

Health and Home Hints

A child of five should weigh 41 lbs. be 41½ inches in height, and have a chest girth of 23½ inches.

Preserving Glassware—One of the most important things is to season glass and china to sudden changes of temperature, so that they will remain sound after exposure to sudden heat or cold. A writer in the *Hotel Register* gives the following directions: This is best done by placing the articles in cold water, which must gradually be brought to the boiling point, and then allowed to cool very slowly, taking several hours to do it. The commoner the materials, the more care in this respect, is required. The very best glass and china is always well seasoned, or annealed before it is sold.

Marrow Pudding—Sift three cups of flour and add a liberal half teaspoonful of cinnamon, the same amount of grated nutmeg and a large pinch of cloves. Stir in one large cup of currants, one of raisins and a tablespoonful of shredded citron. Add a cupful of beef marrow, chopped in small bits, and one cup of molasses. Finally stir in a cup of milk in which one even teaspoonful of soda has been dissolved. Stir all the ingredients thoroughly together, and cook for three hours in a buttered and sugared mould set in boiling water. Serve with ordinary hard sauce. A cupful of the best kidney suet may be used instead of the beef marrow. This is a simple and inexpensive pudding, and very suitable at this season of the year when hot fruit puddings are in demand.

Can Consumption be Cured?

This question has never yet been satisfactorily answered. Certainly science has not yet found anything that will destroy the germs, and the only hope of cure depends on the ability of nature to throw off the disease.

It therefore becomes a simple question of nutrition. Fresh air and sunlight with plenty of good, rich, nourishing food properly digested and assimilating, has done wonders in the way of driving out the disease, and unless it has gone too far, nature thus assisted may work a cure. It will be seen, however, that everything depends on the ability of the digestive organs to assimilate a sufficient quantity of rich food and, unfortunately, where consumption has obtained a foothold, these organs are liable to be weakened and quite unequal to the task. Once more science comes to the rescue in the shape of **FERROL**, a consecrated medical food containing Cod Liver Oil, Iron and Phosphorous in an emulsion so perfect that it is ready for instant absorption so that the digestive organs are relieved from the overstrain, and the advice, "take plenty of **FRESH AIR, SUNSHINE and GOOD RICH FOOD**" becomes practicable as it never has been before.

FERROL with fresh air and sunlight will absolutely prevent consumption if taken in time.

FERROL with fresh air and sunlight will cure consumption in the early stages.

FERROL with fresh air and sunlight affords the only chance of cure in the advanced stages, and will certainly prolong life and add to the comfort of the patient.

If threatened with this disease in any form do not fail to try **FERROL** without delay.

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World of Missions.

The London Missionary Society has recently wiped out a deficiency of \$175,000.

Under French rule and influence the progress of missions in Madagascar is not so encouraging as under the native rule. Temptations are greater than formerly; whole tribes are still ignorant of the Gospel.

The Livingstone memorial in Central Africa is now completed, and in a fitting way marks permanently the spot formerly occupied by the tree under whose shadow the great missionary expired, and beneath whose branches his heart lies buried.

It is a beautiful custom of the Moravian church in Germany, to charge itself with the care of the children of its foreign missionaries. These children are gathered for their education in a large boarding school, but when the vacations occur each young person is received into some family and is treated as one of themselves.

A peculiar feature of the work in Korea is that it is self-supporting. The natives carry on the work, and the foreign missionaries have to superintend and direct these natives and to train at the same time those who are to be leaders. The missionary in Korea has a single pastorate; the majority have from fifteen to thirty churches under their care. The mission asks for twenty-five new missionaries and feels that they are absolutely needed to carry on the work the church has in hand.

The missionaries have, practically unaided, created modern India. I am now, of course, regarding their work from a purely political and educational point of view, leaving its religious aspect to be dealt with by those better qualified to review it than myself. If we carefully consider the careers of Warren Hastings and Alexander Duff, and mark their effect upon history, which weighing everything, shall we say one more for India—the English adventurer or the Scotch missionary? And, looking to Warren Hastings' successors, may it not be truthfully asserted that the glittering procession of titled persons who have held high office in India during a century and a half have left it very much as they found it; while every missionary teacher throughout the same period has been the center of influences which are now transforming the whole world?—A. J. Fraser Blair.

Madam Wu, wife of the Chinese minister recently recalled to China, went back with unbound feet. Her residence in this country so convinced her of the superiority of natural feet that she willingly endured the pain necessary to regain their normal shape. The toes that had been pressed back to the heels, and kept tightly bandaged all the time, were gradually allowed to assume the natural position, until finally the bandages were removed entirely, and she could walk with ease. She said, in speaking of her feet: "my feet are quite big now. But I do not care, for I am not in sympathy with the little-foot practice in my country. It is unnatural, and deprives a woman of so much that is beautiful and useful in life." She also said: "There are many English customs which I like and shall introduce in China. The Chinese women are eager to take their places in life along with the women of other nations, and I hope it will not be long before they will be given a reasonable amount of freedom."—Missionary Review of the World.

Help One Another

AN INTERESTING CHAT WITH REV. R. HATCHETT.

HE ASSERTS PEOPLE SHOULD SPEAK PLAINLY WHEN THEIR WORDS WILL BENEFIT OTHERS.

From the Recorder, Brockville, Ont.

Rev. R. Hatchett, general agent of the African Methodist church in Canada, spent several days in Brockville recently in the interest of the church work. Talking with a reporter he said he always liked to visit Brockville, because he found so many of its citizens in hearty sympathy with the church work he represents. "And besides, said Mr. Hatchett, I have what may be called a sentimental reason for liking Brockville. It is the home of a medicine that has done me much good and has done much good to other members of my family. I refer to Dr. Williams' Pink Pills." "Would you mind," asked the reporter, "giving your experience with Dr. Williams' Pink Pills?" "Not at all," said Mr. Hatchett, "I always say a good word for this medicine whenever the opportunity offers. I know some people object to speak in public about medicines they use, but I think this is a narrow view to take. When one finds something really good and really helpful in relieving human ills, it seems to me it is a duty we owe other sufferers to put them in way of obtaining new health. You can say from me therefore that I think Dr. Williams' Pink Pills a very superior medicine—I know of no other so good. My work, as you may judge, is by no means light, I have to travel a great deal in the interest of our church work, and it is no wonder that often I find myself much run down, and afflicted almost with a general prostration. It is on occasions of this kind that I resort to Dr. Williams' Pink Pills and I can say in all sincerity that they have never failed me. The pills have also been used in my family, and among my friends, and the results have always been satisfactory. You may just say from me that I think those who are afflicted with any of the ills for which this medicine is recommended will make no mistake in giving Dr. Williams' Pink Pills a trial."

The Rev. Mr. Hatchett's home is in Hamilton, Ont., where he is known to most of the citizens and greatly esteemed by those who know him.

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