

Guide-Advocate.

Watford, Ont.

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HARRIS & CO.
 PROPRIETORS

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WATFORD, SEPT. 14, 1906.

TYPHOID PREVENTABLE.

Most Approved Methods of Combating the Scourge.

The following are some of the most effective methods of preventing the spread of typhoid. The extracts have been made from literature issued by the Health Branch of the Saskatchewan Department of Agriculture and by the health committee of the city of Winnipeg.

Typhoid fever is caused, in the vast majority of cases by water, milk, or food becoming poisoned, and sometimes by the germs of a previous case of this disease.

Keep your house well ventilated, the premises clean, and allow no decaying vegetable or animal matter about.

Prevent the entrance of flies and other insects by using screen doors and screen windows.

See that all food is properly cooked and all milk and water used by the household is thoroughly boiled.

Water and milk are the two articles most particularly infected with typhoid.

Heat kills the typhoid poison, therefore, if your drinking water is not from a source beyond suspicion, boil it for 25 or 30 minutes.

Protect your milk from contamination by dust or flies, or pasteurize it, that is, heat to 150 Fahr. or 70 Centigrade. Keep it at this temperature 15 minutes, and then cool rapidly.

Dirty hands may also carry typhoid infection, therefore, wash your hands carefully, before allowing them to come in contact with food stuffs of any kind.

Food becomes infected by flies crawling over it or by dust from the street.

Wash thoroughly all vegetables that are intended to be eaten raw, wash in water of known purity, or water which has been boiled and cooled.

Keep flies out of the house as much as possible by screening all doors and windows and by the use of fly papers.

Cover all food supplies so that flies and dust may not have access to them. If you have a case of typhoid in your house, and the patient cannot be isolated from the rest of the family, and have a nurse who does nothing else but attend to his wants, it is desirable that he be removed at once to the hospital. Under no circumstances should an individual having to do with the patient, come in contact with the general food supply of the house.

Cleanliness is one of the greatest safeguards against typhoid fever.

The manure pile or garbage heap is one of the greatest breeding grounds

For Coughs and Colds

There is a remedy over sixty years old—Ayer's Cherry Pectoral. Of course you have heard of it, probably have used it. Once in the family, it stays; the one household remedy for coughs and hard colds on the chest. Ask your doctor about it.

"The best kind of a testimonial—Sold for over sixty years."

Made by J. C. Ayer & Co., Lowell, Mass. Also manufacturers of
 Sarsaparilla, Pills, Hair Vigor.

Ayer's Pills increase the activity of the liver, and thus aid recovery.

for flies, it is therefore important that manure or decaying matter be not allowed to accumulate.

Cleanliness of the person, and in every detail of housekeeping, cleanliness in everything to be eaten and drunk, cleanliness of back yards, and most rigid cleanliness in the care of those sick with disease, cannot be too strongly emphasized.

A Storehouse For Poisons.

You may not think so, but that's what you become when the kidneys are affected. These organs cleanse the body; they are the filters that remove from the blood the waste matter that acts like deadly poison on the vitality and health of the system. Dr. Hamilton's Pills stimulate the kidneys, expel fermenting matter from the bowels, restore the liver and stimulate all excretory and secretory organs. This enables the blood to quickly replenish itself and establishes perfect health. No medicine does such lasting good as Dr. Hamilton's Pills of Mandrake and Butterbur Pills, 25c at all dealers.

Brow Beating Lawyers.

Mr. William Stark, Deputy Chief of Police, denounces with excellent vigor the impudence and brutality of a certain class of lawyers who outrage their privileges in order to insult and bully witnesses. It was necessary that this word should be said, and it is satisfactory that it has been said with such force and directness. It is amazing that judges should permit the abuse which many timid and innocent witnesses receive at the hands of this class of lawyers in the courts, and just as amazing that the legal profession itself does not brand such conduct as unprofessional and inhuman. A lawyer's certificate to practice in the courts gives him no right to be coarse and insolent, and we should hope that Mr. Stark's utterances and the heart-searching in Blench and Bar to which it should give rise will not fail to effect a remedy.

Steel Knife In The Flesh.

That's the sensation experienced by Robert Price of Hecton, Ont. He knew it was sciatica and of course used "Nerviline." As usual it cured and he says: "No liniment can excel Polson's Nerviline. Severe pains made my side lame. It was like a steel knife running through my flesh. I rubbed on lots of Nerviline and was completely cured." A regular snap for Nerviline to ease Sciatica and rheumatism. It sinks into the core of the pain, cures it in short order. Large 25c bottles at all dealers.

Local Constabulary.

At the meeting of chief constables in Toronto the county constabulary system received some needed attention. It is most antiquated, and needs reforming very badly.

When a crime is committed there is no special inducement for the county constable to go far out of his way in chase of the culprit. The time he gives in making an arrest is for the most part at the risk of losing it even if successful. The ordinary fees do not properly compensate the man for his work.

Local magistrates are loath to take it upon themselves to authorize pursuit where expense is involved, from the difficulty of getting the accounts acknowledged and settled by the authorities having this branch of the matter in charge. The bill is looked at frontways, sideways, behind and before, in the spirit of cheese-paring, always with a suspicion of "padding," and is eventually whittled down, no matter how just it may be.

The county constable is not inspired to extra zeal when, if he hires a buggy to chase a criminal, and not succeeding, he has to pay for it himself.

These matters have long been a trouble to village and township magistrates, and furnish a reason why the title of "J. P." is so often accepted as merely honorary, not calling for judicial action or decisive interference even in case of emergency.

The suggestion to organize a local mounted constabulary under provincial direction has much to commend it.—Free Press.

Definitions of a Baby.

Father's rival in mother's love.
 A crying evil you only aggravate by putting down.
 A native of all countries, who speaks the language of none.
 A mite of a thing that requires a mighty lot of attention.
 The magic spell by which the gods transform a house into a home.
 A pleasure to two, a nuisance to every other body and a necessity to the world.
 A miniature Atlas that bears the whole world of wedded joys and cares on its little shoulders.—Philadelphia Press.

Too Bad.

Is it really true that Mr. Roxley is dead? Yes, said the doctor.
 Oh! isn't it awful!
 It is so. I thought he'd be good for at least a dozen more visits.

AN ADVANCE IN LEATHER.

A Radical Increase Decided Upon by the Tanners.

Leather is to go up in price; an advance, which will affect consumers throughout the entire Dominion of Canada, was decided upon last week, when at a meeting of the tanners' section of the Board of Trade, resolutions were unanimously adopted, that in view of the continued advance on hides and tanning material, harness leather be advanced two cents per pound above August prices, measured leather one cent per foot, and that all other leathers be advanced in proportion, and that the discount on all leather sold to the retail trade be 2 per cent., in accord with the cash discount now given by the jobbing and wholesale trade.

An Editor's Soliloquy.

A North Dakota editor unburies himself thusly: "The politician is my shepherd, I shall not want for anything during the campaign. He leadeth me into the saloon for my vote's sake. He filleth my pocket with good cigars and my beer glass runneth over. He encourageth concerning my family, even unto the fourth generation. Yea, even tho' I walk through the mud and the rain to vote for him and shout myself hoarse at this election, he straightway forgetteth me. Although I meet him at his own house, he knoweth me not. Surely the wool has been pulled over my eyes all the days of my life."

IT IS THE FARMER'S FRIEND.—The farmer will find in Dr. Thomas' Electric Oil a potent remedy for wounds or pains in the body or for affections of the respiratory organs and for household use generally. He will also find it a convenient friend in treating injured horses, cattle, etc., or relieving them when attacked by colds, coughs or any kindred ailments to which they are subject.

Lion Attacks Trainer.

Watertown, N. Y., Sept. 7.—Capt. Richard Bass, a lion trainer, had a narrow escape from being tore to pieces at the Jefferson county fair grounds. Bass was in a cage making three lions perform in the presence of a crowd of several hundred persons, when one of the beasts leaped on him from behind and buried its teeth in his back. The trainer managed to keep his feet, and beat the animal off, escaping with a painful laceration and a few scratches. He was taken to a hospital.

BETWIXT A WILL-WISDOM POINTS THE WAY.—The sick man pines for relief, but he dislikes sending for the doctor, which means bottles of drugs never consumed. He has not the resolution to load his stomach with compounds which smelt villainously and taste worse. But if he have the will to deal himself with his ailment, wisdom will direct his attention to Parmelee's Vegetable Pills, which, as a specific for indigestion and disorders of the digestive organs, have no equal.

A Close Call.

Komoka, Sept. 7.—Peter McBain experienced a marvelous escape from death on the McCready farm near here. Messrs. Campbell were threshing, and had just started their machine when the drive shaft of the engine broke and knocked the end of the cylinder wheel. The flying piece of metal struck Mr. McBain's hat, cutting a piece out of it, and then buried itself in the side of the granary. Fortunately no one was injured, though it was a very close call for Mr. McBain.

He Knew.

A member of the Nebraska Legislature was making a speech on some momentous question, and, in concluding, said: "In the words of Daniel Webster, who wrote the dictionary, 'Give me liberty or give me death!'" One of his colleagues pulled at his coat and whispered: "Daniel Webster did not write the dictionary; it was Noah."
 "Noah nothing," replied the speaker; "Noah built the ark."—Buffalo News.

Do You Easily Tire?

If a Day's Toil Exhausted Body or Brain, Find the Reason Why.

We all inherit a disposition to disease. With one it's consumption, another heart disease or perhaps nervousness. At first you are languid, but as the fatigue increases you lose appetite and spirit, feel as if work wasn't in your line.

Surely no clearer evidence of ill health is needed. Thousands have been in the same sickly condition; those who heeded not were sorry—those who used Dr. Hamilton's Pills were cured.

Your weakness proves germ life has eaten up the vitality of the blood, and a cleansing tonic like Dr. Hamilton's Pills is urgently needed. At once your blood will redden and gain strength.

Digestion will so improve that additional nourishment will be supplied to all needy organs. Surplus vigor will be fastidiously into the system till disease and weakness are completely driven out.

Truly wonderful is the tonic effect of Dr. Hamilton's Pills which are considered the best system purifier extant. When you can renew your health with this safe vegetable remedy, the prescription of a noted physician, your duty is clear. Get Dr. Hamilton's Pills at once.

Remember this: It is the prescription of an eminent physician you use in taking Dr. Hamilton's Pills. Absolute safety and permanent results guaranteed in every case of languor, weakness, headache and debility. Price 25c per box or five boxes for \$1.00 at all dealers, or by mail from N. C. Polson & Co., Kingston, Ont., and Hartford, Conn., U. S. A.

100 DROPS
CASTORIA
 Vegetable Preparation for Assisting the Food and Regulating the Stomach and Bowels of
INFANTS & CHILDREN
 Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recipe of Old Dr. SIMUEL PITCHEE:
 Pumpkin Seed -
 Licorice -
 Rochelle Salt -
 Aloe Leaf -
 Peppermint -
 St. Catharine's Seeds -
 Honey Suet -
 Clarified Sugar -
 Waterproof Paper.

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac-Simile Signature of
Chas. H. Hitchcock
NEW YORK.
 At 6 months old
35 DROPS - 35 CENTS
 EXACT COPY OF WRAPPER.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of

of

Chas. H. Hitchcock

In Use

For Over

Thirty Years

CASTORIA

Builders' Supplies And Dairy Utensils.

Complete Stock of everything required in above lines.

BUILDERS' HARDWARE

Let us give an estimate on your hardware bill. Close figures and reliable goods.

Paints, oils, brushes, varnishes, alabastine. Everything to brighten up the home.

Special Attention to Eavetroughing.

T. DODDS

Hardware Tinware.

SOLIDITY AND BEAUTY.

The day of the frail gingerbread class of furniture has past. The discriminating purchaser now insists on a combination of the artistic and substantial, and the manufacturers who fill our orders pay special attention to these essential features.

A look through our Warerooms will satisfy you that this claim is well-founded.

When you want the Best That is Produced In Furniture we can readily meet your wishes.

H. A. COOK,

FURNERAL DIRECTOR. -- HIGH GRADE FURNITURE.

Commercial Stationery of all kinds

At the Guide-Advocate Office.