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 Try St. Leon, cold, or mixed with milk; also make warm injections of this water which are highly beneficial.
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From Liverpool	Steamer	Sat. Dec. 2	From Portland
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Dec. 21	Lafayette	Tues. Dec. 2	Dec. 21
Jan. 1	Toronto	Tues. Dec. 2	Jan. 1
Jan. 11	Sarnia	Tues. Dec. 2	Jan. 11

Steamers will sail from Portland about 10 a.m. and arrive at London on the 11th. They will call at St. John and Grand Trunk Railway train due at noon.
 Rate of passage from Portland, Cabin, \$30 to \$40. Return \$50 to \$60. Second Cabin, \$20 to \$25. Steerage, \$5.
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 Suffering from a severe attack of Nerve Tonic cured the entirely, after physicians had tried it unsuccessfully for 6 months. It is the only nerve-tonic that has been proved to be of nervous debility.
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Best of All.
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 I cannot let my duty to mankind to all sufferers of nervous debility. I have had my Nerve Tonic because I am now a sufferer of it. I was suffering for 4 years from epilepsy to such an extent that no remedy seemed to have the attack, but after using only 2 bottles of Koenig's Nerve Tonic he had but one slight attack. I make this statement out of gratitude and with the desire to make this best of all remedies better known.
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 Our Pamphlet for sufferers of nervous debility will be sent free to any address, and poor patients can also obtain this medicine free of charge from us.
 This remedy has been prepared by the Reverend Pastor Koenig, of Fort Wayne, Ind., for the past ten years, and is now prepared under his direction by the
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 Our January sale is intended to induce purchasing whether wanted at the moment or not. Read prices.
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TORONTO POSTAL GUIDE. During the month of January 1892, mails close and are due as follows:

	Close.	Due.		a.m.	p.m.	a.m.	p.m.
G. T. R. East	7.00	7.35		7.45	10.30		
O. and Q. Railway	7.30	8.15		8.00	9.20		
G. T. R. West	7.00	8.25		12.40	7.40		
N. and N. W.	7.00	4.10		10.00	8.10		
T. G. and B.	6.30	4.30		11.10	9.00		
Midland	6.30	3.35		12.30	9.30		
C. V. R.	6.00	3.40		11.55	10.15		
G. W. R.			a.m.	p.m.	a.m.	p.m.	
			12.10	8.00	2.00	7.30	
			6.00	4.00	10.36	8.20	
				9.30			
U. S. N. Y.	6.00	12.10	9.00	5.45			
			4.00	10.30	11.00		
U. S. West States			9.30				
	6.00	9.30	9.00	7.20			
			12.00				

English mails close on Monday and Tuesdays at 4 and 9 a.m. The following are the dates of English mails for January: 4, 7, 11, 14, 18, 21, 25, 28.
 N.B.—There are branch post offices in every part of the city. Residents of each district should transfer their Savings Bank and money Order business at the local office nearest to their residence, taking care to notify their correspondents to make orders payable at such branch post office.
 T. C. PATTERSON, P.M.

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