

THE SUBJECT OF WASTING.

SOME OF ITS PHASES AND HOW THEY ARE CURED.

The Wasting of a Consumptive and the Wasting of Babies and Children—Scrofula, Anaemia and Other Forms of Illness Discussed—Coughs and Colds Reveal a Weakened Condition.

In the obituary notices of the late Prof. Hermann von Helmholtz, the German scientist, were references to one of his earlier works "On the Consumption of Tissue During Muscular Action." In this work Prof. Helmholtz set the theory forth as an established fact that wherever there is muscular action there is also a wasting, or rather a consumption of tissue.

The body is constantly changing. There is wasting going on all the time. Food is designed to counteract this wasting, and if the organs of the body are in a healthy state food does its work in nourishment. But the digestive and vital organs get out of tune every once in a while, so that an extra nourishment, one that is concentrated and easy of assimilation, is needed in order to keep up a normal condition of health.

If this extra nourishment is not taken the wasting which goes on incessantly soon impairs health. One of the first signs of a weakened, poorly-nourished body is taking cold easily. Colds are such common things that people are very apt to neglect them. They do not know that the cold reveals a weakened condition, but after taking cold several times they find it harder work to recover the semblance of health again.

The common way to cure a cold or a cough is to take some household specific, or when a person feels run down in health he thinks he needs a tonic or stimulant.

The truth is, however, ordinary specifics and tonics or stimulants, for coughs and colds, afford only temporary relief. They are merely superficial means of relieving the local trouble, but they do not give the nourishment necessary to strengthen the system and overcome the wasting tendencies.

It is because Scott's Emulsion promotes the making of healthy tissue, enriches the blood, and gives vital strength that physicians give it such unqualified endorsement. Scott's Emulsion is quick to relieve inflammation of Throat and Lungs, and its power to cure the most stubborn cough is unquestioned. But this is only part of its work. Scott's Emulsion makes the system able to ward off disease and other ailments.

This subject of wasting is almost inexhaustible. Scrofula results in a wasting of the vital elements of the blood, and Anaemia is simply no blood at all. Consumption is probably the worst form of wasting. In all of the early stages of this disease Scott's Emulsion will effect a cure. It requires time to recover after a patient is once into Consumption, but there are numerous cases where Scott's Emulsion has cured persons who had got so far that they raised quantities of blood.

The wasting tendencies of babies and children are known to too many unhappy parents. There does not in thousands of instances seem to be any cause for their growing thin, but as a matter of fact their food does not nourish them and the babies and children do not thrive. The babies are weak and children seem to grow only one way.

Now it costs only 50 cents to try Scott's Emulsion, and you will find that it will do more for your baby or your child than all the rest of the nourishment taken. Scott's Emulsion makes babies fat and children robust and healthy. It takes away the thin, haggard look in the pinched faces of so many children.

Another one of the many uses of Scott's Emulsion is the way it helps mothers who are nursing babies. It gives them strength and makes their milk rich with the principles of food all babies need.

Scott's Emulsion is not a secret mixture. Its formula is furnished to physicians and has been endorsed by physicians for twenty years. It has a record unequalled by any other preparation in the world. For sale by all druggists, 50 cents and \$1.00. Pamphlet mailed by Scott & Bowne, Belleville, on application.

FURNITURE.

NEW CHOICE DESIGNS.

YOUR INSPECTION OF QUALITY AND PRICES SOLICITED.

RENAUD, KING & PATTERSON,

652 CRAIG STREET.

Walter Kavanagh, 117 St. Francois Xavier Street, Montreal.

REPRESENTING: SCOTTISH UNION and NATIONAL INSURANCE CO., of EDINBURGH, SCOTLAND Assets, \$39,109,332.64.

NORWICH UNION FIRE INSURANCE SOCIETY, OF NORWICH, ENGLAND Capital, \$5,000,000.

EASTERN ASSURANCE CO., of Halifax, N. S. Capital, \$1,000,000

WHAT IS

ROBSON'S HAIR RESTORER

It is a most valuable preparation, restoring to gray hair its natural color, making it soft and glossy and giving it an incomparable lustre. ROBSON'S HAIR RESTORER is far superior to ordinary hair dyes, for it does not stain the skin and is most easily applied. One of its most remarkable qualities is the property it possesses of preventing the falling out of the hair, promoting its growth and preserving its vitality. — Numerous and very flattering testimonials from well known PHYSICIANS and other citizens of good standing testify to the marvelous efficacy of ROBSON'S HAIR RESTORER. Lack of space allows us to reproduce only the two following:

Testimony of Dr. D. Marsolais, Lavaltrie.

I have used several bottles of Robson's Hair Restorer, and I cannot do otherwise than highly praise the merits of this excellent preparation. Owing to its use, the hair preserves its original color and in addition acquires an incomparable pliancy and lustre. What pleases me most in this Restorer is a smooth, oleaginous substance, eminently calculated to impart nourishment to the hair, preserve its vigor, and stimulate its growth, a substance which replaces the water used by the manufacturers of the greater part of the Restorers of the day from an economical point of view. This is a proof that the manufacturer of Robson's Restorer is above all anxious to produce an article of real value, regardless of the expense necessary to attain this end. It is with pleasure that I recommend Robson's Restorer in preference to all other preparations of that nature.

D. MARSOLAIS, M. D. Lavaltrie, December 26th, 1895.

Testimony of Dr. G. Desrosiers, St. Felix de Valois.

I know several persons who have for some years used Robson's Hair Restorer and are very well satisfied with this preparation, which preserves the original color of the hair, as it was in youth, makes it surpassingly soft and glossy, and stimulates at the same time its growth. Knowing the principle ingredients of Robson's Restorer, I understand perfectly why this preparation is so superior to other similar preparations. In fact the substance to which I allude is known to exercise in a high degree an emollient and softening influence on the hair. It is also highly nutritive for the hair, adapted to promote its growth, and to greatly prolong its vitality. I therefore confidently recommend the use of Robson's Hair Restorer to those persons whose hair is prematurely gray and who wish to remove this sign of approaching old age.

G. DESROSIERS, M. D. St-Felix de Valois, January, 18th 1896.

For sale everywhere at 50 cts per bottle.

ROBERTS'

Table Jelly

AND

Table Creams

NEW RAISINS, NEW CURRANTS.

Fresh Canned Fruits and Vegetables.

D. STEWART.

PHONE 8168. 206 ST. ANTOINE STREET.

J. K. MACDONALD,

Practical HOUSE and STEAMBOAT Bell-hanger, general MACHINIST, Blacksmith, Locksmith, etc. Electric Lighting, Bells, Warehouse Telephones, etc. Carpenters and Builders' Work to order. 782 and 784 Craig Street, west of Victoria Sq., MONTREAL. Bell Telephone 2521. 21-G

Society and general Job Printing at The True Witness office.

GRATEFUL-COMFORTING.

EPPS'S : COCOA

BREAKFAST-SUPPER.

"By a thorough knowledge of the natural laws which govern the operations of digestion and nutrition, and by a careful application of the fine properties of well-selected Cacao, Mr Epps has provided for our breakfast and supper a delicately flavored beverage which may save us many heavy doctor's bills. It is by the judicious use of such articles of diet that a constitution may be gradually built up until strong enough to resist every tendency to disease. Hundreds of subtle maladies are floating around us ready to attack wherever there is a weak point. We may escape many a fatal shaft by keeping ourselves well fortified with pure blood and a properly nourished frame."—Civil Service Gazette

Made simply with boiling water or milk. Sold only in packets, by Grocers, labelled thus: JAMES EPPS & CO., Ltd., Homeopathic Chemists, London, England. (21-9-a o.w)

Horseshoer.

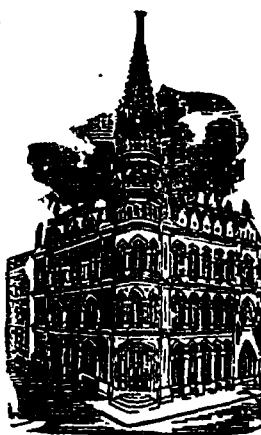
C. McKIERNAN, HORSESHOER,

(15 years' experience in Montreal.) No. 5 HERMINE ST., Montreal.

All horses personally attended to. Interfering, Lame and Trotting Horses made a specialty. 2-53

WM. GAMBLE,
Fine Custom Boot and Shoe Maker
Hand-Sewn \$4, \$4.50, \$5, to Order.
Repairing Neatly and Cheaply Done
748 Dorchester Street

WILLIAM J. DELANY,
Importer of Choice Groceries, Wines and Provisions, and all kinds of Choice Fruits.
2567 St. Catherine street, cor. Mackay street,
Montreal. Bell Telephone No. 4690



MONTREAL Business College
Established 1864.
—CORNER—
Victoria Square
and Craig St

Is one of the Largest, Best Equipped & Patronized Commercial Educational Institutions in America. All Commercial Subjects taught by Specialists. Short-hand & Typewriting by practical and experienced teachers. Separate apartments for Ladies. Day and Evening

ing Classes. Write, call or Telephone (2800) for Prospectus.

Address: **DAVIS & BUIE,**

30-16 Business College, Montreal.

IF YOU WANT

Good Beef, Lamb, Mutton, Veal, Corned Beef and Salt Tongues, go to **E DAURAY, HORS-COURT Market,** stalls Nos. 54 and 56, or Telephone No. 2078 649

HOLLOWAY'S PILLS.

This Great Household Medicine ranks amongst the leading necessities of Life.

These famous Pills purify the BLOOD and act most wonderfully, yet soothingly, on the STOMACH, LIVER, KIDNEYS and BOWELS, giving tone, energy and vigor to these great MAIN SPRINGS OF LIFE. They are confidently recommended as a never failing remedy in all cases where the constitution, from whatever cause, has become impaired or weakened. They are wonderfully efficacious as to all ailments incidental to females of all ages, and as a GENERAL FAMILY MEDICINE are unsurpassed.

Holloway's Ointment.

Its Searching and Healing properties are known throughout the world for the cure of

Bad Legs, Bad Breasts, Old Wounds, Sores and Ulcers

This is an infallible remedy. If effectually rubbed on the neck and chest, as salt into meat, it cures SORE THROAT, Diphtheria, Bronchitis, Coughs, Colds, and even ASTHMA, For Glandular Swellings, Abscesses, Piles, Fistulas,

GOUT, RHEUMATISM,

and every kind of SKIN DISEASE, it has never been known to fail.

The Pills and Ointment are manufactured only at 533 OXFORD STREET, LONDON, and are sold by all vendors of medicine throughout the civilized world, with directions for use in almost every language.

The Trade Marks of these medicines are registered at Ottawa. Hence, anyone throughout the British possessions who may keep the American counterfeits for sale will be prosecuted.

Purchasers should look to the Label of the Pots and Boxes. If the address is not on Oxford Street, London, they are spurious.

Veterinary Surgeons.

M. KANNON,
Veterinary : Surgeon,

LATE ASSISTANT WITH

WM. PATTERSON, M. D. M. R. C. V. S.

OFFICE . 106 Colborne Street, MONTREAL.

Bell Telephone No. 2687. 21-G

D. MULLIN,
Veterinary Surgeon and Horse Dentist.

Office: 22 St. URBAIN STREET.

Telephone 2352.