

Health and Home Hints

The Virtues of Lemon.—To those who do not know the virtues and desirable properties of the simple, everyday lemon this screed is dedicated by the writer with the hope that others may learn and enjoy the advantages which that little tropical bit of yellowness can bestow. Firstly, the dyspeptic American, who is universal, either man or women, with some form of digestive trouble, due to high pressure of the complicated turmoil which we call life nowadays. This class of sufferers is one of the largest, and to them the simple yet efficient remedy of plain lemon juice in a little hot water is a boon only to be appreciated by those who have endured distress and been relieved by that inexpensive, easily obtained restorative. By a paradox, the acid of lemon juice, instead of adding to the acidity of a sour stomach, seems to correct it and relieve the burning inflammation that so often accompanies that state of misery. The lemon juice must not be taken clear. One third or one-half of a lemon in half cup of hot water an hour before breakfast every morning has been known to work wonders in obstinate cases of chronic indigestion. On no account should sugar be used with the medicinal form of lemonade, because the sugar ferments in the stomach, producing more of the abnormal acid formation that has been making all trouble. Some sufferers cannot take so much lemon as that regularly every day; experience is the best teacher in such cases, but the value of the treatment is its regular habitual use. A dose now and then is of no help at all, and only serves to create an impression of distrust in the mind, which in itself is enough to react against the beneficial effect of future treatments. The headache that so often accompanies a disordered stomach is equally amenable to the persuasions of this plain, practical little helper. The writer has seen a violent headache, with the addition of severe nausea, relieved, and, indeed, cured in short order by the juice of half a lemon with an equal quantity of hot water. In an extreme case like that the lemon juice can be taken very nearly clear, but it is too strong to be taken that way habitually. The advantage of hot water over cold is its stimulating effect on the nerves of the stomach. It stirs them up and rouses them to action, cold water chills them and produces a depression, with a corresponding decrease of nervous action all over the body. For that reason cold water should never be taken into the stomach when it is below par. Even

if one is thirsty and desires a cooling drink it should be held in the mouth a moment and allowed to trickle slowly down until there is no danger of a shock to the super-sensitive nerves. After considering the possibilities of the lemon as a remedial agent, let us take it as a pure luxury. Yet not a needless, wasteful luxury, for if "cleanliness is akin to godliness," then a lemon must be a most virtuous product, for there is nothing in nature more cleansing than this same lemon juice. A lemon bath is one of the most delightful forms of refreshment possible in hot summer days. Just take a lemon, cut in two, and use the separate halves in place of a cake of soap or a sponge, rubbing it all over the body, squeezing it every few minutes till the juice is extracted. Face and all are to be treated in this way till the whole person has been literally bathed in the acid juice, and then a sponge or a wash cloth with clear water is taken to wash it all off again. The result is a most delicious sense of invigorating freshness. The writer has awakened in a listless, heavy state after a hot, uncomfortable, sleepless night. The very thought of getting up was misery. A lemon cut in two, half the juice squeezed into a glass and taken with as much water, and then the partly squeezed lemon used in a quick bath in the way described has acted like magic. All the numbness and dullness have disappeared, and instead there is the effect of a bracing tonic that revives the spirits and makes one feel alive and alert, and, as our English cousins say, "quite fit." Life is again worth living, and one is no longer afraid of the heat and burden of the day.

World of Missions.

Recent Testimonies of Missions.

Some striking testimonies as to the value of foreign missions have recently been given by men of prominence in Great Britain, including Lord Selbourne and the Marquis of Salisbury. Lord Selbourne has been connected for many years with the Colonial Office and the Admiralty, and having been in closest communication with people in all parts of the world, he has learned much as to missionaries and their work. In speaking of the testimony he had received from all kinds of witnesses, willing and unwilling, friendly and hostile, he declared that there was left on his mind "a profound contempt, which he had no desire to disguise, for those who sneered at missions." He declared that, judged by any reasonable standard, the work of the missionaries, though not perfect, as little on earth is perfect, was yet abundantly successful. The Marquis of Salisbury rebuked the supporters of missions at home for expecting too much of those whom they sent abroad. They were required, in the midst of difficulties and obstacles which sometimes seemed almost insurmountable, to report a rate of progress which could not be expected except by miracle. The Marquis protested against this "unholy thirst for statistics." "It was perfectly impossible to put in statistics the result of mission work," These thoughts are well worth considering by the supporters of missions.—Missionary Herald.

We may so live that it will be a second nature to us to practice the loving kindness of God. Why should not the gentleness of Christ become a habit with his people?

ST. VITUS DANCE.

Must be Treated Through the Blood and Nerves.

ONE OF THE WORST CASES ON RECORD CURED
THROUGH THE USE OF DR. WILLIAMS' PINK PILLS.

St. Vitus dance is a nervous disease chiefly afflicting children. There are a number of signs by which it may be detected such as a twitching of the muscles of the face, shaky hands or a jerky motion of the arms, a trembling or a dragging of the legs, irritability and restlessness. St. Vitus dance is caused by disordered nerves and blood—that is why it is always cured by Dr. Williams' Pink Pills. The pills fill the veins with pure, rich red blood, which in turn soothes and braces the nerves, making the sufferer well. Mrs. Luffman, Poucher's Mills, Ont., tells how Dr. Williams' Pink Pills cured her daughter, Louise. "I do not think it possible," says Mrs. Luffman, "that anyone could be afflicted with a more nervous form of St. Vitus dance than that which attacked my daughter. Her arms and legs would twitch and jerk, her face was drawn, and finally her left side became numb as though paralyzed. Her speech became thick and indistinct and she could neither stand still nor sit down. Two doctors attended her, but gave her no benefit. The last doctor who attended her told me she would never get better. It was at this discouraging time we decided to give her Dr. Williams' Pink Pills. After taking two boxes we could see an improvement; she could sleep better and the spasms were less severe. From that on she steadily grew better, and after using eight or ten boxes she was as strong and healthy a girl as you will find anywhere, and she has not had the least symptom of the trouble since."

Dr. Williams' Pink Pills are the surest cure for St. Vitus dance, hysteria, neuralgia, nervous exhaustion, paralysis, and all the nervous troubles of men, women and children. But you must get the genuine with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. Sold by all medicine dealers or sent post paid at 50cts a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

God provides for you to-day what is needful to sustain the life which He has given you. It is enough. Give yourself up into His hands. If you live another day, He will provide for that also.

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Two Sterling Silver Golling Hat Pins in a beautiful Burnt Leather Case, 75c. Mailed to any address in Canada.

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