

HEALTH HINTS.

A correspondent of the Scientific American says: Let any one who has an attack of the lock jaw take a small quantity of turpentine, warm it and pour it on the wound, no matter where the wound is, and relief will follow in less than a minute.

The following is recommended as a cure for sleeplessness: Wet half a towel, apply it to the back of the neck, pressing it toward the base of the brain, and fasten the dry half of the towel over so as to prevent too rapid evaporation.

EATING AT NIGHT.—Popularly, it is thought injurious, but unless dinner or supper have been late, or the stomach disordered, it is harmless and beneficial, i. e., if one be hungry. Four or five hours having elapsed since the last meal, invalids and the delicate should always eat at bedtime.

The feeble will be stronger at dawn if they eat on going to bed. Fourteen hours lie between supper and breakfast. By that time the fuel of the body has become expended.

During the night give wakelul children food. Sleep will follow. The sick should invariably eat during the night. This is imperative.

SCHOOL HYGIENE.—1. Avoid the cramming process in education, and the nervous excitement due to the spirit of rivalry.

2. Reduce the number of subjects in the curriculum, and shorten the periods of study.

3. Ventilate the school-rooms in accordance with the most approved methods.

4. Regulate the temperature of the school-room—an atmosphere which is too warm debilitates the system.

5. Provide properly constructed and arranged seats and desks.

6. Instruct pupils to sit erect, and to hold the book or paper at least 12 inches from the eye.

7. Provide highly myopic pupils with proper spectacles, which will enable them to read at the natural distance of 12 inches.

8. Furnish pupils with well-printed books.

9. Furnish abundance of light, without producing glare. Let it come from the left side if the room is narrow; from both sides if the room is wide.

10. Provide for physical education of school children, and teach them the importance of out-door exercise.—Charles J. Lundy, M. D. in Sanitarian.

HOUSEHOLD.

TO REMOVE RECENT FRUIT STAINS FROM LINEN.—It is seldom necessary to do more than to hold the linen tightly stretched over a tub and pour boiling water through it.

When linen is first stained, a very wise plan is to rub the stained spot as full as possible with common table salt. This will prevent its drying until it is washed, when hot water poured through it will easily remove all vestige of the stain.

LAYING THE TABLE.—A tastefully laid table, whether it be for breakfast, luncheon, or dinner, enhances the enjoyment of the meal about to be partaken of.

The flavor of coffee may be greatly improved and its delicate aroma increased, by adding a little bicarbonate of soda to the water with which it is made.

Many a man has had his pork fail to keep properly, because it was salted in a frozen condition. Frozen meat, whether beef, pork or mutton, will not properly assimilate the salt, and cannot be depended on to keep in hot weather.

The way to keep sausage meat till summer, or even till fall, is to make it into cakes between the hands, and fry it just as you would for present consumption; pack the cakes closely in an earthen jar, and pour in melted lard till it covers them; keep in the cellar or some cool place, and as dry as possible.

Treated in this way, sausages will keep fresh and untaunted for a year or longer. When wanted for the table, simply heat it through in a pan, and it is ready for use.

Winter is a good time to do outdoor painting. The paint then makes a better covering for the wood than if laid on when the wood is hot and dry; and insects will not get into the paint, nor dust and leaves, if snow is on the ground.

CLEAN LAMPS.—Perhaps nothing pays better interest on labor expended than a clean lamp; do not sigh for a patent chimney-cleaner, but take a piece of rattan and make one by tying on a bit of cotton.

To clean steel, rub the article with a piece of wash-leather dipped in kerosene oil.

If the boys' shoes are stiff from having been wet, rub them at night with a little castor oil. This will soften them and make them comfortable again.

If a door does not shut without a 'slam,' put a drop of sweet oil on the catch—or on the hinge, if it creaks. Soap will do, but not so well.

The best thing for cleaning tinware is common soda; dampen a cloth, dip in soda, rub the ware briskly, after which, wipe dry.

A slightly damp cloth rubbed over a dusty carpet brightens it wonderfully, and gathers all the dust.—This is an excellent way to cleanse the floor of an invalid's room, where noise and dust are objectionable.

FARM AND GARDEN.

OATS AS A STIMULANT.—Some time ago there was rather an extreme advocacy of oats for horses, because chemists had discovered avenine in the oat, which was a strong nerve stimulant, and to this they attributed its good effect on horses.

COOKING V. GRINDING.—In places where farmers are several miles from a grist mill they often secure much of the advantage from grinding grain for stock by cooking it. For hogs the cooking without grinding will secure as good or better results than grinding without cooking, and at a greatly decreased expense.

EARLY POTATOES.—A correspondent of the Gardener's Monthly gives the following method of obtaining potatoes early.

A large proportion of the diseases which cause blight and rotting result from derangement of the stomach, bowels, and liver. AYER'S CATHARTIC PILLS act directly upon these organs, and are especially designed to cure the diseases caused by their derangement.

These PILLS are compounded of vegetable substances only, and are absolutely free from mercury or any other injurious ingredient. They are superior from Headache writes: "I have been a sufferer from Headache, and your pills are the only thing I could look to for relief. One dose will quickly remove my headache and free my head from pain."

VARIETIES.

If you want a new shoe to fit as easily as an old one, put on two pairs of stockings before your measure is taken.

A poet hath remarked that 'All paths lead to the grave.' He undoubtedly referred to all paths and homopaths hydropaths, and the rest of the M. D. paths.—Pittsburg Telegraph.

It seems from the English census returns that tailoring and shoemaking are the favourite trades with the deaf mutes, but four are put down as commercial travellers, and one is a cabman.

'Is it possible, miss, that you do not know the names of some of your best friends?' inquired a gentleman of a lady. 'Certainly,' she replied; 'I don't even know what my own will be a year hence.'

The inscription 'Thou shalt not steal' is conspicuously displayed in the window of a New York jeweller. A loaded revolver underneath emphasizes the command.

Gilt-edged girls is the new name for the pampered daughters of society.

Artificial flowers are now so exquisitely so-called that they are mistaken for natural flowers.

The Princess Louise at a recent wedding wore a muff and boa made of skunk fur.

ANALEPTICS

RECUPERATIVE, RESTORATIVE. ALL MEDICAL OBSERVERS are of one opinion in regard to the great value of COD LIVER OIL,

to be the best and most reliable, and (when uncombined with other medicines) when presented in a palatable and digestible form, of all recuperative medicines known, not only in CONSUMPTION but in other WASTING DISEASES, as SCROFULA, DISEASES OF THE JOINTS, SKIN ERUPTIONS, EMACIATION &c., and as

BUDD'S CREAM EMULSION

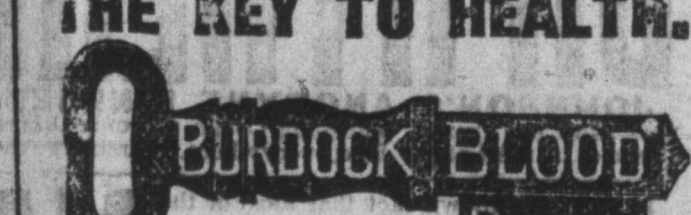
Is the only simple EMULSION in the market. The medical profession use it extensively.

BUDD'S EMULSION will cure the most obstinate cough. In bronchitis, asthma, influenza, it acts like a charm.

YOU MAKE NO MISTAKE if you get BUDD'S EMULSION, it is the only one made by

PUTTNER BROS. Sold by all dealers. PRICE 50 CTS. Jan. 16.

THE KEY TO HEALTH.



Unlocks all the clogged avenues of the Bowels, Kidneys and Liver, carrying off gradually without weakening the system, all the impurities and foul humors of the secretions; at the same time Correcting Acidity of the Stomach, curing Bileousness, Dyspepsia, Headaches, Dizziness, Heartburn, Constipation, Dryness of the Skin, Dropsy, Dimness of Vision, Jaundice, Salt Rheum, Erysipelas, Scrofula, Fluttering of the Heart, Nervousness and General Debility; all these and many other similar Complaints yield to the happy influence of BURDOCK BLOOD BITTERS. Sample Bottles 10c; Regular size \$1. For sale by all dealers.

AYER'S PILLS.

A large proportion of the diseases which cause blight and rotting result from derangement of the stomach, bowels, and liver. AYER'S CATHARTIC PILLS act directly upon these organs, and are especially designed to cure the diseases caused by their derangement, including Constipation, Indigestion, Dyspepsia, Headache, Dysentery, and a host of other ailments, for all of which they are a safe, sure, prompt, and pleasant remedy. The extensive use of these pills by eminent physicians in regular practice, shows unmistakably the estimation in which they are held by the medical profession.

These PILLS are compounded of vegetable substances only, and are absolutely free from mercury or any other injurious ingredient. They are superior from Headache writes: "I have been a sufferer from Headache, and your pills are the only thing I could look to for relief. One dose will quickly remove my headache and free my head from pain."

W. L. PAGE, of W. L. Page & Bros., Franklin St., Richmond, Va., June 3, 1882. "I have used AYER'S PILLS in numerous instances as recommended by you, and have never known them to fail to accomplish the desired result. We constantly keep them on hand at our home, and prize them as a pleasant, safe, and reliable family medicine. FOR DYSPEPSIA they are invaluable."

Mexico, Texas, June 17, 1882. The Rev. FRANCIS E. HANLOWE, writing from Atlanta, Ga., says: "For some years past I have been subject to constipation, from which, in spite of the use of numerous kinds of medicine, I suffered increasing inconvenience, until some months ago I began taking AYER'S PILLS. They have entirely corrected the constipation, and have vastly improved my general health."

AYER'S CATHARTIC PILLS correct irregularities of the bowels, stimulate the appetite and digestion, and by their prompt and thorough action give tone and vigor to the whole physical economy.

PREPARED BY DR. J. C. AYER & Co., Lowell, Mass. Sold by all Druggists.

YOUNG, OLD, AND MIDDLE-AGED. All experience the wonderful beneficial effects of Ayer's Sarsaparilla. Children with Sore Eyes, Sore Ears, or any scrofulous or syphilitic taint, may be made healthy and strong by its use.

Sold by all Druggists; \$1.50 six bottles for \$5. Feb. 7. 1y.

HALIFAX STEAM DYE WORKS 566 Upper Water Street, (Opposite H. M. Naval Yard) Established 1871.

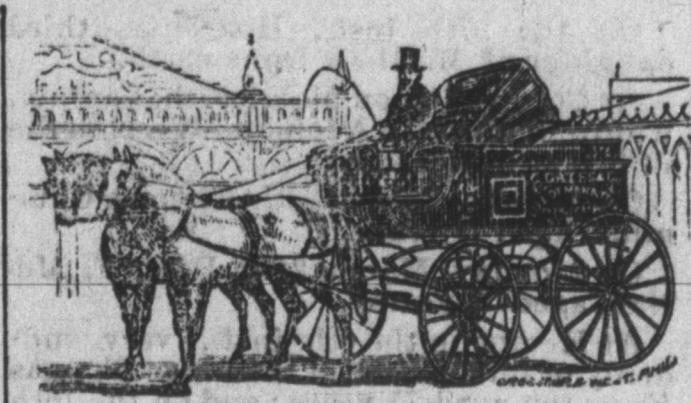
JOHN HUBELEY, Proprietor. COATS, Pants, Vests, Shawls, Sarcues, Dresses, Clouds, Curtains, Table Cloths, Cashmere Shawls, &c., Cleaned and Dyed to look like new.

Silk Ribbons, Scarves, Crapes Shawls, Satan Neckties, &c., Dyed all Colours. FEATHERS DYED AND CURLED. Gents Garments cleaned and pressed. Goods damaged by fire or water, faded or soiled, Coats Dyed to look like new.

Mourning Dyed at the shortest notice. Gents Garments and Ladies Dresses, all wool, Dyed and Pressed whole, without ripping.

AGENTS—MISS CAROLINE LAWSON, 87 Barrington Street, MR. G. STREET, 107 Gerrish Street.

JOHN HUBELEY, 566 Upper Water Street, Cheapest Place in the City for Dyeing. Oct. 12.



GATES' ACADIAN LINIMENT

NERVE OINTMENT CURE RHEUMATISM AND DIPHThERIA.

TRURO, February 1st, 1879.

Messrs. C. GATES, Son & Co.; Gentlemen—I came home two weeks ago and found my boy perfectly helpless and crying with pain. I took your Acadian Liniment and Nerve Ointment,

mixed them together and bathed the painful parts, and they killed the pain immediately. I called in a doctor to see what ailed the child, and he pronounced it Inflammatory Rheumatism. I believe that pain cannot stay where they are properly tried. I have seen people who had diphtheria us.

Your Acadian Liniment, in preference to the Doctor's gargle, as it gave them more relief. When the throat is coated, it can be used as it is in the bottle, without being diluted. I believe that every house should have your medicines in them.

Yours truly, JAMES FULTON. Sold every where at 25 cts. per bottle. Manufactured only by C. GATES SON & CO., Middleton, N. S.

SAVE THE NATION!

For it is sadly too true that thousands of children are STARVED TO DEATH every year by improper or insufficient food. Remember,

RIDGE'S FOOD FOR INFANTS AND INVALIDS.

Is all and a great deal more than we have claimed for it. It is simply a HIGHLY NUTRITIOUS and easily assimilated FOOD, grateful to the most delicate and irritable stomach, and especially adapted for the INFANT AND GROWING CHILD.

Invalids, Nursing Mothers, and those suffering from INDIGESTION will find on trial that RIDGE'S FOOD FOR INFANTS AND INVALIDS, is all they can desire. It is carefully put up in four sizes.

Constant users will find our No. 4 size (always the most economical size to buy) now much larger than formerly, thus materially lessening the expense.

WOOLRICH, Dispensing and Family Chemist, Upper Water St., Depot for Ridge's Food, Pick-me-up Bitters, &c., with a well-assorted stock of Pure Drugs. April 17

"CUSTOM TAILORING." H. G. Laurilliard, 119 HOLLIS STREET, HALIFAX, N. S.

Agency for New York Fashions For Superintendents and Teachers. FOR MINISTERS. For Scholars.

Paper Hangings AT WM GOSSIP'S, UNITED SERVICE

Book & Stationery Warehouse, NO. 103 CRANVILLE ST., HALIFAX, N. S.

My importations of ROOM PAPER

This season are very attractive. They are in time to escape the additional protective duty imposed by the Dominion Government, and will be sold at correspondingly low rates.

SOLD WHOLESALE by the bale of four or five hundred rolls, about twenty patterns in a bale, from 6 cts. a roll and upward. Send to

William Gossip, No. 103 Granville Street, Also just received, a large assortment of Artists' Materials, Oil and Water Colours, &c. Drawing Paper, Canvases, Brushes, &c., &c. March 22.

Nova Scotia Book Bindery, G. & T. PHILLIPS,

Car or Granville & Sachville Streets. BOOK BINDERS, PAPERS RULERS, BLANK BOOKS, Manufacturers, Perfumers, Steam Machine PAPER BAG Manufacturers. Cheapest in the Market. Jan. 31.

J. B. KINNEY, ARCHITECT.

Designs, Plans and Specifications prepared for all classes of Buildings. Also Rural Cemeteries surveyed and planned. Yarmouth, N. S. Oct. 12.

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BOOKS, PAMPHLETS, CIRCULARS

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To Young Agents Everywhere. If you wish to make a little pocket money during your leisure time, return this notice with 25 cents, or 9 three cent stamps, and we will send you by return of mail, post-paid, a box containing

12 very Useful and Saleable Articles, used by almost everybody. You can sell each of these articles anywhere on sight at 10 cents each. Anybody that takes them once will buy them again. We are selling thousands of them. 6 articles for 15 cents. SEND NOW. Address all letters plainly to

A. W. KINNEY, Yarmouth, Nova-Scotia till March 31. Dec. 19.

1883-4. NEW GOODS. 1883-4. SMITH & CHISHOLM

HAVE JUST RECEIVED AT 18 GEORGE STREET, 18

A FULL LINE OF OVERCOATINGS,

CONSISTING OF Whitties, Meltons, Irish, Freize, Astracans, Beavers and Heavy Worsteds.

ENGLISH AND SCOTCH TWEEDS!

All suitable for Fall and Winter, which will be made up in the latest styles at short notice and moderate prices.

A good fit and every satisfaction guaranteed. Ladies' Sacques and Ulsters made to order in the latest styles. Oct. 10.

30 YEARS!

Important trial of THIRTY YEARS decided, and a jury of half a million people have given their verdict that

MINARD'S LINIMENT!

Is the best inflammation allayer and Pain destroyer in the world. 500 Medical men endorse and use it in their practice, and believe it is well worthy the name.

KING OF PAIN!

\$100 will be paid for a case it will not cure or help of the following Diseases: Diphtheria and Rheumatism! Scalds, Chilblains, Galls, Boils, Sprains, Lumbago, Bronchitis, Burns, Toothache, Broken Breasts, Sore Nipples, Felons, Stings, Frost Bites, Bruises, old Sores, Wounds, Earache, Pain in the Side or Back, Contraction of the Muscles.

There is nothing like it when taken internally for Cramps, Colic, Croup, Colds, Coughs, Pleurisy, Hoarseness, and Sore Throat. It is perfectly harmless, and can be given according to directions without any injury whatever.

A Positive Cure for Corns and Warts

And will produce a fine growth of Hair on bald heads in cases where the Hair has fallen from disease, as thousands of testimonials will prove. A trial will convince the most sceptical, that the above is true. Send to us for testimonials of distinguished men who have used

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And now have a beautiful crop of Hair; and hundreds who have used it are willing to swear that by the use of Minard's Liniment they have obtained a new growth of Hair.

W. J. NELSON & Co., Proprietors, Bridgewater, N. S. Wholesale agents—Forsyth, Sutcliffe & Co., and Brown & Webb, Halifax. Feb. 14.

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THE CELEBRATED 'GERES' SUPERPHOSPHATE The complete Fertilizer.

Three grades of GROUND BONE. Fertilizers analyzed by Prof. George Lawson of Dalhousie College. Silver and Bronze Medals awarded at the Dominion Exhibition, 1881.

MANUFACTURED AT THE Chemical Fertilizer Works, JACK & BELL, proprietors, Pictou and Black's Wharf, Halifax, N. S.

Send for Circular. Agents wanted in unoccupied territory. Dec. 26.