

HEALTH AND HAPPINESS.

How It Was Found By a Lanark County Lady.

She Had Suffered for Years From Weakness and Pains in the Back—Sciatica Complicated the Trouble and Added to Her Misery—Her Health Almost Miraculously Restored.

From Brockville Recorder.

On a prosperous farm in the township of Montague, Lanark county, lives Mr. and Mrs. Joseph Wood, esteemed by all who know them. Mrs. Wood was born in the village of Merrickville, and spent her whole life there until her marriage, and her many friends are congratulating her on her recovery to health and strength after years of pain and suffering. When the correspondent of the Recorder called at the Wood homestead, Mrs. Wood, although now not looking the least like an invalid, said that since girlhood and until recently, she was troubled with a weak back which gave her great pain at times. As she grew older the weakness and pain increased, and for nearly twenty years she was never free from it. About a year ago her misery was increased by an attack of sciatica, and this with her back trouble forced her to take to bed, where she remained a helpless invalid for over four months. Different doctors attended her and she tried numerous remedies said to be a cure for her trouble, but despite all she continued to grow worse. She was advised to try Dr. Williams' Pink Pills, but she had dosed herself with so many medicines that her faith in healing virtues of anything was about gone, and she had fully made up her mind that her trouble was incurable. At last a friend urged her so strongly that she consented to give the Pink Pills a trial. Before the first box was all used she felt a slight improvement, which determined her to continue this treatment. From that out she steadily improved, and was soon able to be up and about the house. A further use of the Pink Pills drove away every vestige of the pains which had so long afflicted her, and she found herself again enjoying the blessing of perfect health. Eight months have passed since she ceased using the Pink Pills, and in that time she has been entirely free from pain or weakness, and says she is confident no other medicine could have performed the wonder Dr. Williams' Pink Pills have done for her. She says "I feel happy not only because I am now free from pain or ache, but because if my old trouble should return at any time I know to what remedy to look for a release."

Dr. Williams' Pink Pills are especially valuable to women. They build up the blood, restore the nerves, and eradicate those troubles which make the lives of so many women, old and young, a burden. Dizziness, palpitation of the heart, nervous headache and nervous prostrations speedily yield to this wonderful medicine. They are sold only in boxes, the trade mark and wrap-

per printed in red ink, at 50 cents a box or six boxes for \$2.50, and may be had of druggists or direct by mail from Dr. Williams' Medicine Company, Brockville, Ont.

A Conservative.

"Of all the stupid, dull, unprogressive people in the world defend me from the woman who never learns anything new in household science, but always folds her stockings and makes her beds like her mother used to do!" exclaimed the energetic little woman in the smart black gown.

And her hearer replied: "Yes; progression is good, and I believe firmly in testing all kinds of new ways, with a view to delivering women from the tyranny of petty household duties. Somebody very truly called the old methods 'Individualism run mad.' But when you come to speak of some special favored method of folding clothes, or making beds, or completing in dainty fashion any one of the thousand trifles which all we housekeepers perform, or at least oversee, I must say that to me a pleasant and even a healthy sentiment lies in clinging to the well-tried family household ways. The world swings around, and often a returning decade brings back 'mother's way,' or 'grandmother's way,' showing plainly that a sensible reason existed for the old lady's preference for one way over another. Don't forget that!"

"And in the mean time you don't believe in proving all things?"

"In graver matters—yes! Still I confess to a certain reverence for the conservative woman who dusts a room or folds stockings in the precise manner her mother taught her to do, even though she can give no better reason than that for her tender obstinacy in holding to the old custom. I think it's not bad to hold on to a sentiment in trifles against the time when science shall have eliminated all sentiment from life and all human feeling from the machinery of our bodies!"

Mamma—Now, Teddy, to-day we must all try and give up something while times are so hard.

Teddy—I'm willing.

Mamma—What will it be dear?

Teddy—Soap.

Danger of Delay.

If we were allowed to look into the future and see the fatal consequences that follow a neglected cold, how different would our course be; could we realize our danger, how speedily we would seek a cure; but with many it is only when the monster disease has fastened its fangs upon our lungs that we awaken to our folly. What follows a neglected cold? Is it not disease of the throat and lungs, bronchitis, asthma, consumption, and many other diseases of like nature? It is worse than madness to neglect a cold, and it is folly not to have some good remedy available for this frequent complaint. One of the most efficacious medicines for all diseases of the throat and lungs, is Bickle's Anti-consumptive Syrup. This medicine is composed of several medicinal herbs, which exert a most wonderful influence in curing consumption and other diseases of the lungs and chest. It promotes a free and easy expectoration, soothes irritation and drives the disease from the system.

SURPRISE SOAP

While the best for all household uses,

has peculiar qualities for easy and

quick washing of clothes. **READ** the directions on the wrapper.

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Comfort for the Patient.

A physician writes this in one of our exchanges: In changing the dress of a patient suffering from rheumatism, or any sore on the arms at upper part of the body, there is often great and unnecessary distress caused in getting the arms in and out of the sleeves of the shirt or nightdress, or even a chemise, when fitted closely to the body.

It adds greatly to the comfort of both patient and attendant to rip open the sleeves and one side of the garment, and attach small strings of tape, just as is done with the sleeves of a man's coat when an arm is broken.

Generally, with a long sleeve the wristband may be left uncut, and the garment not opened lower than the waits, but this must be determined by the requirements of the case. In cases of extreme debility, where it is not safe for the patient to be raised even for a moment, all risk and inconvenience may be avoided by ripping open both the dress which is in wear and the fresh one, and lifting the patient on to the latter just as is done in changing the bedclothes. This plan does not destroy or injure the clothing in any way, as the seams can be sewed again when the garments are wanted for ordinary use.

As for women, though we scorn and flout 'em,

We may live with, but cannot live without 'em.

—Dryden.

"REMARKABLE CURE FOR DROPSY AND DYSPESIA."—Mr. Samuel T. Casey, Belleville, writes:—"In the spring of 1883 I began to be troubled with dyspepsia, which gradually became more and more distressing. I used various domestic remedies, and applied to my family physician, but received no benefit. By this time my trouble assumed the form of dropsy. I was unable to use any food whatever except boiled milk, my limbs were swollen to twice their natural size, all hopes of my recovery were given up, and I quite expected death within a few weeks. Northrop & Lyman's Vegetable Discovery having been recommended to me, I tried a bottle with but little hope of relief; and now, after using eight bottles, my Dyspepsia and Dropsy are cured. Although now seventy-nine years of age I can enjoy my meals as well as ever, and my general health is good. I am well known in this section of Canada, having lived here fifty-seven years; and you have liberty to use my name in recommendation of your Vegetable Discovery which has done such wonders in my case."

Summer Studies.

With all out-doors inviting us to recreation and enjoyment, we hardly care to bury ourselves during the summer in books which greatly tax our powers of thought. Nature spreads so many open pages before our eyes that we are fain to follow where she leads, and to study what she indicates as most opportune. But to let a whole bright summer slip away unmarked by any new acquisition, the mind relaxed through every flitting week and month, until it with difficulty resumes its old tasks, is a somewhat unwise proceeding. In the compass of our lives we do not count too many golden opportunities, and we shall never recover our ground if we let any of them pass unimproved.

The office of study is twofold—to discipline and to broaden. Our summer studies should be so arranged and alternated that they will do both for us by imperceptible degrees.

Don't forget when you are tired and cross to keep your mouth shut.

A Dinner Pill.—Many persons suffer excruciating agony after partaking of a hearty dinner. The food partaken of is like a ball of lead upon the stomach, and instead of being a healthy nutriment it becomes a poison to the system. Dr. Parmelee's Vegetable Pills are wonderful correctives of such troubles. They correct acidity, open the secretions and convert the food partaken of into healthy nutriment. They are just the medicine to take if troubled with Indigestion or Dyspepsia.

A bit of raw onion will remove fly specks from gilding without injury to the gilding?

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