LARCH 21, 1888

ark, the standard, naught could reze it, xon blunders but appraise it; sontly hards the staff upholding, Martyr's circling close around; ho is worthy of the burden? the patriots h ly guerdon? To the world the green unfolding, Wave or cast upon the ground.

and the standard, wrong defying, aris the gathering clouds asunder, Paris the gamering choice asunder Rifes a par hway to the suc. It the sword of right assailing ague and pen, when unavailing. Neath the stand and shining under lests a field yet to be won.

se the standard, let its story the coming years with glory; Scery hand must grasp it proudly; Brain and murcle meet the shock. e o'er death will be the master; ble failare, n. di aster; peak the cause of f codom loudly, Ra se, or let of livion mock. GRACE O'BOYLE, Ottawa.

IT SELDOM FAILS. Cameron, of Westlake, Ainslie, Cape bad inflammatory rheumanism which d's Yellow Oil cured after all other ats had tailed. Hazyard's Yellow Oil y all dealers in medicine.

you superstitions?" "Not very, in Do you believe that it is a sign of when a dog howls under your window it? "Yes, if I can get my gun be-

MOST USEFUL.

Hanson, of Bowmanville, Ont., says he Hansell, of Blood Bitters to be a good of for Liver Complaint, Dizzinea, and Leituness of Vision, B.B.B. the apporte, sids digestion and gives mireligh to the worm out system.

amin - Went to a spiritual seance in Airo a ch? Anything happen? southern; and then announced that the sports of a man who had been murand the the murderer was in the "Well, well. Did anybody

and easy expectoration immediately and frees the throat and lungs from blegm, and a medicine that promotes me has midiene to use for cought, florientien of the lungs and all afof the throat and chest. This is Bekie's Anti-Consumprive aspe inc for, and wherever used it nubaussied satisfaction. Children actuant: is pleasant, adults like it it cheves and cures the disease.

you started a newspaper orce, did asked a reporter of a tramp. "Yes, a mouths." "Did you clear any. "On yes, I cleared out."

gay's Pdis.—Dysentery, Diarrhosa marrot Bowels. These maladies are seent, and if left unettended freterminate fatally. It should be here known that all these complaints in the presence of some undigested ce in the stomach or bowels, or of elsterious matter in the blood, and Pila can eliminate either and expedition. They combine in ticing tegree purifying, alterative, its, and attengthening qualities, and cert over every internal organ the maiy controlling influence so necesembedning excessive action in the Holloway's medicine may be agrously taken as a means of keeping ud rate and the body cool—the only this plan of maintaining health in in munhood, and in old age.

inger-It seems to me that we're a ong time getting to Wildcat Station. ter-You forget, sir, that last night's blew it ten miles down the track.

Hays, Credit P.O., says :- " His ir was to tame for nine months that he not raise his hand to his head, but by of Ir. Thomas' Eclectric Oil the pain menus disappoared, and although senths has clapsed, he has not had an of it since."

o is not a more dangerous class of disthan there which affect the breathing Nutlive this danger with Dr. Eclectric (ii - s pulmonic of acknowefficies. It currs lameness and sorewhen applied externally, as well as I neck and crick in the back; and as and specific, powerers most aubstanims to pui lis confidence.

unscticut woman has embroidered the and music of "Home, Sweet Home, en sheet which is on the spare-roon Her theers have not decided whether dees meant to indicate that they must ions or had better go home.

and Equal as a prompt and positive sics assache, billourness, constipasin in the olde, and all liver troubles 8 Little Liver Pills. Try them.

h about is fair play. A New York an has been robbed.

ot delay in getting relief for the little Mother Graves' Worm Exterminator is ant and sure cure. If you love your thy do you let it suffer when a remedy is

esota has a deaf mute storekeeper, but ice on the fiest of the year that he has good an invoice as anybody.

e are a number of varieties of corns. way's Coin Cure will remove any of them your drugglet and get a buttle at once er Spontini, the composer, was at Berpels covered with decorations. One of usicians whispered to his neighbour; art nover had so many." Spontini, overheard the remark, turned to the er and said: "Mozart was not in need

one person in every village, town and township, to keep near line of our ART SAMPLES; to those who will mily show these samples to those who call, we will send, y best Sewing Machine manufactured in the world, with individuous these amplies to those who call, we will send, very beit sewing blackine manufactured in the world, with achimeter. This machine is made after the SHOREM patents, we uspired. Before the patents run out, this style machine, attachement, was said for \$50, it now soils for \$50. Reader, and to you the most WOADERFUL THING ON EARFUL, and type and the most WOADERFUL THING ON EARFUL, and type in your beam and show to those who call, a set of our and usequated not samples. We do not sak you show the patents with a delicately flavored beverage which may have mentioned where the patents are sent to you ABBULUTELY rest. How more than a you mention and there is the patents with a delicately flavored beverage which may save us many heavy doctors' bills: It is by the judicious use of such articles of diet that a constitution may be gradually used that a constitution was a small place, after any the state of the same of the state of the same of the state of the same of the same

STOR

for Infants and Children.

"Castoria is so well adapted to children that recommend it as superior to any prescription Sour Stomach, Diarrhosa, Eructation, Kills Worms, gives sleep, and promotes di-I recommend it as superior to any prescription 111 So. Oxford St., Brooklyn, N. Y.

gestion. Without injurious medication.

THE CENTAUR COMPANY, 77 MUITAY Street, N. Y.

Under the patronage of the Rev. Curé LABELLE. To aid the work of the Diocesan Colonization Societies of the Province of Quebec. Founded in June, 1884, under authority of the Quebec Act, 32 Vict., Cap. 36.

CLASS D.

THE TENTH MONTHLY DRAWING WILL TAKE PLACE ON WEDNESDAY, 21st of MARCH, 1888, at 2 o'clock P.M.

Value of Prizes, \$60,000.

\$1.00 PER TICKET.

2nd SERIES—VALUE OF PRIZES. \$10,000 1,000 25 cents PER TICKET.

The holder of each winning number will be offered the ancount drawn in cash, le's ten cent. commission. The names of winners will not be published unless by special authorization.
ORDER FOR TICKETS. 8. E. LEFEBVIE, MONTERAL, CANADA:
Will Mr. Leschure be pleased to send to the undermentioned address,
tickets of the 1st scrits at \$1.00.
tickets of the 2nd series at 25 cents.
The sum c S is enclosed.
No
or Post Office dox No
Locality
REMARKS.—This form of Order for Tickets appears in THE Post on Monday and suday of each week, and Truz Witness every week, except the werk of drawing. Cut is said enclose it with money addrassed to S. E. Lefebvre, No. 19 St. James street, Montreal, nada.



SURGEONS DR. KERGAN'S

ADDRESS,

finding it impossible to close their Montreal visit as intended, take pleasure in informing their many friends and patients and the invalid public at large, that, for the accommodation of all desiring their

FREE OPINION AND ADVICE OR TREATMENT. they will remain in Montreal at the ALBION HOTEL

Until FRIDAY Night, March 30th.

And Positively No Longer. So do not delay calling by hinking that it will do as well later on. This last extension was only made possible by the timely arrival of another division of Dr. KERGAN'S Staff from the North-West that will fill the advertised appointment in Quebec and Sherbrooke as follows:

QUEBEC-Henchey's Hotel, Monday Morning to Saturday Night, March 19th to 24th.

SHERBROOKE-Grand Central Hotel, Monday Morning to Wednesday Night, March 26th to 28th. This division on their way from Sherbrooke to headquarters in Detroit will, for the accommodation of patients and others desiring Free Consultation, stop at

ANCASTER -- Mc - ne's Hotel, Friday, March 30. COENTY & L. -An rienz, Reice, Francy, March 30. March 31 and April 2. MORRISBURG—St. Luwfence Hall, Tuesday. April 3.

AFTER THE CLOSE OF PRESENT MONTREAL VISIT.

(Which Positively Occurs Friday Night, March 30th),

Dr. Kergan's Surgeons will visit Ottawa, remaining at the stars 11 11 threfrom Saturday
Morning, March 31st, until Monday Night, April 9th.

Persons residing in or near any of the above places who are desirous of consulting the Most Experienced, Skilled and Reliable Specialists in America should preserve his notice. Dr. Kergen and his Twenty-Two Physicians and Surgeons have a National reputation for their Skill in Curing.

Diseases of the Eye, Ear, Threat, Lungs, Heart, Kidneys, Bladder, Liver, Catarrh. Cobsumption, Rhemmatism. Piter, Rupture, Diseases of the Blood and Skin, Diseases peculiar to Women, all Diseases of the Nervous and Reproductive Systems, etc. DEFORMITIES OF EVERY NAME AND NATURE. Hundreds of the most convincing testimonials, with name and address attached, have appeared in the various Montreal newspapers during this visit, and more will follow during the next ten days. Copies of Dr. Kargan's Medical Journal, containing references and testimonials,

can be had free from Surgeons at Hotel, or by writing to Institute.

Address all professional letters to the Medical Director, DR. J. D. KERGAN.

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BREAKFAST.



NO DUST OR CRUMON DRIVA.

JELLS, CHURCH SCHOOL FIRE ALARM

(FOR THE POST AND TRUE WITNESS.) HOUSEHOLD TALKS.

WORK AND WORRY.

Overwork-A Suie Test-" More Waste Less Speed"-hever Eursy the Servants"-"That Last Half Hour"-The Depressing Effects of Worry.

OVERWO

One of the problems tha presses for solution in this fast age is, "Where does work proper end, and excess or overwork begin ?" Unfortunately, the offender in this respect against Nature's laws is made to suffer as severely for his amiable, and not too common fault, as he who wastes his energies in dissipation. There is no immediate reason to enquire why this is so-it is so-and that is enough for us to know. In both cases it is the expenditure of a certain amount of physical force, an undue amount in fact, and certain natural restrictions that we call punishments step in to hinder further unwise outlay. With the maral aspect of the matter Nature has little or nothing to do. She has her work to do, and she will brook no interference with it. The student who persuce the flying footsteps of knowledge far into night even till the pale fires of dawn render useless his flickering lamp, "himself, a dying flame," is as guilty in her eyes as the jeunesse dorde who, yielding to the spell of wine and revelry, also throw in health that priceless pearl to be dissolved in the cup of Pleasure. Both the earnest seeker after truth and the votary of selfish indulgence are arrested in the reckless pace of their career by exactly similar means—the languer, the head-ache, the nausea. Well, if, with the day of anguish following a misspent night, the score is paid and no further reckoning required.

From being considered as something more audable than otherwise, overwork has come to be regarded by the best thinkers as one of the vices of the age. Competition, born of inordinate ambition, and the resistless force of numbers compel great multitudes of men into already crowded fields of labor, and the sad results are seen around us where the weaker are pushed to the wall and the strong grow more merceless and selfish every day.

from the great outside one of business, this restless influence is felt, and the wear and tear in brain and murcle going on in the centres of art and commerce finds its correlative in similar destructive activity of nervous power in the s-usitive organizations so fatally certain to reflect whatever mental impetus obtains without.

A SURE TEST.

Certain natural indications, unfailing in their action, fortunately warn us when a step has been made in the wrong direction-that ie, in over-exertion. A feeling of fatiguenature's remonstrance—notice to quit work in fact for the time being, shows when one has transcended the healthful limit, those who are free to obey this hint it is well -but many there are whose time is not their own and who dere not therefore take the xarning as meant for them.

"MORE HASTE, LESS SPEED."

As hurry in speech causes stammering, hurry in walking, stumbling; so hurry in housework is too often the cause of things being ilt-done, half-done, or not done at all.

Meals prepared and served up in a hurry cannot for instance he looked upon as conducive to either good temper or good digestion in the partakers thereof.

Bed making, which, with our patent spring and woven wire mattresses, and buttoneddown arrangements of lay and wool and tibre and horsehair, threatens to become a lost art, cannot be satisfactorily accomplished in a urry. Sleep is a lastidious as the princess in the fairy tale, and will eften refuse to come to our relief whilst the slightest condition tending to repose is wanting. Unaired or wrinkled sheets, pilows placed at an uneasy angle, coverlate hastily huddled and adjusted -none of these are sleep-producing, though tending vastly to shorten the arduous labors of the chambermaid in the busy hours of the

morning. NEVER HURBY THE SERVANTS.

"One thing I early learnt," said a house keeper of many years experience, "and that was never to harry the servants. The result was that any exigency, short of the house catching fire, or the visitation of sudden and alarming illness, found me always calmly prepared to think and act, with a staff of intelligent helpers, thoroughly under my control, and obeying me unquestioningly, If I ever for a moment lost my self-command, however I hastened to regain it, as the illffeet it had on them was instant. The spirit of emulation cometimes evinced by a new comer towards her fellow-servants, I always made a point of discouraging. As coon as she found that no favor was to be gained by undue baste in the discharge of her duties, I felt that half the trouble of training her was over. Quiet but steady work is what makes itself felt in the household as . laewhere,

The truth is, a mistress has no more right to expect the work of two days done in one than the servant would have to claim food and wages in advance of the day's work. Hard "driving" of these occupying a subordinate position argues one of two things, per-haps both, incompetency on the part of the driver" or impracticability on the the part of the "driven." Besides, it requires too much expenditure of energy to move an inert mass. Motive power has too high a value in these days to be wasted in any such unrecompensing endeavor. Certainly the refined and educated woman of to-day has higher duties awaiting her than the cajoling or or driving of refractory servants their neglected tasks. I know of but one cure for the incorrigible leziness that needs such coercion, I have seen in more than one case singularly efficacious. The mill and factory is the place for such human drones, where the untiring velocity of the machinery warns and compels the careless to industry and attention, at the very peril of their lives. Better an iron machine to do the driving than one pallid overwrought, unnerved woman.

"THAT LOST HALF HOUR,"

In one of Wilkie Collins' works, a character an hour lost in the beginning of the day, and which she could never through the day catch up with.

I have always contended that the extreme conscientionsness of women causes half their troubles in domestic life, and I think this instance is a very fair proof of it. One half hour lost out of the twenty-four ! Surely, a blameless record ! Would that the sterner sex could show as clear a one!

But suppose our housewife to be medelled after a more uncompromising madel than poor 43-8 Don't on any account attempt to pursue it and reinforces the vital energy.

into the next day. Let it be. Like other unwelcome visitors it will go away if you do not show any attention to it, but don't, as you value peace of mind and health of body, try to re-capture time that has once escaped

THE DEPRESSING EFFECTS OF WORRY.

It is not work but worry that hurts. Work within reasonable limits is healthful, and oven inspiriting. It is worry that does the mischief. It is not only amongst women who do their own housework, but among those who have paid assistants, that we find the victims of worry. Indeed these latter might almost envy their poorer sisters the comparative quietude which they enjoy. The larger the household, the more complicated its appointments, the larger the area of care enclosed for the one who has the charge of it. And when, as in certain wealthy homes, aliens outnumber the members of the household, the consequent responsibility incurred is indefinitely increased.

Scarcely has a woman assumed matronhood, scarcely have the first boundaries of youth been passed, till traces of worry, that dread foe to health and happiness, appear. We all know whence it comes-from excess of household care-but how shall it be

In a future paper I hope to be able to point out some possible alleviations for this state of things.

CANNOT BE EXCELLED. I have pleasure in saying that Hagyard's Pectoral Balsam cannot be excelled for curing Coughs, Colds and Loss of Voice. It cured my brother completely. So says Ira McNead, of Poplar Hill, Ont., regarding this popular

PHYSIOLOGY AND HYGIENE.

A 600D, OLD-FASHIONED NERVINE-A BRISK RUN DOWNSTAIRS.

For sleeplessness, restlessness and nervous For sleeplessness, restlessness and nervousness in general, physicians usually prescribe
bromide, chloral, laudanum or morphine, whichever they happen to favor most. A correspondent of Good Housekeeping reminds us, however,
of an old-fashioned herb-scutelatis, or skullcap—that is "safer than bromide or
opium, brings to the sufferer none of
the ill effects that are sure to result from
a continued use of either of these drugs,
and is often a more powerful quietus of diseased
herves and an over active brain." "Years and is one-in more powering officers of clients and su over active brain." 'Years ago,' she says, 'when one of a household fell sick and became wakeful and nervous, our grandmothers would steep a generous handful of the skullcap herb and the patient was in de Even in the 1 ome, that quiet world spert to drink freely of the infusion, which often om the great outside one of business, this quieted the tortured brain and nerves. I have given this tea to little, nervous, restless babies, who twitched and started in their sleep as though convulsions threatened, and it soon quiet ed the little patients. I have seen skullcan tea prescribed for a diseased old person, who often declares he is nothing but a bundle of nerves, and this safe, simple herb tea quiets, soothes and induces cleap when bromide and morphine have for him failed to do so." Many who are addicted to old time methods and medicines, and others who have accidently learned the virtues of this particular here, will quite agree with the above estimate of it. The dried herb with the above estimate of it. Ti

WARM MILK A STIMULANT.

According to the Medical Record, milk heated to much shove 100 degs. Fahrenheit loses for a time a degree of its sweetness and density. It is affirmed that no one who, fatigued by over ex-ertion of body and mind, has ever experienced the reviving influence of a tumblet of this beverage heated as hot as it can be sipped, will willingly forego it because of its being somewhat nigly forego it because of its being somewhat less acceptable to the palate. The promptness with which its cordial influence is felt is indeed surprising. Some portion of it seems to be digested and appropriated almost immediately, and many who now fancy they need alcoholic stimulants when exhausted by fatigue, will find in this simple draught an equivalent that will be abundantly satisfying and far more enduring in its effects. satisfying and far more enduring in its effects.

COTTON WOOL IN THE BARS.

A Berlin physician advises that only during extreme cold, or stormy or rainy wenther should cotton wool be inverted into children's ears; under ordinary conditions the healthy ear does not need to be protected. This precaution must be taken in the case of every ear predisposed to inflammation. All persons whose membranse are perforated ought to protect their ears with cotton wool. The entrance of cold fluids into any ear must always be prevented; and so, while bathing or diving, the ear ought to be plugged. Patients with perforations of the membrane should be very areful in this respect, as violent inflam-mation may be caused by the entrance of cold

SHAKE UP THE INTERNAL MECHANISM.

It is a good rule, says an intelligent physician, always to ride up in an elevator, and when coming down to take the stairs. Like going up hill, walking up stairs is hard work and sometimes risky, especially for people with weak lungs, defective respiratory organs, or heart disease: But going down stairs hurts nobody, but is good exercise; going down on a brisk run is a good thing—it shakes up the anatomy without incur-ring the danger of physical over-exertion. This shaking up is good for one's internal mechanis n, which it accelerates, especially the liver, the kidneys, and the blood circulation.

ONE THING AND ANOTHER. To stop nose bleed dissolve a little alum in water, sniff it up the nostril, hold the head back and do not attempt to blow the nose.

Castor oil applied daily for two or three weeks is said to be a sure cure for warts. When you enter a sick room do so honestly and at once; do not spend five minutes turning the handle like a house breaker.

"Children do not require meat," says Dr. Kingsford. They seldom like the taste of it, and when it is not forced upon them they prefer sweet and milky food.

Never let the feet become cold and damp, or sit with the back toward the window, as these things tend to aggravate any existing hardness

STRANGE BUT NICE ARE FORTUNE'S WAYS.

To buy or not to buy was the question that three ladies, Mrs. H. De Laup, 377 St. Ann st., Mrs. Honore Flotte, 281 Bayou Road, and Miss Mary Henry, 208 St. Philip st., asked when Mrs. V. Gilly, 208 St. Philip st., a vendor of Louisiana State Lottery tickets, called upon them with the last tenth ticket she had. A mutual investment of a quarter of a dollar was resolved upon on one-tenth of ticket No. 71,575, the number that, in the Grand Monthly Drawing, Feb. 7, 1888, drew the capital prize of One Hundred and Fifty Thousand Dollars, and Mrs. Gilly presented the ticket last Thursday and received there-In one of Wilrie Collins' works, a character for a check. Nice, wasn't it, for a 25-cent by name Mrs. Finch is always lamenting half investment each?—New Orleans (Lx.) Picayune, Feb. 12.

> One of the greatest causes of trouble in this world is the habit people have of talking faster than they think.

QUICK TRANSIT from a state of feebleness. hodily languor, and nervous irritability-induced by dyspensis—to a condition of vigor and physical comfort, follows the use of the standard regulating tonic and stomachic, No throp & Lyman's Vegetable Discovery mock complaining Mrs. Finch, and that after and Dyspeptic Ours, which speedily conquers a busy day she too is met at the stairs by the Indigestion, Constipation, Bilious Complaints scensing shade of this manuais dimi-heure, and Female Complaints, purifies the Blood

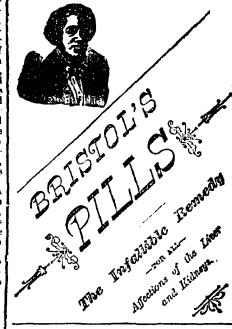
OZ<u>ZON</u>I'S COMPLEXIO OWDER.

MAYE YOU A PAIN Anywhere about you? USE PERRY DAVIS' PAIN KILLER."
And Get Instant Relief. BEWARE OF IMITATIONS 25 C.s. Per Bottle.

Campbell's Compound

IT CURES LIVER COMPLAINT, BILLOUS DISORDERS,
ACID STOMACH, DYSPERSIA, LOSS OF APPETIT
SICK HEADACHE, CONSTIPATION OR COSTIVENESS. Brannon, Man., 21st Oct., 1895.—I find Completite Catheric Compound the best article i have even used for coefficients or billiumness, and easy to take. I am, yours truly, A. N. McDovath.
Sold by dealers in family medicines everywhere.
25c. per buttle.

Suffering from the effects of youthful errors, early decay, wasting weakness, lost manhood, etc., I wil send a valuable treatise (scaled) containing full particulars for home cure, FREE of charge. A splendid medical work; should be read by every man who is nervous and debilitated. Address, Prof. F. C. FOWLER, Moodus, Conu.



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Epilepsy, etc. Invalidable if taken as
directed. No Fits outer first Lay's use.

Treatise and \$2 trial bottle free to Fit patients, they
paying express charges on box when received. Bend
names, F. O. and express indiress of affilted to
Dr. KLINE, 931 arch 31, Philadelphia, Fr. See
Druggiets. BENARE OF MATACING FRAUDS. For sale by LYMAN BROS. & Co., Toronto,

> COUCHS, COLDS Croup and Consumption **CURED BY** ALLEN'S LUNG BALSAM 25c. 50c. and \$1.00 per bottle.



CURE

Sick Headache and relieve all the troubles incident to a bilious state of the system, such as Dizziness, Nausea, Drowsiness, Distress after cating Pain in the Side, &c. While their most remark-

Headache, yet Carter's Little Liver Pills are equally valuable in Constipation, curing and preventing this amonging compoint, while they also correct all disorders of the stomach, attundate the liver and regulate the bowls. Even if they only cured

Ache they would he almost priceless to those who suffer from this distressing complaint; but fortunately their goodness does not end here, and those who once try them will find these little pills valuable in so many ways that they will not be willing to do without them. But after all sick head

Is the bane of so many lives that here is where we make our great boast. Our pills care it while others do not.

Carter's Little Liver Pills are very small and very easy to take. One of two pills maken dosc. They are strictly vegetable and do not gripe or purge, but by their gentle action please all who use them. In vials at 25 cents; five for \$1. Sold by druggists everywhere, or sent by mail.

CARTER MEDICINE CO., New York City.

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No Animal Fat! No Coloring Dyes!! No Adulterations of any kind!!!

Absolutely Pure.

A VALUABLE PREVENTATIVE OF COMMENTATIVE OF C It destroys all Unpleasant Odors

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