

strength fails, the quantity will need to be increased somewhat. The conservative reader will kindly understand us, that we advise alcohol in an old age as an accessory food. Not only would we discourage sory food. Not only would we discourage its use for any other purpose, unless it be medicinal, but we most emphatically con-demn it. Give the old man or woman regular doses of a teaspoontul or more it needed, of whiskey, or some stimulant cqually as strong, or the equivalent in wines, and he or she will be better for it, and we doubt not, will live to a greater age. MORE HOURS OF SLEEP. The younger a child the more from strong ber of boins in bed must be progressively

advised by able physicians. It is that of giving opium during declining life. This

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pleases them; in fact, the more they are out of doors, if the conditions are favor-able, the better. But in very cold weather, those who are far advanced in life should be comfortably housed. As has been said, a very old person ' i's ks death from cold stroke by even walking out of doors whin the temperature approaches zero.'' - Boston Besald

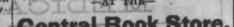
the temperature approaches zero. Down Herald. The field. The Fish of the quiet molesty, she is cought by young men. They will lark 'with the fast girl, they will choose the gavine wait man's enterprise to be made profit able. Deep sea fish resort to wial is be fast restly that the fish are obtained. The obtained are in the future companion of dur tife, and mother of our children, is to be herbly erross animals. It is from these banks that the fish are located about forty-five miles south are located about forty-five miles to take liberties with young men, the the may in chast or senty in the fisher with young men, is not the way to with their respect. The fisher of the fisher is to be taken, and nother of our children, is to be handy in chast or slang, in her maiden is not the way to with their respect. The fisher of the fisher is to be taken, and to take liberties with young men, is not the way to with their respect. The fisher of the fisher is the fisher is to be taken, and to take liberties with young men, is not the way to with their respect. The fisher of the fisher is to be taken, and to take liberties with young men, is not the way to with their respect. The fisher of the fisher is to be taken, and to take liberties with young men, is not the way to with their respect. The fisher of the fisher is the

dolph the entire stock and good will ivery Stable Bisiness, and the Livery stock of Mr. W. J. Gleneroz., and are therefore in a position to furnish the most Stylish Turnouts that can be desired.

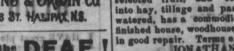
TWO CHILDREN ON THEIR WAY Passengers conveyed to all parts EATEN UP. of the country at Reason-able Rates.

White Earth, Minn., Feb. 22.-News

The younger a child the more hours of sleep it needs. In declining life the num ber of boirs in bed must be progressively increased. Old people, as a rule, are more of the fierce brutes user the scene of the tragedy. He used his Wintesster rife, and young. At least eight bours of the twenty four should be passed in bed by every one who has reached his 60th year. After 70, nine hours should be passed in bed by every one who has reached his 60th year. After 70, nine hours should be passed in bed by every one who has reached his 60th year. After 70, nine hours should be passed in bed by every one who has reached his 60th year. After 70, nine hours should be passed in bed by every one who has reached his 60th year. After 70, nine hours should be aparent in bed or reclining on sconch. The best were many stars of the tree as at least half of the time should be spent in bed or reclining on sconch. The best were analed he luckily found two cartridges in the depths of his pockets. With these he settled the last two animals. The forests in the orthern part of altigetown, the 7th day of Annapolis, and uplicate there of the strenge of the settled the last two animals. The forests in the orthern part of altigetown, and the strenge of the settled the last two animals. The forests in the orthern part of altigetown, the 7th day of the settled the last two animals. The forests in the northern part of altigetown, the 7th day of the settled the last two animals. The forests in the northern part of altigetown, the 7th day of the settled the last two animals. The forests in the northern part of altigetown, the 7th day of the settled the last two animals. The forests in the northern part of altigetown. The Settled the settlement. Within the set the first instance for many years of their vent ing so close to the settlement. Mithin the set the settlement. Mithin the set the settlement. The settlement within the set the settlement. The settlement is the settlement is the settlement. The settlement is the settlement is the settlement. T



Flan Tens Toven Workmanshin



p. m., daily, except Saturday evening and Sunday morning. Sunday morning. Through Tickets by the various routes on sale at all Stations.

P. INNES, General Manager. Kentville, November 25rd, 1888.

REMEMBER

Baths, hot or cold, can be had at all hours,

HACYARDS

URES RHEUMATLSM

J. R. HALL, Proprietor,

Simson's LINIMEN Has Taken the Lead,

and is the best preparation ever offered the People of Canada, for the

RELIEF & CURE

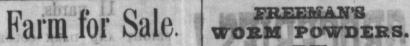
Conveyance to Middleton Station at al ours. RHEUMATISM, SCIATICA, NEURAL-GIA, CATARRH, CUTS, BRUISES, SWELLING, SCALD HEAD, COLIC, Ing to Rooms.

SWELLING, SCALD HAD, CONTRACTION OF DYSPEPSIA, CONTRACTION OF THE MUSCLES, LAME BACK, DIPH-THERIA, SORE THROAT, TENDER FEET, CORNS, STIFF JOINTS, &c. they will, for this season, be free to all.

FOR Distemper in Horses, Enlarged Joints, and other diseases incidental to those reful animals, it is unrivalled.

Certificates are constantly being received, telling of the good work performed by SIM-SON'S LINIMENT. Manufactured by

Brown Bros & Co., HALIFAX, N. S DRUGGISTS.



BOX BOARD MACHINES,

BENJAMIN DANIELS. CYLINDER STAVE SAWS, Paradise, January 16th, 1889.

advocate and a devotee of it at once. Well, you wouldn't believe how i profited by it. It became a matter of the greatest interest to me, in the first place, to secure change that had no dimes in it. In the second place it became interesting and amusing to deny myself certain things 1 otherwise would buy without any thought of saving. Everything 1 denied myself became really a source of pleasure to me, and I would not only enjoy the saving of the money that would other. again. IT PROBABLY WAS.—I've got a notice here somewhere,' he said, as he entered the water office—' a notice here to the effect that I'— ' Yes, sir.' ' Yes, sir.'

became really a source of pleasure to me, and I would not only enjoy the saving of the money that would other-wise have been spent, but I enjoyed telling my wife about it. Furthermore, I felt the keenest interest in the pile of dimes that was constantly growing. I felt free to spend in some things, because I knew that I would get my return in dimes. The desire to add to my pile, however, kept me from buy.

my pile, however, kept me from buy-ing many and many a thing I should 't would.'

" It would.' 'And I'd better pay?'

have been as eager before to secure. • I know you will refuse to believe me now, when I tell you that I have saved is 'Yes, sir.' 'Then I will. You look honest, and -: FOR :--DRIVING LIGHT MACHINERY It takes but little room. It never gets out of repair. It can not blow up. It needs no engineering. There is no delay; no firing up; no ashes to

mined to buy a house and lot with dimes,

TEMPERING, THE WIND. - Wife-As

The subscription of th There is no delay; no firing up; no ashes to elean away; no extra insurance te pay; no repairing necessary; no coal bills to pay; and it is always ready Are pleasant to take. Contain their own Purjative. Is a safe, sure, and effectual destroyer of worms in Children or Adults

Economical Power Known

-: FOR :--

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