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is called upon to cure
Cuts—Sprains—Bruises.

Painkiller

does it rapidly. Nothing like it
for children. A few drops in
hot sweetened water cures
**Cramps—Colic and
Summer Complaint.**
There's only one Painkiller, PERRY DAVIS.

A Cure For Rose Cold Hay Fever and ASTHMA

A prominent New York lawyer in
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ROD'S ASTHMA CURE cured me when all
other remedies failed. Physicians pre-
scriptions did not even relieve. For
years I have been a sufferer of Rose
Cold with all of its maddening sym-
ptoms, such as constant sneezing and
itching watery eyes. Himrod's Asthma
Cure is one week totally eradicated
a Rose Cold of years standing.
No words can express my apprecia-
tion of its effectiveness."

The late (Dr.) Oliver Wendell
Holmes in his book "One Hundred
Days in Europe" says: "I have used
all remedies—Himrod's Cure is the
best. It never failed."

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day and try it. It will not disappoint
you.

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DOAN'S KIDNEY PILLS

Are a sure and permanent cure for all
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Is the first sign of Kidney Trouble.
Don't neglect it! Check it in time!
Serious trouble will follow if you don't.
Cure your Backache by taking

DOAN'S KIDNEY PILLS.

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We guarantee the quality to be of the
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CANADA COALS & Ry. Co., Ltd.
Joggins, N. S.

Wanted.

A capable woman to do housework. Small
family. Good wages. References required.
Apply to

The Home

THE TRAINING OF BOYS.

It has come to this, then, that the home
must be the centre in which we are to
gather material for a re-invasion of public
life with those sweeter courtesies which are
so much better than the dancing-school
elegancies—the courtesies of the heart, which
I would like to call manners, are to a great
extent cultivable. They grow up best in
the home under the mother's eye. They are
not much helped on by book training. The
rules of etiquette have little to do with
them, beyond giving them historical treat-
ment—summing them up with more or less
accuracy. They find their soil and finest
nourishment in a certain tenderness of heart,
which ought to belong to every child born.
Like the violet they will grow best in a
dewy glebe, and are watered by tears.
Among the lowly and uneducated you find
heart manners quite as often as in courts.
They feed on the addresses incident to
poverty and sickness. Self helpfulness, associ-
ating itself readily with helpfulness of
others, is their clear and open manifestation.
Out of the circumstances of a worn mother,
or a father who has been thrown down hard
in the struggle of life, of a lame brother or
sick-eyed invalid sister, are born the sweetest
graces of the home—graces which learn to
show themselves in the face, the eye, and
every movement of the body. This other
self helpfulness, need not pass into absolute
altruism, for which the world is hardly yet
ripe. It may with safety pass into a
gentle, unconscious, and godless habit of
self-abnegation, such as makes the face take
a share in another's happiness. All grace of
external manners may be acquired when
these heart manners are established, and no
"superior" polish will wear well without
them. When George William Curtis, one
midnight, going home from a grand dinner,
put his arm in mine saying, "I am going
your way; may I go with you?" I was sure
that his manners did not come from Ches-
terfield. They had the natural grace of the
the man who had carried the heart lessons of
childhood high on the public ways of life.
In these essentials the courtesy of Emerson
was beyond that of any king. He had ac-
quired it in the school of adversity, when he
and his brother had but one overcoat be-
tween them to help bear the asperities of a
Boston winter. With the anxious, hard-
working mother behind them it was easy to
face playmates at school, who met them
with the question, "Where turn is it to-day?"
—Prof. Morse, in Harper's Bazar.

INGROWING NAIL.

Tardif says that he has been able to cure
all cases of ingrowing nail without recourse
to the knife. He proceeds as follows. With
a flat probe, or a match, he slips a bit of
cotton between the edge of the nail and the
inflamed flesh. Another strip of cotton is
put along the outer margin or the ulcerated
area, and the space between these two strips
of cotton, and which is occupied by the
ulcer, is thickly powdered with nitrate of
lead. The whole is covered with cotton and
the toe is bandaged. The dressings are re-
peated the following day, and every day
until the incarcerated edge of the nail is
plainly visible. Usually four or five dress-
ings suffice. Then, with patience, the edge
of the nail is lifted away from the flesh, and
a bit of cotton is introduced under it to
keep it up. As it grows, it will gradually
take its proper position above the flesh, this
having in the meantime shrunk and shrivel-
led by reason of the applications of lead
nitrate. The lead is to be discontinued as
soon as it appears that the exuberance of the
fleshy bed of the nail has been overcome.
The difficulty seldom recurs. If this does
happen, it is necessary to repeat the treat-
ment from the beginning. —Anjou Medicale.

HEALTH HINTS.

Keeping the feet warm will tend to pre-
vent headaches.

For ventilation, open your windows, both
at top and bottom. The fresh air enters in
at the bottom, while the foul air escapes at

When reading by candle-light, place the
candle behind you, that the rays may pass
over your shoulder onto the book. This
will relieve the eyes.

Cure for Wasp or Bee Sting.—A little
ammonia applied to the place will greatly
relieve the pain; as will also the juice of an
onion. Cut the onion in half and rub the
part cut over the part affected.

The best remedy for a patient suffering
from faintness is to place her on the floor or
sofa with the head on a level or slightly
lower than the body. All the clothing
should be loosened and the air allowed to
play freely upon the body. The hands and
face should be sprinkled with cold water.

Cold Drinks for Hot Weather.—It is a
great mistake to suppose, as many do, that
cold drinks are necessary to relieve thirst.
Very cold drinks, as a rule, increase the
feverish condition of the mouth and stomach,
and so create thirst. Experience shows it to
be a fact that hot drinks relieve the thirst
and "cool off" the body when it is in an
abnormally heated condition better than
ice-cold drinks. It is far better and safer to
avoid the free use of drinks below sixty
degrees; in fact a higher temperature is to
be preferred, and those who are much
troubled with thirst will do well to try the
advantages to be derived from hot drinks,
instead of cold fluids, to which they have
been accustomed. Hot drinks also have the
advantage of aiding digestion.

For an abscess in the face, cut a fig in
strips and lay it on the gum. This remedy
rarely fails.

Glycerine for Various Uses.—There is
hardly a family medicine chest that does not
contain its bottle of glycerine, and yet the
writer has observed that in most cases this
reliable remedy is depended upon for nothing
more than the relief of "chapped" hands and
faces. There is a great variety of ways in
which glycerine can be employed to the
very best advantage. For "chaps" and red-
dened and roughened skin the best results
are obtained by diluting the glycerine with
an equal part of rosewater. It is an excel-
lent plan to put a little glycerine in the
iodine that is applied to the chest in case of
a severe cold. In cases of severe burns, gly-
cerine applied immediately gives great relief.
A violent attack of coughing may be in-
stantly relieved by a tablespoonful of
glycerine in hot milk. Mixed with sulphur-
ous acid, glycerine is an excellent remedy for
throat troubles of all kinds. The mixture is
used as a gargle, and should be freshly made
at using.—Ex.

HARD ON THE BABIES.

One of the first effects of a hot wave, par-
ticularly in towns and cities, is a pronounced
increase in the number of deaths of infants.
Even in the open country the suffering of the
helpless little ones would move the hardest
heart. Stomach trouble and diarrhoea are the
foes most to be dreaded at this time and
every mother should appreciate the necessity
of careful diet and attention at the first sign
of these troubles. Medicine should never be
given to check diarrhoea except upon the
advice of a physician. A diet limited al-
most entirely to boiled milk and the use of
Baby's Own Tablets will cure almost any
case and keep baby in health. Mrs. W. E.
Bassam, of Kingston, Ont., writes:

"When my little girl was about three
months old she suffered with vomiting and
had diarrhoea constantly. I did not find
any medicine that helped her until we began
giving her Baby's Own Tablets. After giving
her the Tablets the vomiting and diarrhoea
ceased and she began to improve al-
most at once. Since then whenever her
stomach is out of order or she is constipated
we give her the Tablets, and the result is
always all that we desire. They are the
very best medicine I have ever used for a
child."

Baby's Own Tablets are sold by all deal-
ers in medicine or will be sent post paid, at
twenty-five cents a box, by the Dr. Williams'

RECOMMENDED BY PHYSICIANS.

Pond's Extract

Over fifty years a household remedy
for Burns, Sprains, Wounds, Bruises,
Coughs, Colds and all accidents lia-
ble to occur in every home.

CAUTION—There is only
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sure you get the genuine,
sold only in sealed bottles
in buff wrappers.



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and Professional standing are employed, and
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same as that prescribed for the musical
examination of the University of Toronto;
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The following courses are taught:—Acad-
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Physical Culture, Elocution, Domestic
Science.

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MRS. GEORGE DICKSON, Lady Principal.


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TO HEALTHY ACTION AND TONES WHOLE SYSTEM