

HOW TO KILL THE BLUES.

Generally speaking, if you are troubled with the blues, and cannot tell why, you may be sure it springs from physical weakness.

Instead of lying on the sofa and counting painful ideas, if you are a despairing lover, a hypochondriac or a yuletudinarian, you should be up and stirring yourself.

Try, therefore, to set your blood in motion. Try rather what a smart walk will do for you; set your pegs in motion on rough rocky ground, or hurry them up a steep craggy hill; build stope wall, swing an axe over a pile of hickory or rock maple; turn a grindstone; dig ditches; in short, do anything that will start the perspiration, and you will soon cease to have your brains lined with black, as Burton expresses it, or to raise in the morning, as Cowper did, like an infernal frog out of Acheron, crowned with the ooze and mud of melancholy.

Don't Undervalue the Boy.

Too many men make their boys feel that they are of little or no account while they are boys. Lay a responsibility on a boy, and he will meet it in a manly spirit.

Do not wait for the boy to grow up before you begin to treat him as an equal. A proper amount of confidence and words of encouragement and advice, and giving him to understand that you trust him in many ways, helps to make a man of him long before he is a man in either stature or years.

Sweet-Minded Women. So great is the influence of a sweet-minded woman on those around her it is almost boundless.

One soothing touch of her kindly hand works wonders in the feverish child; a few words let fall from her lips in the ear of a sorrow-stricken sister do much to raise the load of grief, that is blowing its victim down to the dust in anguish.

The husband comes home worn out with the pressure of business and feeling irritable with the world in general; but when he enters the cozy sitting-room and sees the blaze of the bright fire, and meets his wife's smiling face, he succumbs in a moment to the soothing influences which act as the balm of Gilead to his wounded spirits, that are wounded with the stern realities of life.

PYÆMIA

Is the most virulent form of blood-poisoning. Less speedily fatal, but not less certainly so, is the vitiation of the blood, which the first symptoms are Pimples, Sties, Boils, and Cutaneous Eruptions.

SCROFULA

Is a foul corruption in the blood that rots out all the machinery of life. Nothing will eradicate it from the system and prevent its transmission to offspring but AYER'S SARSAPARILLA.

ANÆMIA

A wretched condition indicated by Pallid Skin, Flaccid Muscles, Shattered Nerves, and Melancholy. Its first symptoms are Weakness, Languor, Loss of Nerve Force, and Mental Dejection.

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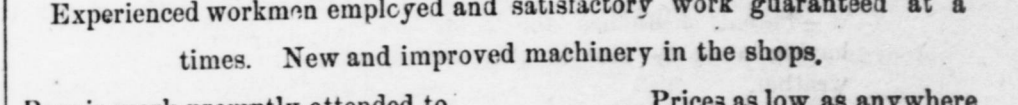
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