

## When the Grave Yawned for Him

Sandy Goulette Took Dodd's Kidney Pills for Bright's Disease.

Now He Can Do His Day's Work As Well As He Could Ten Years Ago—Offers Proof Of His Statement.

Old Fort Bay, Labradore, Que., Feb. 1st (Special).—Cured of Bright's Disease when the grave yawned before him, Sandy Goulette, an old settler here, wants all the world to know that he owes his life to Dodd's Kidney Pills.

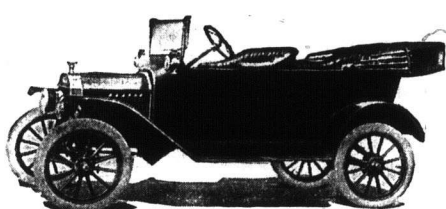
"I was swollen out of shape from head to foot. I was so short of breath I could hardly speak," Mr. Goulette states. "The doctor could do nothing for me. The minister gave me the holy sacrament and a good old priest came and told me that I could not live much longer."

"I was sick all winter and in the spring I telegraphed two hundred miles for two boxes of Dodd's Kidney Pills. I took three pills the night they came and I got relief before morning. I took Dodd's Kidney Pills and they cured me."

"If anyone doubts this statement they can write me and I will give them names of people who know me and who will vouch for me. I am able to do my day's work as well now as I could ten years ago."

Dodd's Kidney Pills are no cure-all. They simply cure the kidneys.

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## Moulding Baby's Body

By Dr. Leonard Keene Hirshberg.

Every baby, unless there be some physical deformity, is naturally beautiful. The little limbs are gently rounded, the skin is clear and pink, the hair soft and curling, and the features, although lacking in character and decision, are well-shaped and pretty. But as the baby grows older, and childhood passes into youth and youth into "grown-upness" that erstwhile beauty grows less and less, until we find it an unusual thing to find the man or woman whose claims to good looks are not marred by one or more bad features. The hair, perhaps, lacks lustre, or the eyes are heavy and ringed, the feet have been distorted by improper shoes, that figure maltreated with incorrect corsets—and in many cases the actual mouth or nose made unlovely by habits contracted in childhood.

A young baby is as plastic as clay in the hands of a sculptor. The tissues are soft and warm, the bones flexible, the features unformed and ready to respond to the slightest treatment. Yet how many mothers know this and are ready to mould the face and figures of their baby girls?

Take, for example, the mouth. How many women are disfigured by a wide ugly mouth with thick lips! Indeed, it is not going too far to say that nine women out of every ten have had mouths, and the secret of it lies directly with the parents, and the pernicious habit thumb sucking. It is with this idea that the Children's Bureau issued their proclamation against allowing the baby girl to suck her thumb. Such a practice is not only liable to distort the thumb to some extent, but it deforms the mouth as well.

There is an old saying "that a good baby sucks its thumb." Like most old wives' notions, it is a mistake, and the practice is extremely bad for the baby. The shape of the mouth is twisted, widened, and the lips are thickened. Only too often the upper jaw is put out of place, and the thick upper lip and protruding teeth hanging over the lower part of the face would spoil the most perfect Venus in the world.

A popular substitute for the thumb is the so-called "pacifier," which is quite as bad, for it has exactly the same effect of deforming the mouth and ruining its shape. Many is the young woman of to-day who would have had a pretty mouth had it not been deformed in babyhood with a pacifier.

Whether it be thumb or pacifier that does the mischief, a most uncommon effect of the constant sucking is to bend the little teeth outward, causing them to protrude. Such a deformation once acquired, is permanent, unless afterward remedied by long and wearisome adjusted teeth plates. Is there anything better calculated to impair a girl's beauty than this?

On the other hand, it is such a simple thing to mould the infant's mouth. If it is taught to enunciate clearly instead of slurring over the words, the lips are sure to take a certain form. Crying, unhappiness, fretfulness, temper, irritability—all of these as well in childhood as in later days—mar the sweet curves and contours of the mouth.

Another deformity commonly seen and easily traced to inefficient nursing, is outstanding ears. Girls are able to conceal these enlarged ugly appendages behind a wealth of curls, but for a man there is no escape. Few mothers nowadays are so thoughtless as to tie their babies' caps behind their ears. Outstanding bat wings of ears will spoil anyone's good looks, for the ears have more to do with beauty than one supposes. Ears offer convenient hooks for nursemaids to tie the baby strings of bonnets to, but the judicious mother will see that they are not used for this purpose. An incidental bit of caution well worth while is to avoid carrying the child on the arm so that the ears are bent outward, and also to make certain that the ears are firmly and completely folded back when the little one is placed in its crib. Many mothers make it a practice to tie the

ears back before slumber, and the dry goods stores now sell caps of a special pattern made in skeleton form for coolness, to flatten back babies' ears.

A baby girl has no nose worth mentioning. The firm features that will be her nose with its cartilage and strong tissues is yet to be made. Even the way in which the little one's nose is wiped may permanently disfigure it. If you will take the trouble to observe the noses of the people you meet, you will make the startling discovery that they all turn markedly to the right. This is not preference on the part of nature as might be supposed, but is due to the fact that their owners have invariably wiped them with the right hand, thus giving them a decided tweak to the right each time. This is correctable, if the little child is taught to use both hands, in proof whereof find out if the noses of left-handed persons do not look to the left.

Too out-spreading nostrils may be corrected by a gentle massage while the feature is yet soft and malleable. Half a dozen times a day is sufficient, and it will soon be seen that the nose shows a decided betterment. This same is true of a nose which seems to have a natural inclination to be lopsided.

One often sees a civilized man or woman with a distinct line across the forehead—the mark of a cap worn in infancy. The line is a mark in the bone of the forehead. How plastic must that bony structure have been if so slight a pressure as that of a baby-cap could have permanently altered it!

It is as if the baby's face were of so much papier mache. The structures of which it is composed, even the bones, are soft and they are in process of growth. To a great extent the shape they will assume can be modified for better as well as for worse, while the growing is in progress—most easily, of course, in the very early stages.

Nearly everyone has one or more "birthmarks," though it be only a mole on some part of the body that is ordinarily covered. But even a mole on the face, if of considerable size, may be a disfigurement. For a baby girl a conspicuous birthmark on the face, neck or arm may bear the promise of disfigurement and unhappiness later in life.

Such serious blemishes should be removed—by cautery, by the electric needle, or by "multiple scarification" with a knife of many parallel blades—and the time to do it is in childhood, when rapid growth of tissue tends to obliterate the scars of surgical wounds.

It is all a matter of beginning early enough. Even the hair may be taught to curl if from early childhood the little girl's tresses are constantly educated to the tendency by means of the curling stick.

Nor is this all. Gentle massaging of the little body may mould it into any form you choose, and insure to your daughter a beautiful figure when she becomes a woman. Creeping is by far the best exercise you could teach her; it develops her chest, throws back her shoulders, strengthens the muscles in the back, develops the arms, shoulders and hips—in short, encourages and stimulates a robust physique.

Beyond a doubt, the moulding of little girls' faces will some day become an important matter in the beauty-making business, engaging the exclusive attention of skilled specialists who will be employed for the purpose by the well-to-do, going from house to house, improving the nose of one child, the ears of another, and so on.

Until such time, however, you are not doing your full duty by your child unless you do all in your power to secure beauty and physical well-being for it. A little care will show you the features that need correction, and you should set to work at once to correct them. This is easier than it may sound, and it will save your baby—particularly if it be a girl—much suffering and unhappiness when she becomes grown.

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