of Proper Sanitary Conditions in our Public Schools" was read by Dr. D. N. Morrison, with a number of our public schools is a of Oxford, N. S., at the meeting of the Medical Society of Nova Scotia at Amherst

paper for this meeting I was forcibly impressed with the importance of the subject tation, owing to size, ventilation, want of have learned from personal observation. The promotion of school hygiene requires special sorbing and a most difficult problem to carry out so as to produce the best type of national life. No sane person will dispute that the trustees should see to it that the water supply proper development of the physical, moral is wholesome and protected from contaminnd intellectual natures of our school children ating influences. is preeminently essential to the well-being of our communities and the prosperity of our nation. I do not claim to be able to sav anything new upon the subject of school sanitation, but I do contend that as medical men we have been hitherto in a sense negliof our Province, in so much as we have not with more zeal and energy endeavoured to bring about means which would enlighten public sentiment on the question of school

server that the health of our school children is seriously endangered for want of the ap pliance of sanitary precautions. The strength and prosperity of our fair Province is so inand intertwined with the healthy condition of our school children that vital importance. A sound mind in a sound

to the state. During the last few years considerable agitation has been going on concerning the spread of the much dreaded and fatal disease consumption. Our Government progress of its fearful ravages. It can be that on account of the unsanitary conditions oundings the incipient stage of consumption and other diseases is fomented and the healthy children are placed in a precarious danger of contracting disease.

The communicability of contagious diseas from one child to another is beyond doubt, mitted from one generation to another with increasing virulence; particularly striking is such a case where there are inter-marriages in consumptive families. In order to counteract a great deal of this positive danger extent public benefactors and interested in the welfare of the rising youth of our country, move with promptness to the necessity of the hour and cope with this very difficult and serious problem in a practical and far-

SANITARY CONDITIONS. The inference to be drawn from what I venience may be arranged under the follo

Location of school house with plan and arrangement of the building. Ventilation and heating. Drainage and outhouses. Water supply.

ing divisions, viz:

Contagious disease. Sanitary supervision. In selecting a site for a school building a healthy location is of primary importance The neighborhood of ponds, dampness and noises should be avoided. The social character of the neighborhood and immoral nuisschool-house should be built on a raised wall-a solid foundation. One of the most sential things in a public school is sufficient building should be freely exposed to light and air. The size and architectural arrangeview the health and comfort of the children. There ought to be a spacious and well laid out play ground in a proper sanitary condition. In some country schools there is too much economy at the expense of the children's health. As a rule the building is too small and the play ground is insufficient in size as well as crude in appearance.

VENTILATION AND HEATING.

payers, and sometimes teachers, on this vital | sounds which now assail them. fold—it enables the introduction of a proper ing the room by windows and doors at recess

of the school may be quite comfortable. One downent of nature than it is a result of trainprevailing idea is that the carbonic acid is ing. the agent which is chiefly poisonous and that it seeks the lower level. It is quite possible removal of the exhaled air, but also a free after some other place in the arran lerneath the flooring is necessary, as well as

an air space underneath the floor with openings in the wall or underpinning to give free scope for thorough ventilation during the summer months. The culpable negligence on the part of school ratepayers in not pro viding sanitation for the underneath portion of the school buildings is to be deplored. regret that I have had to notice on more than one occasion even the mud and saw dust for winter banking left intact during the sun months, thereby preventing the purifying influence of free fresh air. The heating should be constructed and planned as t produce a uniform degree of heat throughout

Thorough drainage promotes health, and in some cases there is very much room for improvement in this respect. I think the most of you will agree with me that mar of our country schools are very poorly pr

of school hygiene that is in a deplorable con-The following paper on "The Necessity dition. I am absolutely certain that the unmenace to the health of the children both physically and morally. In the building of separate buildings, one for the boys, one for the girls, and the third for the small children.

It is of the greatest importance to the

CONTACTOR DISPASE

There is little need to enforce by arguments venting the spread of contagious disease in much harm to the mental and nervous life growing energies.

amiss to mention that sundry superfluities His rescue was prompt, however, and there-of dress and tight lacing is not favorable to fore the flames had not time to burn deeply. the proper physical development. In some country schools bodily growth is impaired and deformity is produced by deficiency in and arrangements of desks are in his daring and successful attempt.

He lies at his father's home hovering between life and death. McKinnon was also capacity at least one-half large: than the quantity of cream that is expected to be glurned. We never saw a churn of any pattern that did not do its work better when from one-half to two-thirds all than when more was put in it. atmosphere owing to surroundings and cir the proper physical development. In some He lies at his father's home hovering be the construction and arrangements of desks arms in his daring and successful attempt.

and seats, which are far from being suitable His hair was burned entirely off. and as they grow up to be men and women for the different grades of pupils. The results are stooped shoulders, compressed lungs, spinal irritation and other ailments, which such conditions will certainly bring

Now as a corollary to all that has been

ciety to consider how the serious mistakes in school hygiene can best be corrected and the public schools. It is our bounden duty to possible legitimate means to improve and up-hold the proper sanitary conditions of public

good moral character. consider in full the matter of public school hasn't been sent for. the subject on the part of said committee to used as a supplement to the present health reader. In order to further diffuse a knowledge of school sanitation among school ratepayers important chapters bearing directly on the duties of school officials might be inserted in the Journal of Education. In adlight. At least two adjoining sides of the dition to the foregoing it would be both practical and profitable for the government to appoint suitable sanitary inspectors who ment of the school building should have in understand the onerous duties pretaining to their office, and who could be depended upon to faithfully discharge their duties.

-The time cannot be far distant, in the rapid advance of culture in this country. when the training of the voice will be as much a part of every child's education as learning to read, to spell, or to cipher. The ability to use the voice intelligently and This is one of the most important topics | musically ought not to be an accomplish and one of the most difficult connected with | ment it ought to be a necessity; and it will school hygiene. There is certainly a lament- be a necessity whenever our ears become able lack of knowledge on the part of rate- little more sensitive through training, to the

subject; more especially is this the case in | Every tone of a child in the home or a number of country schools. People in school ought to be supervised precisely as general are not yet agreed on what con- every phrase ought to be supervised, be. stitutes good ventilation. The advantage of | cause it is only in this way that a child can having rooms of sufficient dimensions is two | be trained to the point where, without self consciousness, it speaks musically and speaks supply of fresh air, without so much danger | correctly. These two things are a part of one of draughts, and since a large roomful of complete expression of a refined and cultifresh air lasts longer than a small one there | vated nature. It was said of Wendell Philis increased benefit from the practice of air- lips that he gesticulated with his voice. The correctness of his emphasis, the skill with time. Good ventilation implies that cold | which he distinguished word from word by draughts from open windows are corrected varying modulation, and the perfect purity -it also implies a rapid change of air with of his tones equipped him with the power of an equalizing of the temperature, so that the | commanding attention and carrying his audience without raising an arm or using any of tissue; consequently a perceptible condition | distinguished Englishwoman who spoke in of bodily warmth. The purity of the source | this country not many months ago that her of air cannot be too carefully guarded. Pre- voice showed the training of centuries. cautions should be taken against the danger | These illustrations bring into clear light the of doing harm to some children by the sudden | charm which inheres in a beautiful voice; incoming draughts of cold air, while the rest ond a beautiful voice is far less often an en

-The question of taste has just as much that the animal vapors and effiuvia from skin | to do with the making of an attractive look and lungs are more dangerous. I think the | ing homestead as it has to do with the dress process of ventilation becomes not only a of a woman. It is not often best to pattern dilution by the introduction of fresh air. and decoration of the lawn and yard, but Scrupulous cleanliness of the cellars and un- better to study carefully what the special Every school-house should at least have tive home does not depend upon the amount as you would cut a piece of heavy cardboard. it does depend upon the taste with which the lawn, trees, vines and shrubbery are ar-

Minard's Liniment cures Colds, etc

province One Dose ells the story. When your hea ches, and you feel bilious, const ated, and out of tune, with you comach sour and no appetite, ju Hood's Pills

The Act of A Hero.

rescued from one of the most horrible deaths imaginable, that of being burned to ashes in a roaring furnace of flames at the Gregory mill, Grand Bay, N. B., the other day. An accident happened, the like of which, peron July 4th, 1900;

Having been requested to write a short paper for this meeting I was forcibly immost cases in a very imperfect state of sani
mill, Grand Bay, N. B., the other day. An accident happened, the like of which, perhaps, has never before been recorded in the province, and of such a horrible nature as to province, and of such a horrible nature as to province, and of such a horrible nature as to province, and of such a horrible nature as to province. province, and of such a horrible nature as to make one shudder to think of. Young under consideration. Having had no literature bearing on the subject within my reach, the contents of this paper is simply what I the sawdust and other refuse from the saw ing operations. The refuse wood is carried to the top of the furnace by chains and school children that the supply of drinking through an opening, called the hopper, in told lately of a discriminating divine who of young Campbell, and he was so engaged the necessity for careful supervision in pre- fell backward, disappearing with a heart. a rest from their labor, whatever the circum schools. Our school regulations and mun- blazing fire. It was a terrible predicament do; they work with great estentation, as it icipal authorities are alive as to the urgent and death in a most awful form stared the everything else was a sin. Never heed dea need of taking precautionary measures on boy in the face. All about him was blazing the subject. With the pretty general feeling | fuel and the flames encircled his form. A | waiting till some one folds them for you when that the matter of complaint is not an imag-inary one there should be no difficulty in such a place and rescue must be prompt and stand still on account of your unusual rest, bringing heedless and ignorant transgressors to a sense of their duty in this respect. In That he was rescued from his terrible situaddition to the foregoing divisions there are ation is a tribute to the heroism of one of the True what is one person's rest is another's other potent factors under our school man- mill employees. John McKinnon, taking in agement which favors the propagation of the situation at a glance, and thinking not disease. The school life is capable of doing of the suffering and even danger of life that he would encounter, rushed to rescue young of scholars, and indeed the moral life is far | Campbell. But one way presented itselffrom being exempt from danger. It is a Campbell must burn to death or else his resgrievous complaint of teachers and scholars | cuer must reach him through the hopper alike that the time of year when the work is heaviest is the spring and early summer, the fire. McKinnon saw this and faced all whole season for growth. alike that the time of year when the work | down through which the boy had fallen to the season of review, examinations, grading diplomas and prizes, all of which is made more trying by spring sickness and heat of more trying by spring sickness and heat of more trying by spring sickness and heat of per, while other mill hands held his feet.

the danger in order that he might rescue the lad. He went head foremost down the hopper, while other mill hands held his feet.

Root pruning may be resorted to for the pursummer, and the lassitude and nervous depression peculiar to that season of the year. There he was suspended over a sea of fire, pose of checking rank growth in a tree of beau ing age, thus hastening its fruitfulness. having been forced to recognize and weigh
the serious danger of this infectious disease
took practical steps to intercept the insidious
progress of its fearful ravages. It can be age, owing to excessive demands upon their | begun. Campbell clutched him and he age, owing to excessive demands upon their growing energies.

In some cases the character of the social drawn from the fiery furnace. Campbell was the blight does not so readly attack trees that the blight does not so readly attack trees that the blight does not so readly attack trees that the blight does not so readly attack trees that element materially affects the health of a terribly burned, in fact there is hardly a grow slowly as it does those making a quic certain class of pupils. It would not be part of his body but was reached by the fire.

> It is a mistake for tradesmen not to send around and collect their accounts, that is, from those customers who are able and not unwilling to pay. Many a shopkeeper and mechanic would be surprised if he could on- decided that they were on the right price said, it is worthy of the attention of this so. | ly be shown how much he had lost through dilatoriness in this respect. He assumes that he does not like to "dun" a good cus-

facts can be made operative in and upon our tomer, but the customer may be perfectly willing to pay his bill, but he does not think exert every effort and to make use of every of it until he is called on. Let me illustrate how this operates at times:

A citizen's wife says to him that she wants schools. In promoting school hygiene, the a new dress or two, or to expend otherwise The inference to be drawn from what I have said thus far is that the sanitary condition of our public schools is not up to the dition of our public schools is not up to the deformental work. The inherited tendition of our public schools is not up to the ted for mental work. The inherited ten will she go?" He mentions a name and she desired standard of excellency. Allow me dency of certain diseases preying upon the says: "Their last bill isn't paid yet—I saw to mention some of the principles and facts constitution of that class of children will be it lying around yesterday." "Well," he re-

which contribute largely in retarding and promoting school hygiene, which for conditional proper protection will be resisted and proper protection will be replaced to those children who are fortunate But you had better go to so and so, I don't nough to be possessed of a sound body and want to have too big a bill at one place. Now, if that man had collected his bill pre I would suggest as a remedy the solicitation of the government to appoint a commitSee? And this is going on every day; and tee consisting of the Provincial Board of the shopkeeper or tradesman wonders why Health and an equal number from among the Mr. - "don't get anything lately," when it leading educationalists of the province to is simply because Mr. — owes him a bill that anitation and after mature deliberation on A citizen wants a suit of clothes. He says let me see, I owe Hamilton, or Pickering,

empower them to write a short manual on Leydon and MacIntosh, for a suit alreadyschool hygiene which might be conveniently I guess I'd better go to Clayton's or Lethbridge's, or Halliday's. And so with regard to these vice versa. No reputable man i worn; and dealers know that, however much difficulty they may have in some cases, there are a great many where debts are promptly paid when called for. Therefore, for reason set forth above, it would be beneficial to trade in all probability if after the time for counts rendering, collections are promptly made-take my word for it, the result will be a good many orders and sales that would not be otherwise had. Don't be afraid to ask for the amount of your bills, for goods that you have supplied perhaps months previous; we are not living in the middle-of-thiscentury age when acounts were only render ed once a year, at the end thereof, and a customer would be likely to ask if the creditor 'thought he was going to run away," if he sent round to collect the previous year's before spring of the next NETHER

Most boys nowadays learn very early lift their hats when they meet a grown-up person whom they know. Once in a while, however, you come across a boy who fails in this little expression of courtesy when he meets his mother or father or sister. He says, 'Oh, it's only my folks; they don't mind.' And it makes you feel very bad especially if you like the boy. You know that he's a kind of sham. His nice manners are just a veneer. He doesn't do kindly, agreeable things because he has a gentle heart but because he expects to get some favour out of it. You feel almost sure he will let an old person stand in the street-car while In such a state there is increased activity these means which are constantly employed he hangs on to his seat. You wouldn't be of the circulation and of the change of bodily by less cultivated speakers. It is said of a surprised if he snatched things out of his sisters' hands, and you know he never thinks of saying 'thank you' to his mother until she reminds him. The boy who wants to have a pleasant manner must begin to practise politeness at home. The boy who is polite with his own family is sure to do the truly polite thing everywhere else. His manner lite thing everywhere else. His man will be good enough for the best society in the world, and he will never forget them. They are the kind worth working for.

Cutting Glass With Shears.

Unless you have tried the, experiment you will be inclined to question the state ment that a pane of ordinary window glass can be cut with a pair of shears if the glass conditions are around your home and then is put under water during the process. It make your own plan. A pretty and attrac- is a fact that the glass may be cut as easily of money there may be invested in the house | To do this successfuly you must have the glass and the shears entirely under water, then clip in a curved or straight line as you prefer. So long as no portion of the glass or shears is out of the water the cutting will proceed without a break. This is because the water takes up the vibrations of th glass and the shears. Try the experiment and convince yourself.

-Most people are anxious to make provision for old age. But how little reat happiion for old age. But how little reat happiness wil money give us if the mind is vacant and devoid of higher interests. There is no greater folly than to be straining every nerve to lay up money, while neglecting to acquire the means by which it can be enjoyed. If with every sovereign we put by we tried to increase our knowledge and wisdom, and add some discipline to the mind, we should be laying up a treasure that no loss of friends could remove, and no caprice of fortune could take from us. Minard's Liniment cures Distemper.

[Sydney (C. B.) Herald, Aug. 1.] George Campbell, aged 16, was heroically

-I sat in the garden with hands folded while a Patroness of Industry darned sock near by. I was thinking of the ten cream 'Witness' readers could see them, when heard a monologue which might have filled me with chargin if I had been very much in Amused thoughts went through my mind and I mentally repeated-'Serene I fold my hands—and wait, Nor care for wind—nor tide—nor s

Then I smiled as I saw a equirrel poised or the lily tub raise his head as if to liste chutes, and it is then fired into the fire | lt's all a matter of taste,' I said. 'I was the top of the furnace. The feeding of this on being asked which of the sisters of Bethrefuse to the furnace flames was the work any he most admired, as to character, ac mitted in strict confidence that he though of young Campbell, and he was so engaged when the accident happened. His position would be directly over the fire. While at work he lost his balance in some way and creed seems to be that no one should enjoy rending cry, through the hopper and into the stances, so long as they can find anything to reader, fold your hands sometimes, without and even if the weeds do grow, you will ha added strength to fight them afterwards toil, and much depends upon our talen and our point of view.

> Orchards And Garden. Low headed trees are much less liable to s

Hard coal ashes make a good mulch for the

'Land of Evangeline' Route growth .- St. Louis Rppublic.

We have some prejudice against those chur fore we ever saw an oscillating churn or swing hurn, and when we saw one of those we quic

The Sting Within.

It is said there is a rankling thorn in ev



ess, Sick Headache, Constipat Liver and Bowel Complaints. Th cleans the blood of all impurities Mild in their action. Of great benefit to delicate women. One pill is a dose Thirty pills in a bottle enclosed ir wood—25 cents; six bottles, \$1.00. Sold verywhere or sent post-paid. I. S. JOHNSON & COMPANY, Boston, Mass

offended because he is asked to discharge a bill for supplies to be eaten, or drunk, or September 12 to 20

NOVA SCOTIA Gen'l Manager, Kentville, N. S. Exhibition

\$17,000 IN PRIZES

Greatest display of products of farm, forest, sea and mine ever gathered together i he maritime provinces.

Exhibits carried practically free on ra

Four days racing. Purses of \$1,500. Special attractions unsurpassed, including the great spectacular production of the Battle of Paardeberg.

owing the famous charge on the enches by the gallant Canadians. Wonderful display of Fireworks. Accommodation for everyone.

For prize lists, speed programmes and J. E. WOOD, Manager & Secretary

PURE

PARIS

GREEN in air-tight 1-lb. tins.

Far Superior to the ordinary paper box package, which is exposed to the air and too often

Price, 25c. per lb.

adulterated.

NOTICE ALL persons having claims against the estate of the late WILLIAM BEALS, of Cla MRS. RUTH BEALS, S. N. WEARE, Proprietor. Clarence, July 18th, 1900, -3m

take Scott's Emulsion. It nourishes and invigor-

Has special virtue in healing diseased is still a strong probability of Lungs and restoring a cure. flesh and strength The oil in the Emulsion to those reduced by

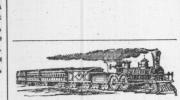
Always get Puttner's, it is heals.

the Original and Best.

wasting disease.

PUTTNER'S

EMULSION



DOMINION ATLANTIC RAILWAY

St. John via Digby

Steamship Lines

Boston via Yarmouth.

On and after MONDAY, JUNE 25TH 1900, the Steamship and Train Service of this Railway will be as follows (Sunday ex-

Trains will Arrive at Bridgetown: Express from Halifax..... 11.14 a.m Express from Halifax, Friday & 8.08 p.m

4.16 a.m Trains will Leave Bridgetown: Express for Yarmouth... Express for Halifax..... om, for Halifax Accom. for Annapolis...... Express for Annapolis, Friday & Saturday.... 8.08 p.m Saturday.... Express for Halifax, Saturday & Monday....

BOSTON SERVICE: S. S. "Prince George" and "Prince Arthur,"

2,400 Gross Tonnage; 7,000 Horse Power, far the finest and fastest steamers plyin

Royal Mail S. S. 'Prince Rupert,' 1,200 Gross Tonnage; 3,000 Horse Pow ST. JOHN and DICBY. Daily Service (Sunday excepted.) eaves St. John Leaves Digby..... Arrives in St. John

Buffet Parlor Cars run each way daily or Express trains between Halifax and Yar S. S. Evangeline makes daily trips beween Kingsport and Parrsboro. Trains and Steamers are run on Eastern P. GIFKINS,

CANADA'S INTERNATIONAL

St. John. N. B. Opens Sept. 10th,

Closes Sept. 19th.

Additions have been made to the Live Stock prizes and a Buttermaki Competition and exhibit of Cheese making provided

AMUSEMENTS will, this year, be more than ever a pro-VERY CHEAP FARES EXHIBITORS desiring space buildings or on

im lists and entry forms will be sent or CHAS. A. EVERETT, D. J. McLAUGHLIN,
President.

NOTICE ALL persons having legal demands against the estate of EDWARD E. BENT, late of Bentville, in the County of Annapolis, farmer, deceased, are requested to render the same duly attested, within twelve months from the date hereof; and all persons indebted to the said estate are required to make immediate payment to ANNIE C. BENT. Administratrix

REGINALD J. BISHOP, Administrator Tupperville, Annapolis County, N. S. April 3rd, 1900.

EXECUTOR'S NOTICE. A LL persons having legal demands against the estate of JAMES WILSON, late of Centreville, in the County of Annapolis, farmer, deceased, are hereby required to render the same, duly attested, within twelve months from the date hereof, and all persons indebted to said estate are requested to make immediate.

o. S. MILLER, Execu Bridgetown June 26th, 1900,-14tf EXECUTORS' NOTICE A LL persons having any legal claims again the estate of BURPEE R. BALCOM atte of Paradise, in the County of Annapoli armer, deceased, are requested to render the

EDGAR BENT. NORMAN LONGLEY. Executors. Paradise, Aug. 1st, 1899. 20 tf

If there is a history of weak lungs in your family,

It enables you to resist the disease. Even if your lungs are already affected, and if besides the cough you have fever and emaciation, there

feeds; the hypophosphites give power to the nerves; and the glycerine soothes and

soc. and \$1.00, all druggists.
SCOTT & BOWNE, Chemists, Toronto.

GRANITE IRON

Having bought a large assortment of Granite Iron for cash before the rise, I am prepared and strength. The wearinesss which they to give extra bargains.

CREAMERY WORK will receive my special

attention.

PLUMBING in all the latest sanitations specialty.

R. ALLEN GROWE.

We are showing for the first time TWO LINES OF DOWN CUSHIONS!

Size 20x20 inch. at 75c and 90c. Size 22x22 inch, at 95c and \$1.15.

Feather Pillows at \$3 50, \$4 50, \$5.00, \$5.25 and \$5.50. Wool and Fibre Pillows made to order.

> MATTRESSES ton Top, \$3 50, cotton tick.

Wool. Fibre and Hair Mattresses. Also agents for the celebrated Ostermoor's Patent Elastic

REED BROS. (Successors to H S Reed)

COURT. STREET. Choie Home-made Bread,

Biscuits, Pastry, &c. llso Milk and Cream. We will make a specialty of Lunches at all ours, consisting of Baked Beans and Brown read at 10c. Satisfaction guaranteed, and west brices

J. M. KENDALL. TWO doors orth of Iron Foundry.

Two doors orth of Iron Foundry.

Two doors J. M. K. The place to Get suited in

HAMMOCKS Central Book Store in my Western town oil baths came to be

You will have to hurry though, as they

₽ Quality Right! #Prices Right! B. J. ELDERKIN.

A. BENSON UNDERTAKER and Funeral Director. Caskets of all grades, and a full line o eral furnishings constantly on hand. ed, instead of washing with soap and water,

Cabinet Work also attended to. SON'S factory. 39 y PALFREY'S

CARRIAGE SHOP -AND-REPAIR ROOMS.

Corner Queen and Water Sts. be cut into tiny squares, and so packed in a case, but rather into strips about three inches long and about a quarter of an inch Buggies, Sleighs and runge Buggies, Sleighs and runge desired. Best of Stock used in all classes of work. Painting, Repairing and Vanishing execut Painting, Repairing and Vanishing execut wide. Then with a dull-bladed knife, each strip should be curled as are ostrich feathers. A case stuffed with paper prepared in ARTHUR PALFREY. this way makes a light and soft pillow, and Bridgetown, Oct. 22nd. 1890. is a great improvement over one made by the other method.

ld brass Andirons, Candlesticks, Trays an nuffers; old Mahogany Furniture. Also of 'ostage Stamps used before 1870 — worth on the envelopes; old blue Dishes and Chin

WANTED

VALUABLE FARM FOR SALE That well-known and valuable farm situa near Bridgetown and formerly owned and occupied by the late T. W. CHESLEY. A portion of the purchase money may remain on mortgage. For terms, etc., apply on the premises to Mrs. Shaw. 49 t

N. E. CHUTE, Licensed Auctioneer BRIDGETOWN, N. S.

Joker's Corner. The Household.

The Alternatives.

MR. OLDHAM WAS PUZZLED AND WITH VERY The house was perfectly dark when Mr.

"Hum! Martha must be out somewheres," blaming his wife for that state of things Then he fumbled all through his pockets for a match, but being an inveterate smoker of course found he had none. He knew, howtion that a woman, slaving at her household duties, or working out of doors should be dining room mantel, so he proceeded to feel

But he had hardly taken the first ste when his foot came down on something soft work that one system of muscles was devel. and flabby which emitted a plaintive squeak under his weight.

ulated Mr. Oldham, as he sprang convulsi smashed under him with much splintering, and stood shivering and panting like a terro

"What under the sun has happened to the the whole livelong day, illustrate the evil of house?" queried Mr. Oldham of himself. of this form of exercise. They are generalwhen he had gotten his nerve back a little. ly old before their time, and either crippled Finding himself unresponsive, he cautiously slid his foot out before him, oh, so carefully, The unfortunate circumstances which make many a woman toil for her daily bread but not carefully enough to save it from do not preclude her from attaining health | coming in contact with something that fell often feel, and which they wrongly attribute groaned in agony with divers and sundry sharp angled articles. The shock of this to too much exercise, is often due to foul air, disaster staggered him, aside he stepped sudlack of variety in exercise and monotony of work. When the shop hours are over, indenly to save himself, set his foot down on stead of returning home to rest up and lay off, some cylindrical object that promptly rolled from under it, and then he sat down veheor possibly do light work around the house it would be better if they could take a brisk mently upon some globular object that exwalk in the open air or take a gymnastic ex-Mr. Oldham cautiously drew his feet up ercise. Diversion of some kind in the open until his chin rested on his knees and wiped air is what they require, and next to this is

the cold sweat off his forehead with a tren bling hand. "I think I'll sit right here until Martha been an earthquake that has shaken everyspending the afternoon with their grand-

A guileless rustic who wished to become attached to one of our railways emerged from the examination room and informed the ex pectant relatives that he had failed to pass the sight test. "Why, you can't have!" exclaimed the

father, who was horrified at the thought. "You're no more color blind than I am." "Happen not, but they won't have me," answered the rustic bitterly. "It all comes o' tryin' to be polite an' obligin', as you said

I was to be." "But I can't see how being polite could make any difference, quavered the father. "It did, though," saidsthe rustic. "The old chap held something up an says: 'This is green, isn't it? Come, now, isn't it green?' ing-places for the flies. Swill barrels and quite pleadinglike, and, though I could see it wor red. I couldn't find it in my 'art to tell him he wor wrong for fear he might take dirt, another source of flies. In feeding the offense. So I simply said, 'It is, yer honor,' hogs and calves, milk and slop are spilied an' they bundled me out. No more polite

rising, and the young lady complained

The doctor smiled sweetly upon her, took something out of his vest pocket, and whispered to her to keep "the tablet" in her nouth, but not to swallow it. She shyly placed it on her tongue, and roubled with flies. Stock kept in a clean

rolled it over, but it would not dissolve; she felt better, however. When the performance was over she slipped the tablet in her glove, being curious to ex-amine at home this tasteless, indissoluble little substance which had given her such relief in the opera house.

who will be glad to know of anything to help their baby. And this is something so sim Whom to Wake. ple yet so effective that no physician can ob Here is a story which was told by Colone! ct to its employment. It is the application to the entire body of warm sweet oil, well tieth Century club in Boston. A country abbed in. There is something curious in its nmediate good effect. Almost twenty years and asked his advice about what to do with ago I had five patients in one family with the aginose or throat variety of scarlet fever and had them all brought into one room for attentively, admitted that it was serious and little heads returned my greeting every time then said: "When I first came to Plymouth a visit was made, and all clamored loudly church, I thought about this problem; and I for their oil bath. No medicine was given will tell you about the course I decided upon. and but little food was needed to supplement The sexton was given strict orders that if he absorbed oil. And in recovery there was an

> Two men were discussing a book that had just been offered to them by the newsboy. First Man-"That's a great book, sir-a

publisher, and ought to know." Second Man-" Your information delights ne. I am the author." First Man (with fallen counter Well-that-is-it hasn't had much of a sale yet, but I think it will have. Big risk,

you know, bringing out this sort of book."

A Misunderstanding. "My dear," said a gentleman to his wife, "A pleasant little surprise for you," reomy, and so I went to a bookshop and bought

-Fullcash (waking with a start in the middle of the night, and hearing sounds in

Hoarse whisper from the darkness: "For goodness sake, hush. There's a burglar just gone downstairs, I'm a policeman, and if you'll keep quiet, and not strike a light, I'll

ab him in two twos." Fullcash obeys, and the whisperer, whose name is Sikes, ambles gently downstairs and out of the backdoor with his booty.

canine pills.

Chemist—What is the matter with the Old Lady, indignantly-I want you to

ever read the newspapers?" "Yessum."
"Can you tell me the name of the cape where

such surprising gold discoveries have been made of late?" Tommy racked his memory in vain, and gave it up. "No"me," he said. "That's right," approvingly rejoined the teacher.

This is true not only of the city girl, but of the country girl as well. The old time no-

healthy because she recieved abundant exercise, is not the modern idea of what makes his own house at any time. health. They sometimes had too much labor-exercise, and dragged out their life. Others worked so steadily at certain lines of

oped at the expense of others. The resultant effect was not good health. It was rather one-sided development that sooner or later made room for lameness and disease, which off it. He landed on something else that attacked the weak parts of the system.

Girls who work in factories to-day or at benches where a sitting posture is assumed stricken horse.

the development of the muscles which are re-laxed all day. Find out what sets of muscles gets home and take no more chances," he cogitated, maturely. "For either there has thing in this house into the place where it shouldn't be or Molly's boys have been mother."-Life.

Too Accommodating

is the pest of flies in the summer and fall. It would be hard to estimate the loss occasioned by them every year about the barns, dairy, and feed-lots. No cow can do herself justice where she is forced to keep up a continued battle with a swarm of flies from daylight until dark. Worrying at the flies is more wearing on a team than

hard labor. The cause of pastured and fattening stock losing flesh in the summer is the flies. As with most evils, the best cure is prevention. To prevent the pest one must ove their breeding-ground, which is the filth and trash about the premises, It is the case on most farms that the manure-heaps are allowed to accumulate during the summer and the yards to go uncleaned. These furnish the best of breed

hot-bed for the eggs, which will hatch and -A young doctor recently took his best feed there. Open closets and uncovered. girl to the opera. The curtain was late in

where there is decayed matter or filth for the maggots to thrive upon after hatching. Flies are far more of a local pest than mos people imagine. A farm-house whose is free from refuse, slops etc., will be little

stable or lot will be less troubled than the animals of the untidy, shiftless farmer. Cleanliness and flies do not thrive together. Among the many mothers who read these lines there may be one or more whose child

When alone in her room she pulled off her glove and out came a mother-of-pearl shirt has come to be so dangerous of late years, and | button !

> Thomas Wentworth Higginson at the Twenclergyman called on Henry Ward Beecher persons who go to sleep in church-some thing which had become quite prevalent in his congregation. Mr. Beecher listened very

saw any person asleep in my congregation

he should at once go straight into the pulpit and wake up the minister.'

masterpiece of work."

Second Man—"I wonder how it is selling?" Spread paraffine on the soiled woodwork First Man-"Selling like hot cakes. Never saw anything like it. You see, I am the with soft old flannel. Let it rest for an

> where did all those books on astronomy in the library come from? They are not ours." sponded the lady. "You know, you said this morning that we ought to study astron-

everything I could find on the subject." It was some minutes before he spoke. "My dear," he then said slowly, his voice husky with emotion, "I never said we must study astronomy. I said that we must study

his bedroom)-"Who's there? Speak! Who's

-Old Lady, to chemist-I want a box of

Cover the spider closely and cook over a slow fire, shaking occasionally to prevent sticking or burning. It will take about half an hour to cook the dish. know, sir, that my husband is a gentleman. Chemist puts up some quinine pills in pro--"Tommy," asked the teacher, "do your

—Straw hats may be cleaned by rubbing them with a lemon out in half, then wiping them carefully with a damp sponge and dry-ing them in the sun. Keep Minard's Liniment in the house

of city life, and modern artificial ways of living, the average American woman is recent times, says Dr. A. S. Atkinson, in the 'Ledger Monthly,' She has developed physical proportions and strength which give her nerve good bodies in which they an live at peace with the owner thereof.

or one-sided.

are employed in the daily work, and then try

to make all the others in the body come up

to the same standard of development. It is

this all-round muscular development that

Preventing Flies.

One of the greatest nuisances about a farm

buckets, too, are never washed out, but are

allowed to sour and become encrusted with

about the troughs and barrels day by day.

The ground thus treated soon becomes a

Olive Oil in Scarlet Fever.

has scarlet fever, that terrible disease that

absence of the usual complications, so that

Other fats were tried, but none answered

cooler as well as plain olive oil. It is well

To Clean Mahogany.

and let it stand for an hour or more to soften

the dirt, then wash with soap and warm

water, and wipe dry : Next rub on a mix

ture of paraffine oil and turpentine-one

hird turpentine and two-thirds oil. Polish

hour or two, then polish with soft old linen.

If the surface is very dull, dirty and scratch-

add more oil and sprinkle powdered rotten

stone over it. Rub gently and regularly

first with a circular motion then with the

grain of the wood. When the surface is

smooth and bright wipe off the rottenstone

and finish as you would after washing with

Paper pillows are not as much in evidence

as they were a year or two ago, but it is

known that there is a steady demand for

them at hospitals where their use is often much appreciated. The paper should not

Smothered Potatoes.

Scrape one quart of small new potat

and cut them in quarters, and cut one bunch

of green onions into half-inch pieces. Put

the potatoes and onions into a thick bottom

ed spider or stewpan, add salt and pepper

to season and one cupful of rich crea

-To clean gutta percha rub it mixture of soap and powdered char polish with a dry cloth.

the double purpose of nutrition and skin

generally used with excellent results.

worth trial.

soap and water.

makes a person strong and vigorous.

Why Woman Are Healthier.

In spite of all the debilitating influence