

## CULTIVATING CONTENTMENT.

Much of the happiness of life is lost by ascribing the substance to the shadow, the real to the seeming.

We all desire to have the best the world can give, but we differ very much in our idea of what the best is. Too often our standard is set by our neighbors, not by ourselves, and we wear ourselves out in trying to live up to it. People of limited means aspire to many luxuries nowadays, that never entered into the imagination of their fathers as being possible for them to attain to.

There are many families in exactly the position in which the old prophet prayed to be—having "neither poverty nor riches." There is enough to live on in comfort if the income is spent for content and not for show. This is a matter peculiarly within the province of mothers, and particularly of young mothers. It is the wife, as general rule, who regulates the expenditure of the household and the manner of living. If she is satisfied, her husband is apt to acquiesce. There is a certain amount of money to be spent, and she must decide what she will get with it.

It will buy all the necessities of life and many of its comforts, including ease of mind; or, it may be used to purchase expensive luxuries, whose possession will give the family a certain standing in the eyes of its neighbors, and with them the discomfort of doing without things that would lighten the daily toil and make work easier. With a moderate income she cannot have both without encountering the fret and worry that come from living beyond one's means.

If a mother can teach her children that it is what a man is, and not what he has, that entitles him to respect, and helps them to live up to the noble ideal that she sets before them, she has done them a service that will benefit them all their lives. We are expressly told that "the life is more than meat and the body than raiment"; and yet how many of us act as if what we eat and what we wore were the all-important points; and the inner life, that these things are meant to nourish and minister to, was of no importance whatever.

We do not seem to realize that display is vulgar—in the real meaning of that much-abused word. To have everything in perfect keeping is a much surer evidence of refined taste than to have handsome garments for great occasions, and shabby ones for everyday wear, and the same discrepancy in the various details of our daily lives.

Dress is the great touchstone with us all, and specially with women to whom it is—rightly so—a matter of extreme interest. We like to be becomingly and well dressed, and a few—a very few—know how to combine economy and elegance. For the others, who have not this gift, it only remains for us to cultivate simplicity. It is hard not to buy pretty things for children, they look so sweet in them. The young mother may console herself by thinking that expensive materials are, as a rule, unsuitable for children. Skill and velvet and plush are out of place on a child. They should wear nothing that does not suggest freshness and daintiness. A hat overloaded with feathers is as absurd on a childish head as a baby warts would be on a dowager.

Children who are brought up in a refined home where there is no attempt to make things seem other than they are; where it is frankly admitted that there are some things their parents would like which they cannot have because they cannot afford them, but which they can cheerfully do without because they have so many other blessings. Children who early learn to be pleased with simple pleasures; who are taught that their claim to the respect of others must rest on their own merits and not on any accidental surroundings, have learned the lesson of contentment that will make their lives better and happier than any fortune could without it. The high sense of honor that scorns a mean act, the steadfast adherence to duty that would rather suffer wrong than do wrong, the truthfulness that spurns deceit, the tenderness and forbearance and courtesy that strength should show to weakness—if a mother can give these to her girls and boys she need not regret that she had not been able to give them all the luxuries she craved for them.—Ladies Home Journal.

Mr. Asker—"They tell me that the book-keeper of your firm is behind in his accounts; is that so?" Mr. Tinker—"Far from it; he came out ahead. It's the company that's behind."

Minard's Liniment is used by Physicians.

Adams' Tutti Frutti Gum is a luxury that will invigorate digestion, and never fails to create an appetite. Sold by all Druggists and Confectioners.

In order to do away with the enormous pressure of the water against the front of ocean steamships an English inventor has introduced a novel device which he claims will enable faster time to be made by vessels, in addition to facilitating the maneuvering of ships and tending to avoid collisions. The invention consists of one or more screws on each side of the bow, each forty-five degrees with the bow, and ninety degrees from each other. Experiments made with these screws show that the water is thrown from each side of the bow, forming a deep well in front of the vessel and allowing the stern screws to effect their full power in propulsion.

## CONSUMPTION CURED.

An old physician, retired from practice, placed in his hands by an East India missionary the formula of a simple vegetable remedy for the speedy and permanent cure of Consumption, Bronchitis, Catarrh, Asthma and all Throat and Lung Affections, also a positive and radical cure for Nervous Debility and all Nervous Complaints. Having tested its wonderful curative powers in thousands of cases, and desiring to relieve human suffering, I will send free of charge to all who wish it, this recipe in German, French or English, with full directions for preparing and using. Sent by mail, by addressing, with stamp, naming this paper W. A. KOVES.

No two watches are alike, and an odd one seen had a chocolate-colored dial, with the hands and numerals in blue.

## ADVICE TO MOTHERS.

Mrs. WINSLOW'S SOOTHING SYRUP should always be used for children teething. It soothes the child, softens the gums, allays all pain, cures wind colic and the best remedy for diarrhoea. 25 cents a bottle.

The proof of the pudding is the eating of it. Try Adams' Tutti Frutti Gum for weak digestion and be convinced of its great virtue. Sold everywhere 5 cents.

## The Book of Lubon.

A man without wisdom lives in a Fool's Paradise. A Treatise especially written on Diseases of man containing Facts For Men of All Ages! Should be read by Old, Middle Aged, and Young Men. Proven by the sale of Half a Million to be the most popular, because written in language plain, forcible and instructive. Practical presentation of Medical Common Sense. Valuable to invalids who are weak and nervous and exhausted, showing new means by which they may be cured. Approved by editors, critics, and the people. Sanitary, Social, Science, Subjects. Also gives a description of Specific No. 8, The Great Health Renewer; Marvel of Healing and Koh-i-noor of Medicines. It largely explains the mysteries of life. By its teachings, health may be maintained. The book will teach you how to make life worth living. If every adult in the civilized world would read, understand and follow our views, there would be world of Physical, intellectual and moral giants. This book will be found a truthful presentation of facts, calculated to do good. The book of Lubon, the Talisman of Health brings bloom to the cheeks, strength to the body and joy to the heart. It is a message to the Wise and Otherwise. Lubon's Specific No. 8 the Spirit of Health. Those who obey the laws of this book will be crowned with a fadeless wreath. Vast numbers of men have felt the power and testified to the virtue of Lubon's Specific No. 8. All Men Who are Broken Down from over work or other causes not mentioned in the above, should send for and read this valuable treatise, which will be sent to any address, sealed, on receipt of ten cents in stamps to pay postage. Address all orders to M. V. LUBON, room 15, 50 Front Street E., Toronto, Canada.

Visitor (in dime museum, 1895).—"I see nothing freaklike about you." Freak—"I'm the only man who did not go crazy about souvenir spoons."

EPH'S COCOA.—GRATEFUL AND COMFORTING.—"By a thorough knowledge of the natural laws which govern the operations of digestion and nutrition, and by a careful application of the fine properties of well-selected Cocoa, Mr. Epps has provided our breakfast tables with a delicately flavored beverage which may save us many heavy doctors' bills. It is by the judicious use of such articles of diet that a constitution may be gradually built up until strong enough to resist every tendency to disease. Hundreds of subtle maladies are floating around us ready to attack wherever there is a weak point. We may escape many a fatal shaft by keeping ourselves well fortified with pure blood and a properly nourished frame." Civil Service Gazette.—"Made simply with boiling water or milk. Sold only in packets, by grocers, labelled.—"JAMES EPPS & Co., Homoeopathic Chemists, London, Eng."

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## THE OWEN Electric Belt & Appliance Co.

(Head Office, Chicago, Ill.)

Incorporated June 17, 1887, with Cash Capital of \$50,000.

(Patented in Canada, December, 1877.)

71 King Street West, Toronto, Ont.

G. C. PATTERSON, Manager for Can.

### Electricity as Applied by The Owen Electric Belt and Appliances

Is now recognized as the greatest boon offered to suffering humanity. It has, does and will effect cures in seemingly hopeless cases where every other known means has failed. Rheumatism cannot exist where it is properly applied. By its steady, soothing current, that is easily felt it will cure.

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Sexual Complaints  
Epilepsy or Fits  
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### RHEUMATISM

It is not pleasant to be compelled to refer to the indisputable fact that medical science has utterly failed to afford relief in rheumatic cases. We venture the assertion that although electricity has only been in use as a remedial agent for a few years, it has cured more cases of Rheumatism than all other means combined. Some of our leading physicians recognizing this fact, are availing themselves of this most potent of Nature's forces.

### TO RESTORE MANHOOD AND WOMANHOOD.

As man has not yet discovered all of Nature's laws for right living, it follows that every one has committed more or less errors which have left visible blemishes. To erase these evidences of past errors, there is nothing to equal Electricity as applied by the Owen Electric Belt and Appliances. Rest assured, my doctor who would try to accomplish this by any kind of drugs is practicing a most dangerous form of charlatanism.

### We Challenge The World

to show an Electric Belt where the current is under the control of the patient as completely as this. We can cure the same belt on an infant that we would on a giant by simply reducing the number of cells. Other belts have been in the market for five or ten years longer, but to-day there are more Owen Belts manufactured and sold than any other make combined.

**ELECTRIC INSOLES.** Dr. Owen's Electric Insoles will prevent Rheumatism and cure Chills and Cramps in the feet and legs. PRICE, \$1.00 SENT BY MAIL.

### EXTRACTS FROM CANADIAN TESTIMONIALS.

"For eight years I have suffered with rheumatism, and am now out of pain and growing better daily and in my 75th year. Can confidently recommend the Owen Belt when every thing else fails." A. Menzies, Niagara Falls.  
"Having some knowledge of electricity and its power, and having used other belts prior to my use of yours, I can say that it is the best I have ever worn." Jas. Blair, Port Dalhousie.  
"Am much pleased with belt; it has done me a great deal of good already." J. Sergerim, Galt, Ont.

"Saved my life when I had muscular rheumatism." Mrs. Carroll, West Market St.  
"Your Electric Belt cured a violent attack of sciatic rheumatism of several months' standing, in eight days." Jas. Dixon, sen., Grand Valley, Ont.  
"Have been a sufferer for years from nervous headaches and neuralgia. After trying one of your belts am more than satisfied with it. Can knock out a headache now in fifteen minutes that used to keep me in bed for days." Thomas Gales, Crawford Street, Toronto.

### BEWARE OF IMITATIONS AND CHEAP BELTS.

Our attention having been attracted to the many base imitations of "The Owen Electric Belt," we desire to warn the public not to be deceived by the false statements of men calling themselves electrotherapists, who lacking brains sufficient to produce an Electric Belt of their own creation, have copied as near as they dare in appearance, but only in appearance, the "Genuine Owen Electric Belt" that has stood the test of years and with more than a continental reputation.

In justice to ourselves and generous public we are determined to expose such unprincipled trickery, and prevent, if possible, the unsuspecting from being gulled by such men and means. The Owen Electric Belt Co. is not afraid of fair and open competition, as their goods have no equal in this or any other country, and will bear inspection by those competent to judge—and so great are they in demand that there are more of them made and in use than all other makes combined—their Chicago factory alone being the largest of its kind in the world.

Our Trade Mark is the portrait of Dr. A. Owen, embossed in gold upon every Belt and Appliance manufactured by the Owen Electric Belt and Appliance Co. No genuine without it.

The cheap so-called Electric Belts advertised by some concerns are perfectly worthless as a curative power and dear at any price. A genuine Electric Belt cannot be manufactured and sold at cheap prices. Send six cents for illustrated catalogue of information, testimonials, &c.

**The Owen Electric Belt Co., 71 King St. West  
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Mention this paper.)