

## Health and Home Hints

### Warm Footbaths.

The warm footbath is a remedy so easily to be had in any household, so quickly prepared, and so simple to administer, that it is a pity it should not be more universally understood and used. Its possible uses are legion. Only a few of them can here be enumerated: It is generally understood to be one of the good "old-fashioned" remedies for a cold—especially a cold in the head. It should not be allowed to become old-fashioned for this purpose, for with all our rapid multiplication of "antis" and other new medicines it still remains one of the best we have of combating a cold. It must be properly given, but this is a very easy matter. The patient should be well covered as to the body; the pail or other receptacle for the water should be deep and preferably narrow, for the higher the water reaches up the calves of the legs the better. A heaping teaspoonful of mustard should be added, and the feet should go into water as hot as can be borne, fresh hot water being slowly added as that in the bath becomes cool. The whole progress should last twenty minutes to half an hour, during which a glass of water or lemonade should be slowly sipped. It is perfectly ridiculous for the patient to take the feet out of the water, dry them and go clearing up the room as is sometimes done. Five minutes' attention from a second person is absolutely needed at this juncture, as it is important that the feet be quickly dried, and the patient immediately covered up very warm, preferably with a hot bottle to the feet, in order that the profuse perspiration, which is the principal result to be desired, should not be checked. If this progress is faithfully carried out, a cold will generally be found scotched the next morning. A headache, especially that variety known as "nervous," may often be relieved by a warm not necessarily very hot footbath. The footsore overdriven housewife can gain blessed relief for her aching muscles and tired nerves by ten minutes devoted to a warm footbath. A very cross boy can often be converted into a cherub by the simple treatment. There are many times and places in which it is not convenient to give the baby a warm tub bath, but a warm footbath may always be given.

Tansy leaves scattered around spots infested by ants will cause them to disappear.

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## World of Missions.

### Northfield Missionary Summer School.

For the first time since organized mission work has been before the churches, a summer school for the systematic presentation of all phases of foreign missionary effort was held this summer at Northfield. The school was under the auspices of the International Conference of Women's Boards of Foreign Missions of the United States and Canada, and was largely attended by those interested in missions. A comprehensive program of lectures, Bible classes, and discussions was carried out under the leadership of Mrs. Alonzo Petit, Baptist; Miss Oliva H. Lawrence, Dutch Reform; Miss Harriet Stanwood, Congregational; Mrs. J. P. Krechting, Evangelical Lutheran; Miss W. R. Lewis, Methodist Episcopal; Mrs. Robert E. Speer, Presbyterian; and Miss E. M. Hill, United Presbyterian. A part of the work in detail consisted of missionary study courses on "Missionary Effort in Schools and Colleges," by Mrs. Margaret Sangster and Mrs. E. N. Waterbury; "Missionary Literature," by Miss E. C. Northrup; "Missionary Problems," by Mrs. H. M. Jones; "Christian Stewardship and Giving," by Mrs. K. B. Shaffer, Ph.D., Mrs. Mary C. Porter, Mrs. J. H. Knowles, and Frank Manston; and a series of lectures, entitled "Dux Christus," by Miss L. M. Hodgkins, M.A., Mrs. W. A. Montgomery, B.A., Prof. I. H. P. Shailer, Ph.D., and Rev. W. Elliot Griffiths, D.D. Other courses of equal importance were given and all were eagerly attended. The school notwithstanding its being an initial venture, was a pronounced success, and, although no plans have as yet been made, it is probable that similar schools will be held in the future.—The Missionary.

### Facts About Japan.

Missionaries publish fifteen of the seventeen newspapers and magazines printed in Japan. In no other mission field is the printed page so honored and blessed.

The work of women is more conspicuous in missionary work in Japan than in any other country.

The ordinary Japanese will agree with almost everything you say about the gospel, but he has no desire to apply it to his own life.

Christianity has made its greatest progress in this land among the intellectual classes.

Japan's Fifth Industrial Exposition was on the whole a marked success. Nearly four and a quarter million visitors, in place of three million anticipated, have passed the gates. Japanese students by the hundred thousand have been given an object lesson in the progress of the world, while foreigners have been shown the latest achievements of the Yankee nation of the Orient.

In some parts of India Hindus are making serious efforts to dissuade the people from sending their children to missionary schools because the teaching given does not end with the time of schooling, but sticks to pupils throughout their lives. It is a testimony to the value of mission schools which is worth bearing in mind.

The Rhenish Missionary Society, after sixteen years of hard labor and sacrifice of life and property in German New Guinea at last rejoices in the baptism, at Bogadjim Station, of the "first fruits" among the Papuans.

## A Weak Heart.

### The Interesting Experience of a St. Catharines Man.

HAD SUFFERED FOR TWELVE YEARS AND WAS ULTIMATELY CURED THROUGH THE ADVICE OF A FRIEND.

"Twelve years ago" says Mr. Wm. Emery, of Welland Avenue, St. Catharines, "I was living in the town of Ganonoque, and the Physicians there told me I had heart disease. From that time and up to four years ago I often had severe spells of the trouble. The least exertion would bring on violent palpitation, and at other times I would become dizzy, nervous and frightened and my heart would almost cease to beat. I became reduced in flesh and insomnia followed. I was hopeless of finding a cure for I had been treated by an experienced doctor, and had taken many advertised remedies without getting any benefit. One day a neighbor strongly advised me to try Dr. Williams' Pink Pills and acting on his advice I got half a dozen boxes. I soon found much relief through the use of the pills, and after continuing the treatment for a couple of months I was again enjoying perfect health. I have not since had any return of the trouble and I feel safe in saying that the cure is a permanent one, and I can strongly advise the use of Dr. Williams' Pink Pills to all who suffer from similar trouble." The reporter can only add that Mr. Emery is well known in St. Catharines, is a prominent worker in Methodist circles, and has the highest respect of all who know him.

If you have any symptoms of heart trouble, neuralgia, indigestion, rheumatism, anaemia or any of the numerous troubles caused by poor or watery blood, you will find new health and strength in a fair use of Dr. Williams' Pink Pills. Do not waste money or further endanger your health by the use of substitutes—get the genuine pills with the full name "Dr. Williams Pink Pills for Pale People" on the wrapper around every box. Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams Medicine Co., Brockville, Ont.

Everybody knows how the castors of the bedstead, dressing bureau, and other pieces of heavy furniture indent and finally wear out the matting under them. A correspondent of the Country Gentleman recommends making pads of heavy leather covered with calico or cretonne to place under the castors and prevent this damage.

The victories of patience are not rewarded with monumental marble nor recorded in the temple of fame. But sweeter and gentler natures are her monoliths. Souls that have been cleansed by the washing of tears, hopes made pure as a dream of God, faith unsullied and a crown that shall never fade, are some of the things that lowly patience builds.