any irritation of the cuticle, and is the most delightful of washes for removing the dust from the face after travelling, and is also invaluable to gentlemen to be used after shaving.

Recamier Powder is in three shades, white, flesh and cream. It is the finest powder ever manufactured, and is delightful in the nursery, or gentlemen after shaving and for the toilet generally.

Recamier Soap is a perfectly pure article, guaranteed free from animal fat. contains many of the healing ingredients used in compounding Recamier Cream and

The Recamier Toilet Preparations are positively free from all poisonous ingredients, and contain neither lead, bismuth, nor arsenic. The following certificate is from the eminent Scientist and Professor of Chemistry, Thomas B. Stillman, of the Stevens' Institute of Technology:

BROADWAY, NEW YORK, Jan., 1887. MR H. H. AYER:

DEAR MADAM: Samples of your Recamier Preparations have been analyzed by me. I find that there is nothing in them that will harm the most delicate skin, and which is not authorized by the French Pharmacopæia as safe and beneficial in preparations of this char-Respectfully yours,

THOMAS B. STILLMAN, M.SC., PH.D.

If your druggist does not keep the Recamier Preparations, refuse substitutes. Let him order for you, or order yourself from the Ca-nadian office of the Recamier Manufacturing Company, 374 & 376 St. Paul's Street, Mont-real. For sale in Canada at our regular New York prices: Recamier Cream, \$1.50; Recamier Balm, \$1.50; Recamier Moth and Freckle Lotion, \$1.50; Recamier Soap, scented, 50c.; unscented, 25c.; Recamier Powder, large boxes, \$1.00. Small boxes, 50c.

DR. AUNTER'S LETTER ON THE LUNGS-NO. V.

WHY CONSUMPTIVES LOSE FLESH.

The nutrition of the body depends on something more than proper food and good digest-No amount of food, however nutritious, or carefully prepared, can add the weight of a grain to the body, beyond its organic power of The stomach may digest it perassimilation.

fectly, and yet the patient lose flesh from day to day. It is surprising how few understand why this is. They suppose assimilation takes place in the stomach, and that if the food be good and the digestion perfect the patient ought either to gain flesh or at least hold his But the stomach has nothing to do with own. the making of new blood from the food eaten. It is simply a mill to grind and dissolve the food so that its nutritious elements may be separated from the crude mass and absorbed. These elements are taken up as a milky liquid and carried to the lungs to be there transformed into red blood, endowed with life and made capable of repairing the wastes of the body. This change is what is meant by the term assimilation. It depends on the lungs and can only take place in proportion to the volume of air breathed. With large lungs a man is fleshy and strong because he can assimilate, i. e., transform into blood a large quantity of food. With small lungs a man is thin and weak, be-cause he can only assimilate a small quantity. Our standard weight is fixed by the volume of air we habitually take in at a breath. This we call the vital capacity. Poor blood and bad digestion may keep us below this standard, but nothing can ever make us rise above

When the lungs become diseased their capacity for air is diminished, and to exactly the same extent the power to make new blood from food is reduced, and a corresponding loss of flesh and strength must take place. If the disease increases the obstruction to breathing also increases and the body keeps on waiting or consuming away, and no diet can prevent

This is a law of our being, fixed upon it by the God of nature, and there can be no exception to its operation. You cannot find in all the world a strong, muscular man who has not large lungs and great breathing power, or a man with small lungs, and feeble breathing power, who is not thin and weak.

How absurd, then, in the light of science, appears the hackneyed promise, so often made by physicians in lung cases, to build up the wasting body by food. They have no more power to stop the loss of flesh, by food, than they have to stop the revolutions of the earth upon its axis. The only way the body can be built up is to stop the disease and improve the breathing. Accomplish this and nature will do ROBT. HUNTER, M. D. the building up.

74 Bay St., Toronto, Nov. 28.

For the Cure of all DISORDERS OF THE STOMACH, LIVER, BOWELS, KIDNEYS, BLADDER, NERV-OUS DISEASES, HEADACHE, CONSTIPATION, COSTIVENESS, COMPLAINTS PECULIAE TO FE MALES, PAINS IN THE BACK, DRAGGING FEELING, etc., INDIGESTION, BILIOUSNESS, FEVER INFLAMMATION OF THE BOWELS, PILES, and all derangements of the internal viscers.

RADWAY'S PILLS are a cure for this complaint. They tone up the interpretation, restore strength to the stomach, and enable it to perform its functions. pepsia disappear, and with them the liability to contract disease. ner searctions to healthy The symptoms of Dys-

PERFECT DIGESTION. Will be accomplished by taking RADWAY'S PILLS. By so doing DYSPEPSIA, HEADACHE, FOUL STOMACH, BILIOUSNESS will be avoided, and the food that is eaten contribute its nourishing properties for the support of the natural waste and decay of the body.

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And other affections of the Throat or Lungs, are speedily cured by the use of Ayer's Cherry Pectoral. This medicine is an anodyne expectorant, potent in its action to check the advance of disease, allaying all tendency to Inflammation and Consumption, and speedily restoring health to the afflicted. ** On several occasions, during the past year, I have used Ayer's Cherry Pectoral. In cases of severe and sudden Colds, if used according to directions, it will, judging by my experience, prove a sure cure. - L. D. Coburn, Addison, N. Y.

Last December I suffered greatly from an attack of Bronchitis. My physician advised me to take Ayer's Cherry Pectoral which I did. Less than a bottle of this medicine relieved and cured me.—
Elwood D. Piper, Elgin, Ill.

Ayer's Cherry Pectoral once saved my life. I had a constant Cough, Night Sweats, was greatly reduced in flesh, and declining rapidly? One bottle and a half of the Pectoral cure me.—A. J. Eidson, M. D., Miduttown, Ten.

LUNG COMPLAINTS.

An experience of over thirty years enables me to say that there is no better remedy for Sore Throat and Coughs, even of long standing, than Ayer's Cherry Pectoral. It has ever been effective in my personal experience, and has warded off many an attack of Croup from my children, in the course of their growth, besides giving effective relief from Colds.—Samuel Motter, Editor of the Emmitsburg Chronicle, Emmitsburg, Md.

I have no hesitation in saying that I regard Ayer's Cherry Pectoral as the best remedy within my knowledge for the cure of Colds, Chronic Bronchitis, Coughs, and all diseases of the Throat and Lungs.—M. A. Rust, M. D., South Parish, Me.

About three years ago, as the result of a bad Cold, I had a Cough, from which is could get no help until I commenced using Ayer's Cherry Pectoral. One bottle of this medicine affected a complete cure.—John Tooley, Fonton, Mich.

I have used Ayer's Cherry Pectoral, in my faibily, for a number of years, and with marked success. For the cure of Throat and Lung Complaints, I consider this remedy invaluable. It never fails to give perfect satisfaction.—Elihu M. Rebartson, Battle Creek, Mich. Robertson, Battle Creek, Mich.

Two years ago I was taken suddenly ill. At first I supposed it was nothing but a common cold, but I grew worse, and in a few weeks, was compelled to give up my work. The doctor told me that I had We have used Ayer's Cherry Pectoral, in our family, a great while, and find it a valuable medicine for Colds, Coughs, and all diseases of the Throat and Lungs.—Alice G. Leach, Jamaica Plain, Mass.

Hew weeks, was compense to give the first of the work. The doctor told me that I had Bronchitis, which he was afraid would end in Consumption. I took two bettles of Ayer's Cherry Pectoral, and was entirely eured.—J. L. Kramer, Danbury Conn.

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REPORTS OF GOVERNMENT CHEMISTS

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Note.—The above Diagram illustrates the comparative worth of various Baking Powders, as shown by Chemical Analysis and experiments made by Prof. Schedler. A pound can of each powder was taken, the total leavening power or volume in each can calculated, the result being as indicated. This practical test for worth by Prof. Schedler only proves what every observant consumer of the Royal Baking Powder knows by practical experience, that, while it costs a few cents per pound more than ordinary kinds, it is far more economical, besides affording the advantage of better work. A single trial of the Royal Baking Powder will convince any fair minded person of these facts. fair minded person of these facts.

* While the diagram shows some of the alum powders to be of a comparatively high degree of strength, it is not to be taken as indicating that they have any value. All alum powders, no matter how high their strength, are to be avoided as dangerous