HOW WE TAKE COLD.

Years of study and observation have

forced me to the conclusion that the dis-ease which manifests the symptoms pop-ulurly supposed to indicate that a cold

indigestion; nor can the carbonic acid be

eliminated freely in an impure atmosphere. We have, then, serious "inter-

ference with digestion and depuration, whenever we remain even for a single

hour of the twenty-four in an "indoer"

atmosphere, i. e., an atmosphere that is not intolerable free communication with

the great body of air without. The only

offset for restriction in oxygen is restriction

tion in diest and exercise; but a combi-nation of this character would produce

enfeeblement of the system, though if a

proper balance were maintained there

would arise no febrile symptoms such as we are considering. We have plenty of

people living in univentilated rooms

who, so far as exercise is concerned, live

a well-balanced life; but seldom de

Ella Wheeler, the gifted young woman

fever and fly-blister poetry, the church

So, on the whole, she is consider-

We hardly know what to make of El-

la. Sometimes we think her bark is a

good deal worse than her bite, and then

again her blood-curdling savagerythrows

us into a profuse cold sweat.

Thinking a few notes on passing events an this section might interest some of your readers who take an interest in reading the locals, I take the diberty of sending you a few lines.

who closed her earthly career on Monday th inst. after long life. As her name is not known, she is suppos-be over one hundred years old. d been blind fer about thirteen years. She emigrated to this country many years ago from Scetland. She was

nterred in Kincardine cemetery. in this section and will, we have no doubt, do much toward improving the hate Telford, who on Saturday, the last inst., was called away from the cares of this world. He had been ailing for the last six months, but seemed with change for the worse, from which he did not recover, and death put an end to his sufferings that evening. He was interred in Verdon cemetery on Monday follow-ing. His relatives have the sympathy of the community, as this is the second time that death has visited this family within

been taken away a short time ago with Auburn.

R. T. Erratt, was at London this week attending his father's funeral.

the last six months. A daughter had

that terrible disease, consumption.

Several of the members of Maitland Temple I. O. G. T. intend paying a visit to their Leeburn brethren this (Friday) evening.

W. D. Wilson, who succeeded J. S. thought the best man, regardless of par-Habkirk as trustee for Manchester school, ty; but I have invariably found the best has been appointed Sec-treas., of the sec-

Farmers hereabouts are taking their pork to Clinton and Wingham, as they

The temperance people have finished improvements in their hall, and can now boast of having as fine a meeting house inside, as is in the county.

Sacrament was administered in the Presbyterian church on Sabbath last. On Monday the annual congregational in the platform; and, as it is well known meeting was held. The treasurer's rethat the Reformers are generally on the port shows the financial affairs of the church to be in good condition.

their hall, on Vednesday evening next.

No pains are being spared to make the affair a complete success. The intellectual part will be held in the Methodist Church, and several speakers and singers was elected to the council, and he asked hosiery and Langtry bangs. When she from a distance have promised to be another councillor, a friend of his, of gets fairly started at some of her hay present and assist.

Leeburn.

Miss T. Land of the Forest city, was the guest of Miss Jefferson last week. Wm. Kemption, of Paramount has been visiting John Horton.

The wire fences have proved to be a success so far as preventing drifts and pitch-holes are concerned.

In the absence of the pastor, the service on Sunday morning in the Methodist church here was conducted by R. E. Brown. His remarks, based on the 5th chapter of Romans, were very im-

An entertainment will be given in the temperance hall this evening, in aid of the lodge funds. A good prograume has been prepared, consisting of recitations, dialogues, songs, etc. An admission fee or 15 cents will be charged.*

Obituary.—It is our painful cuty to record the death of Mrs. Carney wife of Thos Carney, Lake Shore, this week.
The deceased had been ailing for a long time of consumption. Her remains were interred in the Cathelic cemetery.

There doesn't seem to be common sense or anything gentlemanly in many of the Tories. As an instance, note the way the county council acted at their last session. See the filmsy excuses they make: Mr. Ross has held the office long enough; Mr. Ross has too big a salary, &c., &c. Query—Was the salary to be lower to their man? And, also, at the election of school trustees, I know parties that even came in from time of consumption. Her remains were interred in the Catholic cemetery, were interred in the Catholic cemetery, Colborne, last Friday. The family have the sympathy of the entire neighborhood in their sad bereavement.

Dungannon.

Rev. Mr. Cameron, of Lucknow, preached in the Presbyterian church here on Sunday last. The Methodist church choir sung at Blake's appointment on Wednesday ev-

ening last, at the teameeting there Our schools reopened last week, and notwithstanding the stormy weather. there has been a large attendance.

Mails were very irregular here during the stormy weather.

Our merchants are busy taking stock, and report a good year's business during

Methodist church here on Tuesday Evening last. Addresses were delivered by several ministers. There was a large as the occupants of the lunatic asylums. collection and aubscription taken up.

Mr. Gordon Anderson has gone into partnership with Mr. B. J. Crawford, of this place, taking half intsrest in the business. Mr. Anderson possesses the necessary qualifications of a business man; he is, besides, widely known and highly respected in this section of coun-There is no doubt but that the

A 490 LB. PORKER. -A hog killed bere last week weighed when dressed 490 los. This is ahead of the Zeollner porker mentioned in your Sheppardton correspondent, and we think the farm register at Cedar Cliff should be search to memory. One is the habit of skim-less Stiff, superintendent of the Great

one, as well as for southender, as he travels that way very often.

Unionville is still growing, a large family having moved there last week. The masculine part will be engaged cut-ting wood for Mr. Harris.

Mr. Walker's saw mill, despite the First, we have to chronicle the death of one of our oldest citizens of this section, in the person of Mrs. McDonald a first class sawver in the person of the control of th a first class sawyer, in the person of Mr. Willson, of Blyth, all work entrusted to his care will receive prempt attentiou.

Horse Sold.-J. Fisher & Ferguson have sold their imported Clydesdale stallion, Segton to Mr. Stevenson, of Brockville, for \$1,000. Segton has proved himself to be a sure stock getter in this section and will, we have no

the saie Telford, who on Saturday, the 12th inst., was called away from the cares of this world. He had been ailing for the last six months, but seemed quite hearty until about five o'clock on Saturday evening, when he was taken with a change for the worse, from which he did not recover, and death put an end to his Goderich where they paraded the square for some time before returning for approximation. for some time, before returning for sup-per in the evening. The Benmiller band serenaded the happy couple, being amply rewarded therefor

COMMUNICATIONS.

We do not hold ourselves responsible for the opinions of our Correspondents. Contribu-ters to this department must confine them-selves to public questions, and be brief.

Town Clerkship and Torvism To the Editors of The Huron Signal. SIR.—I wish to state a few facts for my fellow-electors, and the readers of THE SIGNAL. Some years since I was not interested in politics, and if I voted at elections I generally voted for what I man among the Reformers. Of course it is but reasonable that Reform is the most progressive. I am row a Grit (as the Tories spitefully call us) to the back-bone. Conservative, as they call themget seventy-five cents per cent. more for it in these places than at the county meaning. Hence I call them by their meaning. The way it came right name—Tory. The way it came about is as follows: I was always a strict temperance man. James Thomson, our late town clerk was also one, as most of you know, and at one election

J. T. took rather an active part in the

restriction as to condition and the robust and active, practise any sort of vuluntary J. took rather an active part in the temperance cause, as that was one plank food—nausea and lack of appetite being the only safe-guards. Persons of this class are great sufferers from colds.

[Popular Science Monthly. temperance side. For taking part on that side, I knew several men (Tories) at The Good Templars are making pre-parations to hold a grand tea-meeting in their hall, on Wednesday evening next. ter vote to turn the town clerk out? bells
But, he added, I scarce know the man. out. bells ring and the fire department turns This friend advised him not to do it, so ed as dangerous a party to have around J. T. still retained office. Now, this was told me, in confidence, by his friend. I was a subscriber to the Goderieh Star at that time, and the mean way

We hardly know what to make of F in which that paper acted, with the scurillous language it used, was another cause of my decision. Now, we have a rabid Tory in J. T.'s office that cannot even keep himself civil at election times. Yet no Tory finds fault with him, and no doubt as long as the majority of the councillors are on that side W. Camputally at a large salary.

bell will be retained at a large salary,

There doesn't seem to be co

- Toronto Telegram

when you are strongly interested,

While gracefully accepting his defeat on Monday night, Mr. Henry Parker made an announcement which will give rise to general regret in Woodstock, when he stated that it was not likely he would again seek the suffrages of the people for any municipal position. Mr. Parker is perhaps the most able and experienced municipal representative in the county, and in the various positions held by him has rendered important public services. While the other speakers at the meeting referred to, contented themselves with briefly thanking the electors for the support accorded them Mr. Parker discuss-ed the question of canvassing for votes or cannot write his name, if he is a Tory that is sufficient qualification for office, whereas politics ought not to in a way that must have carried cenvic-Rev. Mr. Cosford, of Lucknew, occupied the Methodist pulpit here on Sunday las.

Be brought at all in municipal elections. I must close this. All I want to see is The subject of inebriate asylums is

The subject of inebriate asylums is compelled to spend a large amount of attracting attention. That intemperance developes into a disease is a fact which for the opportunity of continuing to continuing to the developer into a disease is a fact which for the opportunity of continuing to continuing to the developer into a disease is a fact which for the opportunity of continuing to continuing to the opportunity of continuing to continuing to the opportunity of continuing to contin cannot be denied, and some provision should be made for those who find that they cannot resist the temptation to drink. The government has established institutions for the care and treatment.

The sanvassing system, he pointed out, was responsible for a great deal of meanness and deception. It was perfectly clear that many who had promised to vote for him had not done. of people suffering from mental as well so. The same was, no doubt, true in as physical diseases, but as yet has done the case of his opponent. He hoped that as physical diseases, but as yet has done nothing for inebrates. If an institution set apart sor the reformation of dipsomaniacs were established it might be the means of doing a great deal of good. People who are victims of intemperance are as great a burden to the community as the occupants of the lunatic asylums.

Toronto Telegraph Parker, we fear that the time has not come when the best men in the community can be elected to public positions without solicitation and upon their merits. The proportion of electors who vote conscientiously for the men whom Your memory is bad, perhaps, but I can tell you secrets that will cure the worst memory. One is to read a subject they consider the most competent and honorable seems to be very small. Those who have the welfare of the community other is not only to read, but think. When you have read a paragraph or a passage stop—close the book—and try to remember the ideas on that page, and at heart will devoutly wish with Mr. Parker that the time will soon come when canvassing for votes will be at an end. Woodstock Sentinel-Review.

not only recall them vaguely to your mind, but put them into words and " verdict on the Humber Horror. reading, there are other things to be stiff, superintendent of the correspondent, and we think the farm register at Cedar Cliff should be searched by the aptain in regard to the grunters killed there recently.

Boreas. In his bluster on the 10th impset a load of hay at the south end, stopping traffic for some twenty minutes. Two teams and ten men were required atopping traffic for some twenty minutes. Two teams and ten men were required for trashy, nevels. Nothing is so fatal to reading with profit as the habit of or trial. Jeffreys istoo weak to go to jail, and was allowed bail. The jury also of running through story after story, and forgetting them as soon as read. I know as gray-haired woman, a life long lover of books, who sadly declared that her mind of Huron, formerly of Seneca township, of Huron, formerly of Seneca township, of Huron, formerly of Seneca township, and the recent disaster, and through them the Grand Trunk is responsible for the collision. Barber and Jeffrey were committed for trial. Jeffreys istoo weak to go to jail, and was allowed bail. The jury also demands that the road between Toronto and Mimico be doubled tracked

Secong Moffatt, of Turnberry, county of Huron, formerly of Seneca township, of Huron, formerly of Seneca township, and the profit as the habit of skim to memory. One is the habit of skim to memory. One

Colborne.

In ad been named by such reading.

Win. Foster is home again from Mark

Mis. Carey, widow of the informer, declines to go abroad, and asks for safe employment in Great Britain. To this her south of Holmesville for the persistent family is an obstacle.

Of Huron, formerly of Seneca township, county of Haldimand, has received several letters from friends in the old country intimating that a legacy of £330,000 sterling, by heirship, awaits him. He is taking south of Holmesville for the persistent family is an obstacle.

The dry goods merchants of Clinton have mutually agreed to close at 6:p. m. every evening except Saturday, for the next three months.

In Colborne, on Monday, January 14th, 1884, the wife of Wm. Durst, of a son. In Dunlop, on Sunday 6th inst. the wife of Robt. Quaid, of a daughter.

has been caught is to all intents and purposes a filthy disease, arises, largely from indigestion, and forms the basis, so to say, for 'is in fact the first stage of all the so-called filth diseases. Whatever interferes with digestion or depuration, or depraves the vital organism in any manner, produces an impure condition of the body—a condition of disease, and a continuance of disease producing habits must inevitably result in periodical or occasional "eruptions, the severity of which will depend upon the degree of one's transgression. Among the causes of this impure bodily condition are (1) impure food, (2) excess in diet, and 3) impure air. Our homes, offices, shops, halls, court houses, churches, and, with rare exceptions, all living rooms, private or public, are insufficiently or not at all ventilated, and for the bride's matter on the caught of the bride's father on the same place.

Robt. Quaid, of a daughter.

MARRIED.

In Blyth, on Tuesday, Jan. 15th, 1884, by the Rev. F. Meyer, Mr. Lemil Schiele, of Sebingsie Rev. F. Meyer, Mr. Emil Schiele, of Sebingsie Rev. F. Meyer, Mr. Lemil has been caught is to all intents and purposes a filthy disease, arises, largely from indigestion; and forms the basis, so to say, for is in fact the first stage of all the stage of the disease. MARRIED.

rare exceptions, all living rooms, private or public, are insufficiently or not at all twentilated; and except while in the Turndul, Jan. 3rd, 488, by the Rev. J. A. ventilated; and except while in the Turnbull, B.A., LL.B., Nixon Dougherty, of Ashfield, to Catharine Murray, of the same ventilated; and except while in the organ air, a very large proportion of our people, in all the walks of life, habitually breathe an atmosphere vitiated by being breathered over and over again; they are starving for want of oxygen, and are being poisoned by carbonic acid. In default of sufficient oxygen the best food can not be transformed into pure blood—there will always be a corresponding indigestion; nor can the carbonic acid be

Are you

Drowsy, dull and out of sorts? Are you bilious, nauseated and made sick by the thought of food? Is there a dull, drag-ging pain in your right side? Do your bowels suddenly your bowels suddenly get sore without any apparent cause? Are the whites of your eyes tinged with yellow? Is your skin wan, clammy and copper-colored? Does your mouth taste badly in the morning? Are you costive? Do you have itching piles? Are your bowels irregular? Are you dizzy and dim-sighted at times? Are you gloomy and despondent? Is your urine highly colored? Are you nervous and full of bad feelings in all parts of your body ?

If so, be advised before your case get; more seriousbefore you are se zed by some form of low fever or become otherwise hopelessly sick.

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Goderich, Jan. 10th, 1884.

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