

FACT CONCERNING YOURSELF.

Each ear has four bones.
The body has about 500 muscles.
The human skull contains thirty bones.
The lower limbs contain thirty bones each.
Every hair has two oil-glands at its base.
The sense of touch is dullest on the back.
The globe of the eye is moved by six muscles.
The wrist contains eight bones, the palm five; the fingers fourteen.
The roots of the hair penetrate the skin about one-twelfth of an inch.
Hair is very strong. A single hair will bear a weight of about 1-150 grains.
The enamel of the teeth contains over 95 per cent calcareous matter.
Straight hairs are nearly cylindrical; curly hairs are elliptical or flat.
The weight of the average man is about 140 pounds; of a woman, 115 pounds.
The brain is supposed to contain over 200,000,000 cells, in which thought works out problems.—*Chris. Advocate.*

SAVE YOUR EYES.

If your eyesight is good, take care of it. Look away off yonder every time you get to the bottom of a page in reading. If it is defective, let no foolish pride prevent you from wearing the proper glasses.
There is no sense in handicapping yourself in life when a piece of glass before each eye will make your vision as good as it possibly can be. The oculist will not advise you to wear glasses if you do not need them any more than he will prescribe a drug you do not need.
Plenty of people, though, do not know that they have defective sight, because they have never really seen at all. They have headaches, inflamed eyes, sties, even much graver troubles, from the strain of trying



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to see with eyes that were put up wrong. There are cases where homicidal insanity has been completely cured when impaired vision has been corrected.—*Ainslee's Magazine.*

THE EYE.

"Should a foreign body of any nature enter the eye, the sufferer's first impulse, namely, to rub and press the lid, should be avoided, as such a manipulation has a tendency to rub the foreign body into the eye-ball itself, which is a thing to be avoided. A handkerchief may be gently laid upon the lid for a moment to steady and quiet the eye. The tears may wash the speck out and bring speedy relief; if not, the eyelashes of the upper lid may be grasped firmly and pulled down over the under lid and held there for a moment, and then allowed to resume their position. The lid and lashes of the under lid thus rubbing against the under surface of the upper lid may scrape away the speck. If it still remains, a cool friend with a steady hand can turn the upper lid over and the speck will usually be found on the under surface of the upper lid, about midway between the inner and outer angle of the eye, whence it can be removed with a clean handkerchief. If it is not found no time should be lost in consulting a physician."

Lion is a big black dog, whose master sends him to the post-office for his letters. When the clerk sees the shaggy head at the window, he puts the letters and papers in Lion's mouth, and away he trots, never losing a bit of it. One day, when coming home from the office, he saw a piece of cake on the sidewalk. Now Lion is very fond of cake, and he was hungry; but, if he put the letters down, some one might run off with them, for it was on a busy street. The shaggy head was still for a minute, as if thinking, when, dropping the letters carefully on the sidewalk, he placed one big black paw upon them, and then ate the cake as if he enjoyed it.—*Light of Truth.*

A MOTHER'S RESPONSIBILITY.

Every mother is responsible to some extent for the health of her little ones, and the prudent mother will always keep at hand the means for protecting the health of her children. For this purpose there is absolutely no medicine can compare with Baby's Own Tablets. These Tablets speedily relieve and promptly cure all stomach and bowel troubles, break up colds, check simple fevers, prevent croup, and allay the irritation accompanying the cutting of teeth. They are good for children of all ages from birth upwards, and are sold under a guarantee to contain no opiate or harmful drug. All mothers who have used Baby's Own Tablets praise them and keep them in the house. Mrs. John Weaver, Blissfield, N. B., says: "I have a family of six children and have used Baby's Own Tablets and know that they are the best medicine that I have ever used for my little ones."

You can get Baby's Own Tablets from any druggist, or they will be sent by mail post paid at 25 cents a box by writing to the Dr. Williams' Medicine Co., Brockville, Ont.

ABIDING IN CHRIST.

To attempt to follow Christ without abiding in him is to assume the form of godliness without gaining its power. The one who abides in Christ is a new creature; his life is not spent in a continuous search for new ways in which to gratify the old nature, for that nature has become in him a thing to be opposed instead of gratified. He is not troubled by the vexed questions relative to the extent a Christian may engage in the follies of the world. He does not try to get as near the world as he can without being considered a worldling, for he is under the influence of a power that draws him in another direction. The spirit within constrains him to a course of conduct which inevitably widens the gulf between his soul and things evil.

The secret of a happy life has been intensely sought in every age. Philosophy, ever in the search, has never found an answer to which the soul can fully respond. The pleasures of wealth and fame have ever failed to bestow contentment. Many will agree that the Christian life affords the only true happiness. This blessing, however, is not for the wavering Christian, but for him only who abideth. What declaration is more solemn or worthy of more careful thought than this, "If a man abide not in me, he is cast forth as a branch and is withered."

How ought the professed followers of Jesus to live? "He that saith he abideth in him ought himself also to walk even as he walked." "If we live in the Spirit, let us also walk in the Spirit." By what mark may believers be known? "By this shall all men know that ye are my disciples, if ye have love one for another." Not only has the soul that abideth in Christ peace, joy, and abundant spiritual life, but the relationship with kindred souls is necessarily harmonious. Heaven is within the soul that abideth in Christ.—*United Presbyterian.*

IF YOU PLEASE.

When the Duke of Wellington was sick, the last thing he took was a little tea. On his servant's handing it to him in a saucer, and asking him if he would have it, the Duke replied, "Yes, if you please." These were his last words. How much kindness and courtesy is expressed by them. He who had commanded the greatest armies in Europe, and had long used the tone of authority, did not despise or overlook the small courtesies of life. Ah, how many boys do! What a rude tone of command they often use to their little brothers and sisters, and sometimes to their mothers. This is ill-berd and unchristian, and shows a coarse nature and hard heart. In all your home talk remember, "If you please;" among your playmates don't forget "If you please." To all who wait upon or serve you, believe that "If you please" will make you better served than all the cross or ordering words in the whole dictionary. Don't forget three little words, "If you please."

Truth is eclipsed often and it sets for a night; but never is it turned aside from its eternal path.—*Ware.*

CROUPY COUGHS OF CHILDREN.

The tendency to croup is a foe that all parents have to fight. Croup comes in the night, when the help must be right at hand if it is to be help at all. Adamson's Botanic Cough Balsam is a blessing to all families where there are children subject to attacks of croup or any mean cough. It has a wonderful reputation for its efficiency and fully deserves it.

You cannot tell what night your child may wake up choking to death with croup. In such a case what do you do? Send for a doctor and wait an hour, or perhaps two hours, while the child is gasping for breath? How much simpler were the true specific for croupy coughs and all throat troubles is right at hand. Indeed, no other way is safe with young children in the house.

Adamson's Cough Balsam is a most delicate medicine for children, relieving the little throats at once. Its action is soothing and certain. It clears out the phlegm, which produces the croupy condition, and is a safeguard which no mother who knows about it will dispense with. All coughs and inflammation of the throat or Bronchial tubes are cured by the balsam with promptness that surprises. All druggists sell it, 25 cents. The genuine has "F. W. Kinsman & Co." blown in the bottle.

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are 50c. box, or 3 for \$1.25; all dealers or
The Doan Kidney Pill Co., Toronto, Ont.

'Tis well to know a good thing, said Mrs. Surface to Mrs. Knowwell, when they met in the street. "Why, where have you been for a week back?" "Oh, just down to the store for a bottle of Dr. Thomas' Electric Oil," and Mrs. Surface, who hates puns, walked on. But she remembered, and when she contracted a weak back there was another customer for Electric Oil.