

SUSY'S CHOICE.

"What a pretty place!" I thought, as my nephew, Seth Carter, reined up his horse, in front of a cottage in the village of Upham.

"Where did your cousin James live?" I asked, as Seth aided me in dismounting from the buggy.

"Right there!" answered Seth, pointing to the cottage next his own. "James and I married sisters, and built our cottages side by side, and exactly alike."

He opened the gate as he spoke, and we passed up a neatly-gravelled path bordered by brilliant flower beds to the house. Upon the porch stood a lovely little lady, who was introduced as:

"My wife, Uncle John!" I did not wonder at the proud fondness of my nephew's voice, when I looked at the graceful woman, who lifted large, soft brown eyes to my face, and gave me a cordial, smiling welcome.

I had just returned from California, after fourteen years' absence, to find a home in my old age in Upham, and of the many relatives with whom I had parted only the sons of my two brothers were left to welcome me.

These young men brought up in one home, were like brothers in affection; and it did not surprise me to find them partners in a flourishing business, and living side by side.

James was absent from home upon business for the firm, and it was understood that my first visit was to be to Seth and Nellie, afterwards to James and Susy.

There were but few servants in Upham, so I was not surprised when Nellie left me to prepare supper, calling Seth and myself soon afterwards to a well-ordered table, where dainty dishes of her own cooking provoked an appreciative appetite.

But as the days wore into a fortnight I was surprised at the many leisure hours the busy little housekeeper found for sewing, reading, and working in her pretty garden.

I do not think I fully realized how easily all this domestic machinery worked until James returned home, and I crossed the garden to make my promised visit to him. I had already seen Susy, and sorrowed over her pale, anxious face, offering my sincere sympathy for her grief in the loss of her only child, one year with the angels.

But when I crossed the threshold of the cottage where Susy lived, I knew that there was more than a mother's glow to account for her pallor and anxiety.

I made a study of home comforts. It was impossible for me to bring all I desired to Upham, but as far as possible I made my house perfect for my wife's convenience. My cellar was cemented carefully, and floored, so that it is perfectly dry, while large windows keep it light. In that is the best furnace I could find, so that Nellie carries no coal or ashes in the winter about the kitchen, every room being heated by the cellar furnace. How many stoves have you James?"

"Five." "All of which have to be watched every day. In my kitchen I have a first-rate range, and from that pipes carry water to every bedroom, so that Nellie carries no water up or down stairs. Beside the range I have four stationary tubs, and in one a good washing-machine. All have hot and cold water, and waste-pipes, so Nellie has no lifting of tubs and pails upon washing-day. My machine spares her hands the hard labor of rubbing clothes upon a board, and she has a wringer, that saves her wrists the strain of twisting heavy clothing. So much for my kitchen."

"And has James none of these conveniences?" "None. When Susy washes, she must bring up some heavy tubs from her dark, damp cellar, then bring in the water from the pump, heat what she requires upon a cooking stove, rub all her clothes upon a board, wring them with her hands, and then take an entire day to wash for two people, while Nell washes for four in about three hours."

"Come, Seth," said James, uneasily, "you are a little hard on me." "Is it not true?" Seth asked, gravely. "I am saying no more now than I have said many times in the last six years."

"Well, finish your story." "From my kitchen," said Seth, "I went to my dining-room, and upstairs I carried out the same plans. As I said, when the houses were finished, mine cost double the price of James'."

"But that is all over," I said. "Not so. I make it a part of my life work to procure for Nell all the modern inventions that are really of practical value in a house. I do not rush off and buy every grimace that is advertised, as James thinks."

"You miss precious few!" James said. "Uncle shall judge! If I buy a sewing machine that will enable Nell to go through all of her sewing in one-tenth of the time hand-labor takes, I consider that money well invested. And so with other labor-saving utensils. I have told my story, now you shall decide between us."

"Stop!" James said. "Seth has told you of the cost of his house, of the money he puts into the modern invention. I looked at this money and thought if I died, it would be in the bank for Susy. When I am tempted to put spare money into my house, my furniture, or fine clothing, I think of the future, and so my bank accounts for Susy when I die more than double Seth's."

"It seems to me you both act conscientiously," I said, as my nephews waited for me to speak, "but I think Seth's plan the wisest. Should you both die, Nellie has health and strength to battle with the world, while Susy (forgive me for speaking plainly, James) is overworked, and fairly broken down."

There was a moment of silence, then James said, huskily: "I never meant to be unkind to Susy." "Let her decide," I said, quietly. "Ask her whether you shall take from her future legacy the sum requisite to give her all the conveniences and conveniences, and see whether she hesitates."

We talked then of other matters, until we saw the two sisters come up the garden walk, laden with bundles. "We have been over to Main street shopping," Nellie said, in her clear, sweet voice. "Cold weather will be coming soon, and we must be ready."

"She opened her bundles, telling how this was for little Nellie, both of whom were waiting at grandma's for papa to bring them home after tea. And while she displayed all her purchases, Susy was wearily removing her hat and shawl.

AN ATHLETE'S CHAT.

He Does not Believe in Exertion that Taxes the Strength. Good physical Development Should be the Rule Rather than the Exception—The Usual Gymnasium Apparatus Fit only for Kindling Wood.

John M. Laffin, the "model man" of the Vienna exposition, is an accomplished athlete and a champion in several lines. For several years he stood in the Paris Life school for Gerome and many other famous painters of the human figure, and he has drawings of his form made by them, which show him to be one of the few perfectly formed men.

In response to the interviewer's request for a talk on the subject of exercising for health rather than for special development, Mr Laffin said: "One need not train like an athlete, and a man does not require a physique like mine to be perfectly healthy, but if men and women could be kept healthy for a few generations physical development like mine would be the rule, not the exception. Nine tenths of the diseases that now keep the doctors busy would be absolutely unknown. No healthy man ever got pneumonia, no matter what the exposure. There is no case on record of a sailor having pneumonia. This is because a sailor's lungs are kept in good order by pure air, and he gets plenty of exercise. The amount of exercise necessary to keep the body in good condition is less than you might suppose. Fifteen minutes a day rightly employed will do wonders. A person ought to exercise a few minutes in the morning, and then take a sponge bath in salted water, followed by vigorous rubbing with hair gloves or a coarse towel. The movements of the muscles start the impurities to the surface and the bath cleans the pores. The exercise ought to be light."

"I don't believe in exertion that taxes the muscular strength. Heenan and all those old time athletes thought they must use hundred pound dumb bells and tread around with great lead soles on their shoes. That made them heavy and slow, and exhausted their strength needlessly. One pound dumb bells are heavy enough for anybody, and Indian clubs should not weigh more than four or five pounds at the outside. Gymnasts should use heavy weights at all. What is needed to develop muscle is movement, action—not strain. You don't train a trotter by hitching him to a loaded coal cart and making him drag that around the track. Hanlan doesn't get into a whale boat for a scull race. The fitting of heavy weights is bad for a man, and the men who trained themselves to lift a ton killed themselves. Overtraining and overexercising of the kind is injurious, and that is why college boat racing is not always a good thing."

"What do you think of the usual gymnasium apparatus?" "Well I think it ought to be split up into a gymnasium and see an athlete on the bars. They try to do what he does, and the chances are they fall and break bones or strain beyond repair some cord or muscle which they have not been accustomed to use. All exercises that bring the weight of the body on the arms stretched above the head are bad. The position is unnatural and strains the cords of the breast. Horizontal bars and rings are not health giving devices. A man wasn't made to hang head downward. He can get all the exercise he needs with his head higher than his feet and his blood flowing in its natural course. I don't approve of foot racing either, because it puts too much strain upon the heart and the blood vessels. Moderate running, however, is all well enough when one is accustomed to it. Some people think walking a mile is the exercise one needs, but that is not so. It exercises only the legs at the expense of the body. It is good, but is not enough. Carried to an extreme it is positively bad. If you over develop one set of muscles and neglect the rest the neglected muscles and organs deteriorate as fast as the others develop. Take the ballet dancers, for example. They get their legs in prime condition, and can perform wonders in the way of jumping and kicking, but they grow narrow chested and thin necked, their stomachs get disordered, and nearly all of them die of consumption."

"In summer people are more healthy because they cannot help it. They perspire and wear clothing that is not air tight. In winter they pile on the clothes and 'suffocate themselves. The skin grows torpid, and dead scurf skin forms, locking up the pores just as the ice locks up a river. And then they attribute congestions, torpid liver and blood, colds and chills to the weather. What they need is exercise to open the pores, rough rubbing to cut away the dead skin and salt sponge baths to clean and harden the cuticle. Follow that system daily and you will find yourself less and less sensitive to cold."

"For women nothing is so beneficial as rowing. Most of them foolishly put the

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abdominal muscles out of commission by wearing corsets and tight clothes, and all kinds of diseases are the result. Only civilized women have these troubles. The Indian mother walks about freely with a day old child in her arms. The white lady says that is vulgar and like the animals. "Well," a white lady is an animal, and usually a very unnatural and poor specimen of an animal at that. It is the animal in us that keeps us alive, and if we neglect it we pay the penalty in disease, suffering and premature death. Women who are weak, suffering, and unable to get any comfort in life could cure themselves by rowing. Small dumb bells are good also. One can exercise a great many muscles with them, and by using one pound dumb bells the danger of injury that formerly accomplished this style of exercise is avoided.

"Using heavy bells is worse than useless. You can get up all the perspiration you want by swinging a pound of iron in each hand in lively fashion for a minute or two. If you do not perspire freely or are subject to pains in the joints or muscles, or your circulation is sluggish, you can attach a battery to the bells. That is a new idea and a very good one."

Many ladies admire gray hair — on some other person — but few care to try its effects on their own charms. Nor need they, since Ayer's Hair Vigor restores gray hair to its original color. It cleanses the scalp, prevents dandruff, and stimulates the growth of the hair as in youth.

Some people have an idea that there are two Bibles, one for members of the churches and another for those who are not members. There is only one Bible and its commands are for us all.

A Hamilton Item. "My wife has been a sufferer from liver complaint for many years. I am glad to be able to testify to the benefit received from Burdock Blood Bitters, as well as in the case of my little boy, who had glandular swellings." J. S. Miller, 77 Victoria Ave. North, Hamilton, Ont. B. B. regulates the entire glandular system.

It is the duty and privilege of the earth to revolve around the sun, and it is the duty and the privilege of all created intelligence to revolve around Christ.

Enjoy Life. What a truly beautiful world we live in! Nature gives us grandeur of mountains, plains and oceans, and thousands of means of enjoyment. We can desire no better when in perfect health; but how often do the majority of people feel like giving it up disheartened, discouraged and worn out with disease, when there is no occasion for this feeling, as every sufferer can easily obtain a satisfactory proof. Green's August Flower, will make them free from disease, as when born. Dyspepsia and Liver Complaint are the direct cause of seventy-five per cent, of such maladies as Biliousness, Indigestion, sick headache, costiveness, nervous prostration, dizziness of the head, palpitations of the heart, and other distressing symptoms. Three doses of August Flower will prove its wonderful effect. Sample bottles, 10 cents. Try it.

I believe in a character formation, and not sentimentalism, though religion will produce sentiment.

Not a Book Agent. Mr Goode, druggist, is not a book agent, but has the agency in Goderich for Johnston's Tonic Bitters, which he can heartily recommend for any complaint to which a tonic medicine is applicable. This valuable medicine has been with most astonishing good results in cases of general debility, weakness, irregularities peculiar to females, extreme paleness, impoerishment of the blood, stomach and liver troubles, loss of appetite, and for that general worn out feeling that nearly every one is troubled with at some part of the year. Don't forget the name Johnston's Tonic Bitters 50c. and \$1 per bottle at Goode's drug store, Albion block, Goderich, sole agent.

There are sometimes cats in a church, always scratching; sometimes dogs, always snarling; but there are two animals wanted, bear and forbear.

A REWARD — Of one dozen "TEABERY" to any one sending the best four burr-horn on "TEABERY," the remarkable little gem for the Teeth and Bath. Ask your druggist or address

"He Never Smiled Again." No "hardly ever" about it. He had an attack of what people call "biliousness," and to smile was impossible. Yet a man may "smile and smile, and be a villain still, still he was no villain, but a plain, blunt, honest man, that needed a remedy such as Dr. Pierce's "Pleasant Purgative Pills," which never fail to cure biliousness and diseased or torpid liver, dyspepsia and chronic constipation. Of druggists.

THE QUEEN AS A GIRL.

Fifty years ago we had the Queen, a dainty little maiden, only 4 feet 10 inches in height, with a delicate figure, a flower-like face, a slender arm and an exquisitely poised head. The face was a little pensive, but nevertheless mirthful, the corners of the mouth turning up as decidedly as they now turn down; the tendency of the upper lip was to curl, allowing a mere suggestion of white teeth to appear. A simple gown of soft white India muslin, bound round the small waist with satin ribbon and embroidered with field daisies, strings of pearls wound round the white throat and tapering arms left modestly bare, complete the picture of the youthful niece of George IV. And now the enemy of mankind has stolen a triumph from our Victoria. But one thing neither time nor flesh has deprived the Queen of, and that is the really regal bearing, the erect figure, the uplifted head and firm tread which in her triumphal entry into Westminster Abbey fifty years ago led the beholders to declare that she was a tall woman.—Troy Times London Letter.

A Matter of Fact. One of the few preparations that seldom disappoints on trial, is that old standard throat and lung medicine, Hager's Pectoral Balsam, for coughs, colds, bronchitis, asthma, sore throat and other diseases of the air passages.

To be follower of Christ is to have the Christ character formed within you. After the character is formed live it out.

Ladies Only. The complexion is only rendered unhealthily by Pimples, Liver Spots and Yellowness. These it is well known are caused from an inactive Liver and bad blood. Dr. Chase's Liver Cure purifies the blood and whole system. See Recipe Book for toilet recipes, hints and suggestions on how to preserve the complexion. Sold by all druggists.

The Best Fountain Pen in the world. The "Wirt" fountain pen is the best thing yet invented in the way of a self-feeding pen. It has a gold nib, shades just as a dipping pen does, and never fails. It is a writing wonder. A sample can be seen at this office. Every lawyer, doctor, clergyman, school-teacher and business man should have one. Thos. McGillicuddy is the local agent.

Important News Item. COOKSTOWN.—Mrs Campbell has been troubled for a number of years with Indigestion and Constipation, and was induced to try McGregor's Speedy Cure and found it all that was needed, and would recommend its use to any person similarly troubled. This invaluable remedy is sold in every part of Canada at 50c. and \$1 per bottle. Sold at George Rhynas drug store.

These are last years' styles, but for Hotelkeepers, Landlords or Tenants they are just the thing.

A Fresh Stock of American Papers Now on View.

The Cheapest House UNDER THE SUN. West-st., next door to the Post Office. Circular, March 14, 1887.

Don't Speculate. Run no risk in buying medicine, but try the great Kidney and Liver regulator, made by Dr. Chase, author of Chase's recipes. Try Chase's Liver Cure for all diseases of the Liver, Kidneys, Stomach and Bowels. Sold by all druggists.

Ayer's Pills. Sugar-Coated Cathartic. If the Liver becomes torpid, if the bowels are constipated, or if the stomach fails to perform its functions properly, use Ayer's Pills. They are invaluable. For some years I was a victim to Liver Complaint, in consequence of which I suffered from General Debility and Indigestion. A few boxes of Ayer's Pills restored me to perfect health.—W. T. Brightney, Henderson, W. Va. For years I have relied more upon Ayer's Pills than anything else, to

Regulate the bowels. These Pills are mild in action, and do their work thoroughly. I have used them with good effect, in cases of Rheumatism, Kidney Troubles, and Dyspepsia.—G. F. Miller, Attleborough, Mass. Ayer's Pills cured me of Stomach and Liver troubles, from which I had suffered for years. I consider them the best pills made, and would not be without them.—Morris Gates, Downsville, N. Y. I was attacked with Bilious Fever, which was followed by jaundice, and was so dangerously ill that my friends despaired of my recovery. I commenced taking Ayer's Pills, and soon regained my customary strength and vigor.—John C. Pattison, Lowell, Nebraska. Last spring I suffered greatly from a troublesome humor on my side. In spite of every effort to cure this eruption, it increased until the flesh became entirely raw. I was troubled, at the same time, with Indigestion, and distressing pains in

The Bowels. By the advice of a friend I began taking Ayer's Pills. In a short time I was free from pain, my food digested properly, the sores on my body commenced healing, and, in less than one month, I was cured.—Samuel D. White, Atlanta, Ga. I have long used Ayer's Pills, in my family, and believe them to be the best pills made.—S. C. Darden, Darden, Miss. My wife and little girl were taken with Dysentery a few days ago, and I at once began giving them small doses of Ayer's Pills, thinking I would call a doctor if the disease became any worse. In a short time the bloody discharges stopped, all pain went away, and health was restored.—Theodore Esling, Richmond, Va.

Ayer's Pills, Prepared by Dr. J. C. Ayer & Co., Lowell, Mass. Sold by all Dealers in Medicine.

"Wirt" Fountain Pen. Price, \$3.00. THOS. MCGILLICUDDY Agent. EVERY PEN GUARANTEED. CAN USE ANY INK. Write Thin and Thick Letters, as with a dipping nib.

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WALL PAPER SAUNDERS VARIETY STORE.

SEE OUR PRICES: Former Price, 12c to 15c, now 8c. ... 12c to 15c, now 10c. ... 20c to 25c, now 15c. These are last years' styles, but for Hotelkeepers, Landlords or Tenants they are just the thing. A Fresh Stock of American Papers Now on View. The Cheapest House UNDER THE SUN. West-st., next door to the Post Office. Circular, March 14, 1887.

In a Bad Condition. as a bad druggist that I not take of any kind without ... and could not take a drink of or a month at a time. I have great sufferer from liver complaint ... for many years," says ... W. Whitehead, of Nixon, who took two bottles of Burdock Bitters cured.

They have a large sale in my dispensary, a well known Druggist, "than for pill on the market, and give satisfaction for sick headache, nervous indigestion, etc., and when used with Johnston's Tonic Bitters, only a few boxes will restore you to perfect health."

A Common Cold. ten the beginning of serious affection of the Throat, Bronchial Tubes, Lungs. Therefore, the importance of an effective treatment cannot be overstated. Ayer's Cherry Pectoral always be relied upon for the speedy cure of a Cold or Cough.

Speedily Cured. satisfied that this remedy saved my ... Jno. Webster, Pawtucket, R. I. contracted a severe cold, which subsequently developed into Pneumonia, presenting dangerous and obstinate symptoms. A physician at once ordered the use of Ayer's Cherry Pectoral. His instructions followed, and the result was a rapid permanent cure.—H. E. Simpson, Prairie, Texas.

The Best Remedy. colds, Coughs, and all Throat and chest ailments, ever used in my family.—T. Vanderpool, Mendville, Pa.

er's Cherry Pectoral, Prepared by Dr. J. C. Ayer & Co., Lowell, Mass. Druggists. Price \$1.00, six bottles, \$5.00.

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CATARRH. ELY'S CREAM BALM. CURE FOR COLIC, BRUISES, SCALDS, HEADACHE, RHEUMATISM, SORE THROAT, BRUISES, SCALDS, HEADACHE, RHEUMATISM, SORE THROAT.

IPP'S COCOA. BREAKFAST. rough knowledge of the natural govern the operation of digestion ... and by a careful application of ... of well-selected Cocoa, Mr. ... our breakfast tables with ... flavored beverage which may save ... doctors' bills. It is by the ... of diet that ... may be gradually built up until ... to resist every tendency to ... of subtle maladies are ... and us ready to attack wherever ... point. We may escape many ... by keeping ourselves well fortified ... blood and a properly nourished ... with boiling water, or milk ... packets by Grocers, labeled

& CO., Homoeopathic Chemists, London England