

LOCOMOTOR ATAXIA.

A DISEASE LONG HELD BY PHYSICIANS TO BE INCURABLE.

ITS HORRORS ARE THOSE OF A LIVING DEATH—THE VICTIM HELPLESS, HIS TORTURE INTENSE—LOSES CONTROL OF BOWELS AND BLADDER AND IS A SOURCE OF CONSTANT WORRY TO FAMILY AND FRIENDS—A REMEDY FOR THE DISEASE DISCOVERED.

Mr. James McLean, a resident of Lefroy, Simcoe County, Ont., is known to every man, woman and child for miles around the vicinity of his home, and all know of the long years during which his condition has been that of a living death.

"In the year 1880 I was thrown from a scaffold, falling on my back on a stone pile. I was badly hurt and narrowly escaped death. Plasters and liniments were applied, and I seemed to get somewhat better. But the apparent improvement was short lived. My feet began to get unusually cold, and nothing that could be done would warm them. The trouble then spread to my legs, and from the waist down I was attacked with shooting pains flying along the nerves in thousands, and causing the most terrible torture for days and nights at a time. I could get no relief save from the injections of morphine. Six physicians treated me at different times, but appeared only to faintly understand my trouble, and could do nothing for my relief. Some of the doctors declared my trouble was rheumatism, but two of them said it was a disease of the spinal cord, that the trouble would get worse and that sooner or later my arms would become affected. This prediction proved true. My left hand dropped at the wrist joint and hung dead and cold, and I had no more control of it than if the hand were not on me. Fly blisters and electricity were resorted to without avail. My stomach was next attacked with a burning, aching, nauseating pain, causing the most distressing vomiting, and I often thought I would not see morning. I have vomited almost continually for thirty-six hours, and nothing but morphine or chloroform could deaden the anguish I suffered. But worse trouble was in store for me. I lost control of my bowels and water, and my condition became most horrible, necessitating constantly the greatest care and watchfulness. I was now suffering from the top of my head to the point of my toes. I saw double, and had to keep my eyes fixed steadily on the ground to make a step at all, and the moment I raised my eyes I would stagger and fall if I were not grasping something. I could not take a single step in the dark. For nine long years I suffered all the horrors of a living death. In 1889 I was admitted to the Toronto General Hospital, where I was treated for four months. I was told that my trouble was locomotor ataxia, and incurable, and I returned home no better. After returning home I had further medical treatment, but with no better results than before. Finally I was given the following certificate of incurability:

CHURCHILL, July 27th, 1893.

THIS IS TO CERTIFY that James McLean has a disease of the spinal cord (incurable) that renders him unfit to obtain a living. A. T. LITTLE, M.D.

About this time I was strongly urged to try Dr. Williams' Pink Pills, and oh how I wish I had known of this great remedy years ago! What anguish and torture I would have been spared! Soon after beginning the use of Pink Pills I found myself improving. The pains left me and I was able to discontinue the use of the morphine. I regained control of both bowels and bladder and gradually a feeling of life returned to my legs and arms. I can now walk without the aid of either crutches or sticks and can take long strides. My stomach trouble has all left me, and I can eat as heartily as ever in my life. My friends, who never expected to see me about again, are astonished at the wonders Dr. Williams' Pink Pills have wrought in me. When I began the use of the pills my weight was reduced to 136 pounds, and it has

medicine. My wife also joins me in thanks, and says it was a happy day for her when I began the use of Dr. Williams' Pink Pills, as since then she has been able to get rest at night which she had not done for so many years before. I hope Heaven may direct this into the hands of some other poor sufferer, who may find, as I did, release from a living death through your great life-saving remedy. Yours very gratefully.

JAMES McLEAN.

Dr. Williams' Pink Pills are a certain cure for all diseases such as St. Vitus' dance, locomotor ataxia, rheumatism, paralysis, sciatica, the after effects of la grippe, loss of appetite, headache, dizziness, chronic erysipelas, scrofula, etc. They are also a specific for troubles peculiar to the female system, correcting irregularities, suppressions, and all forms of female weakness, building anew the blood, and restoring the glow of health to pale and sallow cheeks. With men they effect a radical cure in all cases arising from mental worry, overwork, or excesses of any nature. Sold only in boxes bearing the firm's trade mark and wrapper (printed in red ink,) and may be had of all druggists, or direct by mail from Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N. Y., at 50 cents a box, or six boxes for \$2.50.

House and Household.

USEFUL RECIPES.

CHICKEN SHORTCAKE.

Mix two teaspoonfuls of baking powder with one pint of flour. Run into it a half cup of butter; add one cup of sweet milk. Bake quickly. Have prepared the remnants of a chicken, heated with the gravy, seasoned well. Pour over the shortcake. Serve at once.

GLACE FRUITS AND NUTS.

Take two pounds of sugar—A thoroughly crushed—and pour one-third of a quart of water with it, letting it stand for some hours. Add one-third teaspoonful of cream of tartar, well dissolved. Cook in a deep pan until your syrup is thick. Have your nuts blanched and your fruit ready. You can use whole Malaga grapes, but halve cherries or apricots neatly so that the stones may be removed. Tiny bits or slices of oranges and pineapples are nice. Dip them in the syrup, and when thoroughly covered remove them on at a time with a fork and drop them on a tray to cool.

SARATOGA POTATOES.

After paring six large potatoes, slice them very thin and put them into three quarts of water. Let them stand all night in a cold place—in the ice chest if possible. In the morning pour off the water and put in some that is fresh, as well as a large piece of ice. When the potatoes are brittle, drain about a pint of them, and, putting them into a frying basket, lower them into a kettle one-third full of boiling fat. Cook for ten minutes, lifting them with a spoon from the bottom of the pan two or three times while they are frying. Drain the potatoes well and turn them into a dish lined with soft brown paper. Continue cooking the potatoes in this way until all are done.

AN UNRIVALLED FLAVOR.

Mrs. Rorer uses cocoanut water in a novel way in a salad dressing, for which she claims "an unrivalled flavor." Cut the nice, tender and the white parts of celery as for any salad, and put them in a bowl. Grate a cocoanut and put it in a pint of water, let it stand until the water is cold, then with your hand squeeze the cocoanut in the water; then press the pulp out and throw it away. Strain the milky water through cheesecloth, and let it stand until cold and a cream rises on top. Just before sending your celery to the table, scatter over it a tablespoonful of grated onion and a trifle of fresh red pepper, or a dash of cayenne and a half a teaspoonful of salt. Skim the cream from the top of the cocoanut milk and put over the celery, then add two tablespoonfuls of lemon juice.

HOUSEHOLD HINTS.

Nervous people should not eat fat food. X should be coated with fat.

With the fat should be combined grain foods and vegetables for strength and fruits to keep up a healthful consistency of the blood.

Cold water is the salvation of the complexion. It strengthens the skin by stimulating circulation, and renders it almost proof against chaps and eruptions. When the skin needs cleaning, warm water is absolutely necessary.

Digestion is accelerated by cheerfulness, it is true, but this does not occur till the close of the meal, nor till the fluids are absorbed, or solidified, as in the case of milk.

In sleeping in a cold room establish a habit of breathing through the nose and never with the mouth wide open.

Sleep is the rest of a tired, nervous system and the time of its recuperation.

A quart of wheat contains more nutriment than a bushel of cucumbers.

Never begin a journey until breakfast has been eaten.

Rapid eating is slow suicide.

ST. BRIDGET'S NIGHT REFUGE.

Report of relief given for the week ending Sunday, February 24:—Males, 499; females, 65; total, 564. Nationality—Irish, 335; French Canadian, 145; English 56; Scotch and other nationalities, 28. Religion—Catholics, 487; Protestants, 77; total, 564. Donations were given to 564 persons.



A Frugal Meal.

It's house-cleaning time. Every one tired and cross; every thing out of place and wrong end foremost. No time to fool away in cooking; no fire, probably; no appetite, perhaps; no comfort, certainly.

No Pearline—that's the cause of it. A little Pearline, when you're cleaning house, makes the whole thing smooth and easy. With anything about the house that isn't hurt by water, you can save time and hard work by using Pearline. You won't have to use that rub, rub, rub, in getting the dirt off. And that saves other things, your paint, for instance.

Beware Peddlers and some unscrupulous grocers will tell you, "this is as good as" or "the same as Pearline." IT'S FALSE—Pearline is never peddled, and if your grocer sends you something in place of Pearline, do the honest thing—send it back. 318 - JAMES PYLE, New York

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THE WELSH CHURCH.

THE DISESTABLISHMENT BILL INTRODUCED IN THE BRITISH COMMONS.

LONDON, February 25.—In the House of Commons, to-day, Mr. Sidney Buxton, under colonial secretary, said, in answer to a question on the subject, that a bill to enable the Australian colonies to make preferential treaties of commerce with Canada and other British colonies had been introduced in the House of Lords on February 21.

Home Secretary Asquith moved the first reading of the Disestablishment of the Church in Wales bill. Mr. Asquith said that the bill proposed that the church should cease to be established in Wales and Monmouth in January, 1897; that provision be made for the formation of a representative body made up from the clergy and that power should be given them to legislate on ecclesiastical matters; that the churches should be transferred to this body and the glebes to the parish, district, and town councils, and that other property vested in the church be placed in the hands of a commission of clergymen, who should receive their present emoluments during their lives, the income from the remainder of the property to be used in the erection and maintenance of hospitals, dispensaries and convalescent homes; to provide nurses for the sick poor, for laborers' dwellings allotments, and for technical and higher education. The opponents of the bill, he said, might accuse them of attempting to secularize religious funds, but the Government held that the purposes mentioned were truly religious and that there would be no profanation of a fund dedicated to pious uses in applying it to the relief of the suffering. The bill was conceived in an honest desire to satisfy the genuine demand of a vast majority of the Welsh people with the least possible detriment to the interests of the church.

Sir Michael Hicks-Beach, Conservative for West Bristol, answered Mr. Asquith with great energy. He characterized as sheer political cant the Home Secretary's remarks as to the appropriation of church property for charitable uses. The Government proposals, he said, were without precedent in English history, and would be resented by English men and women.