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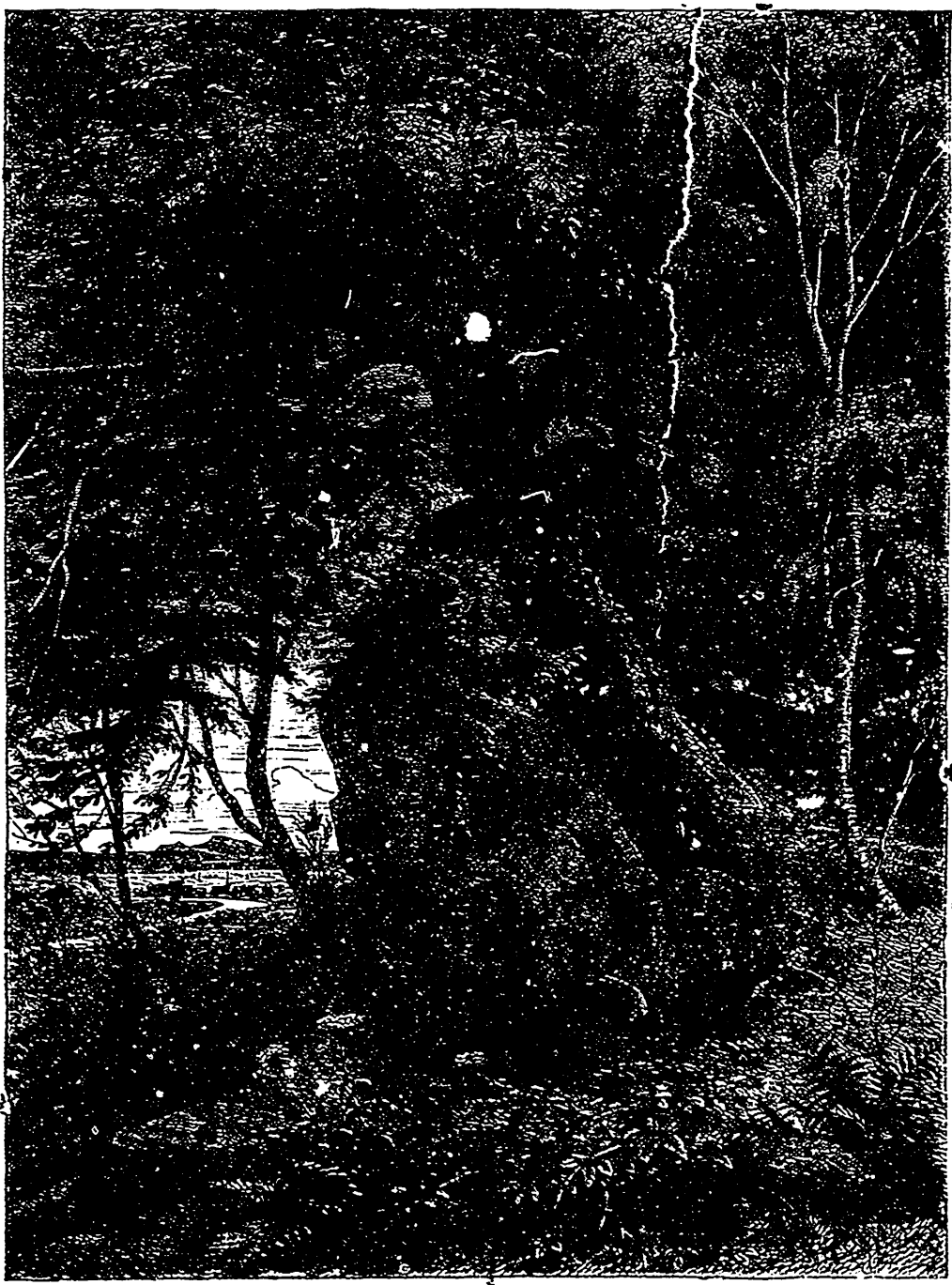
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# The Household Life. <sup>7</sup>

Vol. I.  
No. 3.

MAY, 1884.

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Single copies 5 cents.



A SYLVAN RETREAT.

## Calendar for the Month.

1884 MAY. 1884

**M**AY, the jocund, cometh after,  
 Month of all the loves (and mine);  
 Month of mock and cuckoo-laughter,  
 May, the jocund, cometh after,  
 Beaks are gay on roof and rafter,  
 Luckless lovers peak and pine.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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## PUBLISHER'S DEPARTMENT.

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T. HOPE CHURCHILL, - - Editor and Proprietor.  
 TORONTO, ONT.

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**Money, when sent by mail, should be in the form of Money Orders or Registered Letters.**

**Postage-Stamps will be received for fractional parts of a dollar. These should never be stuck to the letters, and should always be sent in sheets; that is, not torn apart.**

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## CONTENTS OF THIS NUMBER.

Illustration: "A Sylvan Retreat"—The Design of Medicine.—How to get this Paper Free.—Clothing.—Baldness, its Cause and Prevention.—Poisons in the Blood.—Health Maxims.—Spasmodics.—Gems of Thought.—Scientific and Useful.—Nature the Fountain of Health.—The Secret Out.—Letters from the People.—Advertisements.

## THE DESIGN OF MEDICINE.

Medicine is designed to relieve human suffering. Nineteen-twentieths of this suffering consists of little, common, vexing, exhausting aches, sorenesses and weaknesses. One would suppose that a medical college would give the most careful attention to such maladies, but they are never mentioned in a medical course, while some out-of-the-way malady, which not one doctor in a hundred will ever be called upon to treat, may occupy the lectures and class for days—some interesting case of *Trichinosis*, or an *inflammatory irritation* of the *appendicula veriformis*.—Let us never forget to be practical.

**BAD BREATH** is a common and serious affection. Does any medical man doubt that a bad breath is generally curable?

**SICK HEADACHE.**—Can the sum of human suffering be told without adding this common trouble? It results from conditions not to be conquered by *single doses*, no matter how powerful they may be. These conditions must be corrected either by changing the life-habits producing them, or resorting to a course of gradual, helpful medication, aided by dieting and bathing.

**BACKACHE.**—Almost always the symptom of derangement of the kidneys, endured by nearly half the human family, especially as age advances. Single doses only increase the trouble. Time and attention to the laws of health will cure, but gentle medical help will save time and suffering, and the torpid, or diseased organ will the more speedily and surely resume its natural function.

**SIDECACHE.**—Or pain between the shoulders, is the voice of a complaining liver. The unhappy mortal who may unfortunately resort to a *big dose* will but arouse this organ to unwonted effort, to lapse, later on, into a still more deplorable condition, often ending in numbness or paralysis. Gradual constitutional aid is the safe and natural cure.

**CATARRH.**—This is another of those unpoetic troubles. Not less than one-half of all the natives of this country have catarrh, and it often leads to other troubles, sometimes to serious ones. And then catarrh itself is no great comfort. It cannot be cured by local applications. It exists because the blood is impure.

A good laugh is anti-dyspeptic.

Chilliness of the body dampens the spirits, sours the temper, and renders the whole man unlovely.

The portion of the body which most requires protection against cold and wind, is that between the shoulder-blades behind, as it is at this point the lungs are attached to the body, and the blood is easily chilled.

## HOW TO GET THIS PAPER FREE.

The regular price of this sixteen-page Monthly Magazine is fifty cents a year. Its value, as a family instructor in all that pertains to health (upon which depends all true happiness) is not to be estimated in dollars and cents. It has a special work, distinct from that of any other journal published in Canada, and it should, on that account, be a welcome visitant to every family fortunate enough to be aware of its existence. To any person who values it and is willing to spend an hour of his or her leisure in securing for us four subscribers at twenty-five cents each, we will send it free for the balance of the present year. That is to say, send us one dollar for four others and an extra copy will be sent monthly to your own address, free of charge, up to January, 1885.

Or, send us \$2 for ten subscribers, at twenty cents each, for the remainder of the present year, and you will be entitled to a free copy for the same length of time.

Or, any person sending us 100 subscribers at twenty cents each, for the balance of this year, may send us \$15 and retain the other \$5 for their trouble. It can be done in any village containing that many families in two days. Do this where you are known, as we employ no travelling agents.

**HEALTH.**—Without it, what can we enjoy, what can we accomplish? If we possessed all the honours of the world, all the gold which has been extracted from the mines of California, we could not enjoy them only in proportion as we have health; their value is diminished if health declines. With health, other things being equal, we can accomplish almost everything we undertake. We can travel from star to star, we can dive into the depths of the earth, explore its dark regions, and bring up the hidden mysteries which it contains. To take such a course as will insure health to an advanced age, is a proof of wisdom. We were placed in the world to be useful; and the longer we remain in it, the more good we shall accomplish, if we are endeavouring to answer the end for which we were created. To preserve our health, or regain it if lost, is to prolong or regain life. One eminent physiologist has said that, "health is life," hence to impair the former, is to destroy the latter and *all its pleasures*.

A good cleansing of the entire body with soap and warm water once a week, is all the bathing the human system requires for purposes of health.

No rational mind can fail to see that it is a wisdom and a duty to guard against the causes, and watch vigilantly against the indications of such diseases as dyspepsia, which often so influences the mind as to subvert the whole character, making a wreck of happiness, heart and life together.

## CLOTHING.

Preventing the changes in the atmosphere from affecting the system, counteracting the pernicious influence of cold and moisture, and preserving the body from too great heat, is the true design of clothing; thus contributing to health and comfort in all climates.

Clothing possesses no warmth in itself, but merely prevents the heat of the body from being carried off by the air, and other surrounding objects, faster than it can be supplied by the functions of the body which perform that office.

The essential requisites of clothing are:

1. Freedom of movement.
2. Absence of pressure over any part of the body.
3. No more weight than is necessary for warmth, and both weight and warmth evenly distributed.
4. Beauty and grace, combined with comfort and convenience.

Clothing, like an armor, enables us to combat against the elements, and its importance increases as we pass from a warm country to a more rigorous climate. It is the true regulator of the heat of the body, even the lightest veil serving this purpose by moderating the loss of heat.

By increasing the number of garments according to the rigor of the season, we diminish the radiation of heat as by a succession of relays. The linen, the underclothing, the cloak, constitute, as it were, so many artificial skins. The heat, cooled by the skin, warms these superposed coverings; it passes through them much less quickly if they are bad conductors, and reaching the surface escapes, but without producing the sensation of cold which direct contact with the air would cause. The protection due to our garments is increased by the layer of warm air they enclose and which maintains a temperature between twenty-four and thirty degrees. Soft stuffs, furs and feathers, owe their warmth to this interposed air. Each person, therefore, has his little particular atmosphere that accompanies him everywhere, and is constantly renewed without chilling him.

It should be sufficient to protect the body from the external influence of the atmosphere, and preserve in it that degree of temperature which is most agreeable, as well as best adapted to the exercise of its healthy functions and motions. It should not occasion an unnecessary amount of perspiration.

The foregoing requisites should never be sacrificed to fashion, and the human being who does so may be justly regarded as lacking good sense. Whatever is suitable and harmonious in colour, and adapted to the occupation of the wearer, and the season or climate is proper. The age, the constitution, and the habits of the wearer should

also be duly considered. A person engaged in sedentary employment will require warmer clothing than one who is actively engaged in manual work or labour requiring much muscular exertion.

Young persons, and those in the prime of life do not require as much during the day or as much covering at night, or of so warm a nature as those advanced in years, because the performance of the bodily functions in the former are more equal and vigorous, and heat is more rapidly developed than by the latter.

One of the safest rules in the regulation of dress is to adjust it to the fluctuations of the season; and this rule should be the more carefully observed by the infirm, the delicate, and the old. The winter clothing should not be discarded too early in the spring, nor the summer clothing worn too late in the autumn. Many persons, relying too much on the strength of their constitutions, expose themselves to changes from heavy to light and insufficient clothing, or disregard extreme changes of temperature to the cost of their lives. The grand rule is to so regulate the clothing that when exposed to the external air, the difference in temperature shall not produce any dangerous impression.

Light clothing is invariably injurious if it impedes free action, or the free circulation of the blood. Clothing too tight around the neck is apt to produce headache, discoloration of the face, and even apoplexy, interferes with breathing and the action of the heart, and the whole system suffers from this one cause. The clothing, therefore, should give to every motion and part of the body the most free and easy action.

Flannels worn next the skin, for all people not morbidly sensitive to their gentle irritation, are perhaps the healthiest of all clothing for our variable climate. They promote perspiration, readily absorb the perspired fluids, and as readily part with them again by evaporation. Exchange of woollen underclothing is equivalent to a bath, and as a matter of cleanliness, without which there can be no Godliness, we would suggest that they be frequent. Cotton is far preferable to linen, as it is better adapted to maintain an equal degree of warmth on account of conducting more slowly.

The clothing of the feet is of far greater importance than of the head. We would say to all, let your feet have room so as to be comfortable, and keep them dry and warm. Whatever covering is worn on the head let it be light and cool, or rather let it be porous so that the air may have a chance to circulate and carry off dampness, otherwise, look out for baldness and premature gray hairs.

Avoid covering the neck up too high or too tightly. Never muffle so as to produce sweating or a sense of chilliness on removal. Protection against too great cold is always right, but the

overdoing of it, needlessly producing unnatural heat, is what does the mischief.

But what about corsets! Our readers will be able to gather our opinions from the general tenor of this article without our entering further into the discussion.

ADVICE TO WOMEN.—“One of the gravest mistakes in your dress is the very thin covering of your arms and legs. No physiologist can doubt that the extremities require as much covering as the body. A fruitful source of disease—of congestion in the head, chest, and abdomen—is found in the nakedness of the arms and legs, which prevents a fair distribution of the blood. I know that our servant girls and blacksmiths, by constant and vigorous exercise, acquire large, fine arms, in spite of their nakedness; and if young ladies will labour as hard from morning till night as do these useful classes, they may have as fine arms; but even then it is doubtful if they would get rid of their congestions in the head, lungs, and stomach, without more dress upon the arms and legs.

Perfect health depends upon perfect circulation. Every living thing that has the latter has the former. Put your hand under your dress, upon your body; now put your hand upon your arm. If you find the body is warmer than the arm, you have lost the equilibrium of circulation. The head has too much blood, producing headache or sense of fulness; or the chest has too much blood, producing cough, rapid breathing, pain in the side, or palpitation of the heart; or the stomach has too much blood, producing indigestion; or the liver has too much blood, producing some disturbance; or the bowels have too much blood, producing constipation or diarrhoea. Any or all of these difficulties are temporarily relieved by immersion of the feet or hands in hot water, and they are permanently relieved by such dress and exercise of the extremities as will make the derivation permanent.

Again I say, the extremities require as much clothing as the body. Women should dress their arms and legs with one or two thicknesses of knit woollen garments which fit them. The absurdity of loose flowing sleeves and wide-spread skirts I will not discuss.

Do you ask why the arms and legs may not become accustomed to exposure, like the face? I answer, God has provided the face with an immense circulation, because it must be exposed.”

Our article for next month will be on exercise.

To spend two or three moments on rising and retiring in rapid frictions of the whole surface of the body with the hand, is a more rational treatment of the skin, and a more health-promoting operation, for most persons, than a daily cold water bath.

### BALDNESS, ITS CAUSE AND PREVENTION.

Men become bald! Why? Because they wear close hats and caps. Women are never bald. Sometimes from long continued headache, heat in the scalp, resulting from constitutional conditions, women may have bare spots here and there, but with all these causes combined, you never see a woman with a bare, shiny bald head.

And you never see a man lose a hair below the zone where the hat touches his skull. It will take it off as clean as you can shave it, down exactly to that line, but never a hair below it,—not if he has been trying to attain that species of dignity for fifty years.

The common *Christy Stiff* is as impervious as sheet iron, and retains heat and perspiration. The little hair-glands which bear the same relation to the hair that the seed wheat does to the plant above ground, become weak from the presence of heat and moisture, and finally fail to sustain the hair. It falls out, and baldness exists irremediable, perhaps. A fur cap has been known to produce baldness in a single winter. It is as though nature should say to the individual,—“well, if you are going to resort to such a covering, and persevere in it, why, I will not continue in the business; you can have your own way.”

But the covering of the human skull with hair serves an important purpose in protecting the human brain, and baldness is a serious misfortune.

In a climate like ours, for a few weeks, it would seem as though our choice would lie between ears and hair, and fur caps would decide in favour of the ears. Yet, the wise and firm will not yield meekly, but choose such a covering for the head as shall be light, with possibilities in the direction of ventilation.

### POISONS IN THE BLOOD.

*Nearly one-third of all deaths that annually occur in civilized countries are due to poisons.*

This is a startling statement, and will be read by many with incredulity; nevertheless it is true. For what is a poison? Webster defines it as “any substance which, when introduced into the animal organism, is capable of producing a morbid, noxious, or deadly effect upon it. Anything infectious or malignant.” The idea, therefore, that poison is something intentionally administered for criminal ends, or accidentally taken, is far too narrow. We must include many more substances than those to be purchased at the druggist's. Unfortunately, we must ascribe to their effects far more deaths, and immeasurably more disease than is due to negligence and crime.

A fortnight ago, and this young man who is frenzied in the last stages of typhoid fever was a healthy worker. He drank of water which to all appearance was as pure as crystal; yet this water, from a well into which filtered the drainage of a closet, considered at a distance safe beyond question, contained a poison certain in effect, and deadly as that of the cobra.

But this is not the only disease caused by similar poisons. A peculiar germ introduced into the blood produces a set of symptoms which we term small-pox. Another poison entirely different sets up febrile disturbances which we indicate as scarlet fever. A third poison produces cholera. A fourth poison is the cause of ague, and so through a long list of similar diseases. These poisons are absolutely distinct. The scarlet fever poison never produces cholera. The poison of ague never sets up the rash of measles or the irritation of influenza. They are as distinct in substance and effect as arsenic from opium, or strychnine from aconite.

But we may enlarge still further our poison list. What is a cancer? How does it originate in a healthy system? Science is unable to tell. All we know is that it is due to a blood poison which has no place in the human system. Consumption in the great majority of cases is preceded by the deposition of a substance called tubercle in the lungs and other organs. What right has tubercle in the human body? It is an intruder—a poison. Gout and rheumatism and uræmia are each due to deleterious matter in the blood. Scrofula is only the visible expression of the same fact. A whole train of diseases is caused by that peculiar constitutional depravity of blood which follows as a Nemesis in the track of vice.

In a closed sleeping apartment the atmosphere becomes more contaminated every minute, because carbonic acid gas, a deadly poison, is generated in the lungs and is expired at each breath, and combining with the moisture, it is heavier than the common air, and settles near the floor, hence, the last thing a man should sell is his bedstead.

A person forearmed by a knowledge of the laws of life may shun these dangers. Or, if unavoidably exposed to them, he may by a knowledge of the actions of medicines, in a timely way, excrete them gradually from the moment the symptoms indicate that something is wrong. Medicines that relax and excite the action of the bowels and kidneys are always to be relied upon for assistance when not too long neglected.

A hearty meal, taken while excessively fatigued, has often destroyed life.

The worst cold may be promptly cured if, within twenty-four hours after it has been taken, the patient will keep warm in bed, and eat little or nothing for a day or two.

## HEALTH MAXIMS.

Cold is the greatest enemy of old age.

Exercise to the extent of great fatigue does more harm than good.

To sleep well, a man must work hard.

The safest and best remedies in the world are warmth, rest and abstinence.

Delicious sleep comes oftenest to the young and the day labourer.

A sound mind in a sound body is a fitting foundation for all that is high and noble in human achievements.

The mental states have a more controlling influence over the bodily condition than most persons imagine.

Health and good nature are generally associated. The best anodyne in all nature is moderate, steady and continuous exercise in the open air.

Never sit with the back to a window or door, even if closed, for the air coming in at crack and crevice will certainly give a cold.

Never sit or stand with the wind blowing on you for a single moment, for it speedily produces a chill, to be followed with a fever and then a bad cold.

In going out into a colder air, keep the mouth resolutely closed, and walk briskly for a few moments, thus preventing chilliness, which is always the precursor of a cold.

Cleanliness, in all the surroundings of the family mansion, pays richly in many ways—in good health, moral elevation, personal comfort, and dollars and cents besides.

Life is warmth, growth, repair and power to labour; and all these are derived from the food we eat and the fluids we drink, and these should be good.

It is not healthy in any country, at any season of the year, or at any time of life, to get up early habitually: the old are better rested by lying late, even if not asleep, while the young require all the sleep they can get. In all latitudes, in warm weather, the morning air, although feeling cool and fresh, is laden with pestiferous miasma. In winter the atmosphere before breakfast is so cold and chilly and searching that it fairly shrivels up man and beast, chilling to the very marrow-bone sometimes.

At every period of life, at all seasons of the year, and from the tropics to the poles, in every clime and country, the temperature of the human body in health is the same to a degree—that is, ninety-eight of Fahrenheit; hence we should eat in Winter mainly of warming food, such as meats, fats, oils, sugar, and all the grains, farinas and starches; in Summer, the fruits and berries, and melons and vegetables of the field, the garden, and the orchard, which cool and open, and ventilate the system.

## SPASMODICS.

The clearness of a man's eye does not come from his soul. The hawk has got a mighty keen eye, but Lawd, what a rascal he is!

It is believed that a dude could gather coconuts without danger of bodily harm. It would be a mean monkey that would fire a coconut at a dude.

Johnnie lost his knife. After searching in one pocket and another until he had been through all without success, he exclaimed, "Oh, dear! I wish I had another pocket, it might be in that!"

Smith and his boy met Jones the other day. "Why, Jones," exclaimed the former, "What's the matter?" "I've just got up from a sick bed," answered he. "What's the matter with your bed?" asked Smith's boy.

The Duc de Morny's definition of a polite man is hard to realize. "A polite man," said he, "is one who listens with interest to things he knows all about when they are told by a person who knows nothing about them."

Sweet simplicity sometimes contains the sharpest sarcasm. A lawyer once said to his client, "Did you go to your opponent and try to settle with him?" "I did, your honour," was the reply. "And what did he say?" "Why, sir, he told me to go to the devil." "And what did you do then, sir?" "Why, then I came straight to you."

*Mistress* (acting on "information received")—"I wish to impress upon you, Bridget, most emphatically that I allow no followers." *Bridget*—"An' its quite right ye are, ma'am. They're a decatefal lot. If I catch any followers snakin' round ye, ma'am, 'specially millingtary followers, I'll folly them wid the kitchen poker.

His vocation—Prudent Excursionist: But—er before I sit down, I should like to know your charges. Now, what would a little dinner be, with soup, fish, cut from joint, and say, half a bottle of claret—moderate claret, you know, and—." *Dignified Waiter*: "Beg pardon. Not my department to hanser questions. (Impressively.) I honly hanswers the bell!"

*Mamma* (a widow of considerable personal attractions)—"I want to tell you something, Tommy. You saw that gentleman talking to grandmamma in the other room. Well, he is going to be your new papa. Mamma's going to marry him!" *Tommy* (who recollects something of the life his old papa used to lead)—"D-d-does he know it yet, mamma?"—*Punch*.

An Indiana farmer was visiting a dry goods store in Chicago with his daughter, when she espied the elevator. Turning to him she asked: "What's that, paw?—that thing going up and down, with sofys in it?" The old man gave the elevator a long, calm, deliberate, scrutinizing stare, and exclaimed with joy: "By gosh! its a telephone! the first I ever see."

## GEMS OF THOUGHT.

To remind of a favour is not kind ; to speak of it offensively more than cancels the obligation.

One of the surest ways to lose your health is to keep drinking other people's.

A generous nature never hurts the feelings intentionally.

The "gentleman" is magnanimous ; the "lady" is serene.

The wisest men are those who aim to live in such a way as to grow old without aches or pains.

The comforts and conveniences of life save trouble, save labour, economize time, and add to our happiness generally.

A sour look, an impatient gesture, a cross word at the breakfast table is enough to make the best food indigestible, and spoils a day.

To leave the best for others is generous ; to select the best for one's self is the meanest of all traits.

The only amaranthine flower on earth

Is virtue ; the only lasting treasure, truth.

—Cowper.

Honour is like the eye which cannot suffer the least impurity without damage ; it is a precious stone, the price of which is lessened by the least flaw.—Bossuet.

As between husband and wife, that is the nobler spirit which, in difference of opinion, most readily and immediately yields the privilege of the last word to the other party.

As an argument in the presence of third persons quickly degenerates into the ignoble ambition of victory, rather than conviction or instruction, and is unprofitable ; so is reproof, except when the two are alone ; else the admonition is received with impatience, indignation, or revenge.

Little do the young and vigorous know how the old appreciate those delicate attentions which they so often need in the journey of life, and which it costs so little to bestow, how it cheers their hearts and lifts them up with a delighting thankfulness !

**THIRSTY CHILDREN.**—There is nothing from which infants and children suffer so much as from thirst. They require water, usually, ten times where they get it once. Infants should have a teaspoonful or more of cold water every hour, commencing when they are a week old. Infants often cry so as to disturb everyone present. If a sip of water is given to a child who seems to be crying without cause, it will stop instantly in nine cases out of ten. Thirst causes more bad tempers in children than anything else. We speak of anything being "as free as water." Let the children share this freedom, and they will be better and healthier for it.

## SCIENTIFIC AND USEFUL.

The thinnest veil or silk handkerchief thrown over the face while riding or walking against a cold wind is a remarkably comfortable protection.

When alcohol was first introduced into the world in its concentrated form, about the year one thousand, it was called "Aqua Vita," the water of life, the great catholicon for human maladies, but it soon became the "Aqua Mortis," the water of death, the source of mortal woes incalculable.

If thrown into the water and the strength is failing, turn on the back with only the nose and toes out of the water, hands downward and clasped. This should be practised while learning to swim, as a means of resting from great fatigue in swimming.

On a freezing Winter morning, to enter a breakfast room, with a blazing fire and a snow white table covering, with cheery faces all around giving hearty welcome, is one of the many domestic felicities of a happy marriage.

The "sands of life" are yielded by the food we eat and the water we drink ; they constitute the foundation of the nails and hair and the scales of the skin, for we are all a scaly people, differing from the fish only that our's are smaller, and of variable quantities—morally.

There is no better way, no safer way, no easier way, no surer way of saving children from the debasing influences of the street, from corrupting associations, and from the acquisition of vicious and hurtful practices, than to make home attractive.

Ventilation is perfect in proportion as the air of an apartment is kept equal in purity to that of the external atmosphere. This is best done in private dwellings by having an open fire-place.

## WHERE THE SHOE PINCHES.

To that numerous and constantly increasing class of an otherwise happy and progressive community, who, under galling and painful pressure, try to be cheerful ; who, while enduring exquisite agony, maintain an exterior of sweetness, and try to be true and good ; who, though too proud to excite pity by complaint, pathetically limp along the path of daily duty ; whose faces wear the solemn calm of despair ; and whose crippled understanding permits them but one thought, one hope, one desire ; to all such the **Climax Corn Cure** is most respectfully referred for prompt and painless relief from needless suffering. *Sold by Druggists and Dealers everywhere.* PRICE 15 CENTS.

A man's collective dispositions constitute his character.

A cheerful disposition is the sunshine of the soul.





## NATURE THE "FOUNTAIN OF HEALTH."

There are gales of sweets,  
There are odours bland  
In the Asian wild,—  
By the sea-isle strand.

There the spice-tree yields  
Its fragrance up,  
And incense pours  
From its scented cup.

"To the 'herb of the field' a diseased and stricken race turned for alleviation of its sufferings, and accident often taught man the harmful, healing, or nutritious properties of plants."

### THE ACTION OF MEDICINES.

Mainly by observation and experience have the actions and uses of medicines been gradually ascertained. There seems to be an elective affinity between certain drugs and certain organs of the body. Some act on the bowels producing purgation; others on the nerve centres and blood, acting as tonics or restoratives; while others act on the kidneys, stimulating their secretions. The great majorities of medicines capable of solution are taken up by the blood vessels from the surface of the mucous linings of the alimentary canal, and, through

the circulation, act on the organs to which they have affinity.

**OF ALTERATIVES.**—Being neither stimulant nor sedative, alteratives have the power to alter or destroy morbid materials, and unnatural conditions of the blood. They also have the power to effect changes in the living solids, and hence in the functions which they perform. The alkalies and saline matters of certain plants being soluble in some of the secretions of the stomach and alimentary canal, are absorbed, and exert in the blood or soft solids their special influences. Neutralizing or arresting morbid processes, they check waste of healthy textures, and prevent development of degenerate cells. Very often they quicken the removal of effete or poisonous matters, being themselves unnatural to the blood, they do not long remain in it and as they are driven off chiefly through the skin and kidneys, increase the activity of both these outlets of used-up or dangerous matter. Change of food, change of air, and electricity are included among alteratives.

**OF TONICS.**—Unlike stimulants and sedatives, tonics give power to the nervous system to generate or secrete the nervous influence by which the whole frame is strengthened, acting primarily and directly on the nerve centres and blood as restoratives, and some of them supply the blood with natural material of which it may be temporarily deficient. They increase the appetite, the fullness and firmness of the pulse, the activity of the bodily functions, the muscular power, and the capacity for endurance. To insure their full effect, they should be given in moderate doses, at short intervals, (say 3 times a day) and for a considerable period.

**OF DIURETICS.**—They are remedies which increase the secretion of urine. This may be effected by certain saline, resinous, or other soluble substances, which are absorbed into the blood and thence excreted through the urine. In the treatment of disease, diuretics are used for the following important purposes: 1st. To maintain or restore the healthy action of the kidneys in fevers or other diseases in which the secretion of urine is diminished or arrested. 2nd. To promote the driving out of poisons from the blood. 3rd. To promote the absorption of dropsical effusions, by removing water from the blood. 4th. To increase the proportion of water in the urine, and thus prevent the deposit of its solid parts in the bladder or urinary passages.

To assist Nature in her efforts to remove the obstructions placed in her way by errors and negligence of the laws of life, is the mission of this safe and salutary Herbal Compound called Fountain of Health. If proper efforts are put forth in the right direction, we need not tear down to rebuild the vital structure, for Nature needs but gentle assistance to do her work; when certain hindrances are removed, the mild power is sure to conquer.

## THE SECRET OUT.

From the first issue of *Circulars* and *Folders*, advertising our preparation known as "Fountain of Health" to the present time, we have made no secret of the vegetable ingredients composing it.

We did this in justice to a prevailing and very reasonable desire, which people now-a-days have, to know something of the nature of the medicine they are using.

If the composition of a medicine is known it is tolerably easy to foresee the effects, in a general way. Physicians and druggists often look into such matters very critically, and we have, in many instances, in a friendly way, been accused of "not giving the proportions of the formula"; of "not telling all there was in it"; "your medicine produces effects that we never can understand as resulting from the ingredients named"; "your fountain is the most evenly acting medicine we sell, and it would be impossible for any mixture of the roots and barks named to have such power as an alterative, why don't you tell us more about it?" "Your dry package acted about as we expected, but your bottled preparation surprises us."

To such remarks our reply has been:—"We did not intend, or profess, to give a formula of our preparation so that it could be imitated. Although we named the vegetable ingredients, we did not give the proportions of the mixture, on which, as you know, the effects of the combination would depend."

At first, as you are aware, our "Fountain of Health" was put on the market in the form of a package, the ingredients being ground ready for infusion. That was a test of its remarkable powers, attested to by hundreds of testimonials in our possession.

But, in carrying out a long-cherished purpose which was to put the present bottled preparation on the shelves of all druggists and dealers, and which was begun in April of last year, we did so only after thoroughly testing in practice the correctness of a theory entertained by us for three years previously.

The test was made in the following case:—A well-to-do farmer, residing not far from Toronto, had not been able to do a day's work for over twenty years. Although not actually bed-ridden, he spent many hours of his days in bed, from sheer weakness. There were attacks of biliousness, followed by constipation. There were blind and bleeding piles, painful beyond expression. There was torpid action of the kidneys; and, during the twenty years, four attacks of inflammation of those organs—once within an ace of being fatal. The result was a dull yellowish colour of the skin, emaciation and debility; life not being considered as desirable.

We explained to him that we had prepared a mixture which should be very gradual in its effect; tonic, to brace him up, laxative, to keep his bowels just right, and diuretic, gradually helpful to the action of the kidneys.

But we went further. We told him of a well-known remedy prescribed in extreme cases of debility and wasting disease, and explained to him our theory that, judging by the dietary habits of the whole people of this country, we had come to the conclusion that *not only all persons who were acknowledgedly ill, but even young and otherwise apparently healthy persons* whose teeth were decaying all lacked, *in a degree*, a certain kind of nourishment for the bone and nervous forces of the system.

We told him that we had added this bone, brain, and nerve food to his medicine, combined as before stated, with well-known vegetable tonics, etc.

During a period of fifteen months he consumed fifteen pounds of this mixture, taking it regularly in teaspoonful doses. He understood that it was an experiment we were trying on him, and performed his part faithfully. Well, the result was that he took his place and part once more in the general work of the farm during the summer of 1882, and has since continued to do so without further medical help, and considers himself a well man to-day. Although thoroughly grateful, he shuns the notoriety of having his name published, and we could not do so without his permission.

During the past six months we have, in every instance, frankly admitted to druggists and dealers that "Fountain of Health" was really *TWO MEDICINES IN ONE*. And that, because the effects of "OUR HAPPY COMBINATION" is immeasurably beyond what either could be separately, it is in all respects worthy only to be compared to one thing in this world, and that is, a wise marriage.

But let us now keep our promise and "*out with the secret*" to the public; and when this is done, they will doubtless exclaim with us: "I wonder why some person did not think of it before."

All persons familiar with physiology, that is to say, with the *functions of the different organs of the body*, well know, that the different elements or materials, of which the human body is composed, are carried in the blood to the several parts.

How came they in the blood?

In this way:—There are minute vessels in the stomach and alimentary canal called absorbents. These absorbents convey the particles of *building-material*, found in the *chyle* or digested food, into the circulation. These particles pass through the liver to there undergo certain changes; they also pass through the lungs and are spread over a surface (in a full-sized man) as large as the floor of a 12 x 16 room, have to be oxygenized by the air we breathe. They are afterwards, in their round, passed through the kidneys, where the watery particles, not needed, are removed, and then they go to

the structure of the parts for which nature intended them.

If the body is not well nourished with the several elements which it requires, it may be accounted for in several ways.

*First*,—It may be because the elements are absent from the food eaten ; or,

*Second*,—The person may, from derangement or weakness of certain organs, be unable to digest the food containing them.

It was the consideration of these facts, together with the necessity in many cases of extreme debility, of introducing certain structural elements in soluble form, or we might say, *in an already digested form* into the circulation by way of the stomach and alimentary canal. To those who were too weak to separate these elements from food by the process of digestion, this meant hope and longer life. This was the discovery of Dr. Churchill, of Paris, France.

He found that, as a rule, the brain and nerve forces were first to suffer from lack of certain elements, then the bony structure showing itself in decaying teeth, as well as other symptoms, most notably tendency to a *decline* and the general breaking down of the system.

He prescribed, in all such cases, Hy-po-phosphites. Recognizing the general need, based on the general habits of the people, of these forms of lime and soda, which will be readily absorbed if needed, or will pass off if they are not, we have combined them in a medicine called "Fountain of Health," and now the secret is out.

And so "Fountain of Health" stands about thus in its composition and medical action :

- Dandelion ..... { Medical action, diuretic; tonic laxative; has a very happy effect on the liver, expelling intestinal worms.
- Yellow Dock..... { Medical action: Promotes sweating, sweetens the blood; diuretic, slightly laxative. An open cancer has been cured by this alone. Cleansing humours.
- Sassafras ..... { Aromatic, pleasant, tonic, and fragrant; stimulant and astringent; blood cleanser.
- Chamomile Flowers ..... { Stimulant, stomachic tonic. Its uses are generally well known.
- Queen of the Meadow ..... { Excellent in gravel or dropsy. Strengthens the urinary organs.
- Poplar Bark ..... { Tonic. It is called Vegetable Iron Bitter; restorative; expelling worms (of all kinds.
- Wild Cherry Bark ..... { Tonic astringent; expectorant having peculiar and special action on the lungs.
- Liquorice Root . . . { Demulcent; expectorant acting on the respiratory system and mucous surfaces.

Hy-po-phosphites .....

{ Supplying brain and nerve force; bone and teeth making material. The most natural and powerful alternative for the blood. Rebuilds and re-supplies wasted lung tissue.

In this preparation you have the same number of grains of hypo-phosphites to each dose, as was originally prescribed by the great discoverer, without the dangerous addition of strychnine, which enters into all the syrups containing this soluble form of lime and soda.

LETTERS FROM THE PEOPLE.

Messrs. Wm. Churchill & Co.:

Your agent has requested me to communicate my opinion of your medicine "Fountain of Health." I am very much pleased to say that it has done me more good than all I had previously taken of other remedies. For over six months I could not breathe through my nose, I had pain in the back resulting from weakness of the kidneys, and your medicine has cured me of both these troubles. Have taken two bottles.

Yours very truly,

C. W. HALL,  
58 Vanauley St.

Since the introduction of this medicine, so many instances have come to our knowledge of permanent benefits arising from its use in cases of Catarrh, that we place this disease foremost upon the list, and are willing to stake the entire reputation of the Fountain of Health upon its efficacy in the treatment of that disease alone. This disease cannot be cured by a local remedy. It is a deep and constitutional wrong-being, the ultimate result of which is to lay the whole respiratory economy in ruins.

Toronto, 31st July, 1883.

Dear Sir,—I had piles so bad that I could not sit upon a chair. One bottle of your "Fountain of Health" and a box of your Ointment has affected a complete cure.

GEO. DAVIDSON,  
356 Adelaide St. West, Toronto.

Toronto, 27th August, 1883.

Messrs. Churchill & Co.:

I have been cured by your medicine "Fountain of Health." As I had tried many things during the last ten years for Headache, Nervousness, Dizziness and pain in the back, I consider your preparation unequalled. Two bottles have restored me so that I am well and free from all my former ailments. Wishing you every success, I am, gentlemen,

Yours very gratefully,

MRS. COX,  
71 Vanauley St.

Gentlemen,—I feel very glad that I ever tried your "Fountain of Health," as it is the only thing that ever permanently helped me. For over two years I have had a pain in my side and between the shoulders—after using one bottle, lasting five weeks, I find my appetite good, sleep sound and refreshing and no pain. I tell all my friends who complain to try your medicine, as I think it is the best in the world.

MISS FLOOD,  
375 Bathurst St., Toronto.

9th July, 1883.  
Sir,—I have taken two bottles of your "Fountain of Health" for lame back, which had laid me off work for several weeks. Am now all right, free from pain, and as strong as ever I was in my life. I had become nervous and could not sleep. Its first effect was to give me sound sleep, afterwards my appetite gradually returned. I consider your medicine even more than you advertise.

Yours respectfully,  
F. ARTHURS,  
Cor. High and Esther Sts., Toronto.

Dear Sirs,—I gave my baby (four months old) your "Fountain of Health" in small doses, for Costiveness, and it not only relieved it promptly, but it has never been troubled since. Being pleasant to take, there was no trouble to give it. I frequently recommend it.

I am truly yours,  
MRS. HETHERINGTON,  
63 Esther Street.

Gentlemen.—My son aged nine years, had lumps on his head and neck for several weeks. After trying various things, was told by a neighbour that your medicine was a powerful blood purifier, and concluded to try it at once. One bottle was sufficient, which with one box of your "Climax Salve" cured him in about a month. I use your "Fountain" as a general medicine; if the children have a cough it helps them, if their bowels are irregular I give them a few doses and it corrects them right away. I think the name you give it very appropriate, and it is the medicine I intend to always keep in the house.

Very truly yours,  
MRS. CHILDS.  
388 Adelaide St. West, Toronto.

Wm. Churchill & Co.:  
Gents,—I have been troubled with Catarrh for the past two years. Your "Fountain of Health" was recommended to me by Mr. Lindsay of this place. After using one and a half bottles all symptoms of Catarrh have disappeared, and my health is so much improved that I have gained several pounds in flesh.

I am yours truly,  
WM. LATIMER.

Those who "hack" and "clear the throat" every morning, to get rid of mucous from the air passages all have Catarrh. If this is not remedied bronchial diseases are sure to follow.

Toronto, 15th August, 1883.  
Messrs. Churchhill & Co.:  
My oldest boy, aged twelve years, had a headache, was frequently sick at his stomach and was always costive. He was stupid and listless in the morning, and his eyes weak and watery. His mother often said "we shall never raise him." Two bottles of your "Fountain of Health" has made a great change in his appearance. In three months he has become fat and as active and nimble as a kitten. We believe your medicine has saved his life.

Very truly yours,  
WHEATON ROSS, Insurance Agent,  
460 King Street West.

Gentlemen,—I have used one bottle of your "Fountain of Health" for Costiveness, and am still using it to quite restore myself. I can confidently recommend it as the best medicine I have ever tried.

MRS. M. MULLEN,  
37 Clyde Street, Toronto.

Toronto, 13th Aug., 1883.  
Dear Sirs,—Great heat and pain in the top of my head, fluttering at the heart, and Costiveness have been my troubles for many years. I can scarcely thank you enough for the great good your medicine "Fountain of Health" has done me. When I went to bed at night I could not sleep, but tossed for hours, and as a consequence I felt always tired and disinclined to rise in the morning. Once or twice a week I would get dizzy and was seldom free from Headache, often being very low spirited. I also always had more or less pain in my back, and shoulders and was miserable. Three bottles of your medicine has enabled me to eat, sleep and work, and now I am as well, and stronger than I ever was before in my life. This is what it has done for me and I am happy to recommend it.

MRS. LUDLOW,  
Salvation Army.

Sirs,—I am using your "Fountain of Health" for Catarrh. Was not able to breathe through my nose for a long time. One bottle has made a marked change for the better in that respect, and I feel so much improved that I intend to persevere, and trust to be perfectly well once more. With many thanks.

I am truly yours,  
ALICE WILLIAMS,  
123 Vanaley Street.

Those who are now struggling in the folds of Consumption, know, alas, too well the fatal mistake they made in disregarding the slight Catarrh in which their disease began. If all cases of Catarrh were treated with timely promptitude, there would be few cases of Consumption.

Toronto, 73 Wolcley St., 20th July.  
Gents,—I have used your "Fountain of Blood Purifier" as a blood purifier, and can recommend it as having more than satisfied my expectations.

Yours,  
A. JUTSON.

Dear Sirs,—I have much pleasure in certifying to the good results received from the use of three bottles of your "Fountain of Health." For several years I was greatly troubled with phlegm in my throat, and to get rid of it in the morning was a dread as it always cost me a great effort. I always rose with a horrid taste in my mouth, and during the day was seldom free from pain in my temples. I now find myself free from pain, have a good regular appetite, have considerably increased in flesh, and am but very slightly annoyed by the phlegm. Am still using it and always shall be ready to speak of it in the highest terms as the only reliable medicine for Catarrh. Trusting this may assist you to sell a bottle to every person having this disease.

I am, Sirs, gratefully,

MISS BRASSINGTON.  
50 Arthur Street.

30th August, 1883.

Gents,—My wife and I have used two bottles of your preparation for Loss of Appetite and Irregularities. We can recommend it as perfect and the best we ever tried. From this it is our resort whenever found necessary.

Yours respectfully,

W.M. BOND,  
15 Vanauley Street, Toronto.

There are few things in the world more rasping than a file of unpaid bills.

When a bachelor says he is single from choice, it makes him mad to ask him why the girl made choice of some other fellow.

A coquette is a woman without any heart that makes a fool of a man that ain't got any head.—*The Continent*.

Mr. Cobb recently married Miss Webb; he knew that they were intended for each other as soon as he spider.

Hard facts sometimes bring us to a realizing sense of what we are made of. When a duel was about to take place a hearse happened to go by. "Hold up a minute," said number one to the driver, "hold up a minute and I'll have a passenger for you." Number two declared himself satisfied without fighting, and the affair ended in a good dinner.

"Conceal yourself as well's you can  
Frao critical dissection;  
But look thro' every man  
Wi' sharpen'd, sice inspection."

"No use to take your medicine," said a patient to a doctor, "for as I never expect to get well, I could not pay you!" "Had you intended to pay me?" the doctor asked. "Yes sir." "Well, then, I'll change your treatment. It's a hard matter and somewhat unprofessional, but as you entertain some idea of paying me, you'd better take a little of this harmless powder, instead of the dose I had mixed for you."

Toronto, 20th July, 1883.

Sirs,—I have used one bottle of the "Fountain of Health" for Kidney trouble, and have obtained relief and have not been troubled since.

Yours,

L. JOHNSTON,  
73 Wolesley Street.

Toronto, 30th August, 1883.

Gentlemen,—I used your Blood Purifier, "Fountain of Health" last spring. I eat more and sleep better and feel better every way. It is the most pleasant and satisfactory thing of the kind I have ever used, and I am pleased to give my testimony in its favour.

MRS. SIMMONS,  
263 Little Richmond St.

Toronto, 32 Wolesley St., 13th June, 1883.

Dear Sirs,—For over a year I have been very Costive, and most of the time had severe headache, making me so nervous that I could not rest at night. The least exertion gave me a pain in my back and I never felt strong nor well. A few weeks' use of your "Fountain of Health" has produced a marked change in my health, and I most heartily recommend it in similar cases.

MRS. PUTTOCK.

Toronto, 14th September, 1883.

WM. CHURCHILL & Co.:

I have all confidence in your medicine "Fountain of Health," as it seems to meet my wants exactly. Other medicines may be as good for other people, but yours does the best for me that I have ever used. I had headache and pain in the stomach almost continually. I felt better after the first few doses; one bottle has cured me, and you are welcome to refer to me in any way you choose.

Yours,

MRS. MEREDITH,  
115 Chestnut St.

Outremont Road, Montreal, Que., 7th Sept., 1883.

Gentlemen,—I was suffering for a long time from derangement of the liver, my skin and eyes becoming as yellow as saffron, and was told I was Jaundiced. Was under medical treatment and was not improving when a friend brought me some of the "Fountain of Health." Thanks to your wonderful preparation I am again in good health, and you are permitted to use this to your advantage.

HENRY WISEMAN.

Gentlemen,—It is many years since I felt as well as I have since using one bottle of your "Fountain of Health." This medicine seems exactly suited to my constitution and condition and has entirely released me from often recurring sickness which confined me to my bed. I purpose continuing to use it until I regain my usual strength, and trust that then I can do without medicine altogether.

M. HERRIOTT.  
117 Vanauley St.

Mr. W. G. Egar, Druggist, of Deseronto, says:—Kidney troubles, one bottle.  
 "A customer of mine after using one bottle of your 'Fountain of Health,' came in and said: 'I have received more benefit from it than from all the other preparations you have sold me for a year.' His was Kidney trouble of long standing."

Toronto, 15th December, 1883.

Mr. CHURCHILL:  
 I have suffered for years with Kidney Disease and have been often so low that my life has been despaired of. Hearing your "Fountain of Health" highly spoken of by friends, I determined to try it. I have used several bottles and am glad to say that I am in better health than I have been for years. Having been troubled so long a time, I do not expect to be perfectly cured, but while I continue using it I am free from distress in that way. Once or twice I thought myself well enough to discontinue, but soon was sick a bed. My disease is chronic and I should not expect to be entirely cured in a short time, but I firmly believe that your medicine will prolong my life and give me comfort while I do live. If it will do you any service, you are quite welcome to refer to me.

Gratefully yours,  
 MRS. ALFRED TURNER,  
 312 Wellesley Street.

Dear Sirs,—I take great pleasure in testifying to the benefit I have received from the use of your "Fountain of Health." For over nine years I have suffered from disease of the Kidneys, having a severe pain in the back a great deal of the time and a tenderness of the eye balls. No remedies that I have ever tried, and I have used no end of them, gave me relief, except your "Fountain of Health," which has made me feel much better. I have used two of your dollar bottles.

Yours sincerely,  
 WILLIAM GRAHAM,  
 6 Lisgar Street, Toronto.

Toronto, 18th Sept., 1883.

Messrs. CHURCHILL & Co.:

Gentlemen,—My daughter, aged ten, has given me much uneasiness on account of dullness in the morning. Nothing could tempt her to eat, and unlike other children, she showed no inclination to play, but sat or moped about complaining of headache. She was habitually Costive, and was suffering from piles. Her sleep was not sound, especially the fore part of the night, and she groaned and was restless. It delights me to see her activity since taking one bottle of your "Fountain of Health." Her appetite is good, she sleeps well, her bowels are regular and piles cured. She is now so fond of play that I can scarcely keep her in the house. As I consider the public should have the benefit of my experience, and as I consider your medicine the best in the world, you are at liberty to use this at your discretion. Wishing you every success,

I am truly and gratefully yours,  
 MRS. LEMON,  
 87 Chestnut Street.

Toronto, 15th October, 1883.

WM. CHURCHILL & Co.:

Gentlemen:—As to the effect of your Catarrh cure "Fountain of Health," I have to say, that I have been a sufferer from Catarrh for fourteen years, and have tried many so-called remedies. The first bottle of your preparation taken gave me such immediate relief that I took courage and determined to keep on. I am now using the sixth bottle and weigh thirty pounds more than I did on commencing. I do not remember the time I could breathe through my nose, the sense of smell was lost and memory very poor. I am very happy now to state that these disagreeable effects of the disease have nearly disappeared and my general health has very much improved. Trusting it will prove on trial as effectual in every case, I am, gentlemen,

Yours very gratefully,  
 BENJAMIN F. JOHNSTON,  
 173 Queen St. East.

Toronto, 2nd Sept., 1883.

Messrs. WM. CHURCHILL & Co.:

Gentlemen,—If this letter is as welcome to you as your preparation "Fountain of Health" has been helpful to me, I shall not fail at least in the duty of gratitude nor in doing justice to the reputation of your medicine. I consider that in proportion to its merits, your medicine is the most unpretentious in the market, as it was not recommended for the disease of which I believe it has cured me. Early in spring I got a severe Cold which settled on my lungs, producing a severe Cough which increased for weeks. I had considerable pain in the back and lower part of the left lung. One of the best doctors in this city told me I had Consumption, which I readily believed and went under his treatment for a long time. Growing worse I became despondent and desperate when I looked at my little family and thought of the future. My appetite failed, I could not rest at night and had to give up work. About this time a friend urged me to try your "Fountain of Health," and just to please him I did so, although I had no more confidence in it than in so much cold water. After a few days the phlegm came up easier and in a few days it came in large quantities without scarcely any effort. At the end of a month the cough troubled me no more, and in less than that time there seemed to be no phlegm to raise. My friends consider it almost miraculous that a thin wasted person like I was should get well, but I am now about eight pounds heavier than I ever was at this season of the year and I feel perfectly well and strong as I ever was, all through your great "Fountain." You are at liberty to publish this, and as long as I live I shall consider that it has saved my life. Long may you prosper is the desire of,

Yours very gratefully,  
 J. W. McCALLUM,  
 246 Chestnut Street.

Dear Sirs,—For over twenty years I have suffered greatly from Nasal Catarrh, sometimes being unable to smell or taste properly. The disease caused a severe pain over the eyes, and frequently stopped my writing on account of dizziness. The phlegm in my throat gave me much annoyance, especially in company, balls of

which would occasionally fall down into my throat, 20 years' and I could seldom breathe through my nose. I <sup>catarrh,</sup> have taken quarts of various medicines without <sup>grand success.</sup> any apparent benefit, until I was induced by your agent of 69 Muter Street to try your "Fountain of Health." After using five bottles I am prepared to give it as my honest opinion that for the cure of Catarrh it is a grand success. I have recommended it to many of my friends, one of whom encloses his testimonial with mine. Wishing you deserved success,

I am gratefully yours,  
JOSEPH BROWN,  
Bookkeeper, 25 Sherbourne St., Toronto.

Ottawa, 30th May, 1883.

Gentlemen,—About a year ago I took several heavy colds one after the other, which settled upon my lungs. I rapidly ran down in flesh and strength, until I was unable to work. I had been treated by four physicians of this city without improvement, until I began using your "Fountain of Health" on the 15th of April. I now weigh fifteen pounds more, and thank God I am again able to work. I believe your medicine has saved me from death from Consumption.

WM. McCULLOUGH,  
143 Kent Street.

Messrs. CHURCHILL & Co.:

For over a year I have been troubled with Catarrh, Catarrh. Many remedies have been offered me, most of which I have tried, but continued to get worse. The phlegm in my throat troubled me very much in the mornings. My mother purchased a bottle which was recommended to her for Costiveness, having the same complaint myself we both used it, and, to my surprise, I found that both my diseases were being rapidly removed. I feel very much better, but am still taking it, and have no doubt that when I have finished this bottle I will be thoroughly well. I am eighteen years of age, and can heartily recommend it to any young men who may be similarly affected.

WM. D. HICKS,  
Trunk Factory, Toronto.

The "Fountain of Health" sold everywhere by Druggists and Dealers.

The price of a bottle of this medicine is \$1. It does more and lasts longer than any other dollar bottle in the market.

The bottle contains 16 oz. tablespoonful doses, or 128 doses, lasting forty-two days.

If constipation has existed for a long time, commence using "Fountain of Health" by taking two of Hope's Regulating Pills. Price 10 cents a box.

Wholesale by the proprietors, Wm. Churchill & Co., also by Lyman Brothers & Co., Milburn & Co., The Northrop and Lyman Co., H. Sugden Evans & Co., Toronto, Ont., by Lyman, Sons & Co., Kerry, Watson & Co., Montreal, H. F. McCarthy, Ottawa, T. W. Chamberlin & Co., Prescott.

# CHURCHILL'S COUGH KING.

A Compound Honey-Syrup of Hypophosphites, Wild Cherry, Horehound, Tamarack, Balsam, Spruce, and Pine Gum, FOR COUGHS AND COLDS.

Price 25 cents.

SOLD BY ALL DRUGGISTS & DEALERS.

Brougham, 13th Feb., 1884.

Wm. Churchill & Co.:

Two doses of your "Cough King" stopped a severe cough, and gave me rest and sleep, of which I had been deprived for three nights previously. It beats anything I ever tried, as it acts so promptly.

MRS. E. MARR.

58 Seaton Street, Toronto.

DEAR SIR:

My mother had the worst cough you can imagine. She, nor any of us, could sleep for three or four nights. Three or four doses of "Churchill's Cough King" stopped it at once. It seemed to act like a charm.

Yours gratefully,

MRS. A THORNTON.

It is only necessary here to say over a signature well and widely known to the public as a guarantee of the superiority of the several Proprietary Medicines bearing it, that "CHURCHILL'S COUGH KING" is the

## ONE GRAND COMBINATION

of many long tried, simple remedies, any one of which, singly, can lay well-merited claims to confidence. One trial will settle it for all time with each user, that in this preparation is found the most effective treatment for coughs, colds and diseases of the throat and respiratory organs.

Mos. respectfully,

Yours truly,

Wm Churchill & Co.

## TESTIMONIALS.



"In one short year CHURCHILL'S CLIMAX EYE SALVE AND OINTMENT has won for itself a reputation that will sell it for all time."

The oily base of this preparation, not being an animal fat, such as is generally used in ointments or salves, possesses in itself—apart from the soothing, clean-

sing, and healing medicaments added—in a remarkable degree, the natural combination of many valuable qualities. It is an emollient superior to glycerine for all the purposes for which that article can be used. Its softening and penetrating nature enables it to act through the pores of the skin, thus allowing it to be applied to the surface instead of being put into the eye.

Being rich in paraffine, it affords a perfect protection to inflamed surfaces from the action of the air, and although at first it was recommended only for that delicate structure, the human eye, it has rapidly won its way to popularity as being the very best thing possible in scalds or burns; in chafing sores, chilblains, and in cold sores. In piles, salt-rheum, erysipelas, ulcers, and otherwise incurable old sores, its effects are wonderful. From the wide application given it by people who try it in emergencies we have often exclaimed when informed of its effects: "What is there that it will not cure." We quote a few remarkable testimonials, selected from scores which we have received:

Sold everywhere at 25 cents per box.

*Lochalsh, Aug. 3rd, 1883.*

Gentlemen,—My wife was blind for five weeks with inflammation of the eyes. Six applications of your salve enabled her to bear the light, and she was cured in a few days.

EDWARD WALMSLEY.

*Russell, Ont., July 6th, 1883.*

Gentlemen,—My baby took cold in one of its eyes when about ten days old. It kept getting worse, in spite of all the treatment we could hear or think of, until I thought the child's eye would run out. The water from the eye ran down upon the cheek, and scalded the skin off, and even that we could not heal. Hearing of your salve, I tried it with effect at once. Four or five applications healed the face, and in ten days the eye was well.

MRS. MATHER.

*Newcastle, Aug. 30th, 1883.*

MR. CHURCHILL:

You were kind enough to give me a box of your Eye Salve, when I resided at Victoria Road, on noticing the condition of my eyes. At that time, you will remember, they were inflamed and weak, and the lids so granulated that they were returned inside out, and mattering continually. I had given up the idea of relief. Well, sir, I am glad to say that a half box completely cured me in about six weeks, although I had suffered since boyhood. I have sold the dozen boxes you left with me for others, and the effect is always the same—a speedy cure. I always take pleasure, when I see anyone so suffering, to mention your Salve.

Wishing you deserved success, I am, gratefully yours,  
THOMAS DOUGLAS.

*Fitzroy Harbour, 11th July, 1883.*

MR. CHURCHILL:

I suffered for six months with inflammation of the eyes, one of them becoming nearly blind. I got a box of your Climax Salve from Mr. Robt. Shaw, of Arnprior. Half a box completely cured me, and I always recommend it to anyone I see similarly afflicted.

Yours gratefully,

JANE VERNER.

## FOR GENERAL PURPOSES.

Mrs. GOULD, of University Street, Toronto, says:—"Three of my children, from some cause, were terribly afflicted with sores all over them; on their joints, behind their ears and in their hair. Your Ointment was applied to every part affected on Friday, Saturday, and Sunday, and on the following Tuesday not a scab was left. The cure was complete, and I have never seen a sign of it since."

MR. R. A. GRAY, cor. King and Sumach Sts., says: "I applied your Salve for ringworm on my boy's face, and it cured him in twenty-four hours."

*Morton, Leeds Co., 28th September, 1883.*

MR. CHURCHILL:

I regret having so long neglected sending you the well-deserved testimonial for your Climax Salve, but I trust that it is "better late than never." The box left for me with Mr. J. R. Leake, our postmaster, by you, cured an ulcerous sore on my leg, which I vainly tried, by every means, to cure for thirteen years. Your Salve is painless and soothing, relieved it from itching, and in a few days it commenced to heal. If anyone doubts this wonderful cure they are at liberty to address me here, or Mr. Leake can tell how many other preparations I tried during these years.

Trusting this may suit your purpose, I am,

Yours gratefully,

MRS. M. DEANE.

*Toronto, 29th December, 1883.*

MR. CHURCHILL:

I am a soldier of the Crimean war, and was wounded in the leg below the knee during that war. This wound I was never able to cure, and it has remained a running sore ever since until I got a box of your Climax Salve in August last. In the summer the trouble was increased by the discharges scalding the skin off underneath the bandages I was compelled to wear. In this condition my leg was when I first dressed it with your salve. I am now more than grateful to say that one box completely healed the old wound in about six weeks, and, contrary to my expectation, it has never broken out afresh. You are at liberty to publish this, as I think your salve has no equal in the world.

Yours truly,

JAMES TURNER,  
117 Jarvis Street.

*Moulinette, 15th June, 1883.*

MESSRS. Wm. CHURCHILL & Co.:

I gave the box of your Climax Salve, left here to be given to the person having the worst case of sore eyes in our locality, to a daughter of Mr. Compo, of this village. The child is now thirteen years old, and has had sore eyes for ten years. The lids seemed to be eaten away, and were so distressing to look upon that I always dreaded to see her come to the post-office or store. Her ma tells me that after three applications she could bear the lamp-light, and in ten days could see to thread a needle. Now, after using one box the angry appearance is all gone, and you could scarcely observe that her eyes had ever been sore. This wonderful cure, as well as one for Mr. Harrison, my former partner, has made your salve justly popular here. People are using it for chapped hands, cold sores, burns, chilblains, etc., and I have had to buy it several times.

GEO. McDONALD.  
Postmaster.



HOPE'S  
**INSTANT**  
**RELIEF**

Differs from all preparations of this class, in that it is

**MILD AND PLEASANT.**

It mildly soothes away

**NEURALGIA, HEADACHE,**

And all aches and pains possible to be assuaged by external application. More potent than all those justly dreaded fiery mixtures, it is

**PLEASANT TO TAKE.**

And when used internally instantly charms away the agonies of

**Cramps,  
 Pains,  
 Spasms,  
 Cholera,**

And all forms of

**SUMMER COMPLAINT**

Resulting from Green Fruit and Bad Food.

We subscribe our name as a guarantee of superiority, and request every purchaser to return the bottle and claim the price paid if this medicine does not do all we claim for it.

Respectfully,

*Wm Churchill & Co.*

WITH COMPLIMENTS OF

**W. W. ROBINSON**  
 CHASE ST.  
 GREENVILLE



**FOR HORSES & CATTLE.**

So unavoidably and continuously deprived of the much longed-for and delicious green grass and juicy herbage, could our captive friends and servants, the horses and cattle, but occasionally, even for a short time, enjoy the liberty of *instinctive selection*, there would be little need of such a preparation as THE SCOTCH GRAYS AMBITION POWDERS. But as Chemistry has disclosed the nature of their *natural food*, so also has Chemistry combined in this composition the Tonics, Alteratives and Diuretics necessary for restoring healthy action to the various organs; thus, Tonic for the blood and linings of the stomach and bowels; *Laxatives or Alteratives* for the regulation of the motions of the intestines; and *Diuretics* for the safe and gradual restoration of the proper action of the kidneys.

WHAT THIS MEDICINE WILL DO.—It will ward off epidemics and contagious diseases. It will quickly restore the drooping, emaciated animal with faded coat, to vigorous spirits, health and appetite. It will expel all worms from the stomach and bowels, make the eyes bright and the skin as glossy as velvet. It will increase the flow of milk in mares, cows and ewes. It will cure or relieve heaves or broken wind.

These powders are especially curative for all *morbid conditions or derangements of the Digestive system*, or diseased conditions of the cerebro-spinal system connected therewith.

Finally we promise the same constitutional effects as result from pasturage, and if users will but persevere, intelligently attending to conditions favourable to the comfort of the patient being treated, satisfactory results are largely guaranteed by the agents.—Price 25 cents.

[Sold by all Druggists and Dealers.]

*Wm. Churchill & Co.*