

Health and Home Hints

Before laying a carpet rub the boards over with turpentine to safeguard it against moths.

Statisticians estimate that a period of twenty months will cover the average widowhood of women under 35.

To prevent catching cold the chief necessary seems to be the taking of plenty of exercise and the breathing of pure air.

In looking for a house choose an airy locality. With plenty of fresh air, sunshine and cleanliness one ought to lead a healthy, happy and useful life.

Save all empty match-boxes, and when laying a fire break one open and use instead of paper, when the fire will light much quicker and cleaner, and leave no ashes like paper.

Raspberry Farino—Put one pint of raspberry juice or (if you do not object to the seeds) crushed fruit in a double boiler over the fire. When hot stir in two and one-half tablespoonfuls of farina wet with a little cold water and a pinch of salt; stir until it thickens then cover and cook for three-quarters of an hour. Turn into wet molds and serve cold with cream and sugar.

Cherry Blanc Mange—Take the cherry juice and sweeten, add a tablespoonful of moss farina dissolved, or make a blanc mange as usual, and add the cherry juice to make it pink. When cold, heap whipped cream around it, and put some of the finest cherries on the top.

A physician announces that distressing or excessive palpitation of the heart can always be arrested by bending double—the head down and hands hanging—so as to produce a temporary congestion of the upper portion of the body. In nearly every instance of nervous or anæmic palpitation the heart immediately resumes its normal function. If the movements of respiration are arrested during this action the effect is still more rapid.

It is Worry that Kills, not Work.

Work without worry usually tends to prolong life. On the other hand, worry, with or without work, is fatal because it uses up what the Doctors call the "Lecithin," a phosphorized fat which is the chief constituent of the brain and nervous system—a waste which if not stayed in time, means complete nervous wreck. The evident moral is "don't worry"—advice easy to give, and in these days of stress and strain, practically impossible to take. The alternative is: find some way of replacing the wasted Lecithin—the phosphorized fat. This absolutely essential element will be found in its most perfect, palatable and assimilable form in

FERROL

an Emulsion of Cod Liver Oil and Phosphorus (phosphorized fat) together with Iron, the recognized blood builder—making **FERROL** the ideal nutrient it claims to be.

For the prevention or treatment of nervous prostration **FERROL** is absolutely unequalled—it is safe, sure and speedy.

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AT ALL DRUGGISTS

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The Pope's Doctor.

AN INTERESTING SKETCH OF A FAMOUS CHARACTER

How He Differs From His Canadian Colleagues—An Example Worthy of Being Followed.

Dr. Lapponi, the famous physician to the Vatican, whose name has recently come so greatly to the front on account of his unremitting attention to His Holiness the late Pope Leo XIII., and the high esteem with which he is regarded by the present Pope, His Holiness Pius X., is a man of commanding genius. But he is something more than that. He is more than a mere man of science. He is a man of original and independent mind. He stands out among medical men of all nations, themselves the flower of the world's intellect, by reason of his fine independent personality. He has had differences with his fellow scientists. But no one has ever disputed for an instant the remarkable nature of his professional attainments or the unflinching integrity of his personal character. He is afraid of no man. But he has a higher courage still. He is not afraid of the bugbear of professional etiquette which frightens even some of the greatest doctors.

As an example of this may be mentioned one very interesting respect in which he has differed from the medical men of this country. The latter are trammelled by medical etiquette. No one disputes their scientific skill or their unselfish devotion to their work. But they are limited in their labors by one remarkable scruple. They will prescribe and experiment with drugs of all kinds sanctioned by the Pharmacopoeia or newly introduced; but where a medical discovery, even when it is the life-work of a regular practising physician, is recommended to the general public by a manufacturer, professional etiquette steps in and frightens them. No matter how overwhelming the evidence of what such a discovery, when sold as a proprietary medicine, has accomplished, they look coldly upon it and will rarely admit that they have used it with success. It would be "unprofessional" to do so! Dr. Lapponi is troubled by no such scruples. For instance, the numerous remarkable cures which have been proved by newspaper reports, independently investigated, to have been accomplished by the medicine sold in Canada under the name of Dr. Williams' Pink Pills for Pale People, must be well known to all Canadian doctors. They have been published far and wide. There can be no doubt of their accuracy. Their names and addresses of the men and women cured are freely published. Their statements have been investigated by some of the most important newspapers in this country and abroad. No one has ever attempted to dispute the facts. But Canadian doctors have never cared to admit publicly that they have availed themselves of this discovery. Dr. Lapponi, however, has availed himself of Dr. Williams' discovery, and has, in his own fearless way, had no hesitation in making the fact publicly known. The following letter, with his signature, freely avows the facts and endorses the value of Dr. Williams' Pink Pills with an authority no one will venture to question.

TRANSLATION.

"I certify that I have tried Dr. Williams' Pink Pills in four cases of the simple anæmia of development. After a few weeks of treatment, the result came fully up to my expectations. For that reason I shall not fail in the future to extend the use of this laudable

preparation, not only in the treatment of other morbid forms of the category of anæmia or chlorosis, but also in cases of neurasthenia and the like.

(Signed) Dr. Giuseppe Lapponi,
Via dei Græcchi 332, Rome.

The "simple anæmia of development" referred to by Dr. Lapponi is of course that tired, languid condition of young girls whose development to womanhood is tardy, and whose health, at the period of that development, is so often imperilled. His opinion of the value of Dr. Williams' Pink Pills at that time is of the highest scientific authority, and it confirms the many published cases in which anæmia and other diseases of the blood as well as the nervous diseases referred to by Dr. Lapponi, have been cured by these pills, which, it need hardly be mentioned, owe their efficacy to their power of making new blood, and thus acting directly on the digestive and nervous system. In all cases of anæmia, threatened consumption, decline, indigestion, kidney disease and all affections of the nerves, as St. Vitus' dance, paralysis and locomotor ataxia, they are commended to the confidence of the public, and now that they have received the emphatic endorsement of so high a professional authority as Dr. Lapponi, the trusted physician of the Vatican, they will be accepted by the medical and scientific world at their true value.

World of Missions.

Woman's Work in China.

The root of China's redemption must be in her home life; but who is to reach that secluded circle? Not the minister be he ever so faithful. . . . By reason of his sex he is debarred from entering where it is to be seen.

"There is one way, however, of becoming acquainted with the Chinese home life as it is. The woman physician can penetrate the farthest corner of her sister-woman's seclusion. She goes, too, as a friend, taking with her healing for soul and body. She knows the domestic life, because her work takes her everywhere, from the yamen, or Government House, to the most abject mat-hovel; into the inner circle of the Mohammedan, Buddhist, Taoist, Confucianist and Roman Catholic homes.

To the woman doctor comes the little slave girl, almost murdered, the childless wife, whose husband is about to discard her, the thirteen year old daughter-in-law, whose mother-in-law has beaten her eye out, and the child whose poor little crushed feet, inflamed and suppurating with decaying bones, appeal to her from the cruel bandages. To the woman doctor these come, and pour into her sympathetic ear the story of their lives."

RACHEL BENN, M. D.

Caramels—Boil one-half pint of cream, two cupfuls of granulated sugar, one-quarter of a pound of glucose, one ounce of butter, one ounce of wax, a pinch of cream of tartar and one-half cupful of grated chocolate together. Stir constantly and cook slowly until the mixture will harden in ice water, then pour into greased pans and mark into squares. Chopped nuts or grated coconut may be used instead of the chocolate in the caramels, according to the individual taste.

In candy making always use a double boiler, and watch the mixture closely, so that it will not cook a moment too long.