

After Work or Exercise

POND'S EXTRACT

Soothes tired muscles, removes soreness and stiffness and gives the body a feeling of comfort and strength.

Don't take the weak, watery witch hazel preparations represented to be "the same as" Pond's Extract, which easily sour and generally contain "wood alcohol," a deadly poison.

Health and Home Hints

You Must Relax to Rest.

It is strange how few people really know how to relax, to let the bed hold them instead of vainly trying to hold up the bed. Give way, let the nerves and muscles rest. Do not anticipate your journey's end or waste nerve force by mentally going ahead and fussing because of delay. Do not mentally get out and push the train along because you do not reach your destination in a moment. Relax, drop the subject from your mind, and you will reach your objective point far less worn in mind and body than if you fussed and fumed.

You can add years to your life by simply breathing. It is want of thought, want of time, want of knowledge, that is at fault.

Learn to breathe properly and you will always be self possessed. Learn to relax and you will never be nervous and fussy and make others around you nervous. Relax and gain that repose of manner that places you and those around you at ease. Few people can "let go." Yawning may not be polite, but it is healthful. Why? Because if given full expression it stretches and vitalizes all the muscles of the body, and then relaxes them, quickening the blood supply, and then giving it free play.

The value of a slight rest before meals is, according to a physician, very great. Indigestion more often arises from eating when tired or excited than is understood. In his dietary for a consumptive patient, a very well-known specialist insists upon a full twenty minutes' rest before all meals, except breakfast. Five minutes' complete rest of mind as well as body, is none too much for the person of average health, and it should be taken regularly.

THE DOMINION PRESBYTERIAN

World of Missions.

London's Charities and Missions.

W. T. Stead, writing in the Christian Endeavor World upon "London's Ten Greatest Things," puts its charities eighth and its missions ninth. These are a few of his specifications under charities:

For the administration of Poor Law Relief in London there was raised last year from the rates the sum of more than £3,000,000. In the workhouses of London, where board and lodging are provided for the utterly abject and homeless poor, there were at the beginning of the century about 67,000 persons. In addition to these "indoor paupers," as they are called, there were about 37,000 in receipt of outdoor relief, making a total of 104,000 so called "legal poor" supported either wholly or in part by the public rates. At the beginning of the century no fewer than 24,000 lunatics were chargeable to the London Unions. Of these, 16,000 are maintained by the London County Council. The number increases at the rate of 700 a year. Londoners are taxed one way and another for their local administration the sum of £12,000,000. But in addition to this sum, Londoners subject themselves to a voluntary tax in the shape of subscriptions for charities amounting to several millions a year. The hospitals, for instance, which are maintained solely by public subscriptions, represent an annual expenditure of at least £1,000,000. They receive at their hospitable portals more than 100,000 sick persons every year, while dispensing relief to 1,500,000 poor persons free of charge.

Censorship of the Press in Turkey.

The story is hard to believe, and yet it appears to be true, that a year-book with Scriptural quotations for each day in the year has met with disaster at Constantinople at the hands of the censors. Quotations considered so dangerous and detrimental to the peace of the empire as

Resist the devil and he will flee from you;

Little children, let us love one another;

Be not weary in well doing;

For we have not an high priest which can not be touched with the feeling of our infirmities;

were the cause of this drastic action. The phrase, "I, therefore, the prisoner in the Lord, beseech you to walk worthily," etc., was regarded as rebellious, and the "old man" whom Christians were exhorted to put off was interpreted as referring to the sultan himself, and to contain, therefore, the seeds of rank revolution.

How to Have a Fine Complexion.

"My dear, don't you know that the foundation-stone of beauty is laid in the stomach? It is. And hot water, either plain or with lemon or with salt, is the chief preservative of a healthy digestion."

"It's medicine," pouted Melissa. But she took up her cup, poured half the contents of her pitcher into it, salted it, and began to sip the mixture.

"Take it—a pint of it—an hour before breakfast every day in the year, and the chances are that you'll need no other medicine," declared Hortense, finishing her cup.

She watched her cousin drink the pint to the last drop, then she assumed her sibylline manner, and said: "Melissa, you have the making of a first-rate cream-and-peachy complexion, but you're inclined to that most

IN THE SPRING.

Nature Teaches a Lesson That Tired, Exhausted Men and Women Should Follow.

The spring is the season when nature prepares for summer. All the trees and plants are filled with new sap to build and brace them up to withstand the coming hot season. Without new sap in the spring a plant would wither and die beneath the midsummer sun. It is the same with men and women. All physicians are agreed that everyone needs a fresh supply of new blood in the spring. Without the new blood you would be as helpless in the summer as a tree without new sap.

What you need at this season is a tonic to give you new blood, and the very best tonic medical science has discovered is Dr. Williams' Pink Pills. Every pill makes new, rich, red blood, braces the nerves and overcomes all weakness, headaches, backaches, indigestion, loss of appetite, skin eruptions and other troubles so common in spring. This is an established fact, proved by thousands in every part of the world.

Miss A. M. Tuckey, Oxdrift, Ont., says: "I do not know what would have become of me had it not been for Dr. Williams' Pink Pills. My blood seemed to have turned to water and I was troubled with dizziness, headaches and nervous prostration. I got so weak that I could hardly go about, and notwithstanding that I was constantly doctoring I got no relief until I began using Dr. Williams' Pink Pills. They completely cured me and have given me back all my old-time health and strength."

What these pills have done for Miss Tuckey and thousands of others they will do for you. They will make you bright, vigorous and strong. Don't take a substitute nor any of the "just as good as" medicines which some dealers push because of a larger profit. See that the full name "Dr. Williams' Pink Pills for Pale People" is found on the wrapper around every box. If in doubt send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed at 50 cents a box or six boxes for \$2.50.

prosaic complaint in the list—biliousness. Aren't you?"

Melissa blushed. "Yes, I dare say I am. How did you know?"

"Dull skin," said the beauty expert, sententiously. "Well, hot water an hour before breakfast every day, with occasional doses of the same remedy midway between meals two or three times a month, will cure biliousness. And your eyes and skin will show it at once. It's a cheap remedy, my dear."—Woman's Home Companion.

The Doctor's ORDERS:

**Fresh Air
Good Food**

The **W.L. Emulsion**
Trade-mark.

For all those threatened
with **Consumption.**

Use the genuine
MURRAY & LANMAN'S
FLORIDA WATER
"The Universal Perfume."
For the Handkerchief
Toilet and Bath.
Refuse all substitutes.