

**To Keep From Catching Cold**

ert Mabon, in American Agriculturalist.)

People used to think that a cold, as well as other diseases, was something beyond ones power to help. It was some mysterious way, by draft, going out on a rainy day, from some other trifling cause, and it had to be accepted as were other unpreventable (?) illness with the best grace possible.

But there are few nowadays who do not know that a cold or any other disease is contracted only when the person's system is in a run-down, weakened condition. He is unable to throw off the effect of the impure germs which he has breathed in—which we are all of us at all times breathing in and which effect us or not according to our condition. Or it may be that his system is so overloaded with impurities, due to over-eating or too great indulgence in rich indigestible food, that the organs of elimination are overworked and the throwing off of these impurities is cast on the mucous membranes.

The thing to do, then, is to keep oneself in a condition to resist these influences. A person who is usually susceptible to colds must do everything possible to build up the general health. Plenty of rest should be taken.

"As soon as I find I have caught cold I go straight to bed and stay there for a day or two," said a nurse who had had large experience. "Sometimes rest alone will break up even a hard cold."

The person who is subject to colds or who feels a cold coming on should be sure that he gets the proper amount of rest, that he goes to bed early every night until this condition is overcome and until he feels thoroughly strong and rested.

Fresh air should be taken freely. The person who is used to spending a large part of the time outdoors every day, rain or shine, is rarely the one who takes cold easily. Deep, strong breaths inhaled through the nose, held for a second or two and then slowly exhaled are wonderful in their results and should be practised by everyone while walking or exercising in the open air. Often when a cold is first contracted if a series of deep breaths are taken in this way in the fresh air it will be sufficient to rid the system of the impurities and prevent the cold. The person who is subject to colds should live in the open air as much as possible and fill his lungs with it to the utmost.

The pores of the body should be kept always open so that the impurities can be thrown off in that way. A woman who was very susceptible to colds found that she had entirely outgrown the tendency after she had established the practice of taking cool sponge baths every morning on arising. Everyone is not strong enough to endure the shock of the cold tub bath, but even delicate persons can soon get accustomed to the cold sponge and find enjoyment and exhilaration from its use. The skin should be rubbed afterwards with a rough towel until it glows and the whole body massaged until one feels equal to undertaking any task.

Diet is of the most importance in the prevention of colds. Pure, cold water should be taken immediately upon rising and retiring and several glasses should be taken between meals. This cleanses the system and carries off many impurities which would otherwise stay to clog up the body and cause colds or other diseases. Most people realize the necessity for regulating their diet for health and strength and are seldom unwise enough to incur the inevitable results by indulging in too much rich, greasy, indigestible food, knowing that one must always pay the penalty for such abuse of the stomach.

**DRUG HABIT IN THE UNITED STATES.**

So swiftly has the drug vice grown in the United States that the Republic has, the New York Sun says, distanced every other nation in the world in the volume per capital of its illegitimate consumption. The consumption of cocaine, heroin, morphine now approximates that of 1906 in China—history's example of a drugged nation after 200 years of its consumption. 6.5 per cent of China's population were found to be opium addicts with the aid of practically every nation in the world China reduced that figure to 4.1 per

cent, while in the United States twenty years of practically unrestricted traffic in drugs has made drug addicts of 4.45 per cent. of the population.

**High Cost of Living in Hen Yard.**  
 Chick—"Mama, can't I have a little brother?"  
 Mrs. Hen—"Great Scott, child! don't you know that eggs are fifty-five cents a dozen?"

**Food Poison And Disease.**

There is, says Youth's Companion, more or less disagreement among physicians concerning the significance of uric acid in the system; many deny that there is any such thing as the "uric acid diathesis." But whether uric acid is the agent that produces disease, or it is a product of some other more subtle poison, matters little to the patient. He suffers from headaches, pains in the muscles or joints, poor circulation, or eczema, and he is less interested in the precise cause of his trouble than in its cure.

Undoubtedly the poison, whatever it is, is the result of the chemical changes that certain kinds of food sometimes undergo in the digestive tract. To relieve the condition, we must attend carefully to two things—we must see to it that the patient eats little of the foods that produce these harmful toxins; and that the poison that is formed does not stay in the intestines long enough to be absorbed into the system.

Meat is the source of most of these toxins, and anyone who gives evidence of suffering from uric-acid poisoning must eat less meat than he has been accustomed to, although it is not always wise to stop all meat at once. However, if the eczema or the joint pains or other symptoms are obstinate, it may be a good plan to abstain for two or three weeks from everything except bread and butter, potatoes and rice. Such a diet will often cure a uric-acid skin disease that has resisted all treatment for months.

In addition to dieting, the patient must be very sure that the poison does not remain in the intestines long enough to be absorbed. For this purpose an English surgeon has introduced the use of liquid paraffin, in doses of two table-spoons, for it is not absorbed, and acts only as a lubricant. Ask the advice of a physician before you take it, however, for sometimes there are reasons why it would be better to use some other means of eliminating the food poisons.

Halifax Echo, Thursday: A blast on the railway ditch operation near Young Avenue this morning sent a stone or lump of frozen earth through the roof of Michael Dwyer's residence on the avenue.

**Large Bequest To Acadia University**

The will of the late Mrs. Anne Willett Tedford, wife of Mr. Harvey G. Tedford, of Yarmouth, N. S., has been probated. The deceased was one of Yarmouth's wealthiest citizens, the estate being valued at \$139,000, made up of \$135,000 personal property and \$4,000 real estate. The will is dated the 19th day of July, 1905. The principal bequests are:  
 To husband, Harvey G. Tedford, \$0,000.  
 To Acadia University, \$20,000.  
 Old Ladies' Home, Yarmouth, \$4,000.  
 Yarmouth Y. M. C. A., \$2,000.  
 Foreign Mission Board of Baptist Convention of the Maritime Provinces, \$15,000.  
 Halifax School for the Blind, \$1,000.  
 Zion Church, Yarmouth, \$1,000.  
 Yarmouth Public Library, \$1,000.  
 Home Mission Board of the Baptist Church, \$1,000.  
 Yarmouth Town Mission, \$500.  
 Deaf and Dumb, Halifax, \$500.  
 Halifax Infants' Home, \$500.  
 British American Bible and Tract Society, \$500.  
 N. S. Branch of British and Foreign Bible Society, \$500.  
 Ministers' Annuity Fund of Baptist Convention of Maritime Provinces, \$1,000.  
 Yarmouth Mountain Cemetery Co., \$300.  
 After making a number of small bequests to cousins, amounting in all to \$7,600, the residue of the estate is to be divided equally between Acadia University and the Foreign Mission Board of the Maritime Provinces. As the residue will probably amount to somewhere around \$40,000, it will be seen that Acadia and the Mission Board will get the lion's share, or about \$40,000 each. A codicil to the will gives \$5,000 to McGill University, and reduces the legacy of the husband, Harvey G. Tedford, from \$30,000 to \$20,000 as above stated.

**WITHOUT A PUBLIC FIRE ALARM**

MONCTON, Feb. 23.—As a result of the fire which destroyed the market building, Moncton is without a public fire alarm system. The city is buying a whistle, costing \$1,570. It will be here in a few days and will be erected on No. 2 fire station. At a meeting of the fire committee last night, there was some discussion regarding the firemen being supplied with liquor at yesterday's fire. It is alleged a man with a suit case full was at the scene of Wednesday's conflagration.

**"How Do You Carry Yourself?"**

"How do you carry yourself this morning?" is the salutation with which French people greet one another. It implies that mental and physical states manifest themselves in the carriage of the body, and the health and mental vigor give the possessor an alert, graceful bearing.  
 Make this experiment: Stand with one side toward a long mirror; allow the shoulders to droop, the body to sag down and forward, and see what impression you get from the glass. Is it not that of a young lady who is ungraceful, ineffective, undignified, (and otherwise inferior)?  
 Now, raise your chest, draw your body to its full height, and do not think about your shoulders. Throw your weight forward so that it is supported on the front part of the feet. Looking in the mirror again, do you not find there the reflection of a young lady who gives an impression of energy, power, and self-possession?  
 A certain university town has a skillful and artistic dressmaker. After one of the events of commencement week, she left the college yard with a look of disgust on her face.  
 "Didn't you enjoy the class-day exercises?" inquired a friend.  
 "I enjoyed them," was the reply, "until I saw three of my handsomest gowns ruined. I made every one of the dresses worn by that quartette of girls who sang the class ode. All of the dresses were correct in line and style, but three of the girls sagged down, and thrust the lower part of the body forward until the bottom of their skirts dipped up in front like a ninety-cent wrapper; and on that high platform it was especially conspicuous."  
 Let us change our morning salutation for awhile, and try that of the French: "How do you carry yourself?"

**Brilliant Hued Heads At Ball In New York**

New York, Feb. 24.—At the Dixie dinner and colonial ball of the Southern Society of New York on Monday night the colored wig appeared for the first time at a public society function in this city. Almost all of the colors known to the eyes framed the faces of southern beauties on the ball-room floor when dancing began.  
 The fact that the latest dresses are very brightly colored gives emphasis to the new style in hair dress, the most popular colors being blue, rose, purple, mauve and green.

Minnesota has a forested area of 28,000,000 acres, the largest of any State east of the Rocky Mountains.

A new movement for the advancement of national prohibition, to be known as "The Flying Squadron of America," has just been completed at Indianapolis.

**Flemming-McCleary.**

At Christ's church, Norwood, Ont., on Thursday, the marriage took place of Mary Louise, second daughter of the late Rev. John Wilson and Mrs. McCleary, and Mr. Horace Waldo Flemming, son of Mr. H. A. Flemming, Manager of the Bank of Nova Scotia, Halifax, N. S., and Mrs. Flemming, late of Toronto. The bride was attended by her sister, Miss Lillian McCleary, and her cousin, Miss Ruth Birdsall, as bridesmaids, the groom being supported by his brother, Mr. Paul R. Flemming of Toronto. After the ceremony, a reception was held at the home of the bride's grandmother, Mrs. Butterfield.  
 Mr. and Mrs. Flemming will take up their residence in Ottawa on their return from their wedding trip.

**John Redmond and Sir Edward Carson.**

New York, Feb. 26.—A cable from Dublin to the New York American says:  
 Both Irish parties have united in protesting against the desertion of Queenstown by mail steamers. A deputation including John Redmond and Sir Edward Carson, will present to the Premier and the Postmaster General Ireland's claim in this connection.  
 The Dublin corporation simultaneously will present to the House of Commons a petition for the reinstatement of the regular mail service between Queenstown and America.

Yielding to persons who have faith in an old superstition, the authorities at Aurora, Ill., have photographed the eye of Theresa Hollander, State's attorney Tyer admitted this on Tuesday, saying that it was the belief of many that the retina of a murdered person retained the image of the murderer. Whether the negative held by the authorities showed anything of this nature was not revealed by the state's attorney.

**To Form A Fund For Highway Improvement**

Toronto, Feb. 26.—The Toronto Good Roads Association Wednesday passed a resolution recommending an increase in cost of motor vehicle licenses and taxation of railways, to form a fund for highway improvement purposes.  
 A Worcester, Mass., newsdealer has freed himself from the spongers who borrow papers from the stand, read them, and replace them. He has hung up a sign reading, "To rent—newspapers, one cent per half hour; magazines three cents per half hour."

**Dizziness**

Mrs. J. B. Renaud of oldrich St., Sturgeon Falls, Ont., says:  
 "I have suffered for months with a very weak stomach I had dizzy spells, and at times could not retain any food at all. I tried any number of remedies and prescriptions but none seemed to relieve me until I tried Mi-o-na Tablets. I used one box only and they have completely cured me of my troubles. I am pleased to recommend Mi-o-na as I know it to be a remedy of merit."  
 Mi-o-na is sold by druggists everywhere at 50 cents a box and is guaranteed to cure dyspepsia, indigestion, sick headache, nausea, heartburn, sour stomach, belching of gas, dizziness, heavy stomach and car sickness, vomiting of pregnancy and the after effects of over-eating or drinking—or money back. Postpaid from The R. T. Booth Co. Ltd., Fort Erie, Ont. Sold and guaranteed by E. W. Mair.

**CHEW**

**PACIFIC**

**PLUG TOBACCO**

*"It's the best thing yet boys!"*

