

all things, to the ventilation of our sleeping apartments. . . .

For Blueness of the Complexion, the external application should be good soap and tepid, or warm water, followed by this lotion:—

Glycerine . . . . . 1 part.  
Rose-water . . . . . 1 part.  
Elderflower water . . . . . 2 parts.  
Lemon juice . . . . . 2 parts.  
Irish moss (dissolved) . . . . . 1 ounce

Mix well and apply with a soft piece of rag every night and morning, and, if possible, at least once or twice during the day.

#### USEFUL HINTS.

Hot milk is a good medium in which to give children castor oil. Take a large wineglass, fill one-third with hot milk, put in the castor oil, then pour over it enough milk to fill the glass. If the child can be induced to drink it all without stopping, the taste of the oil will not be detected.

The after dinner nap is a topic which has elicited much diversity of opinion among medical men. Probably in young and healthy adults, the "nap" is not needed, and is not natural to a person who has eaten a fair and not an over-heavy meal. In the aged, the "nap" is to be more kindly regarded. With them it is often a necessity, and as often a positive good.

The use of soap in many, I should almost be inclined to say most skin ailments, is injurious. In eczema, for instance, that most common of all skin ailments, washing the parts affected, is prejudicial to the chances of a speedy cure. Of course, I mean frequent washing as ordinarily practiced. Again, if soap be used at all, a superfatted soap is that which alone should be employed. Ordinary soaps are worse than useless, for they increase the irritation of the skin, and retard a cure. Soap and water are excellent things in their way, but they are injurious in skin diseases for the most part, especially in eczema.

Never Wash a Clean Cut, but close it in its proper shape at once. Put on some lint, apply a bandage, and, if it is possible, never wet it or remove the bandage for two days. At the end of that time it should be healed. Treated so, a cut heals quickly, and leaves very little scar. Washing a cut removes the blood and all the life of the thin skin, leaving nothing to heal the severed parts along the edge.

Nothing so quickly restores tone to exhausted nerves and strength to a weary

body as a bath containing an ounce of aqua-ammonia to each pailful of water. It makes the flesh firm and smooth as marble.

The hop has long enjoyed a medicinal reputation. It is a fruit of the cono-order and owes its properties to a substance it develops called lupulin. It is a tonic and a sedative. A pillow stuffed with hops is an old-fashioned cure for sleeplessness. The tonic effect of bitter ale is, of course, due to the hops it contains.

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Weak and Wretched.

Paine's Celery Compound is the Great  
Life-Giver for All Who Are  
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It Has Rescued Thousand  
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Dear Sirs,—It affords me much pleasure to testify to the great good that Paine's Celery Compound has done for me. I was completely run down in health and a victim of female weakness, and after using three bottles of your wonderful medicine I was completely cured. It is the best blood purifier I know of, and I recommend it to all who are troubled as I was.

Yours very truly,

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Quyon, P.Q.