

WALTZING WICKED

A Dancing-Master and some Clergymen Consider the Waltz to be Wrong.

Prof. James P. Welch, dancing-master, is about to begin a crusade against the waltz as at present danced, which he pronounces to be immodest, vulgar and generally demoralizing.

"Do you hear many objections to waltzing?" "Oh, yes, any quantity of them; and I think the time is ripe to begin a crusade. I don't think my efforts or those of the clergymen who will take part in the good work will have any immediate effect, but when the people begin to think, which they will do when the subject has had a little agitation, they will soon act, and the voluptuous waltz will gradually disappear.

"You speak with much force, Professor, with regard to the morality of the waltz. Do you speak from personal observation or from hearsay?" "From personal observation. I have made it my practice for years to attend balls and parties in order to keep pace in my teaching with the popular demand. I have no hesitation in saying that I attribute much of the vice and immorality now prevailing to the insidious influence of the waltz. This may seem an overstraining of the point, but it is my honest conviction. I tell you that in the higher circles young ladies at parties and balls are absolutely hugged by men who were altogether unknown to them before the music for the waltz began to inspire the toes of the dancers.

"There are six (?) dances now in vogue that involve the hugging principle of the waltz. They are the plain waltz, which was introduced by the Germans who seldom, by the way take part in square dances; the glide, a very fashionable and pretty dance; the redowa, which has held its own for many generations of dancers; the Danish (half march and half waltz), and the three-step gallop. I entered upon this crusade, first, because I thought the waltz an immoral dance, and, secondly, because the clergymen whom I consulted thought the initiatory steps in the matter should be taken by a member of the profession most deeply interested."

Never Give Up. If you are suffering with low and depressed spirits, loss of appetite, general debility, disordered 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 rapid improvement that will follow; you will be inspired with new life; a rough activity will return; pain and misery will cease, and henceforth you will rejoice in the praise of Electric Bitters. Sold at 50c per bottle.

Notices of Thoughtful Men.

They always talk who never think. [Pope.] Whatever's lost, it first was won. [E. B. Browning.] Health and cheerfulness mutually begot each other. [Addison.] Be generous by choice; where knowledge leads to woe. [Beattie.] Censure is the tax a man pays to the public for being eminent. [Swift.] He who tenders doubtful safety to those in trouble refuses it. [Seneca.] True friendship between man and man is infinite and immortal. [Plato.] Trust that man in nothing who has not a conscience in everything. [Sterne.] Occasions do not make a man frail, but show what he is. [Thomas A Kempis.] We love in others what we lack ourselves, and would be everything but what we are. [Stoddard.] To tell men that they cannot help themselves is to fling them into recklessness and despair. [Broude.] Education is the only interest worthy the deep, controlling anxiety of the thoughtful man. [Wendell Phillips.] He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper. [Burke.] Travel makes all men countrymen, makes people noblemen and kings, every man tasting of liberty and dominion. [Alcott.] Confidence is that feeling by which the mind embarks in great and honorable courses with a sure hope and trust in itself. [Cicero.] In life it is difficult to say who do you the most mischief, enemies with the worst intentions, or friends with the best. [Bulwer-Lytton.] We ought not to look back unless it is to derive useful lessons from past errors and for the purpose of profiting by dear-bought experience. [George Washington.] Humility is to make a right estimate of one's self. It is no humility for a man to think less of himself than he ought, though it might rather puzzle him to do that. [Spurgeon.] Whichever the number of a man's friends, there will be times in his life when he has one too few; if he has not one too many. [Bulwer-Lytton.] Truth comes to us from the past, as gold is washed down from the mountains of Sierra Nevada, in minute but precious particles, and intermixed with infinite alloy, the debris of centuries. [Bovee.] As for jest, there are certain things which ought to be privileged from it, viz, religion, matters of state, great persons, any man's present business of importance, any case that deserveth pity. [Bacon.] As ships meet at sea, a moment together, when words of greeting must be spoken, and then away into the deep, so men meet in this world; and I think we should cross no man's path without halting him, and if he needs, giving him supplies. [Henry Ward Beecher.]

Mints for Poor Sleepers. Poor sleepers will find it advantageous often to raise the head of the bed a foot higher than the foot, and then to sleep on a tolerably thick hair pillow, so as to bring the head a little higher than the shoulders. The object is to make the work of the heart in throwing blood to the brain harder, so it will not throw too much. A level bed, with the head almost as low as the feet, causes an easy flow of blood to the brain and prevents sleep. Persons who find themselves restless and unable to sleep at night, would do well to place the head of the bed toward the north, as it is undoubtedly a great conducive to health. A hot mustard foot bath, taken at bedtime, is beneficial in drawing the blood from the head, and thus inducing sleep. Sponging the entire length of the spine with hot water for ten or fifteen minutes before retiring. This will often insure a good night's sleep. A hearty meal, and a seat near a warm fire, after a long walk in a cold wind, will induce deep sleep in the majority of persons no matter how lightly they ordinarily slumber. Active outdoor exercise, and avoidance of excessive and long-continued mental exertion, are necessary in all cases of sleeplessness. When these means fail, such remedies as are known to diminish the amount of blood in the head should be resorted to—of course, under the direction of a competent physician. Opium, chloral, etc., increase the quantity of blood in the head, and are highly injurious. Their use should never be resorted to. [L. H. Washington, M. D., in Phrenological Journal.]

A Plucky Messenger. TUSCAN, A. T., Aug. 23.—The stage robbers who killed Messenger Hall and stole \$5,000 had breastworks beside the road, and commenced firing as soon as the express came in range. Hall had eight bullet holes in his body, all in front. When found he was a mile from the trail, with his pistol empty. He followed the robbers ten miles alone, fighting them. Parties are on the trail of the murderers.

Biliousness. A furred tongue, bad taste in the mouth, nausea vomiting, variable appetite, alternate diarrhoea and constiveness, faintness, weariness, yellow cast of eyes and countenance, indicates serious biliary trouble. Jaundice is a dangerous disease, it is an overflow of bad bile in the circulation, any of these symptoms should be remedied without delay, and Burdock Blood Bitters is the remedy.

Phosphatine. Is a wonderful thing, yet so natural, so reasonable. Why! If you have feelings of goneness; too weak and dragging to rally; too nervous to sleep; an appetite hardly sufficient to keep body and soul together; headache, with pains across the back; the whole system relaxed; perhaps coughs and sore lungs; and will use one to six bottles of Dr. G. L. Austin's Phosphatine as the case may demand; it will not fail to make you an enthusiastic friend. Why do we say thus? Because Phosphatine supplies a want, the very principle of the system is lacking, and yearning for it. It is not a medicine, but nutriment instantly converted into blood, bone and tissue. It is also delicious to the taste. Try it. The result is as certain as that cause and effect go hand in hand. All druggists. Lowrey & Co., Sole agents for the Dominion, 55 Front St. East, Toronto.

THE EXPERIMENTS OF PROFS. Dusari and Raife, of Paris, and Dr. Anderson, of London, and other eminent physiologists demonstrating the function of PHOSPHATINE as excitant of nutrition and nerve power having brought these agents into general use. It ought not to be necessary to call the attention of invalids to WHEELER'S Phosphates and Calisaya, the best combination of these food elements, with Wild Cherry Bark, in its value in promoting the circulation of the system is obvious, and its prolonged use in obstinate cases that have resisted all ordinary treatment, will clearly demonstrate its extraordinary merits.

One of Jonathan Edwards' daughters, who had some suitors of her own, had a proposal of marriage. The youth was reverent to her father. "No," said the stern individual, "you can't have my daughter." "But I love her and she loves me," pleaded the young man. "Can't have her!" said the father. "I am well to do, and can support her," explained the applicant. "Can't have her!" persisted the old man. "May I ask," meekly inquired the suitor, "if you have heard anything my character?" "No!" thundered the obstinate parent, by this aroused; "I haven't heard anything against you; I think you are a promising young man, and that's why you can't have her. She's got a very bad temper and you wouldn't be happy with her!" The lover, amazed, said, "Why Mr. Edwards! I thought Emily was a Christian. She is a Christian, isn't she?" "Certainly she is," growled the conscientious parent, "but, young man, when you grow older you'll be able to understand that there's some folks that the grace of God can live with that you can't!"

The Springs Did No Good. The following item is given for the consideration of those of our readers who are in search of just such an article as that referred to in the following statement of Mrs. Geo. A. Clark, a well known lady of St. Catherine's: "I cannot refrain," says Mrs. C., "from bearing testimony to the wonderful effects produced by the use of the very best remedy in the world, St. Jacobs Oil, for rheumatism. I had rheumatism and dropsy and did not walk a step for fifteen years. I tried nearly everything our most skillful physicians prescribed—Clifton Springs—St. Catherine Springs, etc., residing with a celebrated German doctor who pronounced my case incurable. Thinking every day of no use I was induced to try St. Jacobs Oil, and in it has certainly done wonders for me. I heartily recommend it to any who may be suffering as I did. I have not had any use of my right arm for more than a year; now, however, I can raise it very nearly to my head."

Mr. Wm. Ranson, of South Norwick, says: "For sixteen years I suffered from Biliousness, never had any medicine done me any permanent good until recommended by our druggists. (J. Westley Fish & Co., Ottawville.) to try Dr. Carson's Stomach and Constipation Bitters, which have done me more good than any medicine I have ever taken. I would, with the utmost confidence, recommend them to all suffering from Biliousness, etc. Sold by all Druggists at 50 cts. a bottle."

A large number of American tourists and others who have been fishing in Canadian waters in the Kingston district have been compelled to assist by the Dominion Fisheries Inspector.

Hall's Catarrh Cure is taken internally. It acts directly upon the blood and the mucous surfaces of the system. Price 75 cents. For sale by George Rhynas, sole agent for Goderich. 1843-3m

A 4-year-old daughter Alexander McGurkin, of Mt. Vernon, O., was playing with a piece of twine, and had tied it to the front door catch, when, in some unknown manner, the door, shutting, the cord caught around the child's neck, and caused strangulation. When found the little one was dead.

Is offered for any case of Catarrh that can't be cured with Hall's Catarrh Cure. Taken internally. Price 75 cents. For sale by George Rhynas, sole agent for Goderich. 1843-3m

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Farmers and Mechanics.

Provide yourselves with a bottle of PAIN-KILLER at this season of the year, when summer complaints are so prevalent; it is a prompt, safe, and sure cure. It may save you days of sickness, and you will find it is more valuable than gold. Be sure you buy the genuine FERRY DAVIS PAIN-KILLER, and take no other mixture.

COBORG, Ont., March 3, 1880. I have been selling Perry Davis' Pain-Killer for the past six years, and have much pleasure in stating that its sale in that time has been larger than any other patent medicine that I have on my shelves, and in those years I have never heard a customer say aught but words of the highest praise in its favor. It is an article that seems to have combined in it all that goes to make a first-class family medicine, and as long as I have a house and store, Perry Davis Pain-Killer will be found in both. Yours, &c., J. E. KENNEDY.

A Remarkable Escape. Mrs. Geo. G. Clarke, of Port Dalrymple, Ontario, states that she had been confined to her room for a long time with this dreadful disease, Consumption. The doctors said she could not live, but Dr. King's New Discovery for Consumption, and in a short time was completely cured. Doubting ones, please write Mrs. Clarke, and be convinced. Trial bottles free at Rhynas' drug store. Large size \$1.

The firm of J. & S. McEachen, Douglas, writes us June 1st, saying: "There is not another preparation we can recommend with so much confidence as Burdock Blood Bitters, as it invariably gives the best of satisfaction." Burdock Blood Bitters cures all diseases of Blood, Liver and Kidneys.

In these times of quack medicine advertisements everywhere, it is truly gratifying to find one remedy that is worthy of praise, and which really does as recommended. Electric Bitters we can vouch for as being a true and reliable remedy, and one that will do as recommended. They invariably cure stomach and Liver Complaints, Diseases of the Kidneys and Urinary difficulties. We know whereof we speak, and can readily say, give them a trial. Sold at fifty cents a bottle, by Geo. Rhynas. [4]

Davy & Clark, druggists, Renfrew, write us June 3rd: "We have sold Fowler's Extract of Wild Stawberry for a number of years, and find nothing equal to it, for the purpose for which it is designed." Dr. Fowler's Extract of Wild Stawberry cures all forms of bowel complaints incident to Summer and Fall.

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