

FALL SKIN DISEASES

An Article For Mothers

When the children "break out" with eruptions and skin diseases, so common in the fall, don't run to useless and nauseating medicines. Zam-Buk is what is needed. It is a skin food as well as a healing balm.

Mrs. Chas. Laverre, of Prescott, North Channel, Ont., tells how Zam-Buk cured her baby. She says:—"My baby's head and face was one complete mass of sores. The itching and irritation were fearful, and the little one's plight was so fearful that at one time we feared her ears would be eaten off. We had to keep her hands tied for days to prevent her rubbing and scratching the sores. Doctor after doctor treated her in vain, until we had had five doctors. They all agreed it was a frightful case of eczema, but none of them did any permanent good. "As a last resource we were advised to try Zam-Buk. The first box did so much good that we felt sure we were at last working in the right direction. We persevered with the treatment until we had used thirteen boxes, and at the end of that time I am glad to say Zam-Buk effected a cure."

Mrs. Holmes, of 30, Guise Street, Hamilton, is quite as eloquent in her praises. She says:—"Zam-Buk cured my boy of boils and eruptions when he was so bad that he had been unable to mix with other children. Prior to the boils breaking out he had had a bad eruption, but Zam-Buk cleared that away too, and made his skin clear and smooth. It is a wonderful preparation, and mothers should always keep it handy."

For eczema, eruptions, rashes, tetter, itch, ringworm, and similar skin diseases, Zam-Buk is without equal. It also cures cuts, burns, scalds, piles, abscesses, chronic sore, blood-poisoning, etc. All druggists and stores at 50 cents a box, or post free for price from Zam-Buk Co., Toronto.

Nerves and Tears.

How, then can the nervous sufferer help himself? To begin with, he should ask himself: "What is there in my physical life which may account for my nervous weakness? Is my diet sufficient in quantity and nutritious in quality? Do I get enough sleep? Is my work congenial? Is my environment in any degree suited to my tastes and aptitudes? These are simple questions, and yet upon their answer often depends the possibility of nervous health or nervous disease. If the sufferer discovers that any of the physical causes of a nervous breakdown are in operation, it is obvious that it is his first duty to fight against these causes, to lessen them, and, if possible, to remove them altogether. In the next place—and this is especially to be noted by nervous women—one of the essential conditions of nervous balance is the control of emotions. The tendency on the slightest provocation to give way to a paroxysm of tears is dangerous because it leads to weakness, bodily and mental. No doubt there are moments of poignant agony when tears are nature's beneficial provision for some relief to an overstrained nervous and mental organism, but these moments come at rare intervals in our lives, and, as a rule so far from weakening our mental or moral life, they uplift and purify it. What nervous people be warned against is the tendency to let themselves go because of some petty worry or some slight domestic difference or through some morbid impulse to self-pity.—Rev. S. S. McComb, in Harper's Bazar.

Bishop Berry Hits the Nail on the Head

"We have preached against the saloon and we have preached well. We have prayed against the saloon, and we have prayed with fervor. We have written against the saloon, and there has been logic in our sentences. We have wept in the presence of the saloon, and our tears have been sincere. But the day is coming when we will do more—a day when our sermons and prayers and arguments and agitations and heartaches and tears will crystallize into ballots, and when by the iron hand of the prohibitive law, this red-lipped monster shall be throttled and choked and hurled back into hell from which it came!"—Sel.

Country Manual Training.

(From H. L. Bailey in the Century.)
Even manual training needs new direction as it touches country life. It may not be necessary to eliminate the formal exercises of model work and weaving and the like, but some of the practical problems of the home and farm may be added. How to make a garden, to lay out paths, make fences and labels, are manual training problems. How to saw a board off straight, to drive a nail, to whittle a peg, to make a tooth for a hand hay rake, to repair a hoe, to sharpen a saw, to paint a fence, to hang a gate, to adjust a plow point, to mend a strap, to prune an apple tree, to harness a horse—the problems are bewildering from their very number. Manual training can be taught in the schools that are equipped for it, as in ten years, to start a revolution in the agriculture of any commonwealth.

Houses and Lots For Sale.

Apply to **LOUIS E. YOUNG.**
Woodstock, N. B., Nov. 27th, '08.

He Did Not Forget His Word

When we think of how often promises are made and broken in one day, twenty-five years seems rather a long time to keep one, and we cannot help admiring the resolution of the soldier mentioned in the following little story, who resisted the temptation to break a promise he had made so far back in the past.

The celebrated French General Cambronne, when he was a common soldier, was terribly given to the sin of drunkenness. One day, when he was drunk, he struck an officer, and was condemned to death. His colonel, who loved him for his bravery, obtained his pardon on condition that he would promise never to drink wine or spirits again.

Twenty-five years afterwards Corporal Cambronne had become General Cambronne, and had immortalized himself by his heroic retreat from Waterloo. Having retired into family life, he lived quietly in Paris, beloved and esteemed by all. His old colonel one day invited him to dinner to meet some of his former comrades. The place of honor was reserved for Cambronne at the host's right hand. A most exquisite wine was brought in which was only served on grand occasions.

"General," said the old colonel, you must tell us all the news," and he was just about to fill Cambronne's glass. The general stopped his hand; the colonel insisted.

"But, General, I assure you it is excellent."

"That has nothing to do with it," said Cambronne, eagerly. "It has to do with my honor and my promise, Colonel,—my promise as a corporal; have you forgotten it? Since that day not a drop of wine has touched my lips. My word and my conscience are worth more than your wine," selected.

Autumn Skirts.

Skirts, whether knitted or cut circular, are nearly all given a top yoke, and are designed to fall close to the body in an almost vertical line. They end in a five-inch hem, and are all made a short walking length, easily escaping the ground. At the same time the width of the skirt is steadily increasing at the foot. Some of the smartest are set upon middle aged jersey tops. Rather stiff panel effects are seen in the strictly tailored garments, and both side and box pleats are let in at seams where fulness appears to be desirable. This sort of garniture is introduced on skirts of serge, etamine, homespun, and manish worsteds. For thinner materials closely set half inch pleats and fine knife pleats are popular. In evening and reception gowns these are sometimes hung straight from just below the bust line, though a belt of jewels or embroidery may confine them slightly lower down; but the smartest of the new models are all in the quaint, early Victorian styles, which mean full skirts corded to a tight-fitting, pointed waist.

A clever, popular Candy Cold Cure Tablet—called Preventics—is being dispensed by druggists everywhere. In a few hours, Preventics are said to break any cold—completely. And Preventics, being so safe and toothsome, are very fine for children. No Quinine, no laxative, nothing harsh, nor sickening. Box of 48—25c. Sold by all dealers.

Give Thought to Your Bath.

We do not give sufficient time and thought to our daily bathing. The ordinary morning tub is usually taken in a perfunctory, hasty manner, and is productive of very little good; it isn't even sufficiently cleansing. The quality of the water can be greatly improved by adding borax, bicarbonate of soda or toilet ammonia. The soap must be of the purest quality and the body thoroughly scrubbed with brushes or mitts of loofs. Many people have become faddists upon cold-water bathing. It is much less efficient than warm water for securing cleanliness. It acts more as a tonic, however, and therefore the ideal bath consists in the general scrubbing followed by a cool shower or plunge. Cold baths, unless taken in the open air by those who can swim and remain active during as well as after the bath are likely to be harmful; indeed the repeated shocks to the internal organs are dangerous in many cases.

The Shortest Wills on Record

The Dedham clergyman who disposed of his property with nineteen words was not, as some commentators have suggested, the maker of "the shortest will on record." This distinction seems so far to rest with the late F. C. W. Thorne, of Scitiam, London, who, in 1905, expressed his last wishes in three words: "All to mother." Almost as admirable for brevity, considering the largest interests involved, was the will of an official of the Pennsylvania Railroad, recently deceased, who by twelve lines

The Best Food for Workers.

The best food for those who work with hand or brain is never high priced.

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Laborers, factory or farm hands, fed plentifully on Quaker Oats will work better and with less fatigue than if fed on almost any other kind of food. All of these facts were proved and very interesting information about human foods was gathered by Professor Fisher of Yale University in 1908.

of typewriting bequeathed, surely and safely, an estate valued at some \$15,000,000. These gentlemen all knew what they wanted to say and went to the point, thereby establishing flawless models for will-makers and others. Not many, perhaps, will have the strength of mind to pattern after them, since, if money is the theme, the average man tends to affectionate prolixity—even when he talks of giving away money. To name the longest will, therefore, would involve research and computation. Perhaps few have gone beyond that of the late Edward Bush, of Gloucester, England, a retired engineer, who died last autumn. He left about £114,000, and he used twenty-six words in doing it.

A Crum of Comfort.

It was April first. Little Genevieve was suffering from a painful abscess. The doctor had lanced it that morning, and she had cried for an hour. Now her mother was putting a hot poultice which was so hard to bear. The little girl could not help crying. "Mama," she said between her sobs, "who is that behind you?" The mother instinctively looked around, though she assured the child that no one was there. "April fool!" was the reply, in a small, tearful voice.

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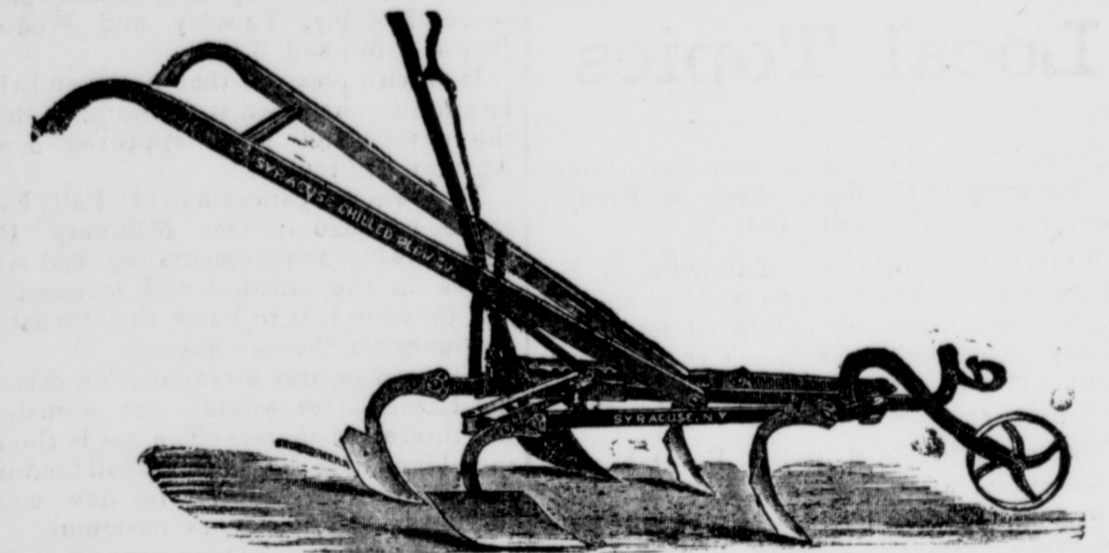
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