Every Mother
is called upon to cure
Cuts—Sprains—Bruises.

Painkiller

does it rapidly. Nothing like it for children. A few drops in hot sweetened water cures
Cramps—Colic and Summer Complaint.
There's only one Painkiller, PERRY DAVIS'.

Was Very Weak and Nervous.

Heart Palpitated—
Would Get Dizzy Spells—
Many Canadian Women Troubled in this Way—
Are You One of Them?—
If so, You Can Be Cured!

MILBURN'S HEART AND NERVE PILLS WILL DO IT.

Mrs. Denis Hogan, Haseldean, Ont., writes:—During the year 1901 I was troubled very much with palpitation of the heart, followed by a fluttering sensation and great pain. I would get dizzy, and was very weak and nervous. Being advised to try MILBURN'S HEART AND NERVE PILLS, I procured three boxes, and since taking them I have not had a bad spell, and feel better than I have for years.

Price 50c. per box, or 3 for $1.25; all dealers or The T. Milburn Co., Limited, Toronto, Ont.

ASTHMA

Of all diseases that afflicts humanity, none is so distressing and trying as Asthma.

If you are a discouraged Asthmatic and have tried many remedies without result, let us send you a generous free sample of Himrod's Asthma Cure and prove to you the wonderful efficacy of this remedy. Used as an inhalation, it instantly relieves the oppressive sense of impending suffocation enabling the patient to breathe freely at once and by a soothing medication of the bronchial passages, quickly lessens the severity and frequency of attacks until a cure is attained. Asthmatics are generally dyspeptic and should avoid internal remedies liable to impair the digestion. For over a quarter of a century Himrod's Cure has been prescribed by eminent physicians throughout the world. It is a remedy in which you can place entire confidence. If your case is a chronic one, or, only of a few months standing, send for a free sample at once and try it. It will not disappoint you.

HIMROD MF'G CO.,
14-16 VESEY ST., NEW YORK.

Your druggist may not carry Himrod's Asthma Cure in stock. A conscientious druggist will get it for you if you ask him and will not try to sell you something "just as good."
A fair warning, insist on having Himrod's

COWAN'S PERFECTION Cocoa.

It makes children healthy and strong.

When answering advertisements please mention the Messenger and Visitor.

From

May 15 to June 15

We will mail postpaid to any address for 25 cents a sample box (quarter gross) of the MARITIME PEN. These pens are good, like everything else we give our name.

KAULBACH & SCHURMAN,
Chartered Accountants,
MARITIME BUSINESS COLLEGE,
Halifax, N. S.

The Home

HEALING PROPERTIES OF WATER.

There is no remedy of such general application and none so easily attainable as water and yet nine persons in ten will pass by it in an emergency, to seek for something of less efficacy. There are but few cases of illness where water should not occupy the highest place as a remedial agent. A strip of flannel or a napkin folded lengthwise and dipped in hot water wrung out and then applied around the neck of a child that has croup, and then covered over with a larger and thicker towel, will usually bring relief in ten minutes.

A towel folded several times, dipped in hot water, wrung out, and then applied over the seat of pain in toothache or neuralgia, will generally afford prompt relief. This treatment in colic works like magic. We have known cases that have resisted other treatment for hours yield in ten minutes to this. There is nothing that will so promptly cut short a congestion of the lungs, sore throat, or rheumatism, as hot water when applied promptly and thoroughly. Pieces of cotton batting dipped in hot water, and kept applied to old sores, new cuts, bruises, and sprains is the treatment now generally adopted in hospitals. Sprained ankle has been cured in an hour by showering it with hot water, poured from a height of three feet. Tepid water acts promptly as an emetic, and hot water taken freely half an hour before bedtime is the best of cathartics in case of constipation, while it has a most soothing effect on the stomach and bowels. This treatment continued for a few months, with proper attention to diet, will alleviate any case of dyspepsia.—Oracle.

HOW TO GET SLEEP.

1. If you have anything on your mind, from a sonnet to a soup, "make a note of it." It is less nerve expense to use a paper tablet than to use the brain tablet.

2. Relax. Lie as limply in your bed as a year-old babe. "Rest, relaxation, repose." Station these Delsarte graces at the approach to your nerves. If your nerves are overtaxed they will find rest; if not, these three will stand guard against a thousand so-called duties.

3. You are too tense. When you think, use the brain alone. You cannot have repose of mind without repose of muscle. A well-known author complained that his knees ached while he was writing, and that his arms ached when he was walking. He broke down. Too tense.

4. Do no mental work after eight o'clock in the evening. Associate only with restful persons.

5. Place a handkerchief wet in cold water at the base of the brain. In extreme cases the sanitarium people use the ice-cap—a close-fitting double rubber cap filled with pounded ice.

6. The Delsarte people also say: Lie face downward on your bed in such a position that the head may hang over the edge. Cross arms under the chest for support. Bend head slowly forward as far as possible, then as far back as possible. Count twenty with eyes on ceiling. Repeat.

7. At the sanitarium just before retiring they give the sleepless ones a sitz and a foot bath—the sitz 96 to 98 degrees Fahrenheit, the foot bath 110 to 115 degrees Fahrenheit.

8. The salt rub is another sanitarium commandment: First, they turn the warm water on you; second, rub you with handfuls of wet, not melted salt; third, rinse you; fourth, dry you. This may be easily managed at home in a tub, or standing over a sheet.—Harper's Bazar.

LONG LIVING.

Under good sanitary conditions of residence and labor a man of sound physical equipment, if he escapes accident, ought to live till he dies of sheer old age. It is a matter of knowledge, in the first place, and of the practice of prudent living ever afterward.

Let us live in the country, drink water from deep wells, spend much time outdoors, count it a sin to be nervous, shun worry, which is the modern form the devil assumes, sleep long in the fresh air, live in plain houses on well drained hills, eat plain food and ripe fruit, keep our skins clean and keep them whole, regard good digestions as the mark of a gentleman—then we shall play with our great-grandchildren, and we shall see the fulfillment in octogenarian prime of the enthusiasm that thrilled us in boyhood.—Ex.

HOUSEHOLD HINTS.

Glassware should be washed in hot soapsuds and well rinsed in clear water, then wiped with a fine linen towel. In washing cut glass, lay three or four thicknesses of a towel on the bottom of the pan, which will make a soft support for the glass, and render it less liable to be broken than when it come in contact with a hard substance. Use a brush to remove articles of dust from the deep cutting. A little blueing added to the water in which the glass is rinsed will enhance the brilliancy of the crystal.

Fancy bags may be made of three colors of ribbon three inches wide, each made separately into a bag, and sewed up to within four inches of the top, then the remainder of the ribbons joined together in one, and about an inch turned over to form a hem with a second row of stitching above the hem to form a casing through which a narrow ribbon or cord may be run to draw it up. Featherstitch where the ribbons join and edge of the ruffle. Fill the bags with candy, and hang them on the tree.—The Pilgrim.

Roasted oysters are often cold by the time they reach the table, as they cool very quickly. To overcome this use fireproof individual dishes large enough to hold several oysters on the shell. Put in the bottom of the shell quite a deep bed of ordinary table salt and lay the oysters in the shell on this. Bake or roast in a very hot oven and serve. The salt retaining the heat will keep the oysters hot. Clam broth, which may be served with or without cream, as a nutritious stimulant, may be made as follows: Scrub the clams with a small, stiff brush until all grit and sand are removed, and place them on the bottom of a broad bottomed kettle. Add to about a dozen small, or at least medium sized clams in the shell a cup and a half of boiling hot water. Put the cover on the kettle very closely, and allow to steam until the shells are all open. Strain and serve clear in cups. If the clams are very small put a couple in each cup. Season with paprika. No salt is needed.—Ex.

POLITE AWAY FROM HOME.

"Ah, he's just as polite," said little Mabel, ecstatically. "He picks up things, and runs for things, and says, 'Excuse me.'"

"Who?" I asked.

"That boy," she said, pointing to a handsomely dressed little fellow across the room.

"That boy," I cried. "Why, I'm visiting at this house, and he bangs the doors, and whistles while his mother is talking, and says, 'Don't bother me,' when she asks him to shut the window. Are you sure it is that boy?"

"Yes that's the boy."

His manners are all put on away from home; he has none for his own mother, or sisters, or brothers.—Ex.

THOUSANDS OF MOTHERS

Recommend Baby's Own Tablets. "I would not do without them," is a very familiar sentence in their letters to us. The Tablets get this praise simply because no other medicine has ever done so much in relieving and curing the minor ills of infants and young children.

Mrs. Levi Perry, Roseway, N. S., says: "I take great pleasure in recommending Baby's Own Tablets for colic and constipation. I have never found anything to equal them for these troubles." Besides curing colic constipation and indigestion, Baby's Own Tablets prevent croup, break up colds, expel worms, allay the irritation accompanying the cutting of teeth, sweeten the stomach and promote health-giving sleep. Guaranteed to contain neither opiates nor other harmful drugs. Sold at 25 cents a box by all druggists or may be had by writing the Dr. Williams' Medicine Co., Brockville, Ont.

A BAD CASE OF KIDNEY TROUBLE CURED BY DOAN'S KIDNEY PILLS.

Kidney Troubles, no matter of what kind or what stage of the disease, can be quickly and permanently cured by the use of these wonderful pills. Mr. Joseph Leland, Alma, N.W.T., recommends them to all kidney trouble sufferers, when he says:—I was troubled with dull headaches, had frightful dreams, terrible pains in my legs and a frequent desire to urinate. Noticing DOAN'S KIDNEY PILLS recommended for just such annoyances as mine, it occurred to me to give them a trial, so I procured a box of them, and was very much surprised at the effectual cure they made. I take a great deal of pleasure in recommending them to all kidney trouble sufferers.

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

Always
Woodill's German Baking Powder
Reliable.

GATES' Acadian Liniment

IS A
Never-failing Specific for Pain and Cure for Injuries.

Modern science has shown the danger of a wound of any kind becoming infected with bacteria. They float in the air and readily enter any abrasion or inflammed portion of the body often causing dangerous results. Hence the importance in modern surgery of an immediate application of some disinfectant. Nothing will be found superior to Gates' Acadian Liniment for this use. A bottle should be kept constantly in the house ready for instant application. Its frequent and great benefit will soon demonstrate its value to the possessor. Twenty-five cents will make the trial. Do not wait. Try it now.

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To any address in Canada fifty finest Thick Ivory Visiting Cards, printed in the best possible manner, with name in Steel plate script, ONLY 25c. and 3c. for postage.

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