

## THE SUBJECT OF WASTING.

SOME OF ITS PHASES AND HOW THEY ARE CURED.

The Wasting of a Consumptive and the Wasting of Babies and Children.—Scrofula, Anæmia and other forms of Illness discussed.—Coughs and Colds Reveal a Weakened Condition.

In the obituary notices of the late Prof. Hermann von Helmholtz, the German scientist, were references to one of his earlier works "On the Consumption of Tissue During Muscular Action." In this work Prof. Helmholtz set the theory forth as an established fact that wherever there is muscular action there is also a wasting, or rather a consumption, of tissue.

The body is constantly changing. There is wasting going on all the time. Food is designed to counteract this wasting, and if the organs of the body are in a healthy state food does its work in nourishment. But the digestive and vital organs get out of tune every once in a while, so that an extra nourishment, one that is concentrated and easy of assimilation, is needed in order to keep up a normal condition of health.

If this extra nourishment is not taken the wasting which goes on incessantly soon impairs health. One of the first signs of a weakened, poorly-nourished body is taking cold easily. Colds are such common things that people are very apt to neglect them. They do not know that the cold reveals a weakened condition, but after taking cold several times they find it harder work to recover the semblance of health again.

The common way to cure a cold or a cough is to take some household specific, or when a person feels run down in health he thinks he needs a tonic or stimulant.

The truth is, however, ordinary specifics and tonics, or stimulants for coughs and colds, afford only temporary relief. They are merely superficial means of relieving the local trouble, but they do not give the nourishment necessary to strengthen the system and overcome the wasting tendencies.

It is because Scott's Emulsion promotes the making of healthy tissue, enriches the blood, and gives vital strength that physicians give it such unqualified endorsement. Scott's Emulsion is quick to relieve inflammation of Throat and Lungs, and its power to cure the most stubborn cough is unquestioned. But this is only part of its work. Scott's Emulsion makes the system able to ward off disease and other ailments.

This subject of wasting is almost inexhaustible. Scrofula results in a wasting of the vital elements of the blood, and Anæmia is simply no blood at all. Consumption is probably the worst form of wasting. In all of the early stages of this disease Scott's Emulsion will effect a cure. It requires time to recover after a patient is once into Consumption but there are numerous cases where Scott's Emulsion has cured persons who had got so far that they raised quantities of blood.

The wasting tendencies of babies and children are known to too many unhappy parents. There does not in thousands of instances seem to be any cause for their growing thin, but as a matter of fact their food does not nourish them and the babies and children do not thrive. The babies are weak, and children seem to grow only one way.

Now it costs only 50 cents to try Scott's Emulsion, and you will find that it will do more for your baby or your child than all the rest of the nourishment taken. Scott's Emulsion makes babies fat and children robust and healthy. It takes away the thin, haggard look in the pinched faces of so many children.

Another one of the many uses of Scott's Emulsion is the way it helps mothers who are nursing babies. It gives them strength and makes their milk rich with the principles of food all babies need.

Scott's Emulsion is not a secret mixture. Its formula is furnished to physicians and has been endorsed by physicians for twenty years. It has a record unequalled by any other preparation in the world. For sale by all druggists, 50 cents and one dollar. Pamphlet mailed by Scott & Bowne, Belleville, on application.

## PUBLIC OPINION.

Halifax Chronicle: Mr. Laurier's eminently successful campaign in Manitoba and the North-west has been followed by the pilgrimage of several influential Conservative delegations to Ottawa. Evidently it is desired to impress upon the Premier that "something must be done" to counteract the effect of Mr. Laurier's aggressive campaign.

Montreal Gazette: At the Winnipeg banquet on Thursday night Mr. Laurier spoke in enthusiastic terms of the West. If Manitoba, he said, was a revelation, British Columbia was a surprise. There's nothing like knowing this country of ours to make a man proud of it. If more Liberals would travel over it as Mr. Laurier has done, there would be less abuse of it in Liberal papers.

Ottawa Free Press: The mission of Messrs. Fleming and Mercer to Hawaii, with reference to the proposed cable, seems to have been partially successful. The question of a landing place does not seem, however, to be settled, though the indications are that the Imperial authorities are about to stir themselves up a little in the matter. Previous surveys have shown that while Necker's island is a convenient spot for the cable to land there are other islands which can be utilized without adding greatly to the cost or difficulties of the undertaking.

Quebec Chronicle: The majority of the of the great American railroad lines have been in the hands of receivers, while no Canadian road has been subjected to that indignity. On the contrary, our lines have done fairly well. The Grand Trunk, under the immediate management here of Mr. J. L. Seargent, the General Manager, has kept its end up despite all obstacles. To do this required a mind and a business tact of more than ordinary calibre. . . . He is one of the ablest railroad men living, and the Grand Trunk under his management has not suffered. Despite the hard times he has managed his road with skill and tact, and practised economy whenever it could be practised without detriment to the prestige of the road. Instead of hostile criticism, he deserves only words of praise.

Victoria Colonist: The Government of nearly every country in the world is the result of development and growth. That of Japan is, as far as we know, the only exception. The Japanese have adopted a system of Government ready made. They were in love with the civilization of the West. They imitated everything Western that could be imitated, and although they are by no means a democratic people they imitated the parliamentary institutions of Western countries. They did not establish a republic, neither did they reproduce the British form of constitutional government. They seem to be attempting to unite absolute monarchy with parliamentary institutions. The result is pretty much what might have been expected. The two elements so diverse refuse to mix, and a struggle is going on in Japan which bears a distant resemblance to the contest that convulsed Great Britain in the time of the Stuarts.

What is known as a surgical diet is worth trying once in a while for the comfort of the stomach and the complexion. It in-



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in women, that nervous, aching, worn-out feeling, comes to an end with Dr. Pierce's Favorite Prescription. It restores your strength; it puts new life into you; it brings you back into the world again. It is a powerful general, as well as uterine, tonic and nervine, especially adapted to woman's delicate wants. It regulates and promotes all the natural functions, and builds up, invigorates, and cures.

Creston, Iowa.  
Dr. R. V. PIERCE: Sir—My wife improved in health gradually from the time she commenced taking "Favorite Prescription" until now. She has been doing her own housework for the past four months. When she began taking it, she was scarcely able to be on her feet, she suffered so from uterine debility. I can heartily recommend it for such cases.

H. H. Snyder

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cludes milk and bread and butter, broiled beef, old mutton, eggs and prunes. Milk, butter and eggs are regarded as the best animal foods, because less force is expended in their digestion, an important item in medical and surgical work.—Roseleaf.

Mr. W. A. REID, Jefferson street, Schenectady, N. Y., 22nd July, '94, writes:

"I consider Acetocura to be very beneficial for La Grippe, Malaria, and Rheumatism, as well as Neuralgia, and many other complaints to which the flesh is heir, but these are very common here."

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