

## The Poet's Corner.

Miss Tomboy.

Princess of pretty pets;  
Tomboy in trowsers;  
Eyes are like violets;  
Gleefully glancing;  
Skin like an otter sleek;  
Nose like a baby-green;  
Sweet little dimple cheek—  
Merrily dancing!

Lark-like her song it trills,  
Over the dale and hills,  
Hark how her laughter thrills  
Joyously joking,  
Rolling in adornings,  
Waiting in mountain rills,  
Headless of snowy froths—  
Creeping and sponging.

Often she stands on chairs,  
Sometimes she unawares  
Slips ere she up the stairs,  
Secretly hiding;  
Then will this merry maid—  
She is of merriment afraid—  
Come down the balustrade,  
Secretly sliding!

Banks she adorns;  
But she is as good as gold,  
And over her barred gates  
Fearlessly scramble  
Climbing up apple trees,  
Barking her supple knees,  
Flouting mamma's decrees—  
Out for a rattle.

Now she is as good as gold,  
Till she is pert and bold,  
Mind not what she is told,  
Carelessly tripping,  
She is an April miss,  
Bouncing from grief to bliss,  
Often she has a kiss—  
Sometimes a whipping!

Naughty, but not a girl,  
Though she is as good as gold,  
Shaking her sunny curls,  
Laughing at folly,  
Every one on her dates;  
Caretless merry notes,  
For in her petticoats  
This is Miss Jolly.

## HOW TO GET TO SLEEP.

Hair Pills to be Preferred Various Methods of Cooling the Brain.

When I was a student, writes a correspondent of the New York Sun, I suffered much from sleeplessness, and, after trying many remedies, I hit upon this one: I discarded my feather pillow for one of hair. The effect was wonderful. I slept soundly the whole of the first night, and have never, except when feverish, been so wakeful as I usually was before. Although feathers are excellent for preventing the dispersion of the heat of the body, so much fault has been found with feather beds that they have quite generally gone out of use, and it is strange that feather pillows have not been sent after them. Feathers in pillows are open to the same objections as feathers in beds, and even their chief virtue, that of keeping up a high temperature, is a defect in a pillow: certainly when one-half of the head is kept at blood-heat by being buried in feathers, and the other half is exposed to the air, both halves cannot be at the most favorable temperature. A hair pillow does not get warmed up to an uncomfortable degree, because it rapidly conducts away the heat imparted to it by the head. Since hair pillows are not yet in common use, it might be supposed that a person accustomed to the use of one would either have to take it with him every time he was to be away from home for a few nights or suffer considerable inconveniences. But fortunately hair bolsters are more common, and if the pillow is thrown aside the bolster will raise the head probably as high as is good for the sleeper. If a hair bolster is lacking, the end of the mattress may be raised high enough to make a comfortable head-rest by putting the pillow under it.

According to most, but not all, medical writers, wakefulness and mental activity depend on the circulation of a large quantity of blood through the brain, and the flow of blood must be lessened before sleep can come on. I have obtained especial benefit from drawing the blood out of the muscles by means of a brisk walk or a quarter to half an hour's vigorous performance of light gymnastics just before going to bed. The majority of cases of sleeplessness occur among persons who use their muscles but little, and for very many taking more exercise is the best remedy. Sleep can sometimes be brought on by simply warming the body, especially the feet; the drowsiness caused by sitting in a warm room is a familiar instance. The blood may be drawn to the skin by a cold shower, or sponge bath, followed by rubbing with a coarse towel. Getting out of bed for a few minutes when the air is cool will often bring relief. I have lain awake half the night, and then, after being up long enough to mix and drink a lemonade, have fallen asleep at once on going back to bed. Perhaps the lemonade should have part of the credit. On hot summer nights a cool bath will reduce the bodily temperature so as to admit of sleep. If the skin is not wiped quickly dry, the evaporating moisture will increase the cooling effect. A light lunch just before going to bed relieves the brain by drawing the blood to the stomach, and the inclination to doze after a meal is explainable in this way. Diminishing the cerebral circulation by compression of the carotid arteries is advised by some physicians. Tying on the back with a doubled pillow placed against the back of the neck so as to tip the head forward will effect this, and Dr. J. C. Downing has invented an in-

strument in the form of a collar for the same purpose.

In view of what has been said about the circulation of the blood, coldness of the feet is a natural accompaniment of sleeplessness, and one means of cure may be made to serve both ends. Bathing the feet in hot water is such a means, but after a few hours a reaction is liable to set in, which will send the blood from the feet to the head, and cause the sleeper to awake. It is better to take advantage of the reaction which follows a cold foot-bath with vigorous rubbing of the feet, both in the water and with the towel. The stimulant thus given to the circulation in the feet will be more permanent. I have found walking just before bedtime beneficial, and when I do not wish to go outdoors I rub myself sharply on my toes to the feet, each fifty or more times. A paragon of the effect that a continuous low noise favors sleep; the sound of water dripping on a brass pan has been prescribed by a physician with good effect. The explanation seems to be that a simple, monotonous action quiets the brain by occupying it, to the exclusion of more varied and interesting, and therefore stimulating, impressions. On the same principle a the device of counting backward or forward, imagining sheep pumping one by one through a gap, etc.; but they are open to the objection of causing a portion of the brain to be exerted in order to control the rest of it.

If the hygienic measures which have been described fail to induce sleep, probably some form of disease stands in the way, and a physician should be employed to discover it. Soporific drugs should be regarded as a last resort, for, unless skillfully used, they produce a stupor rather than a refreshing sleep. Do not take a narcotic or nostrum because somebody says it is good to make you sleep; one narcotic is injurious where another is beneficial, and the chances are that you will choose one which will do you more harm than good.

## A Double Purpose.

The popular remedy, Hagar's Yellow Oil, is used both internally and externally, for aches, pains, colds, croup, rheumatism, deafness and diseases of an inflammatory nature.

## A BLAZE ON MANITOULIN.

An Indian Boy's School Completely Destroyed.

MANITOWANING, Jan. 29.—On Sunday evening, Jan. 18, a fire broke out in the Indian boys' school at Wikwemikong, and in three hours that building and the old school adjoining were in ashes. The new school was 90x30, four stories, and had an attendance of 30 to 35 resident pupils. No lives were lost. Loss about \$8,000. The furniture was mostly saved. No insurance.

Wikwemikong is an Indian village, with a population of some 800, and is situated on a bay at the eastward extremity of Manitoulin island, about seven miles northeast of Manitowaning. It is the headquarters of a Jesuit mission, which has been established for nearly 15 years, and in which Bishop Le Comte de Charbonnel dedicated, in 1859, a large stone church, which is still in use. Wikwemikong, from its historical associations, rare old pictures and lovely situation, is one of the most interesting spots on the Great Manitoulin.

## A Safe Investment.

Investing twenty-five cents for a bottle of Hagar's Pectoral Balm, the best throat and lung healer known. Cures coughs, bronchitis, asthma and all pulmonary complaints.

Fluid Lightning cures Neuralgia in one minute.  
Fluid Lightning cures Toothache in one minute.  
Fluid Lightning cures Pain in the Head in one minute.  
Fluid Lightning cures Lumbago in one minute.  
Fluid Lightning cures Rheumatism in one minute.  
Fluid Lightning cures any pain or ache in 20 minutes. Price 25 cents per bottle at J. C. Downing's drug store.

## The Ontario question.

The Ontario government has, we understand, decided not to interfere with the Dominion licensees during the term of the licenses they now hold, and which expire on May 1st next, so long as they conform to the ordinary laws respecting licensed houses. The government acts wisely in not making these holders of illegal houses, martyrs, especially as in about four months longer the licenses have to run the amount of injury done cannot be great.—Ottawa Free Press.

Dr. Low's Worm Syrup will remove worms and cause quicker than any other medicine.

We do not sound a needless alarm when we tell you that the taint of scrofula is in your blood. Inherited or acquired, it is there, and Ayer's Sarsaparilla alone will effectually eradicate it.

## Fluid Lightning.

Fluid Lightning not only cures Toothache instantly, but also Neuralgia, Headache, Earache, Rheumatism, Lambs, and the Pain of any kind cannot remain one minute where it is applied. When you hear of the great marvels ever known in the way of a medicine, as it never fails to cure, and not in a week or day, but the instant it is applied to the affected part. Sold by Geo. Hynes.

## A Wide Awake Druggist.

J. Wilson is always alive to his business, and spares no pains to secure the best of every article in his line. He has secured the agency for the celebrated Dr. King's New Discovery for Consumption, the only certain cure known for Consumption, Coughs, Colds, Hoarseness, Asthma, Hay Fever, Bronchitis, or any affection of the Throat and Lungs. Sold on a positive guarantee. Trial bottles free. Regular size \$1.00.

A CURIOUS EYE.—Children are often fretful and ill when worms are the cause. Dr. Low's Worm Syrup safely expels all worms.

## Points in Poultry Keeping.

The "Plymouth Rocks," being the best featured of all varieties of chickens, are apt to be the best winter layers, and as they feather up very young, are better suited to the incubator trade, or the artificial rearing of broilers than the "Light Brahmas," or many other varieties. There ought to be a profit in buying up young roosters, castrating them, fitting them, and selling at the usual market price. Turkeys treated in this way by a turkey hen to fatten in the fields, will attain to great weight and early maturity without food or care on the part of the owner. The best eggs are the result of a meat diet; the high colored and well flavored eggs of Kansas during the grasshopper visitation were a marvel to strangers. When grasshoppers and worms fail, their lack should be supplied by feeding cracklings and other cheap butchery's offal. The crushed oyster shell supply, and the boxes of road dust or ashes should be kept within easy reach. When moving to a new location we secure immunity from gapes for two years. The farmer who does not supply his wife with a good poultry house is standing in his own light, as it need not be fine or costly. In winter, drop a little carbolic acid in the food mixture, once a month, as a preventive of disease, and give a few peppercorns, such as cabbage, garlic, and red pepper, with a variety of grain food and not all corn. With this treatment and a proper house, we may count more certainly on profitable returns than when the fowls have to roost on icy perches, exposed to the zero winds of long winter nights. The products of the poultry yard are always in demand, and judging from the imports now made in that line, they will be the last to glut the market in our large cities. Poultrykeeping in American Agriculture for Feb.

## Sincerely Ill.

A person suffering with pain and heat over the small of the back, with a weary feeling and frequent headaches, is seriously ill and should look out for kidney disease. Berdock Blood Bitters regulate the kidneys, blood and liver, as well as the stomach and bowels.

McKenzie & Parker's Carbolic Ointment has been used by years of trial and has been the most effective and efficient method of applying carbolic acid. The great success of this ointment has been proved by the fact that you get McKenzie & Parker's Carbolic Ointment. Sold for 25 cents by Geo. Hynes.

For eczema, itching piles, ringworm, eruptions and all skin diseases use Prof. Low's Sulphur Soap.

The exports of the United States exceeded the imports in value last year by one hundred and twenty millions.

The decided beneficial effect of Robinson's Prospanolized Emulsion in the treatment of female weakness, and nervous prostration, has given it a widespread reputation, and in every case the story is the same: "My health is so improved since using it, I am like a new woman," that we do not hesitate to recommend it to everyone in need of a health restorer.

Good THE YEAR ROUND.—National Pills are a good blood purifier, liver regulator and mild purgative for all seasons.

## A Total Wreck.

Many a strong frame has been totally wrecked by rheumatism. Dr. McCrimmon, of Lancaster, was cured of chronic rheumatism by Berdock Blood Bitters. It cures all blood impurities.

National Pills act promptly upon the liver, regulate the bowels and as a purgative are mild and thorough.

## A Remarkable Escape.

Mrs. Mary A. Bailey of Tonkhambeck, Pa., was afflicted for six years with Asthma and Bronchitis, during which time the best physicians could give no relief. Her life was in danger, until in last October she procured a bottle of Dr. King's New Discovery, when immediate relief was felt, and by continuing its use, for a short time she was completely cured, gaining a fresh 50 lbs. in a few months.

Free Trial Bottles of this certain cure of all Throat and Lung Diseases at J. C. Downing's Drug Store. Large Bottles \$1.00.

ALLAN LINE  
ROYAL MAIL STEAMSHIPS  
CABIN-INTERMEDIATE-STEERAGE  
AT REDUCED RATES.

WINTER SERVICE.  
LIVERPOOL-LONDON-DERRY-GLASGOW

Sailings of Mail Steamers  
From Portland.  
POLYNESIAN, Thursday, Nov. 27  
PERUVIAN, Saturday, Dec. 1  
SARDINIAN, Saturday, Dec. 1  
PARISIAN, Saturday, Dec. 1  
Last train leaves Goderich on Tuesdays, at 12 o'clock.

Sailings of Mail Steamers  
From Halifax.  
POLYNESIAN, Thursday, November 29  
PERUVIAN, Saturday, December 1  
SARDINIAN, Saturday, December 1  
PARISIAN, Saturday, December 1  
Last train leaves Goderich on Wednesdays, at 12 o'clock.

If you are sending for our friends, you can obtain Prepaid Passage Tickets at lowest rates (only 100 cents available from England, Ireland, Scotland, France, Germany, Sweden and Norway).

Steorage \$20.35.  
GODERICH  
Liverpool, Londonderry, Glasgow  
London, Queenstown, Belfast,  
Bristol, Cardiff, &c.

For Tickets and all information, apply to H. R. ARMSTRONG, Agent, Allan Line, Goderich.

Goderich, Nov. 20th, 1884.

## Cure for Deafness.

As numerous testimonials will show there is no more reliable cure for deafness than Hagar's Yellow Oil. It is also the best remedy for ear ache, sore throat, croup, rheumatism, and for pains and lameness generally. Used internally and externally.

## Nine Physicians Outdone.

Mrs. Helen Pharriz, No. 331 Dayton St., Chicago, Ill., is now in her sixtieth year, and states that she has suffered with Consumption for about ten years, was treated by nine physicians, all of them pronouncing her case hopeless. She had given up all hope of ever recovering. Seven bottles of Dr. King's New Discovery for Consumption completely cured her. Doubting ones, please drop her a postal and satisfy yourselves. Call at J. Wilson's drug store and get a free trial bottle.

## A REWARD.

Of one dozen "TEABERRY" to any one sending the best four line rhyme on "TEABERRY," the remarkable little poem for the Teeth and Gums. Ask your druggist or address.

Seeing is believing. Read the testimonials in the pamphlet on Dr. Van Buren's Kidney Cure, then buy a bottle and relieve yourself of all those distressing pains. Your Druggist can tell you all about it. Sold by J. Wilson Goderich.

## National Pills are a mild purgative,

acting on the stomach, liver and bowels, removing all obstruction.

## Carter's Little Liver Pills are free from

all crude and irritating matter. Consequently they are mild; very small; very easy to take; no pain; no griping; no purging.

## Freeman's Worm Powders are agreeable

to take, and expel all kinds of worms from children or adults.

## PITY THE POOR DYSPETIC.

Poverty with perfect health is rather to be despised than riches and dyspepsia. Try the magic effect of a dollar bottle of FOUNTAIN OF HEALTH.

## For rough conditions of the Skin,

Shampooing the head, Pimples, Eruption and skin diseases, use Prof. Low's Sulphur Soap.

## All Nervous Debility cured by the use

of Dr. E. C. West's Nerve and Brain Treatment. See advertisement elsewhere Sold at Wilson's drug store.

## TO REMOVE DANDRUFF—Cleanse the

scalp with Prof. Low's Magic Sulphur Soap. A delightful medicated soap for the toilet.

## National Pills are unsurpassed as a

safe, mild, yet thorough, purgative, acting upon the biliary organs promptly and effectually.

## Says Dryden:

"She knows her man, and when you rant and swear,  
Can drag you to her with a single hair."  
But it must be beautiful hair to have such power; and beautiful hair can be ensured by the use of CINGALSK HAIR RENEVER. Sold at 50c. by J. Wilson.

## An Answer Wanted.

Can any one bring us a case of Kidney or Liver Complaint that Electric Bitters will not speedily cure? We say they cannot. Thousands of cases already permanently cured and who are daily recommending Electric Bitters, will prove, Bright's Disease, Diabetes, Weak Back, or any urinary complaint quickly cured. They purify the blood, regulate the bowels, and act directly on the diseased parts. Every bottle guaranteed. For sale at 50c. a bottle by J. Wilson.

## A Startling Discovery.

Physicians are often startled by remarkable discoveries. The fact that Dr. King's New Discovery for Consumption and all Throat and Lung diseases is daily curing patients that they have given up to die, is startling them to realize their sense of duty, and examine into the merits of this wonderful discovery, resulting in hundreds of our best Physicians using it in their practice. Trial bottles free at J. Wilson's Drug Store. Regular size \$1.00.

## Barker's Antra Salve.

The greatest healing ointment in the world. Warranted to speedily cure Burns, Bruises, Cuts, Ulcers, Salt Rheum, Fever Sores, Cancers, Piles, Chilblains, Corns, Tetor, Chapped Hands, and all Skin Eruptions, guaranteed to cure in every instance, or money refunded. 25c. per box. Sold by J. Wilson.

## If you are suffering with low and

depressed spirits, loss of appetite, general debility, and blood, weak constitution, headache, or any disease of a bilious nature, by all means procure a bottle of Electric Bitters. You will be surprised to see the improvement that will follow; you will be inspired with new life; strength and activity will return; pain and misery will cease, and henceforth you will rejoice in the praise of Electric Bitters. Sold at fifty cents a bottle by J. Wilson.

## A Blessing to all Mankind.

In these times when our newspapers are flooded with patent medicine advertisements, it is gratifying to know what to procure that will certainly cure you. If you are bilious, blood out of order, liver inactive, or general debilitated, there is nothing in the world that will cure you so quickly as Electric Bitters. They are a blessing to all mankind, and can be had for only fifty cents a bottle of James Wilson.

## Did She Die?

"No," she lingered and suffered along, "giving all the time for years, the doctors doing her no good; and at last was cured by this Hop Bitters the papers say so much about. Indeed I indeed thank you we should be for that 'medicine'."

## A Startling Discovery.

Wm. Johnson, of Huron, Dak., writes that his wife had been troubled with acute Bronchitis for many years, and that all remedies tried gave no permanent relief, until he procured a bottle of Dr. King's New Discovery for Consumption, Coughs and Colds, which had a magical effect, and produced a permanent cure. It is guaranteed to cure all diseases of Throat, Lungs or Bronchial Tubes. Trial bottles free at J. Wilson's drug store. Large size \$1.00.

## Extensive Premises and Splendid New Stock.

GEO. BARRY,  
CABINET-MAKER AND UNDERTAKER

Hamilton Street, Goderich

A good assortment of Kitchen, Bed-room, Dining Room and Parlor Furniture, such as tables, Chairs (hair, cane and wood seats), Cupboards, Bedsteads, Mattresses, Wash-stands, Lounges, Sofas, What-Nots, Looking Glasses.

N. B.—A complete assortment of Coffins and Shrouds always on hand also Hearses for hire at reasonable rate.

Picture Framing a specialty.—A call solicited.

1751

## NEW GOODS.

## REMEMBER

I Have the Largest Stock,

The Latest Styles,

The Most Reliable Goods,

And the Lowest Prices,

Please Call &amp; Examine.

NO TROUBLE WATEVER TO SHOW GOODS.

## E. DOWNING,

Crabb's Block, Corner East street and Square.

Goderich, May 8th, 1884.

## DOWNING &amp; WEDDUP

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