Dyson, impairs the Sight and Hearing, destroys the Appetite, Dyson, impairs the Sight and Hearing, destroys the Appetite, Dyson, impairs the Sight and Hearing, destroys the Appetite, Dyson, impairs the Sight and Hearing, destroys the Appetite, Dyson, impairs the Sight and Hearing, destroys the Appetite, Dyson, impairs the Sight and Hearing, destroys the Appetite, Dyson, impairs the Sight and Hearing, destroys the Appetite, Dyson, impairs the Sight and Hearing, destroys the Appetite, Dyson, impairs the Sight and Hearing, destroys the Appetite, Dyson, and the continued, causes Enlargement of the man, Pocock, who died of typhoid fever; the stimulant kept him up four hits man, Pocock was then the only in the stimulant kept him up four any five pression, impairs the Sight and Hearing, destroys the Appetite, Dyson, and Elizer, Inflammation of the Bowels, and Piles. Constituted, with Costiveness, in consequence of which I suffered from Loss of Appetite, Dyson, and a disordarded liver. My eyes also troubled me. I was completed to wear and any and the colored people continued of the Bowels, and Piles. Constituted, and the course brilliancy of an excellent pair of syes, nine months five bottles emained. Dark Continent,' I have never felt bets that, like other travellers, we might be

'I didn't begin to study health for left them.' the sake of the study. It was in the country from Great Britain when I was years, I may have taken ten tablefourteen years old, and served in the spoonfuls of it. war from 1861 until the close. Then I went abroad and travelled along the terrior of Asia Minor. The war had and milk. given me a taste for travel, and I wanted to see something of the Old World.'

'Was your appetite always good?'

'Yes, save when in fever, I was nine Had you begun to form health hab

'No, not quite. After returning to America I accompanied the Peace Expedition of General Hancock to Fort Dodge, as the representative of the Dodge, as the representative of the 'Did you sleep well?'

Missouri Democrat, and a syndicate of 'Until toward the end. The great Western and New York newspapers. I have just received a letter from Mr. Samuel D. Tappan, one of the peace commissioners to the Indians, who pleasantly reminds me of our meeting at Fort Laramie, nineteen years ago. I came to New York in 1867 and was not complete, and the paced for bours outside the camp, came to New York in 1867 and was sent by Mr. James Gordon Bennett, of the New York Herald, to accompany by King Theodore. He was displeased — GOOD LUCK FOLLOWED BY MISPORTURE. at the time because his repeated and most gracious offer, of marriage to Queen Victoria had been declined.'

'Then your education in health laws began?'

The was displessed and made public yesterday that Richard Penniston has just been admitted as a guest to to Forrest Home. In 1873, Pennistan drew \$500,000 in the Royal Havanna lotters.

tery, but he has been penniless for several years. Richard Pennistan and his wife much about the subject before, even then it was not a very deep study. I breeding and were members of the stock only saw how much work could be done company of the Arch Street theatre, and with simple habits. I used no liquor; playing responsible parts before Wheatly my food consisted of mest, procured by the slaughter of the cattle in the Mrs. Pennistan, long since deceased, was country, and a common dark bread, also a playwright of some note, and several made from millet, and milk. I was not of her plays were represented on the day ill from the beginning until the American stage. Soon after the dissolu-I also represented the New York Herald and my health experience was the Third and Chestnut streets was crected, Household same. I had plenty of plain food, and in the basement of this Mr. Pennistan meats, rye bread and milk. In the early part of 1866 I went to Spain for found fame and patronage and money by the Herald. It was the time of the

Carlist war. My habits continued about the same.'

'Were you able to bathe regularly?'

Carlist war. My habits continued here he remained until about the middle of the war of the rebellion. He then Were you able to bathe regularly? Certainly. I used a tepid bath every morning when spending some time in one place, and, regularly at the end of a march. I have always used a rough towel vigorously after bathing, and find the exercise and friction most agreeable.

'How did it come about that you were directed to find Livingstone?'

of the war of the rebellion. He then opened a place in Brown's building, at Fifth and Chestnut streets, and here he did a large business and a very profitable or up to the time of his lottery drawing. He was, however, during this time, more or less embarrased financially through his investments in lottery tickets, beginning about a year and a half before the last of March 1873, when the official announce-wast of the drawing of the Royal Hayanna.

were directed to find Livingstone?'

'While yet in Madrid, in October, lottery informed bim that his \$100 ticket 1869, I received a telegram, as nearly had drawn \$500,000.

At this time he was the owner of 62

At this time he was the owner of 62 'Come to Paris immediately, -Bennett.' horses many of them very valuable. In I went to Paris, met Mr. Bennett, and company with his friend, Whitney, the after the usual courtesies he said to me brewer, Mr. Pennistan at once went to abruptly, 'Where do you think Living, New York, and placed the ticket for colstone is ?' 'What Livingstone?' 'The lection with August Belmont, receiving in African traveller. I think he is alive cash, after some delay and a litigation sell furniture AS CHEAP as can be obtained in the Dominion.

somewhere in Africa, and I want you to with Mr. Whitney, who claimed a share of Yes; the next day I started for charged by Mr. Belmont for collection, Egypt, thence to the upper Nile, Jerusalem, Constantinople, the Crimes, Caucasus, Caspian Ses, India, Mauritius, on Chestnut street, with a portion of the Caucasus, Caspian Sea, India, Mauritius, Sychelles to Zanzibar. The journey took fifteen months. I had no companion. At Zanzibar I formed an expedition for the finding and relief of Dr. Livingstone. I employed two white men and two hundred natives. One of the white men, Shaw, had been mate of an American ship, and the other, Farquahar, mate of an English ship. Both had been accustomed to hardship, but were fond of liquor. It was the awful consequences attending their indulgence in it that first aroused my attention to the effect, of alcoholic atimulents in Africa. I sent Farquahar forward a few miles from camp, and when the stock, for \$54,000, and another place at the north-east corner of Eighth and Sansom streets for \$5,000, beside which he had about \$50,000 of liquor untouched, and his horses. Upon his liquor there was probably money owing, but in all he had undoubtedly a half million clear in money and probably money owing, but in all he had undoubtedly a half million clear in money and probably more.

He was a genial man and had many friends, some of them true ones, who advised him to put half, if not more, of his money in an invincible trust find. Instead of this, he began operations on Third street, and inside of two years he had dropped there from \$150,000 to \$300,000.

His dealings in borses, too, went on all the while, and he lost heavily on a stud

ward a few miles from camp, and when paying up the hotel and other bills, found that he had drank eighteen bottles of brandy before starting. The effect upon him was still visible after we blooded colts, when sold at auction, alhad journeyed 150 miles. He then bes though well advertised an of irreproachsame dropeical and died. Shaw had able pedigree, went for a song, buyers been helping him to consume the combining not to bid against each other, brandy at Zanzibar. He was morose, and dividing up the poorly-paid-for stock and when he could get on more he left afterward. In fact, he was remorselessly me at Unyanyenbe, five hundred miles march. His object was to find an opportunity to drink to his heart's content of the stale beer obtainable there. I heard that he, in delirium I suppose put an end to his life. I continued my of triangle for the substitute of the stale beer obtainable there. I heard that he, in delirium I suppose put an end to his life. I continued my of triangle for the substitute of the kindness past he has been indebted to t journey with the natives until I found Livingstone, in a few weeks afterward. He was lodged at a place within 900 miles of Zanziber, to reach which lit took me eight months. In the course of our conversation, he said, 'Wine and wo- A REAL COMPLAINT.-While travelling W.M.FORSYTH

intoxicating beverage in the country. of the heavy moments incident to a journey Was Dr. Livingstone a teetotaller?' access the plains. He found a raw country In Africa he never touched liquor of man scraping a polka off the strings of a fiddle. He played with the proud conserany kind. ! What was the nature of the fare you ousness of a man who is master of his art.

"Goat meat, Indian corn dake, Daninto at least a suggestion of tune, Musin
played a touching cavatina, and then the
'Your next expedition to Africa'
Carnival of Venice, as arranged by PaJOHN Z. BENT. was—

'In 1874. The New York Herald and the London Datly Telegraph combined and shared the expense. Three Englishmen accompanied me. I took the trouble to inquire regarding their habits to make sure that they were temperate to shall per sure from sure that the make more music open de the them. Manager and Publisher, Monts a proportional sum by devoting all their time as a proportional sum by devoting all their time as a proportional sum by devoting all their time as a proportional sum by devoting all their time as a proportional sum by devoting all their time as a proportional sum by devoting and a proportional sum by devoting all their time as a proportional sum by devoting all their time as sum from such as a proportional sum by devoting all their time as a proportional sum by de

on an expedition that might have last-Constipation ed from three to ten years. One was roken and spoiled, and six were con-

CURED BY USING brilliancy of an excellent pair of eyes.

'I am now forty-four years of age,' said that we might want them on our reheat and, in spite of all the hardships endured upon my travels through.' The

What kind of food did you use ?

Dark Continent,' I have never felt betative most continued the voyage down the river on the accumulation of information on correct habits of health.'

'How did you come to take interest in the subject?'

'I didn't begin to study health for the accumulation of the subject?'

'I didn't begin to study health for the accumulation of the subject?'

'Did you drink any of the brandy?'

'Did you drink any of the brandy?'

James Eccles, Poland, Ohio.

I suffered from Constipation, and Plies, for years. Ayer's Pills, which took at the suggestion of a friend, have given me effectual relief. I commenced taking this remedy two months ago, and mn ow free from Constipation, the removal of which has caused my other troubles to disappear, and greatly improved my general health. — W. Keeler, Amherst. Mass. 'Did you drink any of the brandy?'
I suffered from Constipation,
assumed such an observation of the brandy are a sum of the such an observation of the brandy are a sum of the sum of the sum of the brandy?' 'The whole time, three and a half

> Ayer's Pills, Prepared by Dr. J. C. Ayer & Co., Lowell, Mass. Sold by all Druggists and Dealers in Medicine. 'Mutton, beef, goat meat, game, eweet without a symptom of disease. This

> > WARE

General Napier's expedition to Abyssinia. You remember it was for the relief of British subjects held in prison AND WALNUT SUITS; 2 BLACK WALNUT SUITS.

\$22 TO \$200

___ A FULL STOCK OF

Furniture

of All Kinds. A PINE LOT OF GILT

which were obtained at a bargain and will be sold at low prices.

New

MACHINERY!

o with Mr. Whitney, who claimed a mate of the prize, which was, however, disallowed by the courts, \$420,000, \$80,000 being charged by Mr. Belmont for collection, charged by Mr. Belmont for collection, or charge etc. Then upon returning to exchange etc.



Dr. J. R. McLean.

CARD Barrister, Solicitor, Etc.

men have been the curse of the white through Nebraska, Musin, the virtues, STIPENDIARY MAGISTRATE, DISTRICT NO.2 LOCKETT'S BUILDING, BRIDGETOWN.

Office hours, from 2 to 5 p. m. April 2nd, 84. 51tf were able to procure on your way through the country?'
'Goat meat, Indian corn cake, ban'Goat meat, Indian corn cake, ban'Into at least a suggestion of tune. Musin

'What was the nature of the fare you consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in all at a consess of a man who is disacted in a consess of a man who is disacted NOTICE.

JOHN Z. BENT.

THE BRIDGETOWN FOUNDRY COMPANY IXMAS I XMAS I (THE MEDICAL PROPERTY)



Time Table.

GOING EAST.

64 Port Wlliams

GOING WEST.

P. ANNES. General Manager.

INTERNATIONAL LINE.

ative. Is a sale, sure, and effect

LOVELL'S

Dominion of Canada,

FOR

Kentville, Feb. 14th, 1887.

W. A. ORAIG, Manager. Eagleson's Hotel

Granville & Queen Streets, TERMS, moderate. THOS. J. EAGLESON.

Bridgetown, June 2nd, 1885. Proprietor. Burdock WILL CURE OR RELIEVE

DIZZINESS, OF THE HEART, ACIDITY OF THE STOMACH, Express Daily.

Pas. and Freight
Mon. Wed. and
Fri. only.

Passengers
an of Kreight
daily. DRYNESS OF THE SKIN, And every species of disease are from disordered LIVER, KIDN STOMACH, BOWELS OR BLOOM T. MILBURN & CO., Proprietors, CORN IN EGYPT!

Beg to notify the public generally that they always keep or hand an assort-

of the latest styles, made from

First Class Stock, which will be sold on easy terms and reas w

N. B.—Trains are run on Eastern Standard
Time, one hour added will give Halifax time.
Timeleates that Trains stop only when signal-H. BANKS. PRODUCE COMMISSION AGENT, mer Secret leaves St. John ever

Steamer Secret leaves St. John Sorty
Monday, Wednesday and Saturday, a. m., for
Digby and Annapolis, Returning, from Annapolis same days.
Steamer "Evangeline" leaves Digby every
Tuesday, Thursday, and Friday, a.m., for
Annapolis, returning from Annapolis same Annapolis, returning from Annapolis same days.

Trains of the Western Counties Railway leave Digby daily at 3.30 p. m., and leave Yarmouth daily at 7.15 s. m.

'International Steamers leave St. John every Tussiday, and Thursday a. m., for "East-port, Portland and Boston, Trains of the Provincial and New England All Rail Line leaves St. John for Bangor, Portland and Boston at 8.40 s. m., and 8.30 p. m. daily, except Saturday evening and

Quick Sales. - - Prompt Returns FLORIDA!

The American Tailor, W. D. SHEEHAN,

Spring Arrangement.

BAY LINE,

Steamer "Secret," will leave Annapolis and Digby for St. John every MONDAY, WEDNES-DAY and SATURDAY.

INTEREM A SATURDAY.

INTEREM A SATURDAY. All work guaranteed first-class in fit and workmanship.

Bridgetown, Sept. 7th, '86 n22tf On and after Feb 15th, the Steamers of this line will leave St. John at 8 o'clock a. m., for Notice of Change of Partnership. line will leave St. John at So'clock a. m., for Boston, via Eastport and Portland, every TUESDAY, and THURSDAY.
For tickets and further information apply to your nearest ticket agent, or to FRED CROSSKILL, Agt., Bridgetown, N. S. B. A. CARDER, Agt., Annapolis, N. S. H. B. SHORT, Agt., Digby, N. S.

The Law Firm of

RIDGETOWN and at the General Agency S. N. JACKSON, General Agent. Clarence, Sept. 12th, 1886.

GAZETTEER AND HISTORY GEORGE WHITMAN. REAL ESTATE & COMMISSION AGENT. ANNAPOLIS, N. S. N NINE VOLUMES, ROYAL SVO. TO BE COMMENCED whenever a sufficient

Mrs. McLean. has just received for the-HOLIDAYS BEAUTIFUL NOVELTIES, ONTO and MASSEY
MOWER, also the genuine
RICHARDS ON and CANADIAN BUCKEY E
RICHARDS ON THE CAPTURE
RI

LER as a Hotel, and intends to keep up the old stand as a Hotel, with a stable attached, for the accommodation of the public The FINE ASSORTMENT OF CHOICE COnstand is situated on the corner of FECTIONERY.

J. A. BROWN & CO. Roop & Shaw Saml. FitzRandolph,

CARRIAGES PRESE & SALTED MEATS PORK, HAM, BACON,

-ALSO :-

A NY person contemplating visiting Florida
will find it to their interest to write for information and circulars to A. M. DeWitt,
Eustis, Orange Co., Florida. A splendid opportunity for the right man with a little capital, to start in the FURNITURE BUSINESS. Good Room.

TREATED SUCCESSFULLY.

Will also stump Annapolis County on horse
Sheeing.

CITA NID. Corpleton's Corpore.

"PALACE STEAMERS"

HAS opened an establishment next door to the Montron Office, and is prepared to fill all orders for custom work in the Tailoring LARGE IMPORTATION line in the very latest styles and at LOWEST

J. M. OWEN. WORKING CLASSES ATTENTION! FLOUR! FLOUR! or's Magazine.

He Lived to See His Wife.

ople claim, not all the officials are, as was evidenced in a pathetic occurnoe a few nights ago. Daniel Frye,

PLUSH GOODS, wastests removed to a comfortable place at Bradford Junction. Being told by the stending surgeon that he could not survive the injury, he was asked if he wished to send any message to his wished to send any message to his in the plans of his miss plotture BOOKS; GIRL'S AND BOYS ANNUALS; CHAITEBOX FOR 1886; GRAES OF ALL KINDS; CHAITEBOX FOR 1886; GRAES OF ALL KINDS; CHAITEBOX FOR 1886; GRAES ASORTMENT OF CHRIST-like designs; The ASSORTMENT OF CHRIST-like designs; The ASSORTMENT OF CHRIST-like and designs; The ASSORTMENT OF CHRIST-like designs; The BOOKS; GIRL'S ASSORTMENT OF CHRIST-like designs; The Books of the Rustler will remove the could come to him. The surgeon shook his head in a doubting manner. The bleading help less but conscious brakeman, knowing that every one despaired of his life, again assured them, this time more determitedly than before, that he would foil the plans of his master, Death until his wife in person could receive his farewell. When Mr. Oberies Matts, one of the superintendents of the Pan-Handle system, received telegraphic advice of the accident and the dying man's wish, he ordered his most experitable with our more itraining. We were raised in the elevating and entobling time the order was given the 'special' left Locamport with the wife on barsher note than the tinkle of a dinner time the order was given the 'special' left Locamport with the wife on barsher note than the tinkle of a dinner time the order was given the 'special' bell, and never atruggled with any state of the side of her husband. In ten minutes from the time the order was given the 'special' left Locamport with the wife on barsher note than the tinkle of a dinner time the order was given the 'special' left Locamport with the wife on barsher note than the tinkle of a dinner time the order was given the 'special' bell, and never atruggled with any state of the matter of the matter of the Readers of the Reader of the Reader of the Bustler of the Reader of the state of the best the of the method of the metho

Grinding,

Threshing.

Lumber sawn to order,
Grain ground to order,
Grain threshed to order.

Threshing affine capable of threshing and the store of the state of the store of

ed under wheels which were measuring over 60 miles an hour. The engineer knew that God and a good road-bed were in his favor. As he backed his driving-wheels at Bradford station his engine seemed as proudly conscious of victory as does the race-horse when leading under the wire. The brakeman had kept his word. The husband and wife embraced. Bystanders, blinded by pitying tears, left the two for a moment, only for a moment. For with the kiss and the farewell the brakeman closed his eyes and died.—

Chicago Mail.

Chicago Mail.

THE PANAMA CANAL. - The San Fran-TRIPE, Etc. cisco Alta of 4th inst, has the the following interesting intelligence from the Panama Canal, derived from parties HE OBJECTED TO TAKING A COUNTRY PRODUCE

usually kept in a first-class Market.
Bridgetown, May 31st. 1886, n81y.

PRACTICAL HORSE SHOER.

BAD FEET A SPECIALTY.

BAD FEET A SPECIAL TY.

BAD FEET A SPECIALTY.

BAD FEET A SPECIAL TY.

B Work upon the big undertaking is Robert Purvis, one of the founders

STAND.—Carleton's Corner.

Bridgetown, Oct. 12th 1885.

ANOTHER

LARGE IMPORTATION

They take matters philosophically, allowing subordinates to control the work. These officials have strict inspinatory of subordinates to control the work. These officials have strict inspinatory of subordinates to control the work. These officials have strict inspinatory of subordinates to control the work of subordinates to control the subordi In the army of laborers nearly every seat, you are a minister of the Gospel, In the army of laborers nearly every nationality is represented, and strange to say, they fare the worst of any. Not through treatment, for all are treated alike, but the climate does not agree your SPRING SUITS.

JOHN H. FISHER, March 15th, '86.

MRS. SOPHIA POTTER'S BONE ORDER.

WELLINIMENT.

One in the world which rune special

TURSDAY, and THURSDAY.

The Law Firm of

Chart's wife died. Anxious to provide her a suitable monument, the bereaved husband sent far and wide for a stone outer, and by rare good luck found one capable of reading. The inscription was to begin with he verse, 'A virtue Prices to suit the times.

Bridgetown, Sept. 14th, 1886. tf

Chart's wife died. Anxious to provide her a suitable monument, the bereaved husband sent far and wide for a stone outer, and by rare good luck found one capable of reading. The incription was to begin with he verse, 'A virtue ous woman is a crown to her husband.'

Bridgetown, Sept. 14th, 1886. tf

The first live words went on one line, fare troket. leaving room for two more letters.

erown could not be divided, but there is there any danger of the boa com-

RESERVING BY DEBUTATION.—Dr. D. Mc.

Was another resource. To the stonevisitor at the Zoological Garden. Not outter a 'Crown' was 'five bob,' so he least, marm,' cried the showman;

Descriptions forwarded by the community of the boa convisitor at the Zoological Garden. Not outter a 'Crown' was 'five bob,' so he promptly inserted the symbol 5, and the difficulty was surmounted.—Harpfail on receipt of Postage Stamps. n81y.

Annapolis, Oct. 4th, 1882—1y

Joker's Corner.

The Cheapent in the Market?

THE subscriber offers for sale 75 bble.

The Providence, R. I., Starsays: The ed Mrs. Brown to her husband the other experience of the past three months in Rhode Island has proved that a prohibitory of to PHINEAS CHESLEY, Granville.

-'Lend me your ear a minute,' remarked Mrs. Brown to her husband the other evening. 'Will you give it back to me?' he loquired with mock anxiety 'Of course I will, you idiot! Do you suppose I want to start a tannery?' She got the ear. Miss Eliza Bonnett,

To such as a remot, well as a remot, well and outtend one dollar to pay for the
The Filipsticulars and outGreens Sunson & Co., PortGreens Sunson & Co., Port