## Random Notes For Busy Households.

ABOUT CATCHING COLD.-How to keep from catching cold for a year sim't any sunshine, get out anyway. cian, Dr. A. T. Wilson, discusses in lots of it. Get out and take it.

the following practical and interest"No matter what precautions you the following practical and interesting manner:

It is given only to a few to avas a matter of course that they will harm. Only exercise care to guard have at least several colds each the body as much as possible against year. They do not realize that by exercising the proper precaution they can avoid a cold just as they would any other disease. "The frequent changes in tempera-

ture are one of the main causes. People wear the same weight of clothing, often the same wraps, on hot and cold days. Then they wonder how they possibly could have caught cold.

"Women put on furs the first cold snap. They wear them every time they go out of doors from that time on. The question of temperature deca not enter into the case. Those who cisc. have sealskin jackets wear them on all occasions. I do not mean to be the weather. understood as saying that fore are unkealthful. It is the habit of wear- ly on entering a warm room." ing them when the weather does not demand them that is to be condemned. Clothing should be regulated by the weather.

more colds than any other one thing, I should unhesitatingly answer, "Wet feet." The importance of keeping well and warmly shod cannot be overestimated. Of all parts of the body the feet should be most carefully protected. It is not enough to avear rubbers when it rains. enough to guard against dampness.

cape. This is due to one person hav- population which suffers from baning more resistance than another. prudent thing one day with no unpleasant results is no proof that the next time we will not suffer.

"Bosides unremitting care, should recommend exercise both i.idoors and out of doors, \*as a safeguard against colds, There is no better preventive. It renders one less susceptible to climatic changes, and supplies the force of resistance necessary to throw off the disease.

"Usually summer colds are attributable to getting overheated and then cooling off too quickly. If a man is out driving and his horse gets very warm, when he comes home he has the groom throw a blanket over the animal and walk him about until he cools off. A man but he does not know how to take care of himself. When he gets overheated he takes off his coat, and sits down where he can cool off as soon as possible. Very often he gets in a draught as the best way of expediting the matter. Throughout the that a summer cold is the meanest | temperance. variety of cold and hangs on forever. He does not realize that all the call "trying to get comfortable."

heat. It makes the winter weather ed himself to the practice of west outside feel intensely penetrating, eating that he could not forsaver it plenty of warm, henvy wraps on go- | day.

good, sensible precautions to make youself comfortable.

you so susceptible to cold as to sit rheumatic and the scrofulous, night and day. Don't keep it an oven, and get yourself so tender that you dulge itself in food. shiver whenver the wind blows on

"Above all, wrap up warm, and is a topic which an American physic | There is always good, pure air and

take, as long as this climate is what it is, "it is impossible to keep from oid catching cold for even one sen-son, says Dr. Wilson. People take it summer. That will not do you asy changes in temperature. You will not only, in that way, avoid taking cold, but you will be so infinitely much more comfortable that you will feel amply repaid for any trouble you have taken.

"There are five little rules that might be laid down as the means of keeping free from cold. They are so simple that a child could follow thom. They require nothing but little forethought:

"1. Keep the feet dry and warm. ··2. Keep out of draughts. "3. Take plenty of outdoor ever-

"4. Regulate the clothing to suit

"5. Remove all wraps immediate-

OVER-EATING HABIT. - If it were not for the practice of overeating there would be-broadly "If I were asked what caused speaking nothing for doctors to do, or colds than any other one thing, says another medical authority. For disover-eating leads not only to ease, but to death. There is hardly a day in the year that I do not learn of a death traceable to this cause. Now what should be done to rece-

edy this condition? It is well of The course in the first place to avoid soles of the shoes should be thick banquets and too frequent dining out, a practice which so often pro-"Some people take cold when oth- duces fatal results. Yet it is, after ers, under the same conditions es- all, only about one per cent. of the quets. To the great mass of people But the fact that we can do an im- that daily poisons itself through ignorance and greediness I would say Study your own system.

Experiment until you discover the mivimum of food upon which you can live and work. This will depend on the amount of exercise you take. Do not crowd up that misunderstood engine, your body with fuel which it cannot properly consume, and which you have no opportunity "o expend. It is of course, a truism that a man physically active requires more food the one who for instance, sits at his desk all day. When you have discovered the amount of nourishmont you literally need to supply you with working energy, with a little margin for reserve, do not ex-exceed it. Otherwise \* the unisknows how to take care of a horse, similated food will fill your system with a poison which will ultimately result in the particular form of disease to which your individual constitution renders you most suscentible.

Avoid alcohol. This statement may be accepted literally. The human ivsawarm weather he pursues this plan | tem requires no alcohol whatsoever. of cooling off, and then complains In this case abstinence is better than

Avoid too much meat. The average man sins more often here than in theory is in many respects. Though "It is, perhaps, a little unfortunate man was originally a fructivorous that through the winter houses are and graminivorous animal he has kept at a temperature of summer through so many centuries accustom-The only way to obviate the diffi- suddenly without injury to himself. culty is by not wearing too heavy Therefore it is well to car a moderate apparel indoors and by adding amount of well-cooked meat care a

ing outdoors. But don't be afraid of In regard to the proportion of fresh dir. It is nature's tonic. Go fruits, vegetables, fats, sweets and out every day. It properly clad you so forth, which each person can afneed not fear any kind of weather, ford to take late his system, the "Don't make a hot-house plant of must be scientifically determined in lost." yourself. Don't coddle yourself. Take each instance. No general rule may be laid down. It may be added, however, that as mankind is coughly di-There is nothing that will tender visible into two temperaments, the all day in overheated rooms. Get out consumptive, the former class should in the open air. Ventilate your house preserve the greater abstinence, and the latter may the more safely m-

> In short, eat as little rather than as much as you can.

# 9113

Mothers, we call your attention to your Miss Rose Greenwood, 165 Orange St., Fall River, Mass, writes: daughters who are going to school. If they are weak, if they feel tired, if they have no ambition to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. It is only a matter to study look out for them. of time until you have to take them out of school.

womanhood, healthy, strong and cheerful. Is it not your greatest ambition to have them so? At the first symptons make them take Dr Coderre's Red Pills, and then you need fear nothing, as they will come out of that period as fresh and healthy as you wish to have them This is true; before going any further, get the proof of what we tell you. We do not fear for, just as sure as there is a sun. Dr Coderre's Red Pills will do for your daughters what they have done for so many others. To prove the truth of our statements we

give you the names and addresses of the following ladies to whom you can write:

Mrs. Isabel West Main Street, Chickopee Falls, Mass., writes.

"I had to take my daughter Lilly from school, she used to faint with the least fatigue. She was not developed for her age. She is now it. My physician encouraged me to give her Dr. Coderre's Red Pills. She has not been sick since she took the first box. She is now strong and has a good appetite. She is regular and the symptoms have disappeared."

Miss Tay Jewel, Box 335. Sherbrooke, Que., writes:

"I have not been well since I was 14 years of age. Sometimes I thought I would die My periods sometimes would come twice a month I only used Dr. Coderre's Red Pills once when I found that they were helping me My heart ached terribly and I was very nervous. I could not dress without fainting. Everything I ate, gatnered like a ball in my stomach. I had to have my hair cut on account of my headaches. I was pale and thin, and so weak that my limbs would tremble under me. It is Dr. Coderre's Red Pills alone that nave cured me."

Miss Maude Slater, 167 Cedar Grove St., New Bedford, Mass.:

'I have been sick in bed and I was so weak that I could not even rest my hands. The doctor though that I was in consumption. I coughed and had pains everywhere. It is surprising what good Dr. Coderre's Red Pills have done me. My appetite is good, I sleep well and feel rested in the morning. I can do all my work without getting tired."

as it is to-day. Self-respecting men on "the nineteenth century, its pro-

shun the society of the immoderate gress and its superiority over the

that:

eighteenth century." It was given under the auspices of the Catholic.

Truth Society; and the press says

"Father Fallon has rarely been

heard to better advantage, and he

the condition of the farmers and

the condition of the same class at

the present time. In the eighteenth

century they lived in hovels, the floor of which was of beaten earth.

Starvation stared them in the face.

present century was most market.

In social conditions the improvement

was more marked, and in ontain and

central figure of a century and the

as was evidenced by the numerous

conversions. He said that the non-

teenth century had had its draw-

backs, but yet the good for over-

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cough is another. If they come to-

gether the warning is a loud and

hard one. Scott's Emulsion dees

shadowed the evil.

M. J. Gorman,"

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name on a postal card and we will mail you free, our doctor's book for Pale and Weak Women Constipated women should not depend upon Dr. Coderre's Red Pills to cure that trouble, for the pills are not purgative. Women who suffer thus, should take Dr. Coderre's Purgative Tablets together with the Red Pilis. These two remedies have a wonderful effect upon the system. The Tablets sell at 25c. a box and the Red Pills at 50c a box or six boxes for \$2.50. You should read carefully the directions around each box of pills and

follow them strictly. Cur pills are for sale by all first class druggists. Beware of imitations.

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"The Czar has decided to moderate the consorship on the newspapers published in St. Petersburg and Moscow. The new Russian Minister of the interior has drawn up a scheme under which, in the first instance, greater liberty of criticism on micro nal affairs of the ompire is to be permitted. If this experiment works satisfactorily the liberty of the press will be extended throughout the em-

This step toward the light is believed to be due to the impression made on the Czar when last in England by the Prince of Wales, who defended the complete liberty given to the newspapers in England and the United States."

It would be well for the inhabitants of Russia if the Czar werd to take an extended trip (incognite, of

Government in Russia. Sconer or later such a great change must come in the land of the Bear; but the people may yet have to bend for long years under the yoke of oppression, ostracism and, in some cases, slavery, before that transformation takes place. However, the rapidly increasing facilities of communication, the world over, must inevitably bring both Russian rulers and Russian subjects in contact with more modern and more constitutional methods of administration. Graqually will the former begin to rerceive, and then to acknowledge, that they are not the sole lords of creation, while the latter, having a taste of real freedom, must come to understand that they are men, and

not mere automatons. We would welcome gladly the hour of such a regeneration in the country of the Czars; but, like all other changes that lapse of years only can vindicate and sanction, this improvement must be awaited with

Toothache stopped in two minutes with Dr Adams' Toothache Gum. 10 cents

natience.

#### SOME TEMPERANCE NOTES.

An American contemporary contains the following on the disraputable character of drinking in the world to-day. There is a great deal of truth and wisdom in the paragruph:

"In view of the large amount of course) over the United States and liquor consumed in the United States Canada. He would then learn learn it is difficult to believe that the temsons, which, were he inclined to put parance cause is making much prointo practice at home, would tend gress, but it is a fact that excessive to revolutionize the whole system of drinking was never so disreputable

TO THE ENGINEER OF THE PROPERTY OF THE PROPERT

oty suffers a decline. Society frowns more and more upon the drinking habit, and tippling as a fushionable accomplishment is on the accime. Liquor is not as openly presented to guests at private houses as it was twenty-five years ago. An invitation from your entertainer to "take sutim" is apt to be communicated by a whisper and a wink, and he leads you to some secluded cupboard. He With no intention of claiming that in the ideal was reached; that poverty is ashamed to mention whiskey time he has not only caught cold, any other direction. On the other the presence of the ladies and chile- no longer exists, you have but to but is hanging on to it, by the very hand, I would not counsel absolute ren. There is much talk outside of look at the farmer of to-day and habit of what he would doubtless vegetarianism, admirable though it. ated. Excuses are frowned upon are dition of education, of the developong all reputable societies. When ment of arts and sciences a the drunkenness becomes thoroughly and eighteenth with their condition at popular it will be confined to the the nineteenth. The superiority of the dissolute alone."

drinker more than ever before. They

don't like to be seen in his company.

A young man who is known to drink

even moderately is distrusted by his

employers and his standing in soci-

Diogenes, being presented at a hast with a large gobiet of wine. literature the 19th century for catthrew it on the ground. When bland show its rival the 18th. The becomer ed for wasting so much good liquer, then touched on spiritual marters he said: "Had I drunk it there and spoke of the triumphs of the Cawould have been a double waste. I tholic Church, Catholic quancipation as well as the wine would have been obtained by Daniel O'Connell. The

One of the leading daily papers of ford tractarian movement, which France, Le Temps, calls for a reductioning not so intended, worked to tion in the number of saloons in the advantage of the Catholic Church, that country.

ital, Indulgence in strong drink destroys this capital. The man who "can drink or let it

Health is the working man's car-

alone" is generally one who does not let it alone. The D. & L. Emulsion of Cod Liver Oil, will build you up, and make you fat and healthy. Especially beneto those who are "all run

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