

Temperance Column.

TEMPERANCE AND HEALTH.

BY THE REV. THOMAS RICHARDSON,
VICAR OF ST. BENET'S STEPNEY.

Amongst our nursery rhymes,
none is more familiar than—

"Early to bed and early to rise,
Will make a man healthy, wealthy,
and wise."

This old friend is appearing with a
new face. Tens of thousands of
the rising generation are now
taught—

"Early to learn strong drink to despise,
Will make a man healthy, wealthy,
and wise."

Now I can easily imagine some
readers at once inclined to throw this
paper aside with the remark: "Can
any one be so foolish as to think that
total abstinence—

"Will make a man healthy?"

But pray do not carry out your
intention until you have read the
following statement, signed some
years since by 2,000 of the first
physicians and surgeons in London:
—"All classes of persons may safely
adopt the practice of total abstinence
from intoxicating liquors, without the
slightest fear of injury to their health."
From this statement it is evident
from medical testimony of the highest
character, that a person may abstain
at any rate without doing any injury
to the health.

But my objecting readers may
ask, "How can this be? My own
medical man says that whilst the
abstaining principle may be practised
in a general way, yet it is not at
all adapted to my case, and he orders
me to take stimulants." I would
venture to answer this difficulty by
recording a fact. I was once
strongly recommended to consult
a celebrated physician. After the
customary examinations and a large
portion of the time spent with sound
common sense remarks, he wrote
out directions as to diet.

Under the head of dinner I noticed
"a glass of bitter beer," I ventured
to say something to the following
effect, "Doctor, I am a clergyman,
and I am always pleased if any one,
not understanding my sermons, asks
me for further information; have you
any objection to inform me what
there is in my system and what there
is in the glass of beer which you
wish to bring together?" His reply
was, "Are you an abstainer?" I
said, "I am." "Then," said he, "I
do not recommend you to take the
beer, as you no doubt abstain from
satisfactory motives to yourself, and
by taking beer your prejudice in
favour of total abstinence will be
more hurt than the good the beer
would effect, but if you will come
again in a week, I shall be better
able to judge of your constitution." I
presented myself again at the time
appointed. He at once saw that I
was much better, and he said "I
am glad you did not take the beer,
for I find that your constitution does
not require it." I presumed upon
his good nature to allow me to reply,
"I am rather astonished at doctors
recommending so much alcoholic
liquor;" adding, "Had I taken
beer, you would probably have

ascribed my improvement to that,
and not to your advice and medi-
cine."

TO BE CONTINUED.

A ST. CATHARINES MIRACLE.

AN OLD AND ESTEEMED CITIZEN RESTORED TO HEALTH AND STRENGTH.

Mr. G. W. Hellems, Sr., Relates the Particulars of His Sufferings and Relief to a Standard Reporter—Advice to Other Sufferers.

St. Catharines Standard.

Casually, the other day, the Standard learned that Mr. C. W. Hellems, sen., one of the oldest and most respected citizens of St. Catharines, had been restored to health after years of suffering, in a manner bordering on the miraculous. The editor of this paper had known Mr. Hellems for years, and he was anxious to hear from him the story of his wonderful recovery. He had not seen Mr. Hellems for some months, but met with a very warm welcome when he told the errand upon which he had come. Mr. Hellems' home is on the corner of St. Paul and Court streets, and he is well-known to all our older residents as a citizen of the highest integrity, having lived in this city since 1833.

"I have had rheumatism," said Mr. Hellems, "more or less for the past twenty years, which often got so painful that I could not get about at all. I had been to all the doctors here and to some in Toronto and Buffalo, but I could get no relief worth speaking about. Five years ago I went to Welland and took a vapor bath, and felt so much relieved that I took two more. The relief, however, was only temporary, and four and a half years ago the lameness and pains came on again and so completely used me up that I could hardly do anything. I applied to a number of doctors for treatment and two of them treated me, but without relief. My age they said was against me; that if I were a younger man there might be some hope for me. I was 84 last October. I then discontinued the doctors' treatment about a year ago and got a box of Dr. Williams' Pink Pills for Pale People and used them without feeling any benefit and quit. This spring I used another box without any effect and again stopped. You see I expected too much and seemed to think that a box of Pink Pills ought to do what years of doctoring did not do. In July I read about the case of Mr. Conder, of Oakville, who had used, I think, eighteen boxes. When I read that he was able to work again, and even play base ball, I took courage and saw that I had not before given the pills a fair trial. I then got half a dozen boxes and was on the fifth before I felt any beneficial effects. I had run down so low and my appetite had left me. I now began to feel my appetite returning and my knees and ankles began to gain strength. From that out I continued to improve until the time of the county fair, when I went down there in company with others and went the rounds seeing the stock and other exhibits. I tried to keep up with them and walked so much that day that I felt some bad effects afterwards. But I now knew

where to look for relief and continued using Dr. Williams' Pink Pills, and ever since have felt a steady improvement. My legs have gained strength wonderfully, and the doctors tell me that if I was a younger man I would be still more benefited. My general health has also improved very much. About six weeks ago I was in Toronto and walked fully five miles that day, something I could not have done before. In fact I feel so much better that I have taken a two year old mustang colt to break it in." At this point Mrs. Hellems, the life partner of the venerable gentleman, who had come into the room while Mr. Hellems was relating his story, said that a friend, when he heard that Mr. Hellems had taken a colt to break, said he was going to commence using Pink Pills too. Then the lady noting the Standard man writing at the table asked Mr. Hellems all this was to be published.

"Yes," said Mr. Hellems, "if there are any other poor creatures who are suffering as I have done I would be glad to have them know the great good Dr. Williams' Pink Pills have done me, and be benefited in the same way. I am glad to have my experience published for the benefit it may do to others, and I cannot too strongly recommend these great pills." In reply to an enquiry Mr. Hellems said he had taken three half dozen boxes since he began to take them regularly and was now using the fourth half dozen.

The Standard reporter called upon Mr. A. J. Greenwood, the east end druggist, whose store is only a few doors from the residence of Mr. Hellems, to enquire how the sale of Dr. Williams' Pink Pills stood in regard to other proprietary medicines, and incidentally to enquire what he thought of their effect in Mr. Hellem's case. "Pink Pills for Pale People have a great sale," said Mr. Greenwood, "and I am continually asked for them. With regard to Mr. Hellem's case I knew that for years he had suffered from rheumatism and other diseases and that he was thoroughly run down. He now speaks very highly of Pink Pills though at first he did not think they were doing him any good, but that may be accounted for by the hold the disease had on his system. He now feels like a young man is able to attend the various animals, horses, etc. After he had taken about a dozen boxes he came into the store one day and started to dance around like a school boy. "What's the matter," I exclaimed, perfectly astonished, and with happiness ringing in every tone of his voice, he called out, "O, I'm young again; I'm young again." He ascribed as the reason for this that Dr. Williams' Pink Pills had performed the miracle. He has frequently told me that he had tried doctors without number, besides other patent medicines but without any avail. My sales of Dr. Williams' Pink Pills are constantly increasing, and all agree that these excellent little pills are beyond praise. There are many people in this district who have cause to be thankful they tried Pink Pills." The reporter called upon Mr. W. W. Greenwood and Mr. Harry Southcott, the well known druggists, and both spoke highly of Pink Pills, saying that they are the most popular remedy in

the stores, and that those using them are loud in their praises of the results.

Dr. Williams' Pink Pills are a perfect blood builder and nerve restorer, curing such diseases as rheumatism, neuralgia, partial paralysis, locomotor ataxia, St. Vitus' dance, nervous headache, nervous prostration and the tired feeling therefrom, the after effects of la grippe, diseases depending on humors in the blood such as scrofula, chronic erysipelas, etc. Pink Pills give a healthy glow to pale and sallow complexions, and are a specific for the troubles peculiar to the female system, and in the cases arising from mental worry, overwork or excess of any nature.

These Pills are manufactured by the Dr. Williams' Medicine Company, Brockville, Ont., and Schenectady, N. Y., and are sold only in boxes bearing the firm's trade mark and wrapper, at 50 cts. a box or six boxes for \$2.50. Bear in mind that Dr. Williams' Pink Pills are never sold in bulk, or by the dozen or hundred, and any dealer who offers substitutes in this form is trying to defraud you and should be avoided. The public are also cautioned against all other so-called blood builders and nerve tonics, no matter what name may be given them. They are all imitations whose makers wish to reap a pecuniary advantage from the wonderful reputation achieved by Dr. Williams' Pink Pills. Ask your dealer for Dr. Williams' Pink Pills for Pale People, and refuse all imitations and substitutes.

Dr. Williams' Pink Pills may be had of all druggists or direct by mail from Dr. Williams' Medicine Company from either address. The price at which these pills are sold make a course of treatment comparatively inexpensive as compared with other remedies or medical treatment.

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