

THE HOME

A SINGLE STANDARD OF MORALS

The boy should be held to the same state of virtue as the girl is held. To admit for a moment that the boy must have a season of sowing wild oats is to unduly parent to bring up boys. There is no reason in the world why the life of the boy should not be just as free from taint or irregularity as that of the girl. Rude language or vulgar behavior of any sort is just as inexcusable in the boy as in the girl. He should not be allowed for a moment to think that things are decent for the boy to do that are indecent for the girl.

Of course, it is very easy to fall into the habit of establishing a double standard of morals for the boys and girls. We have become so accustomed in this generation to see boys do things everyday, and hear boys say things which no self-respecting girl would do or say, that we have unconsciously become reconciled to the idea that purity in the case of a girl should be higher than in boys.

But there is no real foundation for such an idea. There is every reason why the boy should be as neat, as polite, as modest as a girl. Boys should never be allowed to think that they are excusable in doing things or saying things that would be unfit for their sisters to participate in. Boys reared with this idea in their minds are much more apt to make good men, healthy men, than the boys that are allowed to indulge in coarse conversation or questionable recreations.

The boy should be on good terms with his mother. He should be a chum with his mother, if possible. Her sensitiveness and feelings concerning questions of morality should be imparted to him as much as possible. Then when the boy comes in contact with rude boys, who have not been so reared, he will be able to see for himself the folly and degradation of immorality.

We are aware that this is ideal, but this is the standard that should constantly be kept before the parent. Make the boys as clean, and modest, and respectable, and obedient as the girls are. There is no reason in the world why they should not be. There is every reason in the world why they should be.

But it is upon the father mainly that the rearing of the boy depends. If the father be a good man, a gentle man, a man who likes life and makes the best use of life, a man who has not forgotten how to be a boy, and how to play with boys, a man that likes fun but takes a serious view of life in general, the boy will scarcely need any other instruction than association with his father. The boy naturally emulates his father. The masculine qualities of the boy begin to develop early, and even during infancy he sees in the masculine portion of the family traits that attract him more than feminine traits.

There are some things the boy can tell his mother easier than he can tell his father. There are other things that the boy can tell his father easier than he can tell his mother. Blessed is the boy who has both father and mother who are approachable, who are sympathetic with his phases of growth, who are ready to forgive, and patient to begin over again. If the boy has not found these things in his father and mother it will be very doubtful indeed if the Sunday School or church, the day school or teacher, will be able to supply his loss.

CARE OF THE TEETH

If you are inclined to neglect your teeth because you lack fastidiousness, you simply must take care of them as a health measure. In these days of failure to clean them regularly means decay, toothache, and finally loss of the teeth. Five or ten minutes' daily attention will keep your teeth in good order. Everybody over five years of age ought to possess a tooth-brush, a box of tooth powder and an antiseptic wash. None of these is expensive. A ten-cent tooth brush will answer the purpose. You can make a tooth powder at home. A sufficient quantity to last a year will cost you about fifteen cents. Equal quantities of precipitated chalk, borax, powdered white soap and powdered orris root make a satisfactory powder. A liberal quantity applied briskly with your brush night and morning will work wonders with neglected teeth. A ten-cent bottle of peroxide of hydrogen is within reach of almost anybody, and if you're careful of it it will last for months. After brushing your teeth and rinsing your mouth, put a few drops of peroxide on the brush and rub it over your teeth. It will do much to

whiten them. A few drops in water makes a pleasant mouth wash. Or you may use the cheaper baking soda. A teaspoonful to a cup of water will sweeten your breath and prevent the acids of the saliva from making tartar.

A GALLANT LADY

"She is a gallant lady!" The quaint, romantic phrase was enthusiastically called forth by the reputation for a certain high sense of honor or square dealing always shown by a college girl whose beauty and spirit alone might have made friends for her, and whose generous high-mindedness kept them hers. "You saw how it rained," went on the first speaker, "but it didn't take Kate an instant to offer to do that errand for us, because she knew we were busy. And no matter how busy or tired she might be, if you went to her in any distress you would find had no queenlier damsels to succor her full of sympathy and sentimentality about herself. The old romances sometimes before they are asked, not with intrusiveness, but from that loving wisdom which only self-forgetfulness can make powerful and true."—New Guide.

THE HOUR OF SILENCE

If ever you see the shadow settle down Upon the face of one you love, forbear Just when to urge and prick and jostle, spare awhile your love's demand, Away that frown, Come and amuse me now; and swiftly crown My love with answering love, if you forswear Not all where I with you have any share, To me, to me now give what is mine own! O be more generous! Perchance your scorn Are given to one in mortal struggle, dumb, Because his strength is ebbing, whose dark fate Presses upon his brow the piercing thorns. Ask not, but stay as near as near you may come; Enwreath him with your love and silent wait! —Appleton's (May).

KEEP A-TRYING

Say "I will!" and then stick to it. That's the only way to do it. Don't build up a while and then Tear the whole thing down again. Fix the goal you wish to gain, Then go at it heart and brain, And though clouds shut out the blue Do not dim your purpose true With your sighing Stand erect, and like a man, Know "They can who think they can." Had Columbus, half seas o'er, Turned back to his native shore, Keep a-trying! Men would not, today, proclaim Round the world his deathless name. So we must sail on with him Past horizons far and dim, Till at last we own the prize That belongs to him who tries With faith undying; Own the prize that all may win Who with hope, through thick and thin Keep a-trying.

WHAT IS BEST FOR INDIGESTION?

Mr. A. Robinson, of Drumguin, Ontario, has been troubled for years with indigestion, and recommends Chamberlain's Stomach and Liver Tablets as "the best medicine I ever used." If troubled with indigestion or constipation give them a trial. They are certain to prove beneficial. They are easy to take and pleasant in effect. Price, 25 cents. Samples free at A. E. ATLEE'S, ANNAPOLIS W. A. WARREN'S, BRIDGETOWN, ROYAL, and BEAR RIVER'S DRUG STORE.

The man who tries to beat back ignorance and stupidity in the mess out of a horse should be treated some drastic manner. A whip is about as likely to cure the one fault and really believes that it cannot probability, the victim of its nerves. As the other, a balky horse is, in all move forward. It is a case for science study and not for brutality.

Have a Hobby and Live Long

Have a hobby and live long, says the Toronto Saturday Night. In other words divorce yourself occasionally from your business, take on a new line of thought or play. The longer we live in this scientific age the greater seems the necessity for a diversion from the work of the year. The independent authority for the statement that the man with a hobby lives longer. It may not necessarily be a golf hobby, a billiard hobby or a baseball hobby. It may be a devotion to art, to literature, to horse racing, or to fishing. "Long lives" says this journal, "usually have not devoted themselves to one thing but to many, and have accomplished noteworthy work in several departments. Some where between fifty and sixty at the present time a great many business men come to their physician showing the signs of beginning arterial degeneration, though as yet there are only a few neuritic symptoms—a little disturbance of digestion, a little tendency to insomnia, a growing irritability and a lack of self-control in this change. The one thing is to get the man to let up on his work. If, however, he is asked to give up his work, almost immediately a worse state of affairs will develop. He now has nothing to occupy his mind, he worries as to his condition, which he considers must be very serious, since his physician has advised him to give up work, and worry proceeds to set up a higher tension of arteries than work did before.

"If there is something that a man can turn to with supreme interest so as to occupy himself with it to the exclusion of business thoughts at least for a good portion of the day, then there is every hope of securing that lack of tension in arteries that will save them from further deterioration. It would, indeed, be worth the while for men, just as they try to keep themselves in good physical health by indulging in exercise when they are young to provide for their mental health, and above all, their need for relaxation when older, by training themselves to indulge in some hobby that may become a precious interest in life. This is the therapeutic value of hobby." The difficulty, in this continent at least, is that the average business man imagines that he has no time for a hobby; in other words no time for a diversion and a rest. We chase the dollars, and the dollars in turn chase us into the grave.

Marshalltown, Digby Co., N. S. January 4th, 1909. Empire Liniment Co., Limited. Dear Sirs:

Last winter while working my horses in the woods, one fell, straining the cords of the fetlock so badly it laid him up. I used all the different liniments including horse liniments without the slightest benefit. My son bought your EMPIRE LINIMENT and a few bottles made a complete cure, so that I was able to put him back to work in the woods. I will cheerfully furnish any further information to anyone and will say without hesitation your liniment cannot be excelled. Yours very truly, J. F. TRASK.

The public is horrified by the marked increase of suicides. The Montreal Star suggests that as the preacher's "dread of future punishment" is losing its effect, that a "gospel of courage" be substituted and preached.

MAKES ASTONISHING CURES

Mi-o-na Tablets Cure Dyspepsia by Promptly Removing the Cause or Money Back

There is just one way to cure dyspepsia and stomach disorders, trivial or serious and that is to tone up or put energy into the stomach walls, so that they will be able to properly mix or churn the food. Mi-o-na tablets quickly arouse the stomach from its inaction and in a short time it is able to do its work properly.

Harry Dodd of Bridge Street, Hastings, Ont., says: "For seven years I had suffered and spent much money doctoring, but all to no avail. I could eat but very little, as the food would ferment and sour, making gas, which caused serious heart oppression. I was in constant misery, sour gas would belch from my stomach, I was languid and weak and had no ambition. I did not feel like going anywhere or seeing anyone. There was a constant dull pain in the pit of the stomach. I was unable to sleep, was nervous, restless and would awake more tired than on going to bed. I tried Mi-o-na and soon found relief, and in less than six weeks Mi-o-na had completely cured me.

S. N. Wearie the druggist sells Mi-o-na tablets at 50 cents a large box under a rigid guarantee to do all that is claimed for them or money back.

The Outlook for Peary

The departure of the Jeanie from St. John's, Newfoundland, carrying mail, food and coal to Commander Peary, naturally excites as to the measure of success which has attended the explorer's efforts this year. If the object of his expedition has already been accomplished, Peary will doubtless come back with the statement that the man with a hobby lives longer. It may not necessarily be a golf hobby, a billiard hobby or a baseball hobby. It may be a devotion to art, to literature, to horse racing, or to fishing. "Long lives" says this journal, "usually have not devoted themselves to one thing but to many, and have accomplished noteworthy work in several departments. Some where between fifty and sixty at the present time a great many business men come to their physician showing the signs of beginning arterial degeneration, though as yet there are only a few neuritic symptoms—a little disturbance of digestion, a little tendency to insomnia, a growing irritability and a lack of self-control in this change. The one thing is to get the man to let up on his work. If, however, he is asked to give up his work, almost immediately a worse state of affairs will develop. He now has nothing to occupy his mind, he worries as to his condition, which he considers must be very serious, since his physician has advised him to give up work, and worry proceeds to set up a higher tension of arteries than work did before.

The despatch of a relief ship illustrates anew the thoroughness with which Peary's preparations are always made. He foresees and provides for every need. Arrangements were made for keeping in communication with home before his own departure. His caution stands out in sharp contrast with the imperfect plans of Dr. Cook, who seems to have left a great deal to luck or chance. The Brooklyn explorer secured transportation in one direction only, and if he is yet alive he may be indebted to his rival, Peary, for

the means of reaching the United States once more. An effort was made recently to raise money enough to equip an expedition to search for and rescue Dr. Cook, but it seems to have failed. If he had been able to work his way back to Etah, as he proposed to do, Peary may allow him to sail on the Jeanie. Whatever Dr. Cook's fate may be, Peary's foresight and fine power of organizing a polar campaign justify the heartiest wishes for his success.—New York Tribune.

GRANULATED SORE EYES CURED

"For twenty years I suffered from a bad case of granulated sore eyes," says Martin Boyd, of Henrietta, Ky. "In February, 1903, a gentleman asked me to try Chamberlain's Salve. I bought one box and used about two-thirds of it and my eyes have not given me any trouble since." This salve is for sale by W. A. WARREN, BRIDGETOWN, A. E. ATLEE, ANNAPOLIS ROYAL, and BEAR RIVER DRUG STORE.

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