

## BAD KIDNEYS

## Can Only be Cured Through the Blood.

Bad backs—aching backs—come from bad kidneys. Bad kidneys come from bad blood. Bad blood clogs the kidneys with poisonous impurities that breed deadly diseases. And the first sign of that fatal trouble is a dull, dragging pain in the back. Neglect it, and you will soon have the coated tongue, the paly skin, the peevish temper, the swollen ankles, the dark-rimmed eyes, and all the other signs of deadly kidney disease. Plasters and liniments can never cure you. Kidney pills and backache pills only touch the symptoms—they do not cure. You must get right down to the root and cause of the trouble in the blood—and no medicine in the world can do this so surely as Dr. Williams' Pink Pills, because they actually make new blood. This strong, rich, new blood sweeps the kidneys clean, drives out the poisonous acids, and heals the deadly inflammation. That is the only way to rid yourself of your backache and have strong, sound kidneys. Mrs. Paul St. Onze, wife of a well known contractor at St. Alexis des Monts, Que., says:—"I suffered for upwards of six years from kidney trouble. I had dull aching pains across the loins, and at times could hardly go about. I lost flesh, had dark rims below my eyes, and grew more wretched every day. I was treated by different doctors, but with no apparent result. I despaired of regaining my health, and was becoming a burden to my family. I was in a deplorable condition when one of my friends advised me to try Dr. Williams' Pink Pills. I began taking them, and after using three or four boxes, I began to feel better. I continued the treatment for nearly three months, when every symptom of the trouble had vanished and I was again a well woman. I feel justified in saying I believe Dr. Williams' Pink Pills saved my life."

New blood—strong, pure, rich blood which Dr. Williams' Pink Pills make, cures not only kidney trouble but a host of other ailments, such as anaemia, indigestion, rheumatism, erysipelas, St. Vitus dance, locomotor ataxia, paralysis, and the secret ailments women do not like to talk about, even to their doctor. But only the genuine pills can bring health and strength, and these have the full name "Dr. Williams' Pink Pills for Pale People" printed on the wrapper around each box. If your dealer does not keep the genuine pills you can get them by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

"If you please," announced the grimy little person who had just rapped at the door, "mother wants to know if you will kindly lend her your preserving-kettle?"

"Well," said the lady of the house dubiously, "I would do so with pleasure, but the last time I obliged your mother she preserved it so effectively that I haven't seen it since."

A look of extreme hauteur passed over the maiden's countenance.

"Very well," she said, "There's no need to be nasty about it. The old thing was full of holes when we borrowed it, and mother wouldn't have troubled to ask you again, only we see'd you bringing home a new un."

You must never let your work for Christ so oppress you as to rob you of those quiet hours when He needs you to be alone with Him, that He may declare to you His Father's name, and reveal Himself, and charge you with the eternal forces stored up in Him. It will be well for you to keep yourself free from attractive avocations of service, to be fresh for those still hours.—E. B. Meyer.

## BRITISH AND FOREIGN.

An appeal is made for £250,000 to clear off the debt on Dr. Barnardo's Homes.

For the first time in twenty years there has been a fall of snow in the city of Melbourne, Australia.

The Chinese have a god for every disease, even for childhood's afflictions, like the mumps and measles.

Rev. Mr. Strachan, Lintrathen, is anxious that the Psalms and Paraphrases should not be subservient to hymns.

The annual regimental dinner of the Black Watch has just taken place in Edinburgh. It commemorated the 176th anniversary of the regiment.

The lineal heir and representative of the great Napier of logarithms fame—namely, Sir Archibald Lennox Miliken-Napier, Bart.—was 50 years of age on the 2nd inst.

Dunfermline Abbey Church, which has been closed for the past year, was reopened on the 21st ult. by Prof. Cooper, Glasgow. The old seating, with its comfortable and antiquated high-back square pews, has been removed and the church re-seated.

"Ian Maclaren," who has been laying down his pastoral work at Liverpool, is about to go for a rest on the Continent.

A reindeer was born in Cook's Circus, Edinburgh, the other day. This is believed to be the only one born in the British Isles.

Fewer murders occur in Britain than in any other civilized country, while the largest proportion is in the United States.

Edinburgh town council has rejected a proposal to open the Antiquarian Museum and National Gallery at reasonable hours on Sundays.

In Ireland there are 3,310,200 Catholics, 579,380 Episcopalians, 504,749 Presbyterians and Methodists, and 62,384 belonging to other denominations.

Oliver Cromwell's birthplace, at Huntingdon, with its "ivy-covered ruins and an avenue of elms," is being offered for sale, the price asked being 5,000 guineas.

Ira D. Sankey has started to re-write his unpublished book, "The Story of the Gospel Hymns," the original manuscript of which was destroyed by fire a few years ago.

Renfrewshire is to consider a suggestion that scorching motorists may be sentenced to imprisonment instead of a fine, and that the motors might also be impounded for fixed periods.

Ireland has been having the most extraordinary weather lately—bitterly cold frost at night, but with a broiling hot sun in the day-time more suitable to July, and a cloudless sky.

In the death of the Rev. Dr. William Kennedy Moore, at his residence, Southsea, Portsmouth, on the 19th ult., the English Presbyterian Church has lost one of her most loyal and devoted ministers.

An Irish town has been sold. The inhabitants of Castlemartyr, in County Cork, have brought the fee simple interest in their dwellings and premises from the Earl of Shannon on favorable terms.

The centenary of the death of Mungo Park, the distinguished African traveller, who was born at Foulshields, and who practised for some time as a doctor in Se'kirk, is about to be celebrated by the "Souters."

The United States naturalization laws require that if the person applying for citizenship has previously borne any hereditary title or order of nobility he must renounce the same at the time of application.

The people of Iceland have demonstrated that the use of spirits in a cold country as a means of keeping warm is not a necessity, for they are about the most temperate people in the world.

A Geneva telegram states that during the recent cold snap thousands of swallows, returning from the North, have fallen exhausted and frozen in many parts of Switzerland.

## HEALTH AND HOME HINTS.

A chemist calls gelatine, milk, and onions scavengers of the air. It is a wise plan never to leave them uncovered for the attraction of germs.

A good thing for cleaning brass or copper is sweet oil and putty powder. Afterward wash in hot water and soap, then polish.

Baked sweet potatoes.—Scrape them carefully and cut them through lengthwise. Boil them until nearly done. Then drain them and put in a baking dish placing a lump of butter on each piece. Sprinkle with salt, pepper and a little sugar. Bake in the oven a nice brown. Squash prepared in this manner is also very fine.

A Nice Breakfast Dish.—For rice griddle cakes and honey bowl a cupful of rice. When it is cold, mix thoroughly with one pint of sweet milk, the yolks of four eggs and enough flour to make a stiff batter. Add one tablespoonful of melted butter, one teaspoonful of soda, two of cream of tartar and a little salt. Fold in the beaten whites of the eggs and bake on a hot griddle. As fast as baked, butter and spread with honey, roll up and serve.

Rice Cheese Cakes.—Boil 9 ounces of rice in one-half gallon of water. Dry it well, then put into another saucepan and add 8 ounces of butter, a breakfast-cup full of cream, and one tablespoonful of orange-flower water, a small quantity of finely-chopped lemon peel, and one-half pound powdered sugar. Form into a paste by adding a half-dozen well-beaten eggs. Stir it over the fire until the mixture is thick, then remove the pan from the fire and let it cool. Have in readiness some party-pans lined with puff-paste. Fill them to three-fourths their height with the rice mixture, and bake in a slack oven for fifteen or twenty minutes. Remove them when cooked from the pans, and serve either hot or cold.

## SUGGESTIONS TO THE WAKEFUL.

If you are nervous and wakeful in temperament, don't overtax your memory, but if you have anything on your mind make a note of it. It will pay better to use a paper tablet than to exhaust your brain.

Do no mental work whatever after the evening meal. Use the evening entirely for relaxation, amusement, but not excitement.

When you go to bed stop thinking, or let the mind rest very lightly on some pleasant or even childish subject.

A hot foot-bath before getting into bed soothes the tired nerves, draws the blood from the brain and is one of the best sleep inducers.

Relax. Lie as limply on your bed as though you were a year-old babe. You cannot have repose of mind without repose of muscle.

The salt rub will be found highly beneficial with the bath. First wet the body with warm water, then rub hard all over with handfuls of damp salt, rinse and rub dry.

## THE SALT OF THE OCEAN.

If the ocean did not have salt it would freeze somewhat more readily than it does now, but there would be no very marked difference. The ocean is prevented from freezing not so much by its salt as by its size and by its commotion. On account of its size, large portions of it extend into warm climates at all seasons, and by reason of its great depth it is a vast storehouse of heat. Its currents distribute much warm water among the cold.—From "Nature and Science," in October St. Nicholas.

Satan would have a "hard row to hoe" in some communities if some of the church members were not his confidential friends and silent partners.