

## WOMEN FROM ALL PARTS OF CANADA

### GAIN NEW LIFE AND STRENGTH THROUGH THE USE OF PSYCHINE.

Every day, in fact every mail, tells of the splendid help Psychine is giving to suffering women everywhere. By strengthening the blood-making organs, helping the stomach and clearing out any tendency to throat, chest and lung troubles, it is giving a new lease of life to thousands of Canadian women who have not known for years what it means to be really well. Listen to what some of them say:

#### MRS. ANDREW CAMPBELL, Coltonwood, N. W. T.

"I caught a heavy cold which settled on my lungs and gradually led to consumption. I could not sleep, was subject to night sweats, my lungs were so diseased my doctor considered me incurable. Rev. M. Mahaffy, of Port Elgin, Ont., Presbyterian Church, recommended Psychine, and I started to use it, with the result that the night sweats and cough ceased. I am now perfectly restored to health. Psychine has been a god-send to me."

#### MISS ETHEL M. WOOD, Brownsville, Ont.

"Two years ago I was going into a decline. I could hardly drag myself across the floor. My father got me to use Psychine, and people soon began to remark my improvement. I am now full of life, while a few months ago I could not struggle to church, 40 rods from my home. Psychine did it."

#### MRS. GEO. VOGART, Gananoque, Ont.

"I cannot speak too highly of Psychine. I was feeling nervous, trembling and run down, and had a bad cough. Psychine helped me more than anything I ever tried, and I give it all the praise."

#### MRS. D. McKINNON, Ingonish, C. B.

"La Grippe left my lungs and whole system weak. After dragging along and growing steadily worse on other treatments, I tried Psychine and found a complete cure."

#### MRS. E. V. BLAISDELL, Arnprior, Ont.

"I had felt miserable for a long time, had no appetite, couldn't get any sleep, and was unable to work or enjoy life. People said I was so old my constitution was breaking up, but by using Psychine I have proved this false. I am now well, and have been for the past five or six years."

These are only a few of the many, only a small part of the great volume of proof that Psychine is the greatest builder-up, tonic and germ killer of the age. It is doing a great work for the women of Canada. It cures consumption and all those conditions that lead to consumption.

**Psychine is 50c. Per Bottle, Large Size \$1.00 and \$2.00 Per Bottle, at all Druggists.**

## DO YOU NEED FURS?

No doubt you do. We have the largest and most up-to-date stock of furs in the West. We handle everything in fur that you may require, and our prices you will find the most reasonable for the quality we give you. Why not

### GET OUR CATALOGUE

It is yours for the asking.

Send us your name and address and we will mail you one post paid.

**The Montreal Fur Manufacturing Co.**

P.O. Box 36.

BRANDON, MAN.

## Woman and the Home.

### Rocking the Baby to Sleep.

Just when the night shadows hover,  
Just when the dew falleth down,  
Just when the bluffs brightly over,  
Gleameth a crescent, a crown;  
Just when the crickets are chirping,  
Just when the gold stars out-peep,  
Sweet 'tis to sit in the twilight  
Rocking the baby to sleep.

Oh, the dear little hands that are stir-  
ring  
In tired and tender unrest,  
Oh, the murmurous voice that is purr-  
ing,  
Oh, the head cuddled close to my  
breast!  
Floating in fragrance of flowers—  
Sorrowful-swift the tears leap—  
Sad 'tis to sit in the twilight,  
Rocking the baby to sleep.

Hush! for the white lids are falling;  
Hush, the rose lips are apart;  
Hush! for I hear a voice calling.  
Deep in the heart of my heart:  
"Trust your dear lamb to the Shepherd,  
Trust Him your treasure to keep!"  
Hush! lest you waken the baby  
Hush! for the baby's asleep.

### Modern Grandmothers.

Times have changed since the days when the traditional grandmother sat in the chimney corner, knitting socks and mittens. Women who have married early in life have no more inclination at forty years of age, for subsiding into arm-chairs and giving up all interest in life, except such as center in their grandchildren, than the young mothers themselves.

There are artists, musicians, and writers among the grandmothers of today, women who are doing their part of the world's work, and women who have chosen careers for themselves while they are taking care of their own children, and have kept steadily on, with as much love in their hearts for the little toddlers, who have just come on the stage, as if their lives were given over entirely to pick-ling, darning, and knitting.

Fifty years ago all the grandmothers, except in a few rare instances, were fashioned after much the same type, whose outward expression was a handkerchief folded smoothly about the neck, a cap with a wide border, and a pair of spectacles.

Today they keep their own individuality, dress as fashionably as their purse will permit, travel in their own country and abroad, entertain, are delightful companions and friends—in a word, something besides a "grandma."

### How to Live Long.

Fix deeply in mind the grand truth that life power rules the body, and that it alone can cure disease.

Life power lives in air, water, and food only; all else is hurtful.

Make cleanliness your motto, and watch against filth in both house and grounds.

Few starve for food, but many for air. Breathe deeply a hundred times daily. Wear no tight clothing. Above all, ventilate your sleeping room.

Beware of gluttony. If the appetite is dull, eat fruit only, or eat nothing. Use no fiery condiments, but live chiefly on natural grains, vegetables, and fruits. Never ask your stomach to chew your food—employ our teeth. Adorn your table not only with viands, but with flowers and smiles and kindly words.

Deformity is not awkwardness only, but danger. A high chest will give freedom to breathing and digestion, and help to cure many diseases.

Spend part of each day in muscular work, part in study, and part in good deeds.

### Cold Water.

Fire and water are two elements which man can not get along without—especially water. The water we are writing about, however, is not the fluid that ships sail upon; or boys swim in, or in which fish live, but a different brand. It is just as powerful

as the kind which flows in its magnificence over Niagara Falls, or turns the wheels of the mighty mills and factories situated along the banks of some swiftly running stream. Its action is like the tiny drop of which finally wears away the largest stone. Unlike the pure, cold crystal water of our forefathers, or the sweet and tasty fluid drawn from the well by means of the moss-covered and iron-bound bucket, its action is evil, cruel and heart-breaking.

The cold water we refer to comes in different colored bottles with variegated labels. Nagging is one brand. The habit of finding fault. Picking flaws and never scattering a ray of sunshine in the shape of a gentle word of praise for a good action performed. Nothing is so discouraging to a person, whether a grown-up or a growing child, when conscientiously trying to do right, to be harped at because he didn't do better, and, when persisted in, breeds discontent and rebellion. There is a difference between reproof and fault-finding, just as there are different kinds of water—health-giving spring, and the disease-breeding stagnant kind found in blackened pools.

Another kind of water is the icy-cold brand, dished out under the name of discouragement, ridicule, and belittlement of worthy actions. All singers cannot rise to the greatness of a Jenny Lind or an Adelaide Patti. All artists cannot equal Raphael; or all writers cannot reach the Shakesperian height in literature. Because of this limitation, don't throw cold water on the hopes and aspirations of those who may some day reach a reasonable, if a somewhat lesser plane of greatness, but encourage every good and perfect action which tends to lift aspirants from the rut of the common place. A dash of cold water in some cases may be necessary—but in the main, Turkish baths are more appreciated than the Russian kind!

### What is Physical Culture?

Physical culture is regarded as simply a fad by very many people, some of whom "go in" for it for a short time, and, providing themselves with tights or bloomers, join a gymnasium club or a class in physical culture, so-called, and go through certain prescribed exercises at intervals of a few days for a few months, then become engrossed in something else and give the matter no further attention.

After reading the following definition, given by one who is making the teaching and practice of physical culture the work of his life, one may get a proper conception of its importance. Bernarr McFadden says:

"Physical culture, in its broad, true sense, means the cultivation of all of one's physical forces, the storing-up of vitality and nervous energy, the building-up of superior health, and the bringing into being of a sound, clean, wholesome body, not alone through exercise, but also by means of correct habits of life, including sensible clothing, the use of proper food, correct bathing habits, proper ventilation of one's living and sleeping rooms, and other rational modes of life. In fact, the scope of physical culture is so broad that it embraces everything that is inclined to improve one's general bodily condition, favor the building of increasing energy, and thus add to the mental capacity, thereby making one fit for the duties of life. In short, physical culture means simply common sense in regard to health and health habits, as distinguished from the abject ignorance and incomprehensible stupidity in reference to those subjects so common among the masses of the people."

Those who know say that to gently rub the scalp with the finger tips promotes circulation of the blood, and circulation of the blood means a healthy head of hair.