

**DON'TS FOR SLEEPING.**

Don't lie with the knees huddled up until they touch the chin. Such a practice cramps the muscles and really puts a greater strain on them than a long walk in the open air would induce. You subject yourself to a strain for which there is neither benefit nor compensation, and the restfulness which sleep should induce is lost. Worse, you are spending both muscular and nervous force which should be reserved for the needs of the waking hours. Don't lie with the hands clasped above

**SORE HANDS**

**Itching, Burning Palms, Painful Finger Ends,**

**With Brittle, Shapeless, Discolored Nails,**

**As Well as Roughness and Redness.**

**One Night Treatment with Cuticura, the Great Skin Cure.**

Soak the hands on retiring in a strong, bubbly, creamy lather of Cuticura Soap. Dry and anoint freely with Cuticura Ointment, the great skin cure and purest of emollients. Wear, during the night, old, loose kid gloves, or bandage lightly in old, soft cotton or linen. For red, rough and chapped hands, dry, fissured, itching, feverish palms, with brittle, shapeless nails and painful finger ends, this treatment is simply wonderful, frequently curing in a single application. Complete local and constitutional treatment for every humour of the skin, scalp and blood, with loss of hair. Bathe with hot water and Cuticura Soap, to cleanse the surface of crusts and scales, and soften the thickened cuticle. Dry, without hard rubbing, and apply Cuticura Ointment freely, to allay itching, irritation and inflammation, and soothe and heal, and lastly, take the Cuticura Resolvent, to cool and cleanse the blood. This treatment affords instant relief, permits rest and sleep in the severest forms of Eczema and other itching, burning and scaly humours, and points to a speedy, permanent and economical cure of torturing, disfiguring humours, from pimples to scrofula, from infancy to age, when all other remedies and the best physicians fail.

Cuticura Resolvent Liquid and in the form of Chocolate Coated Pills, Cuticura Ointment and Cuticura Soap are sold throughout the world. Depot: London, 27, Abchurch Lane; Paris, 5 Rue de la Paix; Australia, R. Town & Co., Sydney; Boston, 137 Columbus Ave. Potter Drug & Chemical Corp., Sole Proprietors. Send for "How to Cure Every Humour."

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the head. This not only strains the muscles of the arms, but those of the chest and shoulders as well, and the deep, regular breathing which should accompany sound and restful sleep is then difficult of accomplishment.

Don't lie on the chest or stomach with the hands supporting the face, and the face itself pressed into the pillow. Just as surely as you follow this pernicious practice just so surely will you cultivate round shoulders, a hollow chest, and shallow breathing. Those exasperating little hollows which appear around the neck and shoulders are often distinctly traceable to this bad habit, and in addition the head acquires a forward droop and a hang which is far from being becoming.

Don't ever, under any circumstances, sleep with the head covered up in the bedclothes. For healthful sleep a constant circulation of pure air is necessary; and with the head all covered up under the clothes the lungs are forced to breathe the same air time after time until they become poisoned with their own exhalations. Oxygen is necessary to the maintenance of life; and in breathing the oxygen which is inhaled into the lungs is exhaled as carbonic acid gas, a poison which in sufficient quantity has been known to kill.

Above all, don't sleep in any part of the clothing worn during the day. The practice is disgustingly unclean and makes for ill health.

**MOLASSES CANDY.**

A good recipe for molasses candy is given below:

Take three cups of granulated sugar and place in a large saucepan, pour on a quarter of a cup of water, and allow to slowly dissolve over the fire. After it has boiled for several minutes, pour in a cup of molasses, very slowly, stirring meanwhile; allow to boil again, and add a half-cup of molasses. Stir occasionally, so that the syrup does not stick or burn. Then add a teaspoonful of cider vinegar, poured in slowly. This stirs up considerable commotion, and should be thoroughly stirred so that it mixes with the syrup.

Boil for a while and test in the usual way, by dipping a little of the mixture in a cup of cold water; just before removing, and a little vanilla, stir, and pour on buttered pans.

When nuts are used, they are placed on the pans, and the hot mixture is poured over. Quick stirring must be done to mix thoroughly together. Peanuts crushed to powder, combined with plain molasses candy, are delicious. Before the candy hardens in the pans, butter the sides of a knife and mark off into square blocks.

Nuts, small pieces of figs, slices of lemon-peel, and a little tea berries make a rather unusual-looking sweet meat, which, in reality, is nothing more than molasses candy poured over these ingredients.

**A CHILD'S HEROISM.**

Here is a noble instance of a child's heroism in real life. It is a peculiarly cool and gallant act on the part of a little girl named Edith Miles, aged ten, of Rearsby, in Leicestershire, to which the attention of the Royal Humane Society has just been drawn. Several children were playing on the banks of the village brook, which was swollen by the heavy rains, and ran at an abnormally swift speed when one of the number, a little boy aged five, fell into the water and was carried rapidly down the stream. Edith Miles did not jump into the water, as she recognized even

in this moment of excitement that she would be too weak to battle against the stream and effect a rescue. So she ran as fast as she could along the bank until she came to a plank bridge at a place called Goglane, about sixty yards away. Lying down at full length, she put both her arms out, and waited patiently for the boy, who had already sunk twice. When the stream had carried him to within an arm's length of the plank, the girl caught hold of him firmly by the collar, and pulled him out of the water.—*Christian Life.*

**CHRIST AND THE COMMON PEOPLE.**

I don't wonder that the common people have ever felt a deep interest in Jesus. There is that in his character to command the love and respect of every man who has a spirit to appreciate true nobility. He possessed a moral courage which was a most attractive charm. Do not think of him as all gentleness and tenderness, with a scheme of redemption free from all moral vertebratedness. He believed tremendously in great spiritual truths, and had the courage of his convictions. How he made the proud Pharisees quail under his just charge of hypocrisy! How the money-changers fled before the crack of his scourge! No man ever became a great leader who lacked in moral courage. The common people have always felt that in Jesus they had a moral leader who feared no foe and who ordered no charges where he himself was not ready to lead the way. He never asks his followers to do for him what he has not already done for them.—*Rev. Dr. Charles Bayard Mitchell.*

**HELP YOUR CHILD.**

When your child—whether it is a big child or a little baby—suffers from any of the minor ailments which come to children, or is nervous or fidgety and doesn't sleep well, give it Baby's Own Tablets. This medicine is the quickest and surest cure, and the safest, because it is absolutely harmless. It will help the feeble new-born babe as surely as the well-grown child. Mrs. F. D. Kirk, The Barony, N. B., says: "I have used Baby's Own Tablets with most satisfactory results, and do not feel safe without them in the house. I find that the dose is usually sufficient to cure the small ailments of the stomach or bowels." If you do not find the Tablets at your medicine dealers, write direct to The Dr. Williams' Medicine Co., Brockville, Ont., and they will be sent post-paid at 25 cents a box.

**KEEP THE SOUL ON TOP.**

A little boy, on returning from Sunday-school, was asked what he had learned in his class.

"Well, mamma," said the little fellow, "I have learned that it is always best to keep the soul on top. Teacher said so, and taught us a verse that means that."

"What was the verse, darling?" said the wondering mother.

"I can't remember it, mamma, but that's what it means, anyway."

The mother thought long, and finally, by dint of much questioning, found it was Paul's declaration, "But I keep under my body, and bring it into subjection;" and tears came to her eyes as she thought the little son had gotten the larger meaning of the text in his homely interpretation, "Keep the soul on top."

This, dear sisters, is what I am trying to emphasize in this chapter, that we are to keep the soul dominant.

**IF YOU CATCH COLD**

Many things may happen when you catch cold, but the thing that usually happens first is a cough. An inflammation starts up in the bronchial tubes or in the throat and the discharge of mucus from the head constantly poisons this. Then the very contraction of the throat muscles in the act of coughing help to irritate so that the more you cough the more you have to cough. It is, of course, beyond question that in many cases the irritation started in this way results in lung troubles that are called by serious names. It is in this irritated bronchial tube that the germ of consumption finds lodgement and breeds.

Great numbers of people disregard cough at first and pay the penalty of neglect. Cough never did any one any good. It should be dispensed with promptly. Adamson's Botanic Cough Balsam is a well known remedy, and it is the surest cough cure known to-day. It does not deceive by drugging the throat. It soothes the irritated parts and heals them, then the cough stops of its own accord. The action of this medicine is so simple that it seems like nature's own provision for curing a cough. Every druggist has it, 25 cents. Be sure and get the genuine, which has "F. W. Kinsman & Co.," blown in the bottle.

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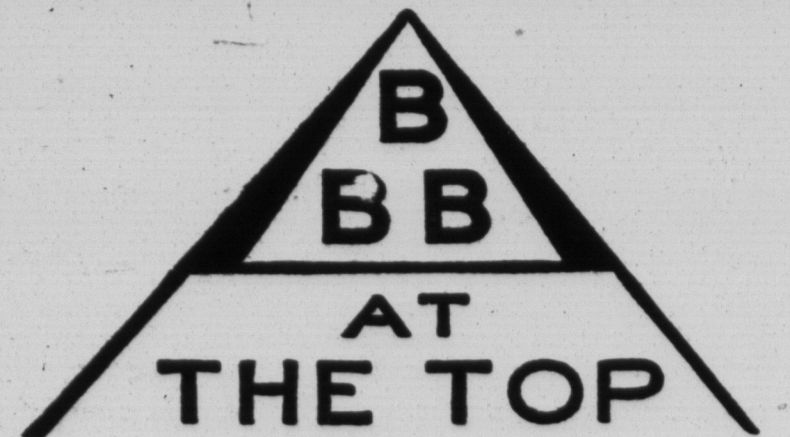
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