

BRAIN TONICS.

Some timely talk on about their use and their abuse.

I am going to say something about medicines and what I call brain tonics, but first let me counsel a little change of air, and maybe change of companionship.

Nuxvomica is much used in the treatment of nervous disorders, and it certainly is a very useful remedy when judiciously administered.

Some people, however, are very susceptible to the influence of tincture of nuxvomica, so that the dose to begin with should not be over five drops, and it should not be used more than ten days at a time.

The system should be kept open while taking a tonic, if not naturally so. This may be effected by using a mild aperient pill at bed time twice a week, and a glass of Pullna water in the morning.

Iron.—This is a valuable blood tonic, but much abused. It should be taken in small doses, and I do not know a better form of it than the muriated tincture, in doses of ten drops, not more, three times a day in a little water after meals.

Quinine.—Combined with iron in the form of citrate, this is of great advantage in the treatment of nervousness and brain weariness. It must not be given, however, in doses large enough to effect the head.

Although not a homeopathic physician, I must take this opportunity of remarking that, as a rule, tonics are given in too large doses. To give larger doses than the blood can take up is surely gross folly.

Extract of Malt.—Thousands who can not take cod-liver oil without causing dyspepsia and loathing of food may take this delightful tonic. The dose is from a dessertspoonful to a tablespoonful three times a day. It may be mixed with water.

There are dozens of other tonic remedies which may be taken with advantage in case of debility of the brain, but those which I have mentioned are the best.

Beware of narcotics and stimulants; they invariably make matters worse.

STARVING MEN'S CHRISTMAS.

Extracts from Lieut. Lockwood's diary kept at Cape Sabine.

December 21 Lockwood writes: "By great effort I was able to save one ounce of my bread and about two ounces of butter for Christmas; shall make a vigorous effort to obtain from eating it before then."

December 22 he writes: "We look forward to to-morrow and Christmas, and 'I offered to give anyone a roast turkey on reaching home for a single dog biscuit now, but found no takers.'"

Dinner consisted of a fine, rich stew of all seal meat, onions, a little blubber, potatoes and bread crumbs.

The surrounding country, shortly before we came in sight of the hill on the foot of which the capital is stretched out, is extremely beautiful, and perhaps unique in its way.

The picture of Mandalay, the city in the centre of which stands the King's palace, lies isolated inland, while the majority of the population have settled down in the plain near the river.

Rev. J. G. Fallis, Dutton, certifies: "For some years my wife has been troubled with Dyspepsia, and has tried one thing after another recommended with but little or no effect till advised to give McGregor's Speedy Cure a trial.

La Chute, Que., Dec. 30.—As far as heard from the vote on the Scott Act in the County of Argenteuil is as follows: Majority for the act in La Chute town and parish, 40; Grenville village, 10 for the act; Gore, 31 for the act; Milleisle, 13 for the act; St. Andrews, 8 against the act; Wentworth, 41 against the act; Chamam, 49 against the act; majority against the act, 34, with six polls to hear from.

She knows her man, and when you rant and swear Can draw you to her with a single hair. But it must be beautiful hair to have such power; and beautiful hair can be secured by the use of CINGALESE HAIR RENEWER.

THEBRAW AND MANDALAY.

Picturesque description of the Burmese King and his Lost Capital.

The Burmese King, Thebaw, important as he has become of late in the mysterious operations of the Burmese, is a personage of a very peculiar character.

QUEL JOLI GARCON! were the first words I whispered to my interpreter—not for translation of course—and, indeed, Thebaw was a handsome youth. According to the custom of the country his hair was arranged in a big knot on the top of his head, surrounded by a narrow band of white muslin; his round face, which was almost white, made a very pleasant impression.

A silken puttee, in green and yellow stripes, completed the appearance of his feet and legs were bare. Now and then he played with a yak hair fan, without, however, altering his position at all.

THE CAPITAL MANDALAY.—The surrounding country, shortly before we came in sight of the hill on the foot of which the capital is stretched out, is extremely beautiful, and perhaps unique in its way.

The picture of Mandalay, the city in the centre of which stands the King's palace, lies isolated inland, while the majority of the population have settled down in the plain near the river.

THE REAL TOWN of Mandalay—the city in the centre of which stands the King's palace, lies isolated inland, while the majority of the population have settled down in the plain near the river.

A Profitable Life. Few men have accomplished the same amount of work and good in this world as the celebrated Dr. Chase. Over 500,000 of his works have been sold in Canada alone.

The plebiscite at Kilmarnock resulted in 4,380 voting for local option.

SCROFULA is known by swelling of the glands of the neck, abscesses, sores, a pale countenance, low vitality, and general signs of bad blood. Burdock Blood Bitters cures the scrofulous condition by making pure blood.

Consult a doctor, for a 6 or 8 oz. bottle of medicine \$1—consult J. Wilson, and he will give you a 12 oz. bottle of Dr. Chase's Liver Cure for \$1, and a valuable Recipe Book free.

SHORTHAND BOOKS FOR SALE.

Isaac Pitman's Phonography.

Every Boy and Girl should Learn SHORTHAND.

THE PHONOGRAPHIC ALPHABET.

Table showing phonetic symbols for EXPLOSIVES, CONSONANTS, CONTINUANTS, LIQUIDS, VOWELS, and DIPHTHONGS.

The Teacher, 20c. | The Manual, 40c.

ALL OTHER BOOKS IN PROPORTION. ADDRESS: MCGILLICUDDY BROS., GODERICH, ONT.

Scientific Miscellany.

LIFE IN THE DEEP SEA.—Perhaps no more remarkable additions to human knowledge have been made during the last twenty years than those pertaining to the oceans, whose dark abysses have now become comparatively familiar regions.

Crutches Rendered Useless. The poor cripple who has to use crutches on account of Rheumatism, stiff and swollen joints, contracted cords, and other aches, pains and lameness, may throw aside crutches if he will try Hagar's Yellow Oil faithfully.

How He Deceived. I once heard a wealthy farmer telling of his experience in hiring a boy. He said while working in his barn one morning a boy of about fifteen years of age came to him inquiring for work.

THE DECIDED alternative action of Robinson's Phosphorized Emulsion upon the blood, adapts it in a remarkable degree as a blood purifier well worthy of the trial of those suffering from a diseased condition of the circulating fluid.

PHYSICIAN, HEAL THYSELF.—From English mortality statistics extending over a considerable period, Dr. Wm. Ogle finds that the death rate among clergymen is lower than that in any other occupation.

Sick wife.—If I should die, John, will you see that my grave is planted with violets? I am so fond of them, you know.

Lady, in registry office.—"I am afraid that little girl won't do for a nurse; she is too small. I should hesitate to trust her with the baby."

Dyspepsia. This prevalent malady is the parent of most of our bodily ills. One of the best remedies known for Dyspepsia is Burdock Blood Bitters, it having cured the worst chronic form, after all else had failed.

SEEDS 1885.

Turnip seeds, Millet, Hungarian Grass seed, Corn and Buckwheat.

MONEY TO LOAN

Private funds to invest at reasonable rates of interest. SAMUEL SLOAN, Hamilton Street, Goderich, Goderich, May 13th, 1885. 1884-4m

1885. GODERICH WOOLEN MILLS.

To the Wool Growers of the Surrounding Country. We wish to say that we are prepared to take your Wool in exchange for Goods, or work it for you into any of the following articles, viz: Blankets—White, Grey or Horse. Shirts—Grey or Check. Cloths—Tweeds or Full Cloths, Light or Heavy.

ROLL CARDING.

Our facilities for this work cannot be surpassed. We will endeavor in no case to do it the day it is brought in, if required. Custom Spinning and Reeling, or Spinning on the Cap, coarse or fine, hard or soft, twist, as required.

E. McCANN, Goderich, May 13th, 1885.

Goderich & Kincardine

MARBLE WORKS.

JOSEPH VANSTONE, PROPRIETOR. Importer and dealer in Marble & Granite MONUMENTS, HEADSTONES, ETC., ETC.

Window & Door Sills

and House Trimmings of all kinds in OHIO and PA. Best work designed and executed in the Best Style.

N. C. BURWASH, Manager Goderich Branch. Goderich, Sept. 16th, 1885. 2012-3m

1886. Harper's Young People.

AN ILLUSTRATED WEEKLY. The position of Harper's Young People as the leading weekly periodical for young readers is well established. The publishers make no pains to provide the best and most attractive reading and illustrations.

TERMS: Postage Prepaid, \$2.00 Per Year. Vol. VII commences Nov. 8, 1885.

SINGLE NUMBERS, Five Cents each. Remittances should be made by Post Office Money Order or Draft, to avoid chance of loss.

HARKNESS HAIR BALM

Restores grey hair to its natural color, removes dandruff, stops the hair from falling out, increases its growth, and will not soil the skin. As a hair dressing, it has no superior. Guaranteed harmless.

Prepared by Harkness & Co., London, Ont. Sold by all Druggists and Patent Medicine Dealers.

JUST IN

BY ADELINE SH. AUTHOR OF "JACOB'S FALSE PROTEST"

THE BUSINESS OF A

It is sometimes difficult to know why a friend's human being has taken persons who call themselves have so few points in common with those who would wonder less at finally losing than were all was this the case with whose friendship gave the events with which do. Never were two Naves more united in calculation to lead to city, and all unholy kind. Yet half an hour meeting they were friend.

A little band of horsemen dispirited, made its way over a wide undulating North of India. There skimming; and that had proved unfortunate party. The officer in fallen, and his body covered. The English slowly and sullenly back from which they had at morning; but they were distance from it.

They moved slowly—they had with them a Bertie Douglas, a sub-cavalry regiment, had wounded in the right; not guide his own horse, set jolt or jerk agony to delicate looking young twenty, and it could be pain of his wound was though not a sound set lips. But he had been of fainting more than on ride across the plain.

A warning cry sudden the lips of their native guided and pointed with a finger to the horizon. moving point—if disappared came forward into the air it was no longer a mere gathering black mass, occasional gleam of brit uniforms were flashed by uplight spear shield.

"The enemy," said the little party halted. The officer in command roved to a little rising greyed the approaching to spy-glass. The guide, who not need this addition to him and poured out words. His swarthy face livid with fear; his large and loose white garment effect of the gestures of which he spoke.

were waded wildly above little body, distinctly on his single garment, saw his bare brown legs seem moment's notice, to tal man was thoroughly of proaching troop, and, cal as the English officer a squarely upon his charge the moving cloud of dust ed but gloomy air, he kr that there was much gro.

After a brief consultation command ordered a retr been fighting all day, s were wounded and the fagged out. They acco their horses in a direct enemy's advance.

But Douglas was not hard riding. He kept or two, and then he fell ing a brave word to his they swept past him. be after you in a momen he said it only to ream knew that he could not would not be fair to del He stopped and glance The sun was sinking s soning the earth as if w few minutes it would be zon, and the short twi light would come to en might favour him. I not advance too quick escape. In the coolnes the night he fancied t his way back to his Eng looked at his compani scarcely noticed his del glad of it, for he was fellow, and would no have imperilled anothe his own. And yet it die so soon, when the ing out before him, a tale and sweet.