The Poet's Corner.

| Health Atphabet

The Ladies' Sanitar Association, of London, gives the following simple rules for keeping health, which we find copied

As soon as you are up shake blanket and

feet; Children, if healthy, are active, not still; Damp beds and damp clothes will both mak

Freshen the air in the house where you dwell Garmets must never be made too tight; Homes shou'd be healthy, airy, and light;

Just open the windows before you go out; Keep the rooms always tidy and clean;

Let dust on the furniture never be seen: Much i ness is careed by the want of Now, to open the windows be ever your care Old rags and old rubbish shou'd never b

People sho d see that the ' floors are Qu'ok movements in children are healthy and

Remember the young cannot theire without See that the ciste. . is clean to the b. 'm; Take care that your dress is all tidy and trim Use your nose to find if there be a bad drain Very sad are the fevers that come in its train

fatigue; Xerxes could walk full many a league. Your health is your wealth, which your w dom must keep;

Zeal will help a good cause, and the good you

TREATING A CASE.

I was once sent for in great haste to attend a man of respectability, whose wife, a lady of intelligence and refinement, had discovered him lying senseless upon the floor.

"What is the matter with Mr. H. -? I asked on meeting the lady.

"I'm afraid it is a poplexy." she replied, "I found him lying on the floor where he had to all appearances fallen suddenly from his chair. His face is purple, and though he breathes it is with great difficulty."

I went to see my patient. Sure enough his face was purple, but somehow the symptoms did not indicate apoplexy. "Had'nt he better be bled, doctor

asked the anxious wife. "I don't know that it is necessary," replied. "I think if we let him alone it will pass off in the course of a few

"A few hours! He may die in half an hour. "I don't think the case is so dangerous,

madam. "Apoplexy not dangerous !"

"I hardly think it is apoplexy," I repli

"Pray, what do you think it is doc Mrs. H. -- looked anxiously into my

face.

I deliberately hinted that it might pos sibly have been drinking too much brandy, but this she indignantly objected to. 'No doctor, I ought to know about

that," she said. "Depend upon it, the disease is more deeply seated. I am sure he had better be bled. Won't you bleed him doctor? A few ounces of blood taken from his arm may give life to the circulation of the blood in his veins?"

Thus urged, I relieved him of about eight ounces of his circulating medium. But he lay insensible as before. "Something must be done, doctor,

she urged. "If my husband is not quickly relieved he must die ' By this time several friends and rela-

tives, who had been sent for, arrived. One proposed blisters all over the body and another a blister on the head; another immersion in hot water. I suggested that it might be well to use a stomach pump. "Why doctor ?" asked one of his

friends. replied.

"No brandy?" I ventured the asser-

tion again.

not even wine in the house," returned for fear of apoplexy, Mrs. H-I was not the regular family physician. Feeling my position to be a difficult one.

better be called. "But the delay, doctor," urged the

friends. 'No harm will result from it, be : - past.

care the disease, but, he believed, take son's

away the predisposition thereto, with which Mr. H- was affected in a high dc-

The head of Mr. H-was shaved and

then make use of the ordinary dressing," A family by the name of McIlvene, on the 4th con., has suffered severely during the action of the blister, don't from diphtheria, asthree of their children died lately, one after another, and the feel uneasy. Sensibility will be restored soon after.

I did not call again, but heard from Dr. S-the result.

For full two hours the burning plaster parched the tender skin of Mr. H-'s shorn head, and was then removed. It had done good service. Dressings were

"It has done no good. Hadn't we better send for the doctor?" suggested Just then the eyes of H-speued, and

he looked with half stupid surprise from face to face of the anxious group that surounded the bed. "What in the mischief's the matter?"

he at length said. It the same time feeling a strange sensation about his head, Walk as much as you can without feeling he placed his hand ve. / heavily there-"Heavens and earth ! what ails my

"For mercy's sake, keep quiet," sr'd the wife. "You've been very ill. There there, now! Don't say a word, but be very still." "But my head! What's the matter

with my head? It feels as if it's scalded. Where's my hair? Heavens and earth, Sarah, I don't understand this! What's my arm tied in this way for ?" "Be quiet, my dear husband, and I'll

explain all. Oh, be ve quiet. Your life depends upon it."

Mr. H -- sank back upon the pillow, He put his hand to his head and felt it tenderly from temple to temple and from nape to forehead

We feared for your life," said Mrs. H-"There have been two physicians in at-H-closed his eyes again. His lips

noved. Those whispered words would have sounded very strangely in a church. "Threatened with apoplexy, I supoose?" he said interrogatively.

"Yes, dear," replied his wife. found you lying insensible on the floor on happening to come into your room. It was most providential that I discovered you as I did, or you would certatnly have died."

H-shut his eyes and muttered. "Sarah!" he said, "why in heaven's name did you permit the doclors to butcher me in this way? I am laid up for a week or two, and all for nothing.' "It was to save your life, dear."

"Save-"Hù-u-sh! There, do for heaven's

sake be quiet; everything depends upon With a gesture of impatience, Mr. H

turned his face to the wall, muttering id a low petulant voice : "Too bad ! too bad ! too bad."

I had not e..ed in my first and last impression of H—'s disease, neither had a painful accident last week, while work. Store. Dr. S.— H-had a weakness. He couldn't to see him around in a few days.

taste wine or strong drink without being tempted into excess. Both himself and storm resulted in the death of a cow befriends were mortified at this. But to friends were mortified at this. But to longing to John Million, Colborne, and see was to taste; to taste was to fall. a horse belonging to James Deacon, of At last his friends urged him to shut himself up at home for a certain time ch' nney and broke the stove and stove himself up at home for a certain time.

particularly so as his coachman kept a wife were slightly stunned by the shock. well filled bottle in the carriage house but the too ardent devotion to this bottle brought on the supposed apoplexy.

Dr. S-was right in his mode of treating the disease after all, and did not err riends.

"Perhaps be has taken some drug," I coplied.

"Impossible, doctor," replied his wife.

"Impossible, doctor," replied his wife.

"Impossible, doctor," replied his wife. "He has not been from home to-day and there is no drug of any kind in the much philosophy as he could muster. By Rose—with twenty-one engravings in all. A Canadian Lady describes "A Day in the Trosachs;" the Rev. Henry A wig after the sores made by the busier had disappeared concealed the barber's work until his own hair grew again: He blackstock discusses with much vigor the "No, doctor, no spirits of any kind, hever ventured in wine or brandy again Sabbath Question. The lighter articles

W. A. Edgars, of Frankville, was cur-Feeling my position to be a difficult one.

I suggested that the family physician had better be called.

Cd of Liver and Kidney Complaint after life was despaired of. He had remained from ten to fifteen days without an action of the bowels.—Burdock Blood Bitters cured him, and he writes that he is a betcured him, and he writes that he is a better man than he has been for 20 years the poet, but Wild Strawberry leaves are

when Dr. S—came, we converse lasice that malarial fevers, constipation, torpidity of the liver and kidneys, general debility, nervousness and neuralgic ailments below the case. "Don't you think his head ought to be shaved and blistered?" asked the wife anxiously.

"Dr. S.—thought a moment, and then "Dr. S.—thought a moment, and the

why suffer a single moment, when you can get immediate relief from internal or external pain by the use of Polson's Nerviline, the great pain cure? Nerviline has never been known to fail. Try a 10 cent sample bottle. You will find it just as recommended. Neuralgia Toothache, cramps, headache, and all similar complaints disappear as if by magic when the good that mode of treatment would do; but he spoke confidently of the result, but said that he would not only enter the diserse, but, he believed, take

Don't Wait.

Don't Wait.

Don't Wait.

Don't Wait.

Why suffer a single moment, when you can get immediate relief from internal or external pain by the use of Polson's Nerviline in our families, and have found it a most reliable remedy for cramps in the stomach, also for headache, and externally for rheumstaic parms. No household should be without this invaluable remedy.—Luke without this invaluable remedy.—Luke Cole. Elisha Cole, J.P.
Buy a 10-cent sample bottle at James Wilson's drug store. Large bottles 25 cents.

The GROCER.

July 26, 1883.

Goderich Township.

BARN DESTROYED. — Wm. Mason's barn, 7th con. Goderich township, was struck by lightning, on Thursday night ral vegetable dealer on Yonge st., Toron-Dr. S - applied the blister with his own July 28th and totally destroyed with its to. About two weeks ago Mrs. Andrews hands, which completely covered the scalp from forehead to occiput.

"Let it remain on for two hours, and then make a superscript of the scale of th

rest of the family are in danger.

West Wawanosh.

It is our painful duty to record the death of Miss Ellen Campbell, who had been engaged as assistant teacher at No. 3, Colborne, this year, but was obliged to desist teaching and procure a substihad done good service. Dressings were then applied, but still the sick man lay in a deep stupor.

These hopes were blighted by her sudden death last week. John Craig had a house burned last

> week. It is supposed to have been set on fire, as it was unoccupied. During the thunder storm on Thursday night, July 28th, Mr. Alton, near Belfast, had a stack of hay burned. It is supposed to have been struck by lightning. On the same evening Mr.

Fowler, of the 7th con., lost a valuable horse from the same cause. The farm of the late R. Wilson was

of \$6,350.

unmarried.

Stanley.

Horses.-On Saturday the horses be longing to Mesers. A. Thompson, J. Mc-Gregor and Hugh Ross arrived at Kippen. The animals were in good condition and stood the journey well. There were two year-old colts belonging to A. Thompson and Hugh Ross; one year-old filly for R. Ross, Stanley; one year-old colt and one year old filly for John Mc-Gregor, Tuckersmith.

OBITUARY -We have this week to re-OBITUARY—We have this week to record the death of Hugh McGregor, one of the old settlers of Stanley, at the ripe age of 71 years. He was a native of Glenguaich, Perthshire, Scotland, and emigrated to Canada about the year 1843. He settled first in the township of Northeasthope, and remained for a few years when he moved into the township litters and used them unknown to my few years, when he moved into the town- Bitters and used them unknown to my "Is it a blister?" he at length asked. ship of Stanley, then a wilderness, and family. I soon began to improve and settled on the second concession, one and a quarter miles from Brucefield. By ily thought it strange and unnatural, but diligence and care he managed to make himself a good comfortable home, in which he lived till his death. His genial disposition, good nature, and pleasant story had secured for him a large made mother well and us happy."—The Mother., circle of acquisitance, and a large num-ber followed his remains to interment, He leaves a widow, two married daughters, and two sons and two daughters

Blyth, is at the Auburn House. Alice Beamish, of Morris, is visiting the so and am now as well as ever.

B. G. Augek, ACCIDENTS. - Abraham Knight got his

leg badly cut with an adze last Friday evening, while working on the bridge near the Base Line, Colborne. Wm other diseases have no hold on the sys-Ellis, of E. Wawanosh, while working on a farm on the 6th con., had the misforder the blood pure and cool. For sale tune to fall a distance of 25 feet, break- by all Druggists. Large bottles fifty ing his back-bone, and injuring him cents. about the head and shoulders.

The following officers have been elected by Maitland Temple, for the ensuing quarter:—John Wilson, W. C. T.; John Stalker, W.M.; Elizabeth Stalker, W. M.; Hodge M. G.; John Clark, W.S.; Wm. Sturdy, W.O.G.; Headache, etc. It removes any pain in Headache, etc. It removes any pain in Headache.

James Young, of this village, met with

THE STORM. - The severe lightning He got on pretty well for a few days,

He got on pretty well for a few days,

Book Notices.

Canadian Methodest Magazine.—Price 82 a year: \$1.00 s'x months: 20 cents per num-ber. For sale at all bookstores.

There are three admirably illustrated A wig after the sores made by the blister Lewis contributes an interesting paper are a Dickens-like Sketch of Jerry Mc-Auley's Water Street Mission in New York; and Ruth Elliott's touching story, 'At Last," which is now reaching con pletion. A striking feature of the number is seven pages of discriminative

on the rise just now, being utilized in such enormous quantities in making Dr.

have been received, and give proof of the great value of Polson's NERVILINE

Crushed Strawberry or Top Bressing. Mrs. Andrews is a dealer in fruit, and

purchased boxes of strawberries from Symons to the amount of \$3 on the understanding that they were all as they looked. When she brought them down to the St. Lawrence Market she found that the cute dealer in garden truck had played a little trick on her. The first from their use. layer of strawberries in the boxes was was nothing but rottenness. In fact
Mr. Symons had been top dressing the
fruit Mrs. Andrews and develope into Kidney and Urinary diswholesome and good, but below there fruit. Mrs. Andrews went to him and demanded back her three dollars, but was refused. She thereupon put the for the amount. A ter hearing the evidence his Honor gave judgment for plaintiff for \$2.50, just 50c, less than the upon the administration of Dr. Van Bu amount sued for. He remarked that he ren's Kadney Cure. Sold by J. Wilson, himself had often been the victim of top-dressing.

Reader, if you suffer from any disorder of the Liver, Stomach, Bowels, Kidneys, Skin or Blood, t. Burdock Blood Bitters, Nature's specific medicine for acting on those organs for the outlet of disease. recently sold by public auction, John McLean being the purchaser, for the sum months.

For any Testimonials recommending McGregor's Speedy Cure for Dyspepsia, Indigestion, Costiveness, Headache, etc., that are not genuine; none of which are from persons in the States or thousands of miles away, but from persons in and around Hamilton, Ont. We give trial bottles free of cost, so that you cannot be deceived by purchasing a worthless article, but know its value before buying. Trial bottles and testimonials given free at Geo. Rhynas' drug store.

ily thought it strange and unnatural, but when I told them what had helped me,

A Persistent Friend's Success The following incident will explain the above: "I have suffered from rheumatism

On Last Saturday of Every Month during the last winter more than I now Auburn.

Personals. — Miss E. Stewart, of Blyth, is at the Auburn House. Miss Alice Beamish of Morris, is visiting the Manufactures and Wholesale Dealers in Manufactures and Wholesale

With pure blood, contagious fevers and

John presented for Neuralgia, Toothache, O.G.; Headache, etc. It removes any pain in-Mary Sturdy, W.F.S.; W. D. Wilson, Stantly, quick as flash. Try it and you wherever we exhibited it since 1878, amore other awards a large number of will say it is well named Fluid Lightning. Get a 25 cent bottle at G. Rhynas' Drug

> No household should be considered complete without a bottle of Dr. Van Buren's Kidney Cure is in the closet. It is the only remedy that will positively, It is the only remedy that will positively, permanently and promptly cure all forms of kidney diseases, Sold by J. Wilson

The Cheap Tea Store.

JUST RECEIVED. A LARGE SUPPLY OF

CANNED FRUITS # AND

CANNED MEATS

OF ALL KINDS.

A CHOICE SELECTION OF Fresh Groceries

A'so a fine assortment of

Crockery & Glassware IN THE LATEST DESIGNS.

Teas a Specialty

THE DARLING IMPERIAL

If you would escape the ravages of that

plaint, it is infallible. ord they did me. I recommend them and texture.

eases, give tone and vigor to the Stomach and purify the Blood, As the trosts of winter vanish under case into the hands of a lawyer, and sued the caloric influence of the sun's rays,

Summer Boarding.

MR, RICHARD HAWLEY'S Elegant Resi

OPEN for the SUMMER For the reception of a few guests. The room are very large and $NICELY\ FURNISHED$ Bath Room with hot and cold water, Bowling Alley, Croquet and Ornamental Grounds plenty of choice fruit, a good table, and every comfort will be found. Guests will be met at the station.

TERMS:--Seven to Ten Dollars per Week.

MAITLAND PLACE, Goderich, June 11, 18 3. Goderich, Ontario

Eye, Ear and Throat DR. RYERSON.

317, Church Street, Toronto, Ont., L. R. C. P., L. R. C. S. E., Lecturer on the Eye, Ear and Throat, Trinity Medical Col-lege, Toronto, and Surgeon to the Mercer Eye and Ear Infirmary, late Clinical Assistant Royal Ophthalmic Hospital, Moorfields, and Central London Throat and Ear Hospital, may be consulted at THE WINDSOR HOTEL STRATFORD,

Manufactures and Wholesale Dealers in

LARDINE, CYLINDER, BOLT CUTTING. WOOL OILS

-)OUR CELEBRATED(-"LARDINE."

Gold, Silver & Bronze Medals.

R. W. McKenzie

or any other injurious ingredient

A large proportion of the diseases which caus human suffering result from derangement of the stomach, bowels, and liver. AYER'S CATHARTIC Pills act directly upon these organs, and are especially designed to cure the diseases caused by their derangement, including Constipation, Indigestion, Dyspepsia, Headache, Dysentery, and a host of other ailments, for all of which they are a safe, sure, prompt, and pleasant remedy. The extensive use of these PILLs by eminent physicians in regular practice, shows unmistakably the estimation in which they are held by the medical profession.

These Pills are compounded of vegetable substances only, and are absolutely free from calomel

A Sufferer from Headache writes: A Sufferer from Headache writes:

"Aven's Pills are invaluable to me, and are
my constant companion. I have been a severe
sufferer from Headache, and your Pills are the
only thing I could look to for relief. One dose
will quickly move my bowels and free my head
from pain. They are the most effective and the
easiest physic I have ever found. It is a pleasure
to me to speak in their praise, and I always do so
when occasion offers.

W. L. PAGE of W. L. Page of No. 1 hen occasion offers. W. L. Page, of W. L. Page & Bro." Franklin St., Richmond, Va., June 3, 1882.

"I have used Aver's Pills in numberless instances as recommended by you, and have never known them to fail to accomplish the desired result. We constantly keep them on hand at our home, and prize them as a pleasant, safe, and reliable family medicine. FOR DYSPEFSIA they are invaluable.

Mexia, Texas, June 17, 1882.

The Rev. Francis B. H. The REV. FRANCIS B. HARLOWE, writing from Atlanta, Ga., says: "For some years past I have been subject to constipation, from which, in spite of the use of medicines of various kinds, I suffered increasing inconvenience, until some I suffered increasing inconvenience, until some months ago I began taking AYER'S PILLS. They have entirely corrected the costive habit, and have vastly improved my general health."

AYER'S CATHARTIC PILLS correct irregularities of the bowels, stimulate the appetite and digestion, and by their prompt and thorough action give tone and vigor to the whole physical PREPARED BY Dr. J. C. Ayer & Co., Lowell, Mass.

YOUNG, All experience the wonderful benefi-OLD, AND MIDDLE- Ayer's Sarsaparilla. Children with Sore Eyes, Sore Ears, or any scrofulous or syphilitic taint, adde healthy and strong by its use. AGED. Sold by all Druggists; \$1, six bottles for \$4.

Nothing known to medical science can scourge of the Summer season, Cholera Morbus, keep Dr. Fowler's Extract of Wild Strawberry at hand for use. In that and all other forms of Bowel Complaints.

Hayesville, Ohio, Feb. 11, 1880.
I am very glad to say I have tried Hop litters, and never took anything that it the most economical of toilet preparations. By its use ledies on here are took anything that d me so much good. I only took two tions. By its use ladies can keep their hottles and I would not take \$100 for the

Thousands are being cured of Catarrh every year with Hall's Catarrh Cure, that he doctors had given up and said could not be cured, 75 cents 2 bottle. Sold



LIVERPOOL-LONDONDERRY-GLASGOW Every Saturday From Quebec.

SHORTEST SEA PASSAGE.
SPEED, COMFORT AND SAFETY. Summer Arrangement. SEASON 13.

Circassian Polynesian Peruvian June 2 Sarmatian. Parisian Parisian. Sardinian. .Aug. Polynesian Peruvian Sarmatian, Parisian Sardinian, Octr. Nov.

Passengers require to leave Goderich at noon Thursdays, to connect with steamer at Quebec.
Prepaid certificate issued at greatly reduced rates to persons wishing to bring their friends out from the Old Country.
For Tickets and all information, apply to ts and all intermed.

H. ARMSTRONG,
Ticket Agent
Goderich.

Goderich, May 17th, 1883.



TESTIMONIALS. Collingwood, Ont.—The Crowfoot Bitters I took cured me of Sick Headache, after twenty years of suffering without being able to find relief. Mrs. J. Hollingshead.

Clarksburg, Ont.—The CrowfootBitters per ectly cured me of Saltrheum, without using any other medicine. Mrs. JOSEPH LOUGHEAD.

THEY ALL KEEP IT!

EGYPTIAN OIL.

The Great Pain Conqueror rapidly dispels pain. Iteaspoonful in wate, will cure a distracting head ache in five minters. If applied to any affected surface of thoody, as tooth ache, neuralgia, rheumatism fcc., it gives the sufferer comfort and instanclicf, it is a charming remedy. Only 25e; and money refunded if not as represented.

S. TAPSCOTT & Co., Sole Proprietors, W.J.C. Naftel,

Druggist, ctc., Agent for Goderich. **ACRES FREE**

Devil's Lake, Turtle Mountain and Mouse River Country, NORTH DAKOTA.

Tributary to the United States Land Office GRAND FRKS, DAKOTA. SECTIONAL MAP and FULL particular nailed FREE to any address by H. F. McNALLY,

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Has on hand a large quantity of WESTERN CORN

ST. PAUL, MINNEAPOLIS & MANITOBA R. R.

For sowing broadcast, also a lot of Canadian Corn.

GIVE HIM A CALL Goderich, May 17th, 1883.

FIRE

A STORY

THE LOVER of the Gle eastern ex the terrific case," wh spread of verging on The Gle Macdonald escaped the his out-ly made awar and wound ence the hi filled ere th and whose lows of the

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