

ADVICE TO CONSUMPTIVE PATIENTS.

Here are some of the directions given to patients at the dispensary in New York where only those suffering from a pulmonary disease—in plain language, consumption—are treated. The advice may be followed with good effects by any persons similarly affected:

Be hopeful and cheerful, for your disease can be cured, although it may take some time.

Obey your physician's instructions faithfully.

You may improve steadily for months, and lose it all by carelessness.

Do not talk to any one about your disease, except your doctor or nurse.

Do not listen to tales of other patients or follow their suggestions, or those of others concerning the treatment of your disease.

In the treatment of your disease, fresh air, good food, and a proper mode of life are more important than medicine.

Take no medicine that is not ordered by your physician.

Stay in the open air as much as you can; if possible in the parks, woods or fields.

Do not be afraid of cold weather.

Avoid draughts, dampness, dust and smoke. Dust and smoke are worse for you than rain and snow.

Never sleep or stay in a hot or close room.

Keep at least one window open in your bedroom.

Have a room for yourself if possible; if not, be sure to have your own bed.

When indoors, remain in the sunniest and best ventilated room. The room should preferably be without carpet; small rugs may be allowed.

No dusting or cleaning should be done while the patient is in the room. Cleaning should be done only with a moist rag.

Draperies, velvet furniture, and all dust-catching materials, and furniture should be avoided in the patient's room.

Wear underwear according to the season. Don't wear chest-protectors.

Dress comfortably and sensibly, and avoid garments constricting neck or chest.

Keep your feet dry and warm.

Avoid all unnecessary exertion. Never run, never lift heavy weights.

Never take any kind of walking, breathing, or other exercises when you are tired, nor take them to the extent of getting tired. The kind and amount of exercise which you should take will be prescribed for you by your physician.

Go to bed early, and sleep at least eight hours.

If you have to work, take every chance to rest that you can get.

Keep your body clean, and take a warm bath once a week; take cold douches or cold baths according to the directions of your physician.

Take a half hour's rest on the bed or the reclining chair before and after the principal meals.

Avoid eating when bodily or mentally tired, or when in a state of nervous excitement.

Eat plenty of good and wholesome food. Besides your regular meals take a quart of milk daily, from three to six fresh eggs, and plenty of butter and sugar, provided this does not disagree with you.

Eat slowly; chew your food well; avoid anything which causes indigestion.

Keep your teeth in good condition. Use a toothbrush and toothpick after each meal.

See that your eating utensils are thoroughly washed after use.

Do not smoke, and do not drink liquor, wine or beer, except by special direction; but drink plenty of good, pure water between meals.

KEEP THE BLOOD PURE.

Nearly all the Common Ills of Life are Caused by Weak, Watery, and Impure Blood.

Bad blood means bad health. That is why Dr. Williams' Pink Pills mean good health—they actually make new, rich blood. Bad blood poisons the whole system. The nerves break down, the liver goes wrong, the kidneys get clogged and inflamed, the heart flutters and jumps at the least excitement, the stomach loses its power to digest food, the lungs are unable to throw off the lingering colds, in fact the whole body gets out of order. Then you have headaches and backaches, can't sleep and can't eat and feel utterly miserable. And it all comes from bad blood and can be cured by the rich, red blood Dr. Williams' Pink Pills sends coursing to every part of the body. Mr. Daniel McKinnon, of North Pelham, Ont., suffered from bad blood, but has been made well and strong by Dr. Williams' Pink Pills after all other treatment had failed. Mr. McKinnon says: "Until last spring I had been afflicted with a weak stomach, headaches and kidney troubles. At times I was completely prostrated and my sufferings were of a most severe nature. At different times I was treated by no less than seven doctors, but from none of them did I get more than temporary relief. As time went on I became hopeless of ever being well again. Last spring a friend drew my attention to Dr. Williams' Pink Pills and I decided to try this medicine. I had only taken four boxes when I found a decided improvement in my condition, and I continued using the pills until I had taken a dozen boxes when I was a cured man and the sufferings I had formerly endured were but a disagreeable memory. I admit being an enthusiastic admirer of Dr. Williams' Pink Pills, but I think I have just cause for my enthusiasm and will always recommend them to my ailing friends."

Just as surely as Dr. Williams' Pink Pills cured Mr. McKinnon they can cure anemia, indigestion, headaches, backaches, kidney trouble, rheumatism, lumbago, sciatica, neuralgia, nervousness, general weakness and the special ailments of growing girls and women. All these ailments come from bad blood and Dr. Williams' Pink Pills can cure them by filling the veins with new, rich, red blood. But you must be sure to have the genuine pills with the full name Dr. Williams' Pink Pills for Pale People on the wrapper around every box. Sold by medicine dealers everywhere or by mail at 50c. a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

THE ABSTEMIOUS JAPANESE.

The Japanese are naturally abstemious in the matter of eating. Rice is the staple diet, with dried fish as almost the only meat, and with plenty of vegetables and fruit when they can be obtained.

A traveller in Nagasaki was amazed one day at seeing the swiftness with which the Japanese men and women, boys and girls, passed baskets of coal

from lighter to ship, chattering meanwhile as if it were but a picnic in which they were engaged. When noon came and they stopped for lunch, he went among them and examined their provisions. One had an apple, a tomato and an onion. Another had about three heaping tablespoonfuls of boiled rice. Another had two tomatoes and a tiny rice cake. Of the man with the onion the traveller asked:

"Is that all you have?"

"Why, yes," was the reply. "I would not care to eat more just now, for I have five hours' more work this afternoon."

"What did you eat for breakfast?"

"Oh, something very fine; a bowl of rice with some little strips of dried fish."

"And what will you eat tonight, when work is done?"

"Probably some boiled fresh fish, lettuce, tomatoes, onions, and cucumbers."

Accustomed to such a light diet from infancy the Japanese build great endurance on it—endurance which is being tested to the quick during the present war.

Wouldn't Do for a Minister.

A carping old Scotchwoman said to her pastor one day:

"Deer me, meenisters mak' much adae aboot their hard work. But what twa bits o' sermons in the week to mak' up? I cud dae it masel."

"Weel, Janet," said the minister, "let's hear ye."

"Come awa' wi a text then," quoth she.

He repeated with emphasis, "It is better to dwell in the corner of the housetop than with a brawling woman and in a wide house."

Janet fired up instantly.

"What's that ye say sir? Dae ye intend onything personal?"

"Stop, stop! broke in her pastor, "You wud never dae for a meenister."

"An' what for no?" asked she sharply.

"Because, Janet, you come over soon tae the application."

A FOOL AND HIS MONEY.

A striking illustration of the fool and his money who are soon parted, was afforded by the death in New York the other day, of a man who was reputed to be worth a million dollars not many years ago; but who, at the last, was only saved from a pauper's grave by the aid of a few old friends. It had been the man's boast in the heyday of wealth, that he never wore the same suit of clothes twice, and his million all went for fine clothes and race horses. Over such a worthless, empty life, and such use of wealth and its opportunities what more fitting epitaph could be written than that once found on an old stone in an up-country churchyard: "Once he was here and now he is not."

—Leslie's Weekly.

MIXED METAPHORS.

"And," said the rising young politician, as he reached his eloquent peroration, "I predict that our candidate will, when the votes are counted, be found to have ridden to success upon a tidal wave of glory that will have swept all before it, like wildfire breaking in flying spray upon the strand when the sun of victory shall blaze forth its first effulgent rays upon the close of one of the most noble, most memorable campaigns that has ever been launched upon the sea of politics, to gather strength and carry all before it like the cyclone



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sweeping across the broad prairies from which even the orb of day has disappeared in terror."

The story is told in *The Children's Friend*, of a wealthy man of New York who was asked to contribute a thousand dollars toward the erection of a statue of Washington. His reply was as follows:

"Washington? Washington?" the rich man exclaimed. "Why, Washington does not need a statue. I keep him enshrined in my heart!" In vain were the visitor's solicitations, and he was naturally indignant at the parsimony of the millionaire.

"Well, Mr. R.," he remarked, quietly as he rose to leave, "all I can say is that if the 'Father of his country' is in the position in which you describe him he is in a tight place."

—A new illustrated monthly magazine entitled, "The Bible in the World," will shortly be issued under the auspices of the British and Foreign Bible Society. It will record the world-wide progress of the Scriptures among all the races and in all the languages of mankind.

Poison—

In the Blood brings Humors and Boils, Salt Rheum, Eczema and Scrofula,

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Will cure them permanently by purifying the

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