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CONFECTIONERY AND LUNCH ROOMS,

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Be your own Doctor, practising under the Diploma of the Faculty of Common Sense.

THE CHEAPEST, THE PLEASANTEST, MOST CONVENIENT, THE SUREST, AND THE MOST SATISFACTORY CURATIVE, PREVENTATIVE, AND THOROUGH SYSTEM REGULATOR IN THE WORLD.

OVER HALF A MILLION EARNEST, INTELLIGENT, LIVING WITNESSES BEAR TESTIMONY TO THE TRUTH OF THIS STATEMENT.

There is no disease that can be kept in subjection, or that can be modified by the use of medicine, but that can be acted upon in a far more satisfactory manner by the HOLMAN PAD AND PLASTER, and medical salt-water foot-baths as auxiliaries. There is no disease that medicine will cure but what can be cured more promptly and effectually by this treatment. Times without number diseases universally acknowledged to be beyond the reach of medicine have melted away under the action of the Holman remedies, and the work was done so quietly, with so little inconvenience to the patient, that in many cases the pain was gone almost ere

#### SUCCESS IS BETTER THAN THEORY.

Read carefully the following testimonials from well-known gentlemen living in our midst:-

FENELON FALLS, Ont., April 26th, 1878

HOLMAN LIVER PAD CO.,
301 Notre Dame Street, Montreal,
Gentlemen,—With feelings of gratitude and pleasure I add my testimonial to the many you have alread received, as to the wonderful effects produced by your valuable Liver Pad. I commenced wearing the Pa five weeka ago. Previous to that time I suffered from indigestion, bilious headache and diarrhea. When had worn the Pad two weeks my health began to improve. My general health is now good, and I consider myself cured.

Yours truly.

REV. WM. LOCHEAD.

REV. WM. LOCHEAD. ST. MARY'S, Ont., May 21st. 1878.

HOLMAN LIVER PAD CO..

Gentlemen.—Having from several years been a sufferer from biliousness, and having tried a great many klnds of medicine, all of which failed even to relieve me, I was induced by a friend to procure one of Holman's Liver Pads and wear it. I did so, with gratifying results. I have worn it for over two months, and feel a different man: I have no doubt but a second Pad will effect a permanent cure. I have advised others to procure and wear a Pad, all of whom are satisfied with its results. It is a pity that the Pad is not offered for sale in every town and city in the Dominion, instead of having to order a Pad when needed, and wait until it comes. Were they kept on hand in the drug stores, more would be sold. I am addressing every bilious person with whom I come in contact to do as I have done.

Yours truly,

REV. JAMES G. CALDER,

Pastor of the Regular Bantist Church.

REV. JAMES G. CALDER,
Pastor of the Regular Baptist Church.

GANANOQUE, Nov. 6th, 1877.

HOLMAN LIVER PAD CO.:

DEAR SIRS,—After wearing the Pad for two weeks I felt like another man. It is now four weeks since I put it on, and I am now enjoying good health. I shall, with pleasure recommend Holman's Pad to all parties suffering from liver complaints, &c.

Yours respectfully,

REV. WM. I. IOLIFFE.

REV. WM. J. JOLIFFE.

CLIFTON, May 30th, 1878.

GENTLEMEN,—Having tried one of Holman's Pads for Constipation and Torpid Liver, after being two years under medical treatment, and one year that I was compelled to use drugs every night, I find the Pad has done more for me than any other thing I have used. From the day I put it on I required no medicine, and feel the most beneficial results, and find it all that is claimed for it. I heartily recommend it to all who suffer from the above complaint. Yours very truly.

JAMES C. ROSS, Clifton, Susp. Bridge, Ont.

MONTREAL, April 16th, 1878.

MONTREAL, April 16th, 1878.

HOLMAN LIVER PAD CO.,
301 Notre Dame Street, Montreal.

DEAR SIRS.—I have much pleasure in stating that the Holman Fever and Ague Liver Pad I bought from you, and wore during two weeks has produced very good results. I believe it to be all that you claim, and that it has been greatly instrumental in curing me of acute exgina and blood poisoning from which I have been suffering for some months.

Believe me, Dear Sirs, yours gratefully,

RUDOLPHE BETANCOURT,

Traveller for J. Rattray & Co.

We cannot too strongly urge the use of OUR Absorptive Medicinal Foot and Body Plasters as an auxiliary to the Pad in extreme cases of Typhoid, Bilious or other Fevers, Rheumatism, Neuralgia, Nervous Headache, and acute pains in any part of the body, especially in the small of the back and shoulders. The effect is magical; also in cases of cold extremities and partial paralysis. They stimulate and equalize the circulation, producing the most satisfactory and even astonishing results. Combining the two, and following the directions, the patient can feel but little doubt of being absolute master in the severest chronic difficulties.

Price of Foot Plasters by the pair, 50c. Large Body Plasters, 50c each.

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The medicated properties of Absorption Salt (prepared only by this Company) render it invaluable for bathing the feet and legs. That it fills a want long needed is already so acknowledged by its present general use in communities wherever tried.

Its effect is wonderful as an assistant in removing obstructions and inflammations; as in colds, cold extremities, fevers of every form, pains, numbness, rheumatism, and neuralgia, and in creating perfect circulation.

The baths of this Salt are usually taken before retiring to rest, and are superior to any others known. The properties contained in the salt makes the baths delightful in their use and thorough disinfectors, and so medicinal that whilst they open the pores of the skin, yet it is impossible to take cold from them, as is often the case, with other baths.

If it happens that your druggists or merchants do not keep it, send your order to any of the Company's offices, with price enclosed, and it will be sent you by express, at your expense. Our Pad and Plasters only are sent by mail at our expense.

Price of Absorption Salt, 1 package, 25c.; 6 packages, \$1.25. The Pad costs but \$2 50 and \$3.50, the latter only used in old complicated cases. Consultations and explanations free of charge at the Company's Offices. Send for descriptive treatise. Free.

## Holman Liver Pad Company,

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#### A. H. SIMS & CO..

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Tickets at Principal Hotels and Grand Trunk Railway Office.

COMPANY'S OFFICE: 13 BONAVENTURE ST.
Freight forwarded daily at Low Rates, from Freight
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R. W. SHEPHERD, President.

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On and after MONDAY, July 1, this reliable, short and grand scenery route to Boston, New York, and all New England cities, passing Lake Memphremagog and White Mountains, will run
Day Express, with Parlor Car attached, leaving Montreal 9 a.m., arriving in Boston at 9.30 p.m.

Night Express, with Pullman Sleeping Car, leaving Montreal 4 p.m., arriving in Boston 8.25 a.m.

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the Continent.

Leave Montreal for Newport at 9 a.m. and 4 p.m.,
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Fare to Newport and return, from Montreal, \$5.

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Leave Montreal at 4 p.m. for New York, and 9 a.m., 4 and 6 p.m. for Boston.

Two Express Trains daily, equipped with Miller Platform and Westinghouse Air Brake. Sleeping Cars are attached to Night Trains between Montreal and Boston and Springfield, and New York via Troy; also, between St. Albans and Boston via Fitchburg, and Parlor Cars to Day Express between Montreal and Boston.

#### TRAINS LEAVE MONTREAL:

9 a.m., Day Express for Boston via Lowell.
4 p.m., Mail for Waterloo.
4 p.m., Night Express for New York via Troy, also for Boston via Fitchburg, arriving in Boston 7 a.m., and New York 7.25 a.m., next morning.
6 p.m., Night Express for Boston via Lowell, and New York via Springfield.

#### GOING NORTH.

GOING NORTH.

Day Express leaves Boston, via Lowell, at 8 a.m., via Fitchburg 7,30 a.m., Troy at 7,40 a.m., arriving in Montreal at 8,45 p.m.

Night Express leaves Boston at 5,35 p.m., via Lowell, via Fitchburg 6 p.m., and New York at 3 p.m., via Springfield, arriving in Montreal at 9 a.m.

Night Express leaves New York via Troy at 8,30 p.m., arriving in Montreal 12 m., excepting Saturday nights, when it will leave New York at 4 p.m., arriving in Montreal at 9 a.m. Sunday morning.

For Tickets and Freight Rates, apply at Central Vermont Railroad Office, 136 St. James street.

Boston Office, 322 Washington street.

G. W. BENTLEY,

Genl. Manager.

S. W. CUMMINGS,

General Passenger Agent.

Montreal, 10th June, 1878.