

TRouble of Being Healthy.

Great Hustle to Keep up With Hygienic Rules.

Once there was a man who wrote a book telling how folks could be happy though married. His answer was something in the style of the reply made when old time green-horns used to ask what would kill snakes in Ireland. In other words, he like the young lady with a beau whom she didn't care for, developed a negative. I don't know much about the marriage question, but I have been communing of late over several answers to the question, "How to be happy, though healthy?" and I've decided that there isn't any.

Those of us who are healthy without any trouble, who have such an appetite it keeps us hustling to pay for what we eat, and whose good spirits are forever getting us into trouble with the practical jokes we play on other folks, have probably never tried to be healthy. I know I haven't, but, judging by what I read of the recipe it is very much like trying to be beautiful out of a "Mother, Home and Fireside" column.

In other words, you take an infinite deal of pains and aren't so beautiful after all.

For instance, the first provision for good health means taking a bath. All writers agree here; it's only when they get into the region of lotions and diet that they have as many minds as three pigs supposed to be going one way. You must take a cold bath in the morning and then you follow it with a nice shower bath that tones up your system. After that you scrub yourself with a crash washrag, and then you do a lot of stunts with dumb-bells, and perhaps rub a few cheesecloth bags full of oatmeal and orris powder over yourselves, if you haven't done it earlier in the game.

As described this should take fully three-quarters of an hour, and in itself is quite sufficient to send a man down to his office so late he won't dare face his own head book-keeper. But it is by no means all. The sun is supposed to be up good and hot by this time—except, of course, on eclipse mornings—and you are recommended sitting by an open window, sans attire, for a 20-minute sun bath. And I hope you will know enough to lock the door, and that your bedroom doesn't look into the light shaft, with a window slightly lower than the window of the flat across the way, at which a dress-maker's apprentice sits all day long.

And what after this? Why, you go to bed. For, again, every one agrees that the system is terribly exhausted by the most intelligently taken bath, and, like the cat—whose example is cited—sleep is a necessity after the washing is finished. The intricate bath and the subsequent nap will so eat into the morning that only lunch time will be left, and after lunch you must have another nap. Some authorities say you have to sleep after the noonday meal, and others assert it is wisest to rest the head after eating always. I suppose it is the latter who are being followed when guests occasionally put their heads on the table and snore at prolonged and hilarious dinner parties.

Then you must take two hours exercise in the open air during the pleasantest part of the day; that is, before 4 p. m., when, we are told, miasma begins to rise and germs get in the fellest and foulest work. And you take another bath in the evening, so, unless you are willing to get to your couch about 3 a. m., theatre and similar nightly enjoyments are tabooed from necessity.

And when you aren't bathing you are eating. Exhausted nature is forever being repaired with grub.

I recall a friend of mine who had for type-writer a girl who was addicted to "healthful" eating. I suppose she breakfasted at home but she used to lug into his office a long, narrow bundle of bread sticks, that she nibbled conscientiously at 10 and at 11. No matter how important was the letter he was dictating, she had to break off and swallow three biscuits that resembled dog bread, and were properly eaten with "20 bites" to each mouthful.

At noon she got an extra half hour, so as to go a long way off to a "healthy" restaurant she fancied; at 2 she was fixing up an alcohol lamp and boiling water for beef tea, and at 8 there were more biscuit, and at 4 real tea, in which she used to urge her boss to join, and at 5 she opened a bottle of sterilized milk and boiled it up with some malt extract powder, and at 6 she went home, leaving the office boy to wrestle with an office carpet that might have served for something fried in crumbs if only there had been fat enough to cook it in.

And I've left myself not an inch of space to speak of the constant fight against adulterations in food, the time used in boiling drinking water and waiting for it to cool, the intricate bills of fare that must be made out if we would preserve the proper proportion nitrogen and albumen in our foodstuffs.

When I think of it all I sympathize with a friend of mine who said, "No, I don't try to live hygienically. To tell the truth, I don't feel strong enough. Some time when I am real well I may go in for health."

Toothache 2 Days.

Mrs. Fred Neddin, Eel River Crossing, N. B., says: "I had toothache for two days, and could get nothing to stop it until I got Low's Toothache Gum, which quickly cured me." Price 10c.

Suggesting for Keeping Cool.

Whether he utilizes a couch, a reclining chair, a hammock, or stretches out on the lawn, the greatest comfort to a lounge is a cushion. One cushion or pillow is almost a necessity; a number of varied shapes and sizes, are a luxury. But the plushes, tapes, satins, silks, laces, painted and embroidered creations so agreeable to our taste in cooler weather do not invite our reclining among their heat engendering fanciness on a warm day. Nor will the sensible woman tax her purse to have a set of sofa cushions adapted to summer use, as well as the splendid collection which adorns her favorite divan: in winter.

It is easy to rip the side seams of a delicate or gorgeous pillow covering, and carefully pull the pillow through the opening. Shake the dust from the elaborate cases and lay them away where neither flies, nor sun, nor rust can find them.

The cost is very small of material which in summer is grateful to the touch and inviting to the eye. And it is little trouble to sew up squares or oblongs or triangles of these stuffs, to fit your pillows. And surely appreciation of such cushions, so quiet in color and cool to the touch, will be expressed by their popularity. The best material for this purpose is the linen which is commonly used for furniture covering.

Remember that in warm weather more comfort is to be had from a pillow which is not too soft. So make your summer coverings quite a bit smaller than the down pillows.

It is excellent to have matting replace carpet in a room where one spends the feverish summer days. But if this is not possible, be assured that if bits of matting replace your rugs they will add greatly to your comfort. And if curtains at the windows are necessary you will find that bamboo curtains or Japanese screens will answer the purpose and yet suggest a coolness which lace or silk fails to do.

Then, the higher above the bed the mosquito netting is hung the less it will seem to suffocate. Put your knick-knacks away. You will appreciate them the more when autumn comes. The fewer ornaments and fancy things about the room in the summer season the larger and cooler the room will seem.

A thoroughly wet blanket, wrung out just enough to keep it from dripping, and pinned over a door or window where the air strikes it will lower the temperature of a room several degrees. If you can manage to wet your awnings without drenching passers by it tends to cool the atmosphere of your room.

The electric fan is, of course, a great luxury. If a large block of ice on a deep tray is placed in front of the fan the temperature of an ordinary sized room can quickly be lowered eight or nine degrees, and will remain so far the several hours the ice lasts. Do not attempt to get cool by vigorously fanning yourself. Absolute relaxation is much more effective in cooling your blood than the exertion of plying a fan.

In warm weather more satisfaction results from a lukewarm bath than a cold plunge. A few warm drinks will start a free perspiration, while copious draughts of ice water are prone to check perspiration.

In oppressive weather a hard mattress is conducive to coolness and comfort and health. A hard pillow not too high, will banish many a headache.

A green bush or a luxuriously blossoming plant in a room is a touch of nature the real value of which is seldom realized. Even such a bit of the beauty and blessing of summer transplanted to an earthen jardiniere in a room carries with it a suggestion of the country's vast wealth of verdure, of its cool shade and pleasant orders. By all means have some pretty summer plant in your room.

Soldiers in Camp

Ex-Sergeant William Johnston of the 10th Royal Grenadiers, Toronto, writes: "It is impossible for me to speak too highly of Dr. Chase's Ointment for piles or any itching skin disease. It is simply invaluable many of our men used it while in camp and received excellent results." Members of the Canadian contingents took 1000 boxes of Dr. Chase's Ointment with them to South Africa to relieve the suffering of campaigning life.

Served him Right.

He carefully prepared the small garden plot, while his wife, deeply interested in his labor, stood watching him. After he had put in the seeds and smoothed over the bed, his wife took his arm to accompany him to the house, and on the way she asked: "When will the seeds come up, John?"

Laying his hand caressingly on her shoulder, the smart man said:

"I don't expect them to come up at all, my dear."

"You don't!" she exclaimed. "Then why have you gone to all that trouble?"

With a smile that springs from superior knowledge he answered: "The seeds won't come up, but the plants and flowers will, by and by."

Yet he was wrong; for his neighbor's hens got into his garden, and the seeds did come up.—Collier's Weekly.

Cold that Hang on

Pneumonia is the result of neglected chest colds that hang on and inflame and irritate the bronchial tubes and lungs. To promptly and thoroughly cure chest colds, tightness in the chest and all colds in the throat and bronchial tubes Dr. Chase's Syrup of Linseed and Turpentine has proved itself the most effectual remedy extant. Its sale is simply enormous. 25 cents a bottle. Family size 60 cents.

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Colour Combinations.

Until very recently blue and green were considered impossible colors to put together, and proper taste was shocked most outrageously when they approached each other. But now all that is changed, and persons of aesthetic culture actually express delight when they see these adjoining colors in the spectrum side by side in hangings, wallpaper and such like decorations. Visit a shop where wall decorations and stuffs for curtains and draperies are sold, and you will find these colors intermixed and repeated over and over again.

Blue jars stand on green tables, and blue cushions are placed on green sofas and benches. The blue and green have come in while the blue and white are going out. The shades of the colors are a rich deep blue and rather a dark green, that is not so much a grass hue as a tint with some yellow lights in it.

These colors are combined most effectively in furnishing country houses, for they are cool in combination and restful to the eye. They will be very conspicuous this summer, and forcibly illustrate the possible radical changes in our ideas of artistic union.

Coughs and colds that other remedies seem powerless to relieve are promptly cured by Dr. Wood's Norway Pine Syrup. Try it, and it will convince you of its efficacy by curing you. Price 25c.

NOTICE OF SALE.

Take Notice that there will be sold at Public Auction in front of the Post Office in the Town of Woodstock in the County of Carleton, on THURSDAY the thirtieth day of August next, at ten o'clock in the forenoon, the following property, belonging to the Estate of the late Randolph K. Jones, namely:

That desirable house and lot, leasehold, occupied by the late Randolph K. Jones at the time of his death, situate at the corner of Main and Albert Streets in the said Town of Woodstock.

A double tenement house and land, leasehold, situate on Emerald Street in the said Town of Woodstock, next to the Carlisle Hotel, lately occupied by Henry Post and Frederick Lerrah.

That leasehold property situate on Park Street in the said Town of Woodstock, on which is a double tenement house occupied by Chas Killam and G. A. Keith.

That leasehold property situate near College street in the said Town of Woodstock lately occupied by tenant, and formerly owned and occupied by C. Finemore.

Also all the Book Debts, Promissory Notes, Bills of Exchange, Judgments, Bills of Sale, Chattel Mortgages, and all debts and choses in action of whatever kind, and all evidence of the same, of whatever kind, together with the books of account, a detailed list of which may be seen at the office of William Dibblee, Esquire, in said Woodstock also at office of T. M. Jones, at Hartland, N. B., and at residence of undersigned, Administratrix at said Woodstock.

Also Carriages, &c., and a quantity of Law Books; also a quantity of household furniture and other personal property.

Dated this twenty-sixth day of July A. D. 1900. GERTRUDE H. JONES, Administratrix of all and singular the goods, chattels and effects, rights and credits which were of the late Randolph K. Jones, deceased.

THANE M. JONES, Solicitor. WILLIAM DIBBLEE, Auctioneer.

Announcement.

We desire to announce to our patrons that we have at present the largest and best assorted stock of goods ever offered for sale at our store, and one of the best stocks available in this section. We bought before the recent advance in prices, and will sell at the old prices thus giving our customers the advantage of our foresight.

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Woodstock, May 8, 1900.

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