

Mouth-breathing.

Mouth-breathing is more than a habit; it is an evidence of deformity or disease in the upper air-passages. A child never breathes through his mouth from choice. He does so either because the passages of the nose are obstructed or because his tonsils are enlarged, and he cannot be taught to breathe naturally so long as the obstruction remains. In some instances the interference with respiration is due to a deformity of the chambers of the nose, but in a majority of cases it is caused by the presence of adenoids in the pharynx. Enlargement of the tonsils may be associated with either of these conditions, or it may exist alone. Children who breathe through their mouths are always more liable to the diseases of the bronchial tubes and lungs. They often suffer, too, from disease of the ears, and they rarely escape the first opportunity to contract the acute infections, for many of these gain entrance through the tonsils. But aside from such possibilities, the interference with breathing soon produces a change in the features and a permanent deformity of the chest quite like that which formerly more than now was regarded as an evidence of an inherited tendency to consumption. These abnormal conditions of the nose and throat often become evident in early infancy; they are considered as due in a measure to hereditary transmissions, for they often appear in several generations of a family. Their existence in a child is sometimes revealed during recovery from measles, scarlet fever or other acute illness. A tendency to catarrhal disease of the throat may develop and persist even after the cause has been removed. This must be overcome by exercise, cool bathing and other hygienic measures, in addition to such local treatment as the physicians may direct. The neck should be bathed with cold water morning and evening. The cold sponge-bath every morning is better, but habitual cold bathing should be begun during the summer time. Muffling of the neck should be avoided as much as possible. Graduated physical culture is always beneficial. No child is too delicate to take systematic exercise under a competent instructor unless it is suffering from some organic disease. A most important part of the course is the cool shower or plunge-bath at the close of each period of exercise, and it soon becomes the part that is most enjoyed.

Selected Recipes.

FISH SALAD.—The remnants of cold boiled or baked fish are the most difficult to dispose of except when utilized in a salad. Canned salmon also makes a very nice luncheon salad combined with boiled potatoes, green peppers, cabbage or string beans. Remove skin, fat and bones from the fish, cut or flake into neat pieces, sprinkle with salt, pepper, add a few capers and a few whole allspice and moisten well with French dressing. Serve with crisp lettuce border or string beans moistened with French dressing.

HERRING SALAD.—Soak three Holland herring over night, then cut in small pieces. Boil light medium-sized potatoes and two small beets (canned beets can be used), and when cold cut into rather small pieces. Slice two onions and cut a little roasted veal into dice. Also cut four sour apples and mix all together with French or mustard dressing and garnish with crisp lettuce and three hard-boiled eggs sliced.

VEAL SALAD.—Cold boiled or roast veal makes a very good salad. Cut the meat into dice and add as much coarsely chopped tender cabbage as meat. Season well with salt, paprika and celery salt. Mix with mayonnaise and serve with lettuce and hard-boiled egg as a garnish.

MOCK OYSTER SOUP.—This is made from codfish and is not to be under-rated. A cupful of diced codfish, put into cold water and bring slowly to a boil, pour off the water used for freshening and add a cupful of boiling water, a quart of sweet milk, a cupful of cream, butter the size of an egg, heat to boiling point and add a tablespoonful of corn starch that has been blended with cold milk. Serve hot with oyster crackers.

Chapter I. What Leading Journalists Have Said.

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“ III. “ “ Educationists Have Said.
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VI- What mothers are saying -

MRS. E. A. MOYLE, Burlington, Ont.

We would not do without the 'Weekly Witness' for twice the amount. Mr. Moyle always turns to the editorial deliverance on the various questions of the day, as he is sure the comments will be intelligent, broad and just. I turn instinctively to the Home Department, always sure of finding something to help and uplift, as well as many valuable hints for home needs. It was taken for many years in my father's home. When we set up our home, twenty-four years ago, we took the 'Witness,' and it has been in our home ever since. So we well may wish such an old friend long life and prosperity.

MA J. M. CLARK, Smith's Falls, Ont.

Your paper has been a daily visitor to both my grandfather's and my father's home ever since I can remember. My family enjoy reading it just as well.

MRS. L. DAVIDSON, Port au Pique, N.S.

I have had much pleasure in reading the 'Weekly Witness' and 'Northern Messenger' for years. All the members of the family enjoy the papers very much.

MRS. JAMES FERGUSON, Granby, Que.

I have been a subscriber to the 'Weekly Witness' for nearly forty years. It has always been a welcome visitor; always clean and wholesome. Hope it may continue many years a blessing in the homes of Canada and elsewhere.

MRS. WILLIAM NELSON, New Westminster, B.C.

I have been a subscriber to both the 'Witness' and 'Northern Messenger' for a number of years in Prince Edward Island, our former home. I feel that both papers are indispensable in our home, and as a family paper have no equal.

MRS. JOSEPH TETREAU, Moffatt, Sask.

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