

Could Not Lift Stick of Wood

Would Almost Faint From Severe Pain in Back—Doctors Could Not Get the Kidneys Set Right

Benton, N. B. (September)—A great many people suffer the results of deranged kidneys and do not understand the cause of trouble or the way to obtain cure. The writer of this letter suffered excruciating pains in the back and in vain his physician tried to cure him. For some reason or other his medicines did not have the desired effect.

Mr. Olts' brother was a merchant selling, among other medicines, Dr. Chase's Kidney-Liver Pills, and he heard his customers telling about how they were cured of kidney derangements by their use. This led to Mr. Olts putting them to the test, with the splendid results reported in this letter.

Mr. E. C. Olts, Benton, Carleton County, N. B., writes: "I am glad to let you know how much your medicine has done for me. I suffered from my kidneys, which at one time were so bad I could not lift a stick of wood without getting on my knees, and then would almost faint from the pain in my back. I consulted a doctor about it, and he gave me some medicine, but it did not help me. My brother, who is a merchant, and carries all your medicines, advised me to try Dr. Chase's Kidney-Liver Pills. I got one box, and they helped me, so I got another one, and kept on until I had taken five boxes, which cured me. I have had no trouble with my back since, and am never without Dr. Chase's Kidney-Liver Pills in the house. Last summer I also suffered from piles. I used three boxes of your Ointment, and it cured them. I can certainly recommend Dr. Chase's Pills and Ointment."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25c a box, 5 for \$1.00, at all dealers, or Edmanson, Bates & Co., Limited, Toronto.

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The Young Woman and Her Problem

By Pearl Richmond Hamilton

A Personal Inventory

Sticking too close to our work sometimes narrows our vision and makes us overlook important things. A vacation that detaches one from the vision of her own personality, and gives one a true vision of herself, will increase a girl's efficiency a hundred per cent. Just now when so much destruction is taking place, it is our duty to create, to construct, to build, to encourage.

We cannot get happiness by taking it away from some one else. I met a young woman this summer, who is the most unhappy person I know. She spends her whole life in planning schemes to deprive others of blessings. She thinks she should never think of anyone's comfort but her own. Day after day she sits in her room—miserable and unhappy. We keep happiness by giving it away, and the more we give away the more we have.

Have you a little blank book? If so, write on the first page these words: "Leaves of Happiness." On each page write successively the date of the month. Every morning determine to make some one happy on that day. Record it at night and write a helpful quotation to learn while you are dressing the next morning. When you have had a month of this experience your face will have lost some of its wrinkles, and you will look younger. It is the best beauty secret I know. When you have had a year of this happiness work your friends will ask you where you found the Fountain of Youth.

Some girls wrinkle their faces into horrible lines when they speak or think. Beautiful expression shines through the eyes and plays about the mouth. Happiness is a mood of the mind—the condition of the mental vision.

Doing right creates moral health. Doing wrong starts disease vibrations in our nature. There is a very close relation between healthy morals and a healthy body.

Purity is that which gives joy to life. To be at our best we must be in harmony with purity. "Keep thyself pure," is a motto that will give a girl supreme happiness. Impurity undermines the ambition and lowers the whole standard of life.

Have you ever taken physiology and studied this wonderful body God has given us? We are built on a moral plan, built for purity. Purity is woman's greatest power.

I wish our girl readers would begin

this Happiness Book and write me their experiences.

"Give just a little love to bless and bind
A heart that beats alone, and reaches out
To find a heart to dream about;
It costs so little just to stop and hear
Some heart's sad secret, or its throb of cheer;
To care a little that a soul is glad;
To care a little that a soul is sad."

A Girl and Her Education

Perhaps there are young girls in every community who are hungry for an education, yet cannot see their way through. Letters of this nature come to my desk continually. Some young women have worked at home until they are no longer needed, and feel they are too old to begin an educational course. Others are young—in their teens—and are anxious to work their way through school.

Let me say this to the first group: You are never too old to begin an education. The other day I saw an article about a woman of seventy who learned to read and write. She was in an infirmary. So full of work had been her life that she had never attended school. But she learned to read and write after her life's work seemed at an end. Another woman of eighty took a course at the University of Wisconsin.

Two women of sixty interested me this summer. They had raised their families, and were alone.

"Why, we are just beginning to live!" one exclaimed to me, as she showed me her ticket to a course of lectures.

A young woman of thirty realizes the advantage of an education, and is not too old to begin.

In answer to the letters from girls in their teens—let me advise work in night schools. There are good places in homes where girls can do housework and take a course in night school during the evenings. I know girls who have done this. I feel that the Winnipeg Board of Education and their staff of teachers through the night schools have done more for the welfare of wage earning girls than all the churches in the city. It is the best movement for the young that has been launched.

In choosing our life work, we should choose that which will call the biggest woman out of us, and not that from which we can coin the most dollars. We cannot live truthfully unless we

progress. The blood in your veins is the blood of heroes and heroines.

The Canadian girl has a rich inheritance, and is placed in a magnificent environment. The noble experiences of your parental ancestry blazed the way for a great work in your lives. In the vision of your future, do you see a place in life you want to reach? God would not have given you that dream without ability to reach it. "In Sesame and Lilies" Ruskin says: "You cannot make a girl lovely if you do not make her happy. The perfect loveliness of a woman's countenance can only consist in that majestic peace which is founded in the memory of happy and useful years, full of sweet records, and hope of better things to be won. There is no old age where there is still that promise."

Make a palace of your mind. Furnish it with the beautiful, beautiful bits of poetry, Bible gems, and splendid acts of kindness. Fill it with knowledge and thoughts that encourage justice and love. One woman I know understands six languages. Another but one—the language of kindness. She understands and sympathizes with humanity. The first woman is the personification of loneliness. It was the understanding of the second woman that created the palatial mind of Florence Nightingale, Elizabeth Fry and all other women who have blessed humanity.

The Red Cross nurse may not speak a word, but the brave lady who know her understand her. It is the use to which we put our knowledge that tells in the history of our lives.

The Creator never made an odd girl not any more than He has never made an ear of corn with an odd number of rows of grain. At some point in life every girl touches the life of another, and for that touch that life rises or falls. The world would be bankrupt without the godward motive.

Mental brilliancy can never take the place of moral integrity in the mind of a woman in her influence over men.

"If we work upon marble, it will perish; if we work upon brass, time will efface it; if we rear temples, they will crumble to dust but if we work upon immortal minds, if we imbue them with principles, with the just fear of God and love of our fellow-men, we engrave on those tablets something which will brighten all eternity!"

In the Glare of the Searchlight

Every girl is in the glare of a searchlight if she but realizes it. I want to tell you of some of the searchlights turned on and what they reveal:

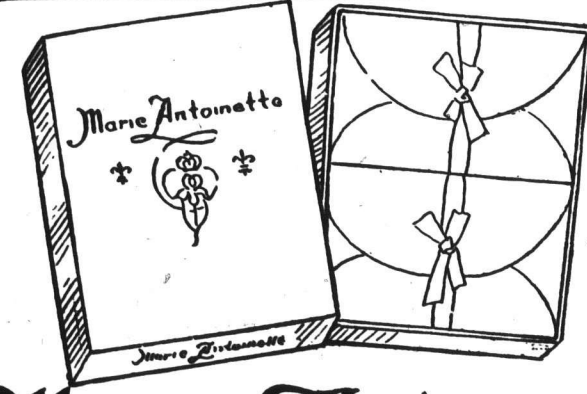
I had a talk with a business man regarding wages. He said if the wages were increased the girls would buy more extravagant clothes. Another man watched a group of applicants who wore shoes with high heels and jingly jewelry, and said: "If they would spend more time dressing the inside of their heads instead of the outside, they would fare better in the end." This raises the question, "Should there be uniformity of dress?" What is the opinion of our readers? In one store the dress of one popular girl was the cause of a complete reformation of dress in that establishment.

Are business girls as close companions to their mothers as home girls? I overheard a man say: "Business girls are so tired when they reach home that they are irritable." I am not expressing my opinion on any of these remarks—I am simply asking for opinions. That reminds me of another remark I heard, "We need women who will teach us ideals—young women with spiritual insight."

The Meaning of an Idea

One day I sat down near a dear old lady in her little rocking chair and I looked into her face so full of beauty—youthful beauty because it is a face often lifted toward God, and such a face beams with a loveliness of expression that will endure and grow for ever. A beautiful face I said, after all the only sure recipe for beauty is, "Heavenly Thoughts."

This old lady wears a dainty white ribbon on her dress. At her throat is a brooch framing a miniature likeness of the picture on the wall. And I said to



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