

Text matter which this page contains is carefully selected from various sources...

WHEN WE CLOSE OUR EYES IN SLEEP.

There is a stream, we call it Death, With waves troubled and deep...

THE HOME.

HEALTH PARAGRAPHS.

INSOMNIA.—Sir James Crichton Brown, the expert on brain diseases...

A GOOD BED.—The main point nowadays in the covering, Dr. R. G. Wood...

EXERCISE FOR WEAK HEARTS.—The popular impression is that if the heart be not strong...

NEURALGIA.—One pint of eye meal, one cup of sweet milk...

FILLING FOR LEMON PIE.—Take the thick white rind and the seeds out of a lemon...

PRESERVED FISH.—"Do you know" inquires a correspondent of Our Dumb Animals...

FIG PUDDING.—One cupful of molasses, one of chopped figs...

FOUND CAKE.—The dainties of cake are the pound cakes, sometimes called snowballs...

DR. JOHN, N. B.

STAMPS

DR. JOHN, N. B.

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THE FARM.

PROFITABLE CATTLE.

There were sold at the Kansas City stockyards recently sixty grade three-year-old Hereford steers...

BULL POWER.

There are many good reasons why bulls should be worked more than they are...

The Evolution of the Threshing Machine.

BY WALDO F. BROWN.

"Your report on 'Threshers at the World's Fair' leads me to write on the water and another reason for writing...

THE GUERNSEY COW.

The foundation of the Guernsey cattle came from the French province of Normandy and Brittany...

The long-continued similar course of breeding the Guernsey has undergone...

PATTERNS.—Referring to the length of time devoted to fattening sheep...

A HORSE WITH THE MARKS.

M. H. of Marietta, Ohio, says: "We have a cow that has the marks all over"

K. D. CURES MIDNIGHT DYSPESIA.

but these constantly added improvements show that we were mistaken. All these improvements are in the way of lightening the labor...

Sir Andrew Clark—A Reminiscence.

BY FRANCES E. WILLARD.

This chief among the great physicians of London has recently passed away in the sixty-seventh year of his age...

When I went to see him, his manner was most reassuring, and had in it a tender consideration hardly to be expected...

"On first waking in the morning slip about half a pint of water, cold or hot; on rising take a tepid sponge bath...

"Dinner from one to two o'clock—fresh well-dressed meat, bread, potatoes, some well-baked green vegetables...

"Eight to six hours after dinner, whole-meat bread or toast and butter, with broiled fish or outlets, or a chop, or cold meat, or cold chicken...

"Nothing after tea meal except that on going to bed you may sip a tumbler of water, hot or cold."

"Walk at the least half an hour twice daily."

"Retire as soon as possible after tea. See that your room is airy. Avoid self-entertainment and self-disturbance...

"Wherever you have to speak at night, be sure to lie down for an hour before bed."

"Never take a sleeping draught."

"Take as little medicine as possible; accept your sufferings; strength is perfected in weakness; in labor you will find life. If you are terrified, run down some time away for a fortnight's rest, and with each meal take a teaspoonful of Fowler's Syrup of the Hypophosphites."

"During the past half-century—since the discovery of Ayer's Sarsaparilla—the average limit of human life in civilized countries has been considerably lengthened."

"The Children's Favorite—Hawker's Tolu and Wild Cherry Balsam."

"K.D.C. RESTORES THE STOMACH TO HEALTHY ACTION"

Burdock Blood Purifier

Scrofula

Save Money

California

Great Central Route Excursion

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JOHNSON'S ANODYNE LINIMENT UNLIKE ANY OTHER.

Originated by an Old Family Physician.

Think of It.

Every Toothache.

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EVENING CLASSES Will re-open Monday, October 2nd, Hours 7.30 to 9.30.

HORTON ACADEMY WOLFFVILLE, N. S.

THE ACADEMY

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