

Burdock Blood Bitters.

Has been in use for over 30 years, and is considered by all who have used it to be the best medicine for

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BAD BOWELS
BAD BREATH**

It will thoroughly renovate the entire system, and make the blood pure, rich and red—curing Boils, Pimples, Eczema, Ringworm, and all blood and skin diseases.



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An Academic Department of McMaster University for Girls. High School and Junior School. Residence and Day Students. High Grade School. Fees for year: Residence, \$252.00 to \$262.00; Day, \$34.00 to \$72.00.

Send for Calendar.
College Re-opens September 9th.

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Women's Ailments

There is no need whatever for so many women to suffer from pains and weakness, nervousness and sleeplessness, anemia, hysteria and melancholia, faint and dizzy spells, and the hundred other troubles which render the life of too many women a round of sickness and suffering.

MILBURN'S HEART AND NERVE PILLS

Have Restored Thousands of Canadian Women to Health and Strength

Young girls budding into womanhood who suffer with pains and headaches, and whose face is pale and blood water, or women at the change of life who are nervous, subject to hot flushes, feeling of pins and needles, etc., are tired over these trying times by Milburn's Heart and Nerve Pills.

They have a wonderful effect on a woman's system, making pains and aches vanish, bring color to the pale cheek and sparkle to the eye. The old, worn out, tired out, languid feelings give place to strength and vitality, and life seems worth living.

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EMPIRE MEDICINE CO., LONDON, ONT.

The Home Doctor.

Remember:—

Hot water is good for a bruise or a sprain.

Lemon juice will more thoroughly cleanse the skin than soap.

Never take a hot bath just after a hearty meal.

Ammonia will relieve the pain of an insect bite or sting.

Good health requires plenty of fresh air in bedrooms.

A baby gets thirsty and needs a little water several times a day.

Never sit facing a bright light to work.

Deep breathing develops the chest and strengthens the lungs.

A fruit diet is of great value in aiding digestion, stimulating a sluggish liver and clearing the complexion.

If a child's clothing catches fire roll her in a rug or any heavy woolen article.

Water is the sap of the body; be sure to drink plenty every day, between meals.

Stop giving milk in any form to babies with serious bowel disorders, and give barley or rice water or white of egg in water after vomiting ceases.

A raw cucumber sliced and rubbed over the face will remove tan.

Dampened baking soda or clay bound on stings or bites of insects will cure quickly.

Never bite thread or crack nuts with the teeth unless you wish to help the fortunes of the dentists.

Remember that one hour's sleep before twelve o'clock is worth more than three hours after midnight to restore the system.

The brain that never forces itself to work will become dull and stupid just as surely as muscles lose their strength if unused.

Correct living and thinking leads to long life; it includes exercise of mind and body, good food, fresh air, healthful companionship.

A muddy complexion sometimes results from retiring at night without washing off the dust and soil that accumulates on the face through the day.

Warm olive oil rubbed on the baby's abdomen and covered with heated flannel will often relieve a sharp attack of colic.

A baby's eyes may be injured by sleeping in a room where the light falls directly upon him. Sleep is more restful at any age in a darkened room.

Do you wash baby's mouth after he has nursed? The milk that remains unswallowed sours very quickly and is apt to cause thrush. Wash out his mouth with a piece of soft muslin dipped in pure water, or water to which a little boric acid has been added as an antiseptic.

When children blink incessantly, it is from an unconscious effort to increase the accommodation of the muscles of the eye, to be able to do near work; such as reading, writing or sewing, and should be regarded as a symptom of eyestrain and treated as such and not as a bad habit to be punished.

It is harder to sit straight than to stand straight, because the muscles naturally relax when resting. But it can be done. Practice sitting up straight every day for an hour and it will soon become second nature to you.

All heavy, greasy foods, such as fat meats, fritters, crullers and fried foods, should be dropped from your bill of fare during the summer months. Use fish, fowl, eggs, soups, fruit and all the fresh vegetables you can procure, especially onions, spinach and other "greens." Rhubarb, currants and gooseberries make excellent sauce. The lighter, less heating cereals, whether cooked or not, prove very satisfactory for breakfast and tea, for children and all who have slow or poor digestion.

This is the season for rambling in the woods, often returning to suffer for days with swollen face and blistered, itching hands from contact with poison ivy. It is well to know a remedy which will speedily relieve pain and discomfort. Any alkaline wash, such as baking soda, is good, but the tincture of grindella is found to be almost a specific in these conditions. Every camping outfit should contain a four ounce bottle of grindella. Bathe the swollen parts and the itching spots and the inflammation soon subsides.

Beef-tea will not prove so monotonous a diet to an invalid if a different flavoring is used each day, such as clove, bayleaf or celery.

The best cleaning agent for the hands is to take one tablespoonful of cornmeal (yellow) and four tablespoonfuls of vinegar, rub well into hands for about two minutes, then wash off in clean, cold water, dry carefully, and the hands will be soft, clean and velvety. Sour milk can be used in place of vinegar with just as good results.

When tired and weary after a day's outing or traveling, it is a great mistake to plunge the face into cold water, which really acts as an irritant, whereas tepid water produces quite a contrary effect. After washing off the dust on face and ears a little buttermilk, or, failing that, rosewater dabbed on, will soothe and whiten the skin and take away the feeling of irritation.

Hot baths are of great use to those who suffer from nervous exhaustion. A warm bath at the close of a hard day's mental work is productive of sleep, but it is wisest first to apply cold water to the head, or at least to the brow. After severe physical exertion, such as climbing, walking, bicycling or riding, it is wise to take a hot bath before going to bed, so as to relax the muscles and prevent any sensation of stiffness on the following day.

An attack of hives is very apt to occur in the spring and early summer, owing to a run-down condition of the system and a sluggish digestive tract. It will be very necessary to diet rigidly until the hives disappear. Take no meat, rich pastry, spices nor any food difficult to digest. Use a solution of boric acid or strong salt water to quiet the intolerable itching. The old-fashioned remedy of equal parts of sulphur and cream of tartar mixed in syrup and taken in teaspoonful doses for several days, is still considered a specific to purify the blood, after which an iron or vegetable tonic will build up the system.

A great deal of trouble from blackheads, pimples and other facial blemishes would be avoided if people knew how to wash themselves properly. Cold water is a tonic, but it does not remove the oily particles which gather the dust by the skin and which gather the dust in the air. A warm sponge bath should be taken every night, or as often as possible, at bed time, using a good vegetable soap, and thoroughly rubbing. A dash of cold water afterwards will make the skin firm and elastic.

In the morning wash in cold water, rubbing vigorously with a dry towel. This stimulates the action of the blood and sets it to moving briskly through the system.

For the last few years physicians have been strenuously urging the necessity of drinking water. In almost any climate copious draughts are required by the system, not only to assimilate the food, but to flush the stomach, bowels and kidneys in order that they may be better able to perform their work. The water should be taken on an empty stomach, otherwise the gastric fluid will be so diluted that it cannot properly perform its functions. Half an hour or an hour before breakfast, midway of meals and on retiring are the most approved times. A quart or more during the day will serve to hold the system in good condition and will keep the stomach, bowels and kidneys in good working order, providing these rules are rigidly followed.

Care of the teeth is one of the most important details of a woman's toilet. Not only from a point of good looks, but from a health point as well, should the teeth be considered. A trip to the dentist should be made at least every six months and a general overlooking of the teeth made. Decayed matter on the teeth is a menace to the general health, as in masticating the food, particles are distributed through the blood and poison the system. The woman who has few teeth or poor teeth of her own should have them replaced by a good plate of false teeth as it is necessary for good digestion that the food be well masticated. No woman can be dainty or appear at her best with neglected teeth.

How To Treat Stings.

Stings, whether of nettles, bees, or wasps, should be well bathed with a solution of ammonia or carbonate of soda, or if these are not at hand, a strong solution of common washing soda will relieve the pain and draw out the poison which has been injected under the skin. If the sting has been left in the first care should be to extract it. Press a watch key around the spot, then afterwards bathe well with the solution of ammonia or other alkaline. Next apply a piece of lint soaked in the solution, and leave it on the part affected until the pain is removed. This treatment never fails to give relief, even in the worst cases, and has the merit of being simple and handy in cases of emergency.

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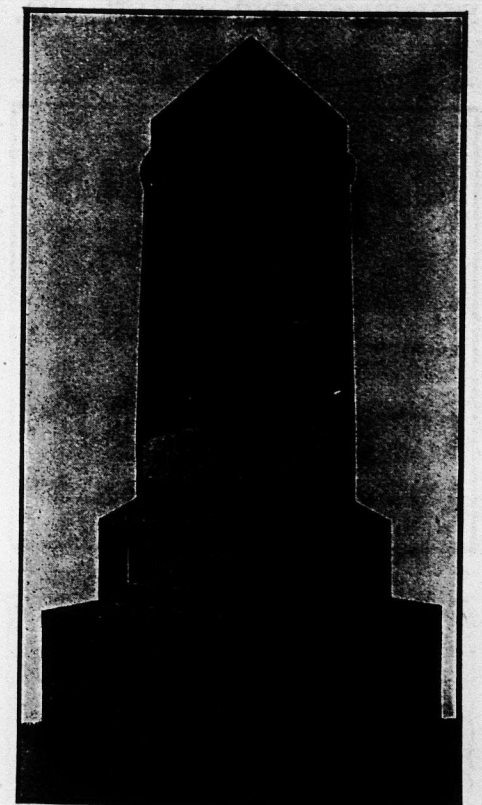
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