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BILIOUSNESS
CONSTIPATION
SICK HEADACHE
AND ALL **LIVER TROUBLES**

As a laxative, one pill acts perfectly, and if a stronger action is desired a cathartic effect is produced by two pills. In obstinate cases, where a purgative is necessary, three pills will be found sufficient. These pills leave no unpleasant after effect. One pill taken each night during the five days will cure constipation.

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STRENGTH



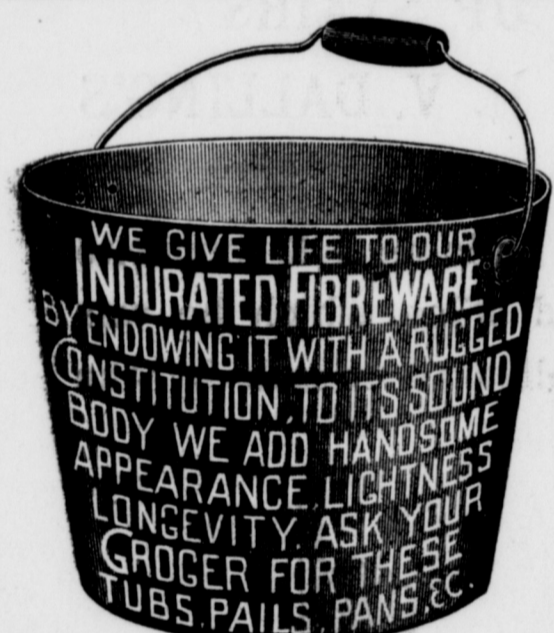
If you want to get strength and purity you will find our stock of Drugs the best in the vicinity. Our Drugs are bought with the greatest care, and we take pains that none but Pure Drugs reach our shelves. McKeen's Quinine Iron and Wine and McKeen's Compound Extract of Sarsaparilla, a Skin and Blood Remedy, are confidently recommended to the public for spring disorders.

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NOTICE.

Having purchased the good will Meat business of Forrester McLean we shall in the future keep

Beef, Pork, Mutton, Lamb and Veal, with Ham, Eggs and Sausages in their season.

Also, in addition to the above we propose keeping Pickled Pigs' Feet, Lambs' Tongues and Tripe, with sundry other articles. After getting our business fairly started and market thoroughly painted and cleaned we would respectfully solicit a fair share of the public patronage. Our aim will be to so treat our customers that there may be a degree of confidence between buyer and seller.

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DRINK MUCH WATER.

Its Great Value in Promoting Health Explained.

Drink lots of water was the lesson which an eminent physician impressed on his hearers in a singularly interesting lecture delivered last week in New York.

Although water is not a food in the sense of directly contributing to the production of force or heat, it is yet a food in the sense that, without its presence in the body, all vital action must come to a standstill, as no change is possible in its absence. Our tissues contain an indispensable proportion of water; we are constantly losing large quantities by breathing, by perspiration and the various exertions, and, as just hinted, its presence is required for the occurrence of these various chemical changes by which we live and move and have our being.

This being so, the physician continued, its value as an article of food may be taken as granted, and we may consider more particularly its action and uses when taken not as a food, but as a means to preserve health or to ward off or remove disease.

The effects produced by the drinking of water vary with the manner in which it is drunk. If, for instance, a pint of cold water be swallowed as a large draught, or if it be taken in two portions with a short interval between, certain definite effects follow—effects which differ from those which would have resulted from the same quantity taken by sipping.

Sipping is a powerful stimulant to the circulation—a thing which ordinary drinking is not. During the act of sipping the action of the nerve which slows the beats of the heart is abolished, and as a consequence that organ contracts much more rapidly, the pulse beats more quickly and the circulation in various parts of the body is increased. In addition to this, we also find that the pressure under which the bile is secreted is raised by the sipping of fluids—a fact the importance of which we shall notice directly.

Many individuals may have been at times unpleasantly conscious of the fact that a glass of wine or beer sipped gets into the head much quicker than if drunk at a draught. They will now be in a position to understand why this is so, the explanation being that the temporary paralysis of the inhibitory nerves of the heart and the increased stimulation of the circulation favor the rapid absorption of the alcohol and the production of its consequent effects. The same thing occurs if the liquid be sucked through a straw, the effects of sipping and sucking being identical.

Swallowing in the usual way has not the stimulant effects of sipping, but it has one or two special effects not produced by sipping, the use of which we shall mention a little later.

The effects of drinking cold water are these: If, say, a pint of cold water is swallowed straightaway, the temperature of the body is slightly lowered—about one degree Fahrenheit—the pulse rate is somewhat decreased (not greatly increased, as by sipping) and the respirations are slightly accelerated. The blood vessels in the lining membrane of the stomach are at first contracted; they very soon, however, rapidly dilate, the blood flow in them is increased, and the secretion of gastric juice is stimulated.

There are, on the other hand, many persons who find that these effects are brought about better if they take warm water instead of cold, although at first sight it may appear somewhat strange that like effects are produced by both hot and cold water. The explanation is simple. The warm water works exactly as does the cold, only without the previous contraction—its action being to at once dilate the vessels after its reception by the stomach. The practise of drinking at meals large quantities of liquid is bad; but small quantities may be taken without harm, although undoubtedly it is wiser to drink either before or after the meal, if we cannot limit our consumption of fluids to a distinctly small amount. Whenever a meal is particularly rich in fatty material, it is a good plan to drink some time after the meal, as in this way the digestion of fat in the intestines is aided.

That water possesses a purgative action is a thing well known to many people. This particular effect is due to its power of stimulating the secretion of bile and also of increasing the peristaltic action of the intestines. If plain water be taken, its purgative effects are best produced by its being cold; if natural mineral waters are taken, they should be mixed with a small quantity of hot water so as to be at about the same temperature as the stomach. Warm water is more readily absorbed than cold, and moderate quantities than large ones, absorption being retarded if large quantities of either warm or cold water are taken at once.

Free drinking of water produces effects upon the kidneys and tissues of the body generally no less important than those we have been considering.

Much harmful material which has often to answer for malaise, want of energy, and various aches and pains, is undoubtedly washed out of the tissues as the result of free water drinking. This alone is decidedly

beneficial, but, in addition, the drinking of much water causes the tissues to be changed with the result that vitality is increased and strength augmented.

So great in this direction are the effects of cold water that persons leading sedentary lives may often obtain by drinking plenty of water much of the feeling of health and exhilaration which results from taking exercise—a fact not difficult of belief when we remember that a glass of cold water slowly sipped will produce greater acceleration of the pulse for a time than will a glass of wine or spirits taken at a draught.

In this connection, too, it may not be out of place to mention the fact that sipping cold water will often allay the craving for alcohol in those who have been in the habit of taking too much of it, and who may be endeavoring to reform, the effect being probably due to the stimulant action of the sipping.

BRIGHT'S DISEASE.

"They have done me any amount of good," were the words of Mr. Nelson Green, Galt, Ont., in speaking of his rescue from kidney and urinary difficulty by the use of Doan's Kidney Pills. Mr. Green says that he only tried them out of curiosity, but it was a lucky experiment, for Doan's Pills made a complete cure in his case. He is now a cured man, feeling strong, well and in good spirits.

Coffee And Its Uses.

When there are in a community epidemics of typhoid fever, cholera, erysipelas, scarlet fever and the various types of malarial fever, which are transmitted almost entirely through the medium of food and drink, coffee is a valuable agent, and may be used as a drink instead of water.

It is a valuable agent in assisting in the digestion of food, and aids the blood in taking up more nourishment that it would without it.

It quickens the circulation of the blood and respiration.

It is also stimulating and refreshing (due to the caffeine it contains.)

In tiding over nervousness in emergencies it is a sovereign remedy.

As a stimulant and caloric generator in weather it is 100 per cent. ahead of whiskey or other liquors.

As a disinfectant it is one of no small usefulness in the sick chamber.

THE WONDER OF THE AGE.

DEAR SIRS,—I must honestly say that I have tried your valuable medicine B. B. B. for the disease called prairie itch, and have found this remedy to be the wonder of the age. I took only three bottles and to my great satisfaction was completely cured. I can highly recommend it to all who suffer from any skin disease or impurity of the blood.

HAROLD DIX,
Rat Portage, Ont.

Animals That do not Drink.

How long would you be contented without a drop of water to drink? There are many different kind of animals in the world that never in all their lives sip so much as a drop of water. Among those are the llamas of Patagonia, and the gazelles of the far East. A parrot lived for fifty-two years in the Zoo at London without drinking a drop of water, and many naturalists believe the only moisture imbibed by wild rabbits is derived from green herbage laden with dew. Many reptiles—serpents, lizards, and certain batrachians—live and thrive in places entirely devoid of water, and sloth are also said never to drink. An arid district in France has produced a race of non-drinking cows and sheep, and from the milk of the former Roquefort cheese is made. There is a species of mouse which has established itself on the waterless plains of Western America, and which flourishes, notwithstanding the absence of moisture.

PROOF FROM THE PEOPLE.

Mr. Geo. Buskin, missionary for the International Mission in Algoma and North-West. He writes:—"I wish to say that Dr. Fowler's Extract of Wild Strawberry has been to me a wonderful, soothing, speedy and effectual remedy. It has been my companion for several years during the labors and exposures of my missionary work in Algoma. Well it is for old and young to have it in store against the time of need, which so often comes without warning."

GEO. BUSTIN, Missionary,
Toronto, Ont.

Bits of Wisdom.

Some people save money by not paying their bills.

All people who play the fiddle look something alike.

Cupid steals a base every time lovers look at the moon.

To be popular with some people all that is necessary is to say "thank you" in a very loud voice.

Probably nothing is the cause of more coldness in early married life than a man's dislike to being compelled to tell his wife he loves her when he has something else on his mind.—Acheson Globe.

SCHOLARS! SCHOOL TEACHERS!

We have School Books and everything that one would need at the commencement of a term, Scribblers, Paper, Slates, Pencils, Copy Books, Drawing Books, the New Arithmetic and the New Nature Lessons and the New Canadian History.

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APPARENTLY A HOPELESS CASE.

A Kincardine Banker who Suffered Distressingly from Indigestion—Apparently a Hopeless Case of Stomach Trouble Until South American Nerveine was Used—His Words are: "It Cured Me Absolutely."

What this wonderful remedy for all forms of stomach trouble can do is best told in the words of John Boyer, banker, Kincardine, Ont. "About a year ago, as a result of heavy work no doubt, I became very much troubled with indigestion associated with it were those terribly distressing feelings that can hardly be described in any language. I had tried various methods of ridding myself of the trouble, but without success, until I was influenced to use South American Nerveine. The result, and I gladly say it for the benefit of others—this remedy cured me, and I never hesitate to recommend it to any person affected with any form of stomach trouble. Sold by Garden Bros.

"Don't you think the true principle of life is for all mankind to go hand in hand?" "I don't know about that. There are times and places when mankind has to have one hand on its pocketbook."

BLANKETS

And Suits for your Horses are the proper thing now-a-days. You will have to have them, and you might as well look at my stock now. It is the biggest in the County. Thirty different kinds, and cheap for cash.

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NOTICE.

All bills due the firm of Drs. Colter & Hand between April '91 and '95 if not paid before Sept. 1st 1897 will be left for collection.
DRS. COLTER & HAND.