

A STRANGE CASE

EYE TROUBLE WHICH DEVELOPED INTO RUNNING SORES.

Doctor said it was Consumption of the Blood, and Recovery was Looked upon as Almost Impossible. Dr. Williams' Pink Pills Wrought a Cure.

From the Herald, Georgetown, Ont. Our reporter recently had the pleasure of calling on Mr. Wm. Thompson, papermaker, at Wm. Barber & Bros. mill, a well known and respected citizen of our town, for the purpose of acquiring the details of his son's long illness and his remarkable recovery through the use of Dr. Williams' Pink Pills.

Thompson kindly gave us the following information which will speak for itself: "About two and a half years ago my eldest son, Garnet, who is fifteen years old, took what I supposed to be inflammation in his left eye. He was taken to a physician, who advised me to take him to an eye specialist which I did, only to find out that he had lost the sight of the eye completely. The disease spread from his eye to his wrist, which became greatly swollen, and was lanced no less than eleven times. His whole arm was completely useless, although he was not suffering any pain.

From his wrist it went to his foot which was also lanced a couple of times but without bringing relief. The next move of the trouble was to the upper part of the leg where it broke out, large quantities of matter running from the sore. All this time my boy was under the best treatment I could procure but with little or no effect. The trouble was pronounced consumption of the blood and I was told by the doctors that you would not come across a case like it in five hundred. When almost discouraged and not knowing what to do for the best, a friend of mine urged me to try Dr. Williams' Pink Pills saying that he had a son who was afflicted with a somewhat similar disease and had been cured by the pills. I decided to give Dr. Williams' Pink Pills a trial and secured some of them at the drug store, and after my boy had taken two boxes I could see the color coming back to his pale complexion and noted a decided change for the better. He went on taking them and in a few months from the time he started to use them I considered him perfectly cured and not a trace of the disease left, except his blind eye, the sight of which he had lost before he started to use the pills. He has now become quite fleshy and I consider him one of the healthiest boys in the community. If any person is desirous of knowing the merits of Dr. Williams' Pink Pills you may direct them to me, as I can highly recommend them to any person afflicted as my boy was."

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Heiress and Wife.

CHAPTER IV. "Daisy," said Rex, gently, as he led her away from the lights and the echoing music out into the starlight that shone through a soft, silvery radiance over hill and vale, "I shall never forgive myself for being the cause of the cruel insult you have been forced to endure to-night. I declare it's a shame. I shall tell Pluma so to-morrow."

"Oh, no, no—please don't, Mr. Rex. I—I had no right to wait with you," sobbed Daisy, "when I knew you were Pluma's lover."

"Don't say that, Daisy," responded Rex, warmly. "I am glad, after all, everything has happened just as it did, otherwise I should never have known just how dear a certain little girl had grown to me; besides, I am not Pluma's lover, and never shall be now."

"You have quarreled with her for my sake," whispered Daisy, regretfully. "I am so sorry—indeed I am."

Daisy little dreamed, as she watched the deep flush rise to Rex's face, it was of her he was thinking, and not Pluma, by the words, "a certain little girl."

Rex saw she did not understand him; he stopped short in the path, gazing down into those great, dreamy pleading eyes that affected him so strangely.

"Daisy," he said, gently, taking her little clinging hands from his arm, and clasping them in his own, "you must not be startled at what I am going to tell you. When I met you under the magnolia boughs, I knew I had met my fate. I said to myself, 'She, and no other, shall be my wife.'"

"Your wife," she cried, looking at him in alarm. "Please don't say so. I don't want to be your wife."

"Why not, Daisy?" he asked, quickly. "Because you are so far above me," sobbed Daisy. "You are so rich, and I am only poor little Daisy Brooks."

"Oh, how soft and beautiful were the eyes swimming in tears and lifted so timidly to his face! She could not have touched Rex more deeply. Daisy was his first love, and he loved her from the first moment their eyes met, with all the strength of his boyish, passionate nature; so it is not strange that the thought of possessing her, years sooner than he should have dared hope, made his young blood stir with ecstasy even though he knew it was wrong."

"Wealth shall be no barrier between us, Daisy," he cried. "What is all the wealth in the world compared to love? Do not say that again. Love outweighs everything. Even though you bid me go away and forget you, Daisy, I could not do it. I can not live without you."

"Do you really love me so much in so short a time?" she asked, blushing. "My love can not be measured by the length of time I have known you," he answered, eagerly. "Why, Daisy, the strongest and deepest love men have ever felt have come to them suddenly, without warning."

The glamor of love was upon him; he could see no fault in pretty little artless Daisy. True, she had not been educated abroad like Pluma, but that did not matter; such a lovely rosebud mouth was made for kisses, not grammar.

Rex stood in suspense beside her, eagerly watching the conflict going on in the girl's heart. "Don't refuse me, Daisy," he cried, "give me the right to protect you forever from the cold world; let us be married to-night. We will keep it a secret if you say so. You must—you must, Daisy, for I can not give you up."

Rex was so eager, so earnest, so thoroughly the impassioned lover! His hands were clinging to her own, his dark, handsome face drooped near hers, his pleading eyes searching her very soul.

Daisy was young, romantic, and imprudent; a thousand thoughts rushed through her brain, it would be so nice to have a young husband to love her and care for her like Rex, so handsome and so kind; then, too, she would have plenty of dresses, as fine as Pluma wore, all lace and puffs; she might have a carriage and ponies, too; and when she rolled by the little cottage, Septima, who had always been so cruel to her, would courtsey to her, as she did when Pluma, the haughty young heiress, passed.

The peachy bloom on her cheeks deepened; with Daisy's thoughtless clinging, nature, her craving for love and protection, her implicit faith in Rex, who had protected her so nobly at the fête—it is not to be wondered at that Rex won the day.

Shyly Daisy raised her blue eyes to his face—and he read a shy, sweet consent that thrilled her very soul. "You shall never regret this hour, my darling," he cried, then in the soft silvery twilight he took her to his heart and kissed her rapturously.

His mother's bitter anger, so sure to follow—the cold, haughty mother, who never forgave or forgave an injury, and his little sister's sorrow were so that moment quite forgotten—even if they had been remembered they would have weighed as light as feathers compared with his lovely little Daisy with the golden hair and eyes of blue looking up at him so trustingly.

Daisy never forgot that walk through the sweet pink clover to the little chapel on the banks of the lovely river. The crickets chirped in the long green grass, and the breeze swayed the branches of the tall leafy trees, rocking the little birds in their nests.

A sudden, swift, terrified look crept up into Daisy's face as they entered the dim shadowed parlor. Rex took her trembling chilly hands in his own; if he had not, at that moment, Daisy would have fled from the room.

"Only a little courage, Daisy," he whispered, "then a life of happiness."

SALADA

CEYLON GREEN TEA

will displace all Japan Tea the same as Salada black displacing all other black teas.

stop at home—you were like a bad penny, sure to find your way back. A sudden terror blanched Daisy's face.

"When did he go, Aunt Seppy?" she asked, her heart throbbing so loudly she was sure Septima would hear it.

"An hour or more ago," Daisy hastily poked up her hat again.

"Where are you going?" demanded Septima, sharply.

"I—I am going to meet Uncle John. Please don't stop me," she cried, darting with the speed of a young gazelle past the hand that was stretched out to stay her mad flight. "I—I must go."

"What wonder that there is a deadened pulse, a dimmed eye, flabby muscles, and signs of premature old age! That man is poisoning himself. He would not permit a horse to be kept so long in a stable. And there is absolutely no excuse for his neglect—even the poor one of lack of time. No special time is needed—no special apparatus. The man has but to breathe deeply to take the first great step in the right way. Let him do this wherever the air is reasonably pure—on the ferry-boat, at the station, in the park, on the street, even in an upper room. Empty the lungs by breathing out as much as possible and then slowly draw in and until the chest is expanded to its fullest. Do this half a dozen times, morning and night, and, perhaps, once or twice during the day, for a week or ten days, always with the shoulders and neck thrown back, and new health and vigor will come to any one. The purer the air the better for these deep inspirations. But no matter what the surroundings, do not let dead air stagnate in the lungs.

Breathe through the nose. Try it for a week, taking chest measurements at the beginning and end of the term. See if every fiber of the body isn't helped by it.

Not every one can be a great walker, but every normal person can be a good walker. There is no better exercise. Even slouchy walking is good, but it is easy to drop the slouch part and make the every-day walking one of the best of health-helpers. Every normal person does miles of walking each day, regardless of cars and carriages. Let him make his walking a little more careful, a little more thoughtful. No need to take an extra step unless the delight of it inspires the effort. Walk with head up, chin down, shoulders back, abdominal muscles tense, and ending each step with a toetip. Toetip slightly, bend knees without a wobbly motion, and avoid pounding the pavement with heels. Carry head and shoulders steady, without any side-swaying. If unused to such effort it will require much thought at first to keep from lapsing into careless ways. After a few trials the ease, comfort, and inspiration of such a walk will encourage persistence. Breathe deeply, slowly, and through the nose.

Walk when you can, bearing in mind that, perhaps, "he who rides in a carriage, rides toward his grave." Do not sit hunched up at a desk or table. Hold the upper body as in walking. Bend at the hips, and at the neck when necessary, but never hump the back and shoulders. Give the lungs room, keep them filled with new air, and do not let the backbone curve either to the right or to the left.

Sleeping on the right side is best. On the back is the snoring position. Take plenty of sleep; to rest in bed is the best of nerve-tonics. Worries are sleep scatters. Easy to say, "Don't worry," but worries come just the same. Eating with sense and moderation just before going to bed tends to sleep-bringing—draws blood to the stomach. Animals eat—and sleep. If insomnia is persistent, get up, work chest weights, swing arms, walk, get physically tired, and you are sure in time to be sleepy.

FRUITS AS MEDICINES. Of all the fruits with which we are blessed the peach is the most delicious and digestible. There is nothing more palatable, wholesome and medicinal than good, ripe peaches. They should be ripe, but not overripe and half rotten; and of this kind they may make a part of either meal or be eaten between meals; but it is better to make them a part of the regular meals. It is a mistaken idea that no fruit should be eaten at breakfast. It would be far better to eat one or two at less bacon and grease at breakfast and more fruit. In the morning there is an acid state of the secretions, and nothing is so well calculated to correct this as cooling, subacid fruits, such as peaches, apples, etc. Still, most of us have been taught that eating fruit before breakfast is highly dangerous. But it is certainly a great error, contrary to both reason and facts. The apple is one of the best of fruits. Baked or stewed apples will generally agree with the most delicate stomach, and are an excellent medicine in many cases of sickness. Green or half-ripe apples stewed and sweetened are pleasant to the taste, cooling, nourishing and laxative, far superior, in many cases, to the abominable doses of salts and oil usually given in fever and other diseases.

Raw apples and dried apples stewed are better for constipation than liver pills. Oranges are very acceptable to most stomachs, having all the advantages of the acid alluded to; but the orange juice alone should be taken, rejecting the pulp. The same may be said of lemons, pomegranates and all that class. Lemonade is the best drink in fevers, and when thickened with sugar is better than sirup of squills and other nauseants in many cases of coughs. Tomatoes act on the liver and bowels, and are much more pleasant and safe than blue mass and "liver regulators." The juice should be used alone, rejecting the skins. The small-seeded fruits, such as blackberries, figs, raspberries, currants and strawberries, may be classified among the best foods and medicines.

PHOSPHORESCENT BACTERIA. M. Raphael Dubois, in a paper read before the Academie des Sciences, describes a series of experiments in which he obtains a luminous source of considerable intensity by the use of certain microbes of photobacteria, which have the power of emitting light. These are allowed to propagate in a liquid bouillon of special composition. When the experiment is made with good microbe cultures to start with, and at the proper temperature, the development is rapid, and the liquid soon contains the microbes in sufficient quantity to give the luminous effect. A glass vessel is used to contain the liquid, preferably with plain sides, and it is possible in this way to light a room strongly enough to distinguish the features of a person placed at several yards distance, and newspaper type may be read. The light has scarcely any calorific effect, and the properties of its chemical rays seem to be also feeble, as it requires several hours' exposure with an instantaneous plate to obtain a good image; on the other hand the rays seem to possess considerable penetrating power, as impressions may be made upon a sheet of cardboard even through a wood of aluminium is interposed. A vessel of aluminium is, however, not traversed by the rays. If well prepared, the phosphorescent solution will keep for a long time without deteriorating; the experimenter has kept some samples in a basement at a low temperature for more than six months. He expects to be able to increase the luminous effect and thinks that a practical outcome may result from these experiments.

"No," laughed Daisy; "but you are dear old Uncle John's sister, and I could love you for that, if for nothing else. But I really was detained, though. Where's Uncle John?"

"He's gone to the Hall after you, I reckon. I told him he had better get home."

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HEALTH.

SIMPLE HEALTH TIPS.

To the busy man, or woman, who lacks the need of rational exercise, yet lacks the time or inclination to follow a formal course in athletics, the following hints are valuable if they are followed with any degree of regularity.

Not one man or woman in a thousand breathes properly. Not one in ten knows how to breathe properly. And yet it is the oxygen of the air that brightens the blood and makes it life-giving. Children run and romp and shout and laugh and cry. They fill their lungs with air and empty them almost to the last inch and may be twenty times a minute, if the play be violent. They do as Nature demands. The business man rides when he can, walks when he must, and exerts himself as little as possible. Very likely half the air in his lungs remains unchanged for hours, maybe for days at a time. He breathes from the top of his lungs only. The blood that is being pumped into his lungs every second meets the languid touch of vitiated air.

What wonder that there is a deadened pulse, a dimmed eye, flabby muscles, and signs of premature old age! That man is poisoning himself. He would not permit a horse to be kept so long in a stable. And there is absolutely no excuse for his neglect—even the poor one of lack of time. No special time is needed—no special apparatus. The man has but to breathe deeply to take the first great step in the right way. Let him do this wherever the air is reasonably pure—on the ferry-boat, at the station, in the park, on the street, even in an upper room. Empty the lungs by breathing out as much as possible and then slowly draw in and until the chest is expanded to its fullest. Do this half a dozen times, morning and night, and, perhaps, once or twice during the day, for a week or ten days, always with the shoulders and neck thrown back, and new health and vigor will come to any one. The purer the air the better for these deep inspirations. But no matter what the surroundings, do not let dead air stagnate in the lungs.

Breathe through the nose. Try it for a week, taking chest measurements at the beginning and end of the term. See if every fiber of the body isn't helped by it.

Not every one can be a great walker, but every normal person can be a good walker. There is no better exercise. Even slouchy walking is good, but it is easy to drop the slouch part and make the every-day walking one of the best of health-helpers. Every normal person does miles of walking each day, regardless of cars and carriages. Let him make his walking a little more careful, a little more thoughtful. No need to take an extra step unless the delight of it inspires the effort. Walk with head up, chin down, shoulders back, abdominal muscles tense, and ending each step with a toetip. Toetip slightly, bend knees without a wobbly motion, and avoid pounding the pavement with heels. Carry head and shoulders steady, without any side-swaying. If unused to such effort it will require much thought at first to keep from lapsing into careless ways. After a few trials the ease, comfort, and inspiration of such a walk will encourage persistence. Breathe deeply, slowly, and through the nose.

Walk when you can, bearing in mind that, perhaps, "he who rides in a carriage, rides toward his grave." Do not sit hunched up at a desk or table. Hold the upper body as in walking. Bend at the hips, and at the neck when necessary, but never hump the back and shoulders. Give the lungs room, keep them filled with new air, and do not let the backbone curve either to the right or to the left.

Sleeping on the right side is best. On the back is the snoring position. Take plenty of sleep; to rest in bed is the best of nerve-tonics. Worries are sleep scatters. Easy to say, "Don't worry," but worries come just the same. Eating with sense and moderation just before going to bed tends to sleep-bringing—draws blood to the stomach. Animals eat—and sleep. If insomnia is persistent, get up, work chest weights, swing arms, walk, get physically tired, and you are sure in time to be sleepy.

FRUITS AS MEDICINES. Of all the fruits with which we are blessed the peach is the most delicious and digestible. There is nothing more palatable, wholesome and medicinal than good, ripe peaches. They should be ripe, but not overripe and half rotten; and of this kind they may make a part of either meal or be eaten between meals; but it is better to make them a part of the regular meals. It is a mistaken idea that no fruit should be eaten at breakfast. It would be far better to eat one or two at less bacon and grease at breakfast and more fruit. In the morning there is an acid state of the secretions, and nothing is so well calculated to correct this as cooling, subacid fruits, such as peaches, apples, etc. Still, most of us have been taught that eating fruit before breakfast is highly dangerous. But it is certainly a great error, contrary to both reason and facts. The apple is one of the best of fruits. Baked or stewed apples will generally agree with the most delicate stomach, and are an excellent medicine in many cases of sickness. Green or half-ripe apples stewed and sweetened are pleasant to the taste, cooling, nourishing and laxative, far superior, in many cases, to the abominable doses of salts and oil usually given in fever and other diseases.

Raw apples and dried apples stewed are better for constipation than liver pills. Oranges are very acceptable to most stomachs, having all the advantages of the acid alluded to; but the orange juice alone should be taken, rejecting the pulp. The same may be said of lemons, pomegranates and all that class. Lemonade is the best drink in fevers, and when thickened with sugar is better than sirup of squills and other nauseants in many cases of coughs. Tomatoes act on the liver and bowels, and are much more pleasant and safe than blue mass and "liver regulators." The juice should be used alone, rejecting the skins. The small-seeded fruits, such as blackberries, figs, raspberries, currants and strawberries, may be classified among the best foods and medicines.

PHOSPHORESCENT BACTERIA. M. Raphael Dubois, in a paper read before the Academie des Sciences, describes a series of experiments in which he obtains a luminous source of considerable intensity by the use of certain microbes of photobacteria, which have the power of emitting light. These are allowed to propagate in a liquid bouillon of special composition. When the experiment is made with good microbe cultures to start with, and at the proper temperature, the development is rapid, and the liquid soon contains the microbes in sufficient quantity to give the luminous effect. A glass vessel is used to contain the liquid, preferably with plain sides, and it is possible in this way to light a room strongly enough to distinguish the features of a person placed at several yards distance, and newspaper type may be read. The light has scarcely any calorific effect, and the properties of its chemical rays seem to be also feeble, as it requires several hours' exposure with an instantaneous plate to obtain a good image; on the other hand the rays seem to possess considerable penetrating power, as impressions may be made upon a sheet of cardboard even through a wood of aluminium is interposed. A vessel of aluminium is, however, not traversed by the rays. If well