

## MISCELLANEOUS.

Intelligence is a luxury, sometimes useless, sometimes fatal. It is a torch or a firebrand, according to the use one makes of it.—*Fernan Caballero.*

Bell Telephone Company,  
Walkerton Agency, May 15th, '94.

Dear Sirs,—I sold your Acid Cure for 20 years, and during that time I never heard of a case that was not relieved and cured by its use. I have recommended it in bad cases of Eczema, Ring-worm, and never knew it to fail (when properly used) to effect a cure.

Yours truly, W. A. GREEN.

COUTTS & SONS.

A despatch from Hong Kong says that an official report issued there gives the number of persons who died from the plague in Canton districts as 120,000.

The phylloxera, or vine pest, is making such ravages in the sherry-wine districts of Spain, according to United States Consul Adams, at Cadiz, that the Government has appropriated \$100,000 for the extermination of the disease.

Toronto, 43 Charles street,  
April 2nd, 1894.

Dear Sirs,—“I have much pleasure in stating that your ‘Acetocura’ remedy has been used for the past fifteen years by our family. We have derived so much benefit from its application that I can heartily testify to its beneficial qualities.

“I have recommended its use to many of my friends, who also speak very highly of it as a very effective and simple remedy.

“Yours truly, WM. PENDER.”

COUTTS & SONS.

An inventor has brought out a rocking chair that is actuated by electricity. The sitter can, at the same time, receive gentle currents by grasping metal handles or by resting the bare feet on metal pedals.

## WHY THE BODY SHOULD BE CULTIVATED.

“Elegance of form in the human figure marks some excellence of structure, and any increase of fitness to its end in any fabric or organ is an increase of beauty,” says Emerson. The important subject of physical culture is not considered as it ought to be by the majority of men and women, and there is almost absolute ignorance of the make-up of the body on the part of even intelligent people, with little desire for such knowledge, although health, beauty, and success depend largely on the treatment given to the body. Mental acquirements are blindly worshipped, while the essential question of health receives little thought, and hence it is almost impossible to find men in the ordinary walks of active life, at middle age, who do not complain of impaired health and want of vital force. Without a sound body one cannot have a sound mind, and, unless proper attention is given to the culture of the body, good health cannot be expected. Plato is said to have called a certain man lame because he exercised the mind while the body was allowed to suffer. This is done to an alarming extent nowadays. Brain-workers, as a rule, exercise no part of the body except the head, and consequently suffer from indigestion, palpitation of the heart, insomnia, and other ills, which if neglected generally prove fatal.

Brilliant and successful men are constantly obliged to give up work through the growing malady of nervous prostration; the number of those who succumb to it has increased to an alarming extent of late years, and that of suicides hardly less. Few will question that this is owing to overworking the brain and the neglect of body-culture. Vitality becomes impaired and strength consumed by mental demands, which are nowadays raised to a perilous height, and it is only by careful attention to physical development and by judicious bodily exercise that the brain-worker can counteract the mental strain. Women rarely consider the importance of physical culture, yet they need physical training almost more than men do. Thousands of our young women are unfit to become wives or mothers, who might be strong and beautiful if they gave a short time daily to physical development.

Physical training is particularly beneficial to the young of both sexes, and educators are becoming alive to the fact. Many of the leading colleges have included this subject in the curriculum and spent large sum in facilities for the purpose. It is to be hoped that the minor seats of learning will speedily follow the example, and a more general interest be awakened in the importance of physical education for the young. This is a duty which parents should not neglect, for they are as strictly responsible for the bodies of their offspring as they are for their souls. It is a mistake to think that the gymnasium is a place only for the young. All who lead sedentary lives, even past when middle age, can improve their bodies by gymnastic exercise. Mr. Gladstone by earnest physical exercise has built up a strong and healthy body, and he is fond of saying that daily exercise keeps him in permanent health and in a condition to resist disease. The use of gymnastics creates conditions which develop the nervous system. There is no time in a man's life when he can afford to dispense with exercise; unless he faithfully and persistently develops his physical resources, vitality becomes impaired. Exercise does for the body what intellectual training does for the mind; yet most men who lead sedentary lives take little or no exercise, with the result that they overwork the brain, making it incapable of recuperation by nutrition; hence irritability, then insomnia, and often the thinking faculty breaks loose from the control of the will, resulting in insanity and possibly suicide.

Physical exercise aids digestion, improves physique, clears the wind, and gives grace and assurance. Man's destiny as regards the body is to a great extent in his own hands, and he should study the needs of the body if desirous of enjoying life. Unless disease is inherited, every mortal born into the world is physically healthy, and if proper attention be given to physical culture there is every chance of a long life; but if neglected, premature death is generally the result, for when disease attacks the frame there is not sufficient physical strength to resist it. Perfect health can exist only when the muscles are perfectly trained, and habitual exercise favours the elimination of effete matters from the system, food is more easily digested, and nerve-power enhanced. It is in the power of anyone to improve his physical condition, and all who desire symmetry of form, grace of action, and permanent health should give attention to the art of developing the body.—*Lippincott's Magazine (U.S.)*

## RELIEF AT LAST.

THE EXPERIENCE OF A LONDESBORO YOUNG LADY.

A Victim of Severe Pains, Dizziness and Watery Blood—At Times Could Not Go Up a Step—How She Regained Health and Strength.  
From the Clinton New Era.

Miss Kate Longman is a young lady of about 22 years of age, who lives with her mother in the pretty little village of Lonsdale, six miles from the town of Clinton. Both are well known and highly esteemed by their many friends. The New Era having learned that Miss Longman had been a great sufferer and had recently been restored to health by the timely use of a well-known popular remedy, despatched a representative to get the particulars of the case. In reply to the reporter's inquiries Miss Longman said that if her experience might be the means of helping some other sufferer, she was quite willing that it should be made public. “For a long time,” she said, “I was very poorly. I was weak, and run down, and at times suffered pains in my back that were simply awful. My blood was in a watery condition, and I was subject to spells of weakness to such an extent that I could not step up a door step to save my life. I doctored a great deal for my sickness, but without avail. At last, after having frequently read in the New Era of cures effected by the use of Dr. Williams' Pink Pills, I determined to give them a trial. The result was that my health soon began to return and the pains and weakness left and I was again restored to strength.” At this moment Mrs. Longman entered, and being informed who the visitor was and what was his mission, said: “Dr. Williams' Pink Pills are the greatest medicine known. My daughter was so sick that I feared she would die, and she continually grew weaker until she began the use of Pink Pills, and they have cured her, as she has not had a recurrence of the trouble since.” Miss Longman is now the picture of health, and declares that Dr. Williams' Pink Pills are entitled to the credit. The New Era knows of many others who have benefited by this remarkable remedy.

Dr. Williams' Pink Pills are a specific for all diseases arising from an impoverished condition of the blood or a shattered condition of the nervous forces, such as St. Vitus' dance, locomotor ataxia, rheumatism, paralysis, sciatica, the after effects of la grippe, loss of appetite, headache, dizziness, chronic erysipelas, scrofula, etc. They are also a specific for the troubles peculiar to the female system, correcting irregularities, suppressions and all forms of female weakness, building anew the blood and restoring the glow of health to pale and sallow cheeks. In the case of men they effect a radical cure in all cases arising from mental worry, overwork or excesses of any nature.

Dr. Williams' Pills are manufactured by the Dr. Williams Medicine Company, Brockville, Ont., and Schenectady, N.Y., and are sold only in boxes bearing their trade mark and wrapper printed in red ink, at 50 cents a box or six boxes for \$2.50, and may be had of all druggists or direct by mail from Dr. Williams Medicine Company from either address.

I WAS CURED of a severe cold by MINARD'S LINIMENT.

Oxford, N.S. R. F. HEWSON.

I WAS CURED of a terrible sprain by MINARD'S LINIMENT.

Yarmouth, N. S. FRED COULSON, Y.A.A.C.

I WAS CURED of Black erysipelas by MINARD'S LINIMENT.

Inglesville. J. W. RUGGLES.