

HEALTH AND HYGIENE.

Joy and temperance and repose,
Slam the door on the doctor's nose.

Rugged strength and radiant beauty,
All combined in nature's plan;
Humble toil and heavenly duty,
May ever form the perfect man.

Celery acts upon the nervous system, and is a cure for rheumatism and neuralgia. Tomatoes stimulate the liver, and onions, garlic and olives promote digestion by stimulating the circulatory system, with the consequent increase of the saliva and gastric juice. Raw onions are regarded as a remedy for sleeplessness, and the French believe that onion soup is an excellent tonic in cases of debility of the digestive organs.

The tribes or kinds of people living on a diet in which starchy foods predominate bear a physiological resemblance in one respect; they are all noted for the size and prominence of their stomachs. The Hindoo, the Chinaman and certain negro races all present this characteristic, which is to be ascribed in part to the large amount of food which they find it necessary to consume in order to get sufficient life-sustaining elements.—*Selected.*

JUVENILE JOKES.

Mother: "Your finger may hurt, dear, but it isn't injured enough to put a rag on it." Harold: "Well, put a rag on it, anyhow, so I will know which finger hurts!"

Mother: "Why, Susie, whatever are you doing with papa's big dictionary?" Susie: (five years old) "I am only looking for my dolly's lost slipper; papa said yesterday you could find everything in the dictionary."

A shine, sir? Shine, sir?
Before you dine, sir?
A very muddy time, sir.
I'll do it quick,
I'll do it slick,

And charge you but a dime, sir.

Said a tired child in church to his mother: "Mamma, how much did you put in the collection?" Mother: "A quarter, my dear." Tired child: "Well, this preacher gives an awful lot for the money."

J. B. Hill & Co.

**Ladies' Stainless Hosiery,
Vests, Parasols,**

*At Marvelously Low
Prices*

Gent's Seamless Sox

5c a pair . . .

Boys' and Girls' Hosiery

5c., 7c., 8c., 10c.

**Big Values Make Trade Boom at
This Store.**

ST. THOMAS.

**The STACEY HARDWARE
& MFG. CO.**

Are Headquarters for

**FARMING TOOLS,
BUILDING HARDWARE,
WIRE NETTING,
GRANITE AND TIN WARE,
SILVERWARE,
BICYCLES.**

St. Thomas, - - Ont.

WHEN YOU NEED

Drugs ...

Toilet Articles, &c.

CALL AT THE
CENTRAL PHARMACY,

*Prescriptions 300 TALBOT ST.
Carefully Dispensed.*

Groceries ...

AT CITY PRICES.

G. W. GALGOTT.