

DONATIONS FOR JULY

The Lady Superintendent acknowledges with many thanks the following donations :

- Mrs. Holland—Cut flowers.
 Geo. R. Prowse—Eclipse filter.
 No name—Books and magazines.
 A friend—Ice cream and cake for nurses.
 Mrs. Willet-Chambly—two baskets gooseberries, one basket red currants.

HOSPITAL WANTS

- Donations of any of the following articles will be very acceptable.
 Strips carpet for Nurses' Home.
 Dish towels for kitchen.
 Face towels for nurses.
 Dishes for private wards—also, small tea pots.

THE SLEEP CURE.

The cry for rest has always been louder than the cry for food, not because it is more important, but because it is harder to obtain. The best rest comes from good sleep. Of two men and women otherwise equal, the one who sleeps the more satisfactorily will be the more healthy, moral and efficient. Sleep will do much to cure irritability of temper, peevishness and unhappiness. It will restore to vigor an overtaxed brain. It will build up and make strong a weary body. It will cure a headache. Indeed a long list might be made of nervous disorders and other maladies that sleep will cure. Sleeplessness is best cured by a clean, good bed, sufficient exercise to produce weariness, pleasant occupation, good air, not too warm a room, a clear conscience, and avoidance of stimulants and narcotics.—Exchange.

THE LAUGHTER CURE.

At the banquet of the National Wholesale Druggists' Association, recently given in Chicago, the Rev. Frank Crane addressed the association on the above subject. The following epigrams are culled from the address :

"Man is the only animal that was made to laugh, and as science teaches that laughter is a sure boon to health, it is a sin for us to substitute excessive drug taking for laughter."

"Laughter increases the blood circulation."

"It enlarges the heart."

"It expands the lungs."

"It jiggers the diaphragm."

"It promotes the circulation of the spleen."

"I once knew a man that laughed so much that when he died they had to cut his liver out and kill it with a club."

Beware of theologians who have no sense of mirth; they are not altogether human."

"Keep your chin up."

"Don't take your troubles to bed with you; hang them on a chair with your trousers or drop them into a glass of water with your teeth."

A PAYING INVESTMENT.

Thriftywon—"Do you find that it pays to hire a physician by the year?"

Geezer—"Well, it paid me last year, all right. Our doctor has kept my wife's mother in California for her health during the past fifteen months, and I'm seriously thinking of raising his salary."

A QUESTION OF SCHOOLS.

Mrs. Quiverful—Run for the doctor, quick, baby's bumped his little head on the piano pedal!

Mr. Quiverful—Nonsense! It was the soft pedal which he struck. Send for the piano repairer.

ABBHEY'S EFFERVESCENT SALT.

A pleasant effervescing aperient, taking the place of nauseating mineral water. Recognized and prescribed by eminent members of the profession in Great Britain and Europe and Canada.