

HEALTH HINTS.

MEDICAL HINTS.—1. If a man faints, place him flat on his back and let him alone.

2. If any poison is swallowed, drink incessantly half a glass of cool water, with a heaping teaspoonful each of common salt and ground mustard stirred into it; this vomits as soon as it reaches the stomach;

3. The best thing to stop the bleeding of a moderate cut instantly, is to cover it well with cobweb, flour and salt, half and half.

4. If the blood comes from a wound by jets or spurts, be spry, or the man may die in a few minutes, because the artery is severed;

5. If your clothing takes fire slide the hands down the dress, keeping them as close to the body as possible, at the same time sinking to the floor by bending the knees;

6. If the body is tired, rest; if the brain is tired, sleep.

7. If the bowels are loose, lie down in a warm bed, remain there, and eat nothing until well.

8. If the action of the bowels do not occur at the usual hour, eat not an atom until they do act, at least for thirty-six hours;

9. The three best medicines in the world are warmth, abstinence and repose.—Hall's Journal of Health.

THE HOUSE.

APPLE SAGO PUDDING.—For a two quart pudding dish take a cupful of sago or tapioca, put in a pan with cold water, let it heat and cook slowly, adding hot water if need be, and a little salt;

Veal steak, in order to be palatable, must be cooked thoroughly, no matter how much haste the cook is in; this should never be sent to the table till it is nicely browned, edges and all.

CLEAR ICING FOR CAKE.—Put one cupful of pulverized sugar into a bowl with a tablespoonful of lemon juice and the whites of two eggs. Just mix together smooth, and pour over the cake while it is warm enough to dry the icing or set it in the oven to dry.

Prof. S. H. Lattimore, of Rochester, has secured a very delicate apparatus for testing almost inappreciable differences in quality of sorghum and maple saps.

FARM AND GARDEN.

WINDOW PLANTS.—As window and greenhouse plants begin to feel the stimulus of the longer days and brighter sun they unfold new leaves above and stretch out new roots below and want food, useless to them while torpid, but which they are now able to digest.

A farmer's family fruit garden should contain pears, peaches, plums, prunes, cherries, quinces, grapes, gooseberries, currants, blackberries, raspberries, and strawberries, or as many of these as will flourish in his climate.

Have a small well-tilled garden, for it not only saves money, and secures a supply of fresh vegetables and fruits, but also a well-willed wife, the greatest of all blessings to every family man.

Plant plum trees in poultry yards. Except by jarring the trees, it is the only way we can have sound plums where the curculio abounds.

GRAFTING.—The best time for grafting is just as the buds on the stock are beginning to swell. But it may be done even when the trees are in bloom, though at this late time great care must be taken.

danger of making bad wounds when the branches are cut off. It is best to cut the bark quite through with a knife, before using the saw. If there are buds on the stock just below the insertion of the graft, do not remove them until after those upon the graft have started.

Clover is not good pasture for milk cows. If turned on it very early cattle will eat the older grass bare from fence corners before eating the clover, and will only eat the latter when forced by hunger.

BUDDED TREES.—Peach and other trees budded last summer, must be cut back as soon as the buds swell. Some leave four or five inches of stock above the inserted bud, to be cut away in August, but peach-growers usually make the cut just above the bud at once.

A bearing orchard should have the whole ground. The best treatment is to sow clover and pasture the pigs upon it.

VARIETIES.

Father (to his little son, who has just handed him the teacher's report of progress and conduct of the last month)—"This report is very unsatisfactory; I'm not at all pleased with it."

It doesn't follow that you must do a mean thing to a man who has done a mean thing to you. The old proverb runs:—"Because the car has bitten me shall I bite the car?"

AN AUTOBIOGRAPHIC EPITAPH.—On the tombstone of Mr. Ralph Tyrer, Vicar of Kendall, England, is the following epitaph—or rather autobiography—composed by himself:

"London bred me, Westminster fed me, Cambridge sped me, My sister wed me, Study taught me, Living sought me, Learning brought me, Kendall caught me; Labor pressed me, Sickness distressed me, Death oppressed me, The grave possessed me; God first gave me, Christ did save me, Earth did crave me, And heaven would have me."

Among the crowd watching the seals at a zoological garden were a newly married couple on a bridal tour. They gave all the rest of the animals the go by, to observe the seals in the stone basin, and it was a full hour before they grew weary.

One of the most elaborate attempts at a punning joke is told in a book entitled "Recollections of Oxford." Dr. Barton, Warden of Merton, gave a dinner one day, and invited Mr. Rook, of his own college; Mr. Crowe, of New College; Mr. Woodcock, of Christchurch; and Mr. Partridge, of Brasenose, who, according to special invitation, were punctual at five o'clock.

The Harvard Lampoon rightly considers the following unanswerable: Priest—"Pat, I understand you are going to be married again." Disconsolate widower—"Yes, your reverence."

"I'm in favor of women voting, if they want to vote," said a political orator. "I'd like to see the man who'd make us vote if we didn't want!" exclaimed an excited female auditor.

"I never pretended to know a thing that I do not," remarked Brown. "When I don't know a thing, I say at once, 'I don't know.'" "A very proper course," said Fogg; "but how monotonous your conversation must be!"

AYER'S PILLS.

A large proportion of the diseases which cause human suffering result directly from derangement of the stomach, bowels, and liver. AYER'S CATHARTIC PILLS act directly upon these organs, and are especially designed to cure the diseases caused by their derangement, including Constipation, Indigestion, Dyspepsia, Headache, Dysentery, and a host of other ailments, for all of which they are a safe, sure, prompt, and pleasant remedy.

A Sufferer from Headache writes: "AYER'S PILLS are invaluable to me, and a severe sufferer from Headache, and your Pills are the only thing I could look to for relief."

"I have used AYER'S PILLS in numerous instances as recommended by you, and have never known them to fail to accomplish the desired result. We constantly keep them on hand at our home, and prize them as a pleasant, safe, and reliable family medicine."

Mexia, Texas, June 17, 1882. The REV. FRANCIS B. HANLOWE, writing from Atlanta, Ga., says: "For some years past I have been subject to constipation, from which, in spite of the use of medicines of various kinds, I suffered increasing inconvenience, until some months ago I began using AYER'S PILLS. They have entirely corrected the costive habit, and have vastly improved my general health."

AYER'S CATHARTIC PILLS correct irregularities of the bowels, stimulate the appetite and digestion, and by their prompt and thorough action give tone and vigor to the whole physical economy.

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West Enosburgh, Vt., Feb. 15th, 1881. DR. B. J. KENDALL & Co., Gents.—Several months ago I injured my knee joint which caused an enlargement to grow the size of a large walnut, and caused me very severe pain all the time for four or five weeks, when I began to use Kendall's Spavin Cure with the most satisfactory results.

Is sure in its effects, mild in its action as it does not blister, yet it is penetrating and powerful to reach every deep seated pain or to remove any bony growth or other enlargements, such as spavin splints, curbs, callous, sprains, swellings and any lameness and all enlargements of the joints or limbs, or for rheumatism in man and for any purpose for which a liniment is used for man or beast.

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Sold by all Druggists. Jan. 17. 1 year. Just Published! Walker's Pronouncing Dictionary of the English Language. CHEAP EDITION for sale by A. & W. MACKINLAY Sept. 21.

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This season are very attractive. They are in time to escape the additional protective duty imposed by the Dominion Government, and will be sold at correspondingly low rates.

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TO DR. BENNET AND LEWIS, 119 HOLLIS ST., HALIFAX.

DEAR SIRS:—"I desire to express my feelings of profound gratitude to you who have helped me so much by the use and application of your wonderful medicine known as your Absorbent Pads and Plasters. I was sick about two years, and spent a large sum of money with Physicians but received very little benefit until I tried your Absorbent treatment. When I commenced using it this summer I could scarcely walk across the floor, and now I can walk a mile at a time, and attend to household duties much better than I could before and feel only too glad to recommend this truly great treatment to any person or persons who may be afflicted as I was. You are at liberty to make any disposition of this note you may deem proper."

MRS. R. HIBBARD. Hebron, Yarmouth. This treatment can be applied effectively without interview where full particulars of case are sent by letter. Nov. 21.

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1879—Provincial Exhibition—1879

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PEOPLE'S SELECT NOTES ON INTERNATIONAL S. S. LESSONS, postpaid \$1.25. HACKETT'S COMMENTARY ON ACTS, edited by Dr. Hovey, of Newton, postpaid, \$2.

People's Home Mission Agency. The Society has been in operation 15 years. Colporteurs to the number of 102 have been employed, who have distributed Bibles and good books worth \$141,236 by grant. Total grants by the Society, including those from Depot, more than \$16,000 worth. Time served by the Colporteurs equals that of one man for 142 years. Labrador, Newfoundland, Cape Breton, P. E. Island, Nova Scotia, New Brunswick, and a portion of Quebec have been explored. There have been found 1,525 families without God's Word; 2,582 families with no other religious book; and 2,545 families who habitually neglect attending any place of worship.

The 25 Colporteurs employed in 1882 performed labor equal to that of one man for 124 years; found 205 Protestant families without Bibles, 279 with no other religious books, and 873 families who never enter the House of God. They sold books worth \$13,332, and made free grants to the value of \$913, as they made 31,679 family visits, and held 625 religious meetings.

The books circulated are sound and good, teaching the truth of the Bible, exhorting to the Holy Spirit, and more than through our Lord and Saviour Jesus Christ. They are eminently designed to spread abroad Divine truth, and they are accepted by those that in every place call upon the name of the Lord. They give no uncertain sound upon the essential doctrines of the Cross: Justification through the blood of the Redeemer, holiness through the sanctification of the Spirit, and complete redemption through God's grace alone. Books and tracts designed especially to awaken the impatient and point to Jesus are imported in great numbers. Almost 10,000 "Come to Jesus" were distributed last year.

The prayers of all God's people are earnestly requested for the Spirit's power to accompany the reading of the books and the evangelistic efforts of the Colporteurs. A copy of the last Annual Report, giving much interesting information and copious extracts from the Colporteurs' reports, will be sent on application to the Secretary.

American Baptist Publication Society. As advertised last year, we continue to order the publications of the above Society upon which we allow a discount of 25 per cent, excepting periodicals, from the catalogue prices. As compared with the issues of the British houses these books are expensive. Catalogues will be supplied upon application, and those ordering can decide for themselves.

The Psalmist, published in the United States for 55 cents, we continue to sell for 75 cents. From our Depot and through Colporteurs about 5,000 Psalmists have been already sold.

Donations to Dec. 31st, 1882, in aid of Colportage, \$40,127; amount paid by Society to Dec. 31st, 1882, for Colportage, \$63,250.

Patronize the Depository and thus aid Colportage, to which all accruing profits are applicable. Jan. 31.

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