

Minister Speaks to Mothers

Tells His Wife's Experience for the Sake of Other Sufferers.

The following letter has been sent to Dr. T. A. Slocum, Ltd., for publication.

Dr. T. A. Slocum, Limited.—Dear Sirs: Within the last two years my wife (who is of a delicate constitution) has had two severe attacks of la grippe, both of which have been speedily corrected by the use of Psychine. We have such faith in the efficiency of your remedies that as a family we use no other. For toning up a debilitated system, however run down, restoring to healthy action the heart and lungs, and as a specific for all wasting diseases, your Psychine and Oxomulsion are simply peerless. Yours sincerely, Rev. J. J. Rice, 51 Walker Avenue, Toronto.

PSYCHINE, Pronounced Si-keen, is a scientific preparation, having wonderful tonic properties acting directly upon the Stomach, Blood and weak organs of the body, quickly restoring them to strong and healthy action. It is especially adapted for people who are run down from any cause, especially Coughs, Colds, Catarrh, LaGrippe, Pneumonia, Consumption and all stomach or organic troubles. It has no substitute.

PSYCHINE

(PRONOUNCED SI-KEEN)

is for sale at all dealers, at 50c and \$1.00 per bottle, or write direct to Dr. T. A. Slocum, Limited, 179 King St. W., Toronto.

There is no other remedy "Just as Good" as PSYCHINE.

Dr. Root's Kidney Pills are a sure and permanent cure for Rheumatism, Bright's Disease, Pain in the Back and all forms of Kidney Trouble. 25c per box, at all dealers.

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WINNIPEG, MAN.

P. S.—British Publications

The Home Doctor.

Hard water is injurious to the skin.

The clearest, most sparkling water, may be full of deadly germs.

The best medicine for children is fun, frolic, out-door play and unrestraint.

Many a woman thinks she needs medicine when all she needs is an afternoon nap.

Don't try to rest yourself by eating a hearty meal. When very tired lie down and rest for a little while.

Bind a piece of lemon on a corn for three nights in succession and the corn will usually be entirely removed.

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.

Olive oil is one of the simplest and best skin foods. Being a vegetable product it will not cause hair to grow. Wash face in soft water before using.

Give the baby something cooling when his mouth and gums are dry and feverish from teething. A very little crushed ice wrapped in clean linen for him to suck will be very grateful and soothing.

Impure drinking water is often the unsuspected source of typhoid fever and other contagious diseases. It is safer to boil drinking water and aerate it, if there is not conclusive evidence that it is pure.

As far as possible burn all garbage; it is the best way to dispose of it. A gas range requires the services of a garbage man to keep the surroundings of the house in a sanitary condition.

Give your stomach a little time to digest a meal before hurrying away to do something which will require a great deal of strength and energy as this diverts the blood from the stomach and digestion is retarded.

For about eight months a baby should have eighteen hours of sleep out of the twenty-four. From that time until he is two or three years of age his nights should be ten or twelve hours long, beside the daily nap of one or two hours. This is nature's requirement for most healthy children.

Persons who bite their lips and keep the muscles of the face in active motion when not talking, create a multitude of wrinkles by this form of nervousness, and have a worried, worn-out expression long before nature would stamp them as legally due to age.

A man doing an ordinary day's work will be sufficiently nourished if he eats and digests in one day what will be equivalent to half a pound of butter, one pound of meat and two pounds of bread. Any of the starchy vegetables may take the place of bread, while eggs, fish, cheese, etc., may take the place of meat.

Soak the feet in hot salt water for half an hour at bed time when very tired, after which rub a little camphor ice on feet and ankles, and again in the morning before putting on stockings, and you will feel rested and refreshed all day. Camphor ice can be bought at the druggist's at 10 cents a tube.

Sulphur is one of the best blood purifiers. When a teaspoonful is taken in maple syrup or stirred into a glass of milk the taste is not perceptible. It should be taken for three mornings, then a small teaspoonful of cream of tartar dissolved in hot or cold water for three mornings, alternating in this way for twelve days.

When too fleshy about the waist and hips practice the following exercises daily: Bend forward from the hips, keeping the knees stiff, until the ends of the finger tips touch the floor. Practice in the same way bending sideways. These exercises will also make the waist line flexible.

If you are in the habit of using the curling iron daily and the hair becomes lifeless and harsh, you have used the iron too hot. A very hot iron is not necessary even when the hair is hard to curl. Have the iron moderately hot and hold the hair around it longer. In this way no damage will be done to the hair.

Freckles are due to an excessive amount of iron in the blood. Little deposits of iron form under the skin and the action of the sun darkens them into the little discolorations called freckles. There are a number of lotions that will remove them, but care should be taken to protect the face as much as possible from the direct rays of the sun.

The skin on the face should have a good, thorough cleansing at least once a week. Soap and water cannot cleanse the pores thoroughly. After washing cold cream or cocoa butter should be rubbed on the skin and wiped off with a soft linen cloth, and no matter how clean the face may be have looked, the cloth will be found to be covered with streaks of dirt.

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 travelling, it is a great mistake to plunge the face into cold water, which really acts as an irritant; whereas tepid water produces quite the contrary effect. After washing off the dust on the 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.

Tonic Effect of Laughter.

We are not disposed to say anything about the physiology of laughter, but we are prepared to affirm that as a tonic there is nothing within the possibilities of human experience that can match a good, hearty laugh. There is something democratic about a laugh that makes it impossible to distinguish whether it is a prince or a plebeian who is moved to merriment. Hardly greater tragedy could be perpetrated than to wrest the power of song from the birds, but that would be a small calamity compared with the filching of laughter from life. If the conditions of this world could be such as to afford every human being the frequent enjoyment of a pure, hearty peal of laughter there would be no need that other favors be conferred. This alone would be ample testimony that happiness was paramount in the lives of men.



Comfort In Working Boots

A man cannot work when his shoes pinch—when a seam rubs against his toes until it makes a corn—when a wrinkle chafes his foot constantly. With the end in view of getting away from these defects so common in many working boots we have produced the Amherst. This boot is Blucher made, of soft grain leather, on the roomy, comfortable last shown above, with even seams. Entirely made of solid leather, it guarantees durability, stability and long service—at \$3.00 a more economical working boot cannot be made. We deliver them to you prepaid for \$3.00 Send to-day.

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Just two kinds of

soap—the genuine made from the very finest vegetable oils and flower perfumes—and the imitations made from chemical perfumes and chemically bleached animal fats, to resemble, as much as possible in appearance, the genuine

"Baby's Own" Soap

Absolutely no expense is spared to make "Baby's Own" as good a soap as can be made, yet it costs you no more than the inferior imitation.

Albert Soaps Ltd. Mfrs., - Montreal.

Kidney Disease And Its Danger.

Kidney disease comes on quietly—may have been in the system for years, before you suspected the real cause of your trouble. There may have been backaches, neuralgia, sciatica, rheumatism, etc. Perhaps you did not know these were symptoms of kidney disease, so the trouble kept on growing worse, until disturbances of the water appeared, or there was gravel or retention of urine, or some such sign of kidney trouble.

Doan's Kidney Pills should be taken at the first sign of anything wrong; they strengthen the kidneys and help them to filter the blood properly—help them to flush off, and carry away with the surplus water, all those impurities which the blood gathers up in its circuit of the body.

Mrs. Alfred LeBlanc, Black Cape, Que., writes: "I feel it my duty to say a word about Doan's Kidney Pills. I suffered dreadful pains across my back—so bad I could not stoop or bend. After having used two boxes I now feel most completely cured. I highly recommend Doan's Kidney Pills."

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