

HOW NOT TO CATCH COLD.

Sure Preventive Within easy Reach of All.

More Than Half the Colds We Catch are the Result of Draughts Upon the Feet—Hence, Virtues of the Cold Feet Bath.

I would rather undertake to prevent 100 colds than to cure one. Tonic, local applications, cutting short—the complaint at the outset, or chasing it up after it has got start of you—all these plans may be tried, and sometimes they succeed very nicely. But the trouble is that a cold is a law unto itself, a self limited disease like any other inflammatory fever, and the chances are that if the cold has even six hours the start of you, it will run faster than the sprit doctor. So I will say nothing here about curing colds, but will be reasonable enough to point out a way that is little known of preventing them.

What is the cause of a cold? It is usually the effect of a cold draught upon a limited part of the body, or of a lowered temperature even where, as in the case of the feet, the air does not directly reach the part that is exposed to danger. The protected parts of the body are naturally the most sensitive, and it is through these that we catch cold. And of all other parts, the feet, especially in the case of the sedentary, are the most frequent avenues of approach for this complaint.

The artificial tenderness of the skin, which is the lot of civilized man, causes all of us to be more or less liable to an ailment which is comparatively unknown to those inhabitants of warm climates, who take no interest in the fashions, and who have only heard from missionaries that clothes are a good thing. But we cannot return to such a primitive immunity as this. What shall we do meanwhile, if we would toughen ourselves against the artificial tenderness that makes life during our cold winters for many of us a grave discomfort, and one that is coupled with the risk of pneumonia and of other serious illnesses? The question is, how to cure the excessive sensitiveness of the skin? Generally cold baths will do for all; and, indeed, almost any one, strong or delicate, will be the better for the treatment that I will describe.

It is a cold foot bath of two or three minutes, more or less, according to the time required to make a smart impression upon the superficial nerves; this is the one thing useful in this matter.

In the winter the water the water as it runs from the faucet will generally be cold enough for the needed effect, if, as in New York, it flows at a temperature of from 50 to 60 degrees Fahrenheit. But it may be colder than this; and in summer, using ice to cool the foot bath, there will be no harm in bringing it down to 40 degrees. The point is to make a decided impression of cold, and a few minutes will do this. Let the feet stay in the water or under the jet until the very bones ache; then rub them with a crash towel and wrap them up warmly, and it will not be more than a minute, as a rule, before the delightful warm glow of the reaction. Seldom, even in the case of the most delicate persons, does this glow fail to come. The advantage of this treatment is that it is not severe, as the cold bath is for many. The amount of surface exposed to the cold is so small that very little draft is made upon the system; and the person who would never have a reaction after a cold bath is easily able to profit by this local treatment. Of course no bath must be used without regard to times and seasons; but the fear which some delicate persons have to this treatment is unfounded, for the constitution rarely fails to honor so light a demand upon it as that which is made by a cold foot bath of two or three minutes. If the beginner is very timid, its duration may be even less than this at the start, or until the experimenter finds out what a safe yet potent remedy it is in hand.

What is the effect of this simple treatment? It gives the feet power to resist cold; it toughens them, not exteriorly, but in the tonic quality of their super-nerves. And it accomplishes this result with wonderful quickness. I have known delicate ladies who complained that their feet were never warm and who were subject to frequent colds restored to their pristine birthright of warm feet after two or three trials of this treatment, and after a week of it well fortified against draughts, at least upon their feet. A lady patient of mine, though otherwise quite healthy was so liable to catch severe cold on the slightest exposure of her feet to the draughts of the floor that she always managed to perch them upon the rungs of her chair, or otherwise to curl them up under her in some way out of reach of the air current, fearing even the draught of an August day in her country house. She let them down to the ground with secure temerity after the second trial of the foot bath, and since that time, renewing the treat-

ment two or three times a week, she has never caught cold. I mention her case not because it is exceptional, but because it is typical. She suffered as thousands of others suffer. In the whole range of hygiene I know of no simpler and more efficacious treatment than the cold foot bath. It will make the feet permanently warm, and it will prevent a large proportion of all colds, because considerably more than half of all are the result of draughts upon the feet. It should be continued occasionally, as it may be needed.

For those that take cold otherwise than through the feet—and there are many other ways that are easy enough, as most of us have found out—the familiar precepts of baths and of exercise in the open air must be repeated. "Do you catch cold by exposing your face to the air?" said an Indian sachem to one of the Puritan captains—Thomas Munson, of New Haven, I think.

"Never," said Munson. "Well, our bodies are all face." And in so far as we can make our bodies "all face" by exposure to cold, we shall be free from the civilized ailment of colds. —Titus Munson Coan, M. D., in Harper's Bazar.

LOST LETTERS.

Mrs. Daly, postmistress in the town of Camden, N. Y., sat in her little office sorting a bag of mail matter late yesterday.

Her daughter Mary was assisting her and pausing every now and then to examine a peculiar handwriting or postmark.

"I declare," said Mrs. Daly, suddenly, "Well, our bodies are all face." And in so far as we can make our bodies "all face" by exposure to cold, we shall be free from the civilized ailment of colds. —Titus Munson Coan, M. D., in Harper's Bazar.

"But how do you know they are lost letters?" asked Mary.

"They must be, because the poor woman keeps on writing, though she never gets an answer. They come from different towns every time, as if the writer was moving about from place to place. The seal is always an H in soft wax."

Mary was interested, but she said no more for the time being. But the subject was not forgotten by her or her mother, and often, as week after week passed and the little daily white missives began to arrive, the two women would lay them sadly away until the appointed time came to forward them to the dead letter office.

Even when Mary that Autumn accepted the invitation of a former school friend to make her a long visit the letters were not forgotten, one of her parting injunctions to her mother being to be sure and write to her whether they were called for.

Mary's journey was a long and tedious one, so that she was very tired before it was half over. She almost dozed off over her book, when she was startled to hear a man in the next seat say to his wife:

"Was I gone very long? I met my old friend Philip Granger, in the smoking-car, and brought him in to make your acquaintance."

Mary was very wide awake now, and on the alert. She looked up to see one of the handsomest men it had been her lot to meet, bowing as he was introduced.

"I am very happy to meet you," was the lady's remark. "Where have you been residing lately, Mr. Granger?"

Mary listened attentively for the answer.

"I have been spending the last few months in Camden, N. J., was the distinct reply.

Without stopping a moment to consider how strange her consider would appear, Mary sprang from her seat and crossing the aisle of the car, addressed the gentleman.

"Excuse me, but is not your name Philip Granger?" she said eagerly.

The stranger arose, and answered politely, though evidently surprised: "Yes, that is my name; pardon me that I do not recollect yours."

"Oh!" you never knew it," Mary replied, simply. "I am the daughter of the postmistress in Camden, N. J., and letters have come there for several months addressed to Philip Granger, and we never could find him. I overheard your name and your remark that you lived in Camden, N. J., and thought I ought to tell you about the letters, for perhaps they might be for you."

"Indeed, I am exceedingly obliged to you," answered the young man earnestly, and with an admiring glance at the blushing face before him. "The letters are doubtless from my sister, who is travelling with her husband through the Southern States. I imagined that she never received my letters, as she and her husband do not remain long in one place; but I never thought of the possibility of hers been misdirected."

Mary was conscious of a feeling of satisfaction on hearing that the letters were only from a sister. Yet what difference could it make to her? But Mr. Granger was again speaking.

"If you would kindly favor me with your name," he said, "and allow me to introduce my friend and his wife perhaps your journey would be less tedious and lonely."

Mary gave her name with some confusion, for she now, for the first, noticed the enquiring glances of Mr. and Mrs. Layton. But Mr. Granger's introduction and explanation met with a most cordial response, and Mary soon found that they were acquainted with the very people she was going to visit.

The next night after her arrival in town Mary received a call from Mr. Granger, and enjoyed a very pleasant evening.

It would be useless to try to chronicle the days and evenings that succeeded. There were visits to places of interest, excursions to the neighboring metropolis, dinners at the Grays or Laytons, concerts and receptions and balls. How often the days passed! How happy these days were! Then there were walks in the country outside of the little town, for the vicinity was beautiful with varied hill and dale; and in these walks, somehow, Bessie and Mr. Taylor fell behind and Mary and Mr. Granger were left alone ahead.

It was in one of these excursions when the other pair were almost out of sight, so far had they lingered in the rear, that the words were spoken that bound Mary to become her companion's wife before the year was out. Never, Mary thought, had any lover ever spoken so eloquently; never could lover, she still believed, speak as eloquently.

When Mary returned home the day after, she was escorted by Mr. Granger, who went, as he assured the delighted Mrs. Daly not only to claim such of the letters as had not been sent to the dead letter office, but to ask for a far greater treasure, her daughter's hand. "Her heart, I hope," he said, "I have already."

"Well, well," said Mrs. Daly often afterward, "I always knew there was some reason why I took such an uncommon interest in those letters. I used to think them love letters. And so, perhaps in one sense they were," she would add, with a smile of triumph, "since they led to Mary's marriage with Philip, the happiest that ever was."

"More Trouble May Be Expected." If you do not heed the warnings of nature and at once pay attention to the maintenance of your health, how often we see a person put off from day to day the purchase of a medicine which if procured at the outset of a disease would have remedied it almost immediately. Now if Johnston's Tonic Liver Pills had been taken when the first uneasiness made its appearance the illness would have been "nipped in the bud." Johnston's Tonic Bitters and Liver Pills are decidedly the best medicine on the market for general tonic and invigorating properties. Price 25c. per bottle. Bitters 50 cents and \$1 per bottle, sold by Goode the druggist, Albion block, sole agent.

A Richly Deserved Rebuke.

A well known hatter was riding up town last night, and engaged with a scholarly neighbor in an animated conversation on the obscurity of Browning's poetry. At Eagle street a young swell got on and took the seat behind the latter, whom he at once recognized as the man of whom he purchased his headgear, though the latter did not know him. After sitting some time uneasily, the swell suddenly stuck his head forward and enquired with a loud voice, "I say, when'll the fall styles of hats be out?" "I can't tell," said the hatter, "but I think much longer and I'd like to know when I can get a new one." The irritated individual addressed, brought down from his supreme contemplation of Browning to the consideration of hats, replied tartly: "Sir, I am only a hatter between 8 o'clock and 6, and thereupon resumed his conversation, while the reproved swell quickly alighted and disappeared down a side street.—Buffalo Courier.

Home Rule.

In Great Britain the question of Home Rule is commanding attention. To the man with a cold in the head or chest the safest way to ensure Home Rule over a cold is to have on hand a bottle of Dr. Harvey's Red Pine Gum. For sale at J. Wilson's Prescription drug store, 117

Properly Rebuked.

I was told the richest thing about a Minneapolis girl. A certain Swedish baron of fine family and education came to this country and the old story, found himself obliged to obtain any situation to keep from absolute want, so he entered the clothing store of M.—as clerk. Well, this young lady, hearing he was a noble, must have his autograph, so she came into the store one day and requested it, leaving her album. It puzzled him greatly. Why should she want his autograph, a complete stranger? Suddenly the truth struck him and he wrote his name, and beneath, "Clerk in M.—'s store." "O," said he to me, you should have seen her face lengthen, and she said, "I didn't want that. I wanted your name and your title." "There it is," I answered, "there is the name and title. M.—'s is the only title I wear in this country."

"They have a larger sale in my district," says a well known druggist, "than any other pill on the market, and give the best satisfaction for sick headache, biliousness, indigestion, etc., and when combined with Johnston's Tonic Bitters, Johnston's Tonic Liver Pills will perform what no other medicine has done before for suffering humanity." Pills 25 cents per bottle. Bitters 50 cents and \$1 per bottle. Sold by Goode, Druggist, Albion block, Goderich, sole agent.

A Free Gift.

Around each bottle of Dr. Chase's Liver Cure is a medical guide and receipt book containing useful information, over 200 receipts, and pronounced by doctors and druggists as worth ten times the cost of the medicine. Medicine and book \$1. Sold by all druggists.

Food.

A correspondent writes to us from Alabama, requesting an article on foods—the most wholesome and most digestible. The primary end of food is to supply the physical machinery with material for the development of force, for the removal of its incessant waste, and for the maintenance of its normal temperature. A second but subordinate end is pleasure. And the two ends are so far connected that, other things being equal, the food which "relieves" most, is best. But the most wholesome food for one may not be so for another. What is suited to the torrid zone is not adapted to the arctic. The infant, the adult and the old man need each a different diet. The sedentary brain-worker and the outdoor muscle-worker cannot equally digest the same food. The man of vigorous constitution, inherited or developed, can thrive on what might kill one whose physical vigor is not so great.

Habits, also, have something to do with our eating capacity. Few people at the North could live on the "hog and hominy" of the South. The fact is, the various digestive glands are strengthened, or weakened, as they are, or are not, called into due action.

The man of vigorous health, whose occupation secures him all needed exercise in the open air, hardly needs to raise a question as to his diet, provided he guards against excess. The present food of a nation is the result of the accumulated experience of thousands of years. In the torrid zone it is a mixture of flesh, grain, vegetables and fruit, with a moderate amount of fat.

Just so far as one is constitutionally feeble, or is weakened by chronic ailments, his diet must be suited to his condition. Even in a case of dyspepsia, the best food could not be determined for all cases, since it would differ according to the type of dyspepsia.

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. We want every person troubled with Liver Complaint, Dyspepsia, Headache, Kidney or Urinary Troubles, to buy a bottle of Dr. Chase's Liver Cure, it will cure you. Medicine and Recipe Book \$1. Sold by all druggists.

Treasury Department Whitewash.

One of the best recipes known for whitewash is that called "White House whitewash" and "Treasury Department whitewash." The latter name arose doubtless from the fact that it is the recipe sent out by the lighthouse board of the treasury department. It has been found by experience to answer on wood, brick and stone nearly as well as oil paint, and is, of course, much cheaper. Stir one-half bushel of lime with boiling water, keeping it covered during the process. Strain it off and add a peck of three pounds of ground rice previously boiled in water to a thick paste, one-half pound of powdered Spanish whiting and a pound of clear glue dissolved in warm water. Mix these various ingredients together and let stand for several days. Keep the wash thus prepared in a kettle or boiler, and when used apply it as hot as practicable with a white wash brush.

Give Them A Chance.

That is to say, your lungs. Also all your breathing machinery. Very wonderful machinery it is. Not only the larger air-passages, but the thousands of little tubes and cavities leading from them.

When these are clogged and choked with matter which ought not to be there, your lungs cannot half do their work. And what they do, they cannot do well. Call it cold, cough, croup, pneumonia, catarrh, consumption or any of the family of throat and nose and head and chest obstructions, the wind-pipe is all ought to be got rid of. There is just one sure way to get rid of them. That is take Roschee's German Syrup, which any druggist will sell you at 75 cents a bottle. Even if everything else has failed you, you may depend upon this for certain. *sooly*

A Word About Potato Scab.

The skin of the potato is a layer of cork cells, and when injured it heals by the formation of a new layer of cork. When the tuber grows in water, or in a wet soil, the cork layer thickens at various points, producing many little warts on the surface and rendering the cuticle less resistant to decay. If the excess of water continues for a considerable time decay sets in and the starch and tissues become discolored. But if the decay is arrested the cork layer forms between the decayed and healthy parts and the potato is "scabby." The trouble is, therefore, the result of excessive moisture and cause the scab, or it may fill the soil with spores of molds and fungi. Some insects, by wounding the cork layer, may increase the trouble. Some saline fertilizers may hinder the growth of fungi.

More Remarkable Still.

Found at last, what the true public has been looking for these many years and that is a medicine which although but lately introduced, has made for itself a reputation second to none, the medicine is Johnston's Tonic Bitters which in conjunction with Johnston's Tonic Liver Pills has performed some most wonderful cures impure or impoverished blood soon becomes purified and enriched. Biliousness, indigestion, sick headache, liver complaint, languor, weakness, etc., soon disappear when treated by these excellent tonic medicines. For Sale by Goode, druggist, Albion block, Goderich, sole agent. [d]

The giant Gille de Trent, in the Troll, and one of the guards of the Duke of Brunswick, was more than eight feet, four inches in height.

A Free Gift.

Around each bottle of Dr. Chase's Liver Cure is a medical guide and receipt book containing useful information, over 200 receipts, and pronounced by doctors and druggists as worth ten times the cost of the medicine. Medicine and book \$1. Sold by all druggists.

Farm and Garden.

Roaches may be kept out of any house by simply paring a few green cucumbers, not very thin, and laying the parings out side up, over the places they frequent. They are fond of the sap of the cucumber, and in sucking it will be killed by the, to them, poisonous stuff. Repeat the remedy for two or three nights, or as often as any of them appear.

Sand may be used to considerable advantage in agriculture, either in liberally dusting it over the stable floors or using it as bedding for the animals. By thus becoming mixed with the manure, it not only prevents it from becoming too compact and lumpy, but renders it more like old compost, ready to be applied to the land without the trouble of so much handling in turning over.

Sometimes it is difficult to distinguish between a green and a ripe watermelon. The ripe melon has a rougher appearance, cracks when pressed and gives off a dull, heavy sound when tapped, while the one containing the green end is also a sign of ripeness. The green melon is smooth and bright, and gives off a loud, clear sound when tapped with the fingers.

Farmers generally do not yet fully appreciate the value of bran as a feeding substance. It contains less oil than corn meal, but one fourth more flesh forming, bone-building material. It is therefore less heating and more healthful. By analysis its manuring value after being fed to animals is rather more than double that of meal. Bran can usually be brought in the fall for about one-third less than in winter.

Cream is more valuable than butter, since it is equal to both butter and buttermilk, although the impression seems to prevail with most milk producers that the one great and only legitimate end of milk and its cream is to make butter, and a sense of waste and misuse involuntarily arises whenever either is used for any other purpose for which milk is employed.

As the only effective remedy for agricultural depression in Great Britain, Professor Wallace, of the Edinburgh University, urges farmers to contract the size of their holdings, abandon the purchase of artificial manures, oil cake and cattle foods, rely on the natural produce of the land for meat production, and every other kind of stock management; in short, return to the normal state of things in the days of the forefathers.

Profit in bee culture means hard work and plenty of it. Instead of a few old log hives and box hives and no management, the present mode demands the best movable frame hives with large capacity for surplus, ample in construction and admitting of ease and speed in handling—one that will winter well on summer stands without further packing or protection, with entrance easily contracted or enlarged, and with a broad chamber that can be explained at will.

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 astonishingly good results in cases of general debility, weakness, irregularities peculiar to females, extreme paleness, impoverishment 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.

Killing Fowls.

Tie up the birds by the legs, using soft cord for the purpose, so that it will be just level with the operator's breast. The bird is first stunned by a blow on the head, and then the wind-pipe is severed with a sharp knife. The blood flows freely; and the action of the wings, left loose for the purpose, help in that direction. In a very short time muscular action ceases. We have been assured by those who ought to know, that this is the most humane method of killing fowls.

"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 Pellets," which never fail to cure biliousness and diseased or torpid liver, dyspepsia and chronic constipation. Of druggists.

Since the opening of the season Robt Lang, of Exeter, has shipped to Manitoba and other points, twenty-one car loads of apples, and it is estimated that when the season closes he will have shipped from Exeter station alone thirty-seven car loads.

Be on Your Guard.

Don't allow a cold in the head to slowly and surely run into Catarrh, when you can be cured for 25c. by using Dr. Chase's Catarrh Cure. A few applications cure incipient catarrh; 1 to 2 boxes cure ordinary catarrh; 2 to 5 boxes are guaranteed to cure chronic catarrh. Try it. Only 25c and sure cure. Sold by all druggists.

"Can you tell me what kind of weather we may expect next month?" wrote a farmer to the editor of his county paper. The editor replied, "It is my belief that the weather next month will be very like your subscription bill." The farmer wondered for half an hour what the editor was driving at, when he happened to think of the word "unsettled." He sent up a postal note.

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 receipts. Try Chase's Liver Cure for all diseases of the Liver, Kidneys, Stomach and Bowels. Sold by all druggists.

The best regulators for the stomach and bowels, the best cure for biliousness, sick headache, indigestion, and all affections arising from a disordered liver, are without exception Johnston's Tonic Liver Pills. Small in size, sugar coated, mild, yet effective. 25 cts. per bottle sold by Goode, druggist, Albion block, Goderich, sole agent. [a]

NASAL BALM

CHAS. A. BATES, DICKSON, P.O. Ont. May 11th, 1887.

My wife suffered for five years with that distressing disease, catarrh. Her case was one of the worst known in these parts. She tried all of the catarrh remedies I ever saw advertised, but they were of no use. I finally procured a bottle of Nasal Balm. She has used only one half of it, and now feels like a new person. I feel it my duty to say that Nasal Balm cannot be TOO HIGHLY recommended for catarrh troubles, and am pleased to have all such sufferers know through its use they will receive instant relief and CURE. CHAS. A. BATES, Farmer.

A FEW Pointers

If You Want a DINNER SETT,

Look at NAIRN'S Stock

If ou Want a BEDROOM SETT,

NAIRN has them at all prices

If You Want a TEA SETT,

NAIRN has a full assortment

If You Want Anything in CHINA,

NAIRN has the finest display

If You Want Anything in GLASS,

Try NAIRN'S before purchasing elsewhere.

For Pure, Unadulterated FRESH GROCERIES!

CHAS. A. NAIRN

—HAS THEM—

EVERYTHING WARRANTED. YOUR TRADE SOLICITED

Goderich, N. B., April 28th, 1887.

HEAT HEAT

SAUNDERS & SON

Are prepared to furnish estimates for heating

PRIVATE HOUSES

OR PUBLIC BUILDINGS

WITH

Hot Air or Hot Water

SANITARY PLUMBING.

Sole Agents for THE E. & C. GURNEY CO'S

Stoves, Ranges and Furnaces

CALL AND GET PRICES.

The Cheapest House

Under THE SUN.

West-at, next door to the Post Office.

Goderich, July 15, 1887.

DR. HODDER'S CURES

BURDOCK'S Liver Complaints

AND Biliousness

SARSAPARILLA Blood

Compound Dyspepsia

Kidney Complaint

Skin Diseases

THE GREAT REGULATOR

of the Stomach, Liver, Bowels and Blood.

Cures Headache, Constipation, Female Complaints, and Builds Up the System.

READ THE FOLLOWING:

"For years past I have suffered from dyspepsia and I was recommended to try Dr. Hodder's Compound. I did so and found it a perfect cure. E. J. CURTIS, Toronto, Ont."

Sold everywhere. Price, 75c.

DR. HODDER'S COUGH AND LUNG CURE

Never Fails. Guaranteed. Price, 25c. & 50c.

THE UNION MEDICINE CO.,

211-17 Proprietors, Toronto, Ont.

Farmers' Attention!

Having lately purchased the Bedrick Patent Hay Press, I am now prepared to press Hay by the ton at the barn or stack. I will also buy a quantity of Hay during the fall. Orders for Pressing should be placed by the 1st of August.

BALED HAY

ALWAYS KEPT ON HAND.

I also manufacture APPLE BARRELS, FLOUR BARRELS, BUTTER TUBS, SOFT WATER CISTERNS, ETC.

My facilities for supplying dealers and the public generally are unequalled in the County. Storage capacity, 500 barrels. Daily output (capacity), 500 barrels.

Give me a Call. Satisfaction Guaranteed

CHAS. A. BATES,

Shop and Residence, near G.T.R. Station, Goderich, Ont. 2105-23

July 21st, 1887.

Out

It was