

The Old and the Young ARE ALIKE CURED BY THE USE OF GATES' FAMILY MEDICINES.

AVONDALE, Pictou Co., January 14, 1896.
Messrs. J. H. Gates, Son & Co.
Your wife—This is to certify that my father had an attack of the La Grippe, about four years ago. The doctor was called and said he could do nothing for him, as he was so old, being then 84, but when there is life there is hope, and having your little and syrup in the house, we began to give them to him, when he got better, and after about three months was entirely recovered. He is now in his 88th year and is well and hearty. Your CERTAIN CURE quickly cured a neighbor woman of Rheumatism. My grandfather, about two months old, was taken with Diarrhoea and was taking doctor's medicine for some weeks, but it continued getting worse and it became chronic, so that the child got to look like an old person. It was plain to be seen his little life was fast fading away. Now I had your CERTAIN CURE in the house but not at that time being acquainted with the use of it, I was for some days afraid to give it to a child so young and weak. I was convinced if the child did not get immediate relief it would die, so I told his mother to put a few drops of the CERTAIN CURE in the bottle in which it was contained, and in about an hour it was noticed the child was a little better, this was continued for about a week when it was all right, and is today a healthy child. I am, gentlemen, Yours very truly,
H. V. MURRAY.
Sworn before me this 14th day of January, 1896.
ARMS McDONALD, J. P.

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The Home

Dampness About the House.

After a wet summer like the present, the greatest care should be taken to kindle fires early in the season and fight the insidious damp which penetrates the house by every means in our power. If the cellar has been properly ventilated at night and shut during the day, the walls will probably be found dry. If not, the cellar is almost sure to be damp, and that uncanny vegetable growth called mould is present on the walls. It should be destroyed at once. It is not possible for us to tell how nearly related the germs of certain diseases are to some of these fungus growths. It is almost certain that many of them arise from the same conditions of the atmosphere. Two coats of whitewash put on a damp cellar early in September will do more than a stove could do to dry it out. It will do no harm and much good to leave pieces of lime about the edges of the cellar walls after it has been carefully cleaned.

An open fire of light pine sticks and pine cones, for the sake of their aromatic fragrance, kindled early in the morning and evening, will help to keep the house dry. Open the windows freely while these fires are burning if it is warm. If there is no fireplace, a light wood fire kindled for a few moments in the heater or in some stove, where the heat can circulate through the house, will be a propitious offering to the Penates who guard the health and welfare of the house, and ward off the demons of zoonotic disease which lurk in dampness and the decaying vegetation of late summer and autumn. Such a wet season as this, cesspools and garbage pails should be kept scrupulously clean, and every place that may be a culture spot for the germs of disease should be disinfected. Use disinfectants liberally. The vicinity of the house and all parts of the dooryard should be kept clean. The refuse of decaying plants and herbs should be burned early in the fall in a pit, with all old bones, woollen and any material possessing nitrogenous material. Mixed with the proper amount of sal soda and lime, such refuse becomes a valuable fertilizer. Old-time farmers, who often raised crops from the stoniest and least promising soil, always kept a refuse pit at a distance from the house, where all debris, which if left ungathered would be a menace to the health became under proper treatment a valuable means of fertilizing the ground. These pits are not as common as they once were, when the commercial fertilizers were unknown.—N. Y. Tribune.

The Woman Who Seeks Advice.

There is a certain class of women who habitually seeks advice. They often do this as if they were conferring a compliment upon the superior judgment or knowledge of human affairs possessed by the person sought. There are certain friends that every one of us possesses who are so nearly related to us by ties of friendship or kindred, that they are as deeply interested in our doings, our comings and goings as we are ourselves. It is to such persons a sensitive, refined woman naturally turns, and not to a comparative stranger. Yet the woman who habitually seeks advice seldom goes to such a legitimate source. She comes to a person who is a trifle startled and half flattered perhaps by the request. The woman who does this may not be aware of it herself, but she is often a sham; she is not seeking advice, but sympathy. She usually desires to follow a certain course, and has often become so stubbornly fixed in her determination that nothing short of a violent upheaval of all her plans would keep her from it. She will not follow advice. She wishes merely to be confirmed in her previously formed opinion. She

wishes to gain sympathy with her plans and strength of purpose to do as she prefers to do.

There are few persons so selfish or so throned as those who persistently throw their burden of whatever nature upon other people. If there is a problem to be solved at school or a difficult example to be done, there are always a number of scholars who wait until certain schoolmates arrive, and then copy the work from them. The rule is the same in mature life. There are certain people habitually too "tired" to think for themselves. They wait and ask advice of Mrs. Brown or Mrs. Smith, who are in no way bound to them, except as obliging neighbors. These women probably have their own life problems to occupy them, and it is an unjust and selfish thing to burden them down with problems they are not called on legitimately to solve. One of the most aggravating ways of the woman who habitually seeks advice is the certainty with which she holds her obliging neighbor responsible for every failure that advice given her brings. It is hard to bear one's own blunders, but doubly hard to bear the blunders of which other people have committed upon advice which has been honestly given.

The truth is that no one but some person who is fully cognizant of all the circumstances which environ an individual is capable of giving a true vital matter.

It is for this reason that even more objectionable personage, "the woman who is always giving advice," is not to be tolerated. She is particularly decided in matters judged from the superficial external light in which she sees them, and therefore her judgment is an impertinence.—N. Y. Tribune.

Cultivation of Punctuality.

But punctuality can be cultivated. Slow coaches can be cured. Some one has said that the only way to catch a train is to start in time; and in this pithy sentence lies the gist of the only cure of the habit of unpunctuality. Two rules grow out of it. One is "Always begin in time to get ready," and the other is "When there are several things to be done, decide which is the most important and do that first." Perhaps these rules are best explained by illustrations. No. 1 means that if you have an engagement for five o'clock, and it takes you thirty minutes to get ready, start promptly at 4.30, and let no siren voice tempt you to delay beginning until 4.35. Be resolute, be firm in this.

But in No. 2, suppose you have to dress to go out by a certain hour, and you have also a note to write. You decide to write first; the note lengthens into a letter, your pen runs rapidly away with the time; you add a postscript for a very important item, and then you have barely time to dress, using all speed, and as you begin in haste a button pops off, or you cannot find your gloves, and after this unavoidable (?) delay your hurry to your rendezvous to find your friends waiting. In spite of their gracious assurance "that it makes no matter," you know that it does. But suppose you had thought your engagement of paramount importance, you would have dressed first, mended the button calmly, then written the note without a lengthening of it, and neither your friend nor your correspondent would have suffered.

Believe it, punctuality is a comfortable virtue in a family, and entirely dependent upon your will.—(Philadelphia Ledger.)

The experiment of stocking the Penobscot river with the quinnat or California salmon is to be given a thorough trial by the United States fish commission, and good results are confidently expected.



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