

DOING YOUR BEST.

Good Advice for Young Men Desirous of Developing Themselves.

The only way for a clerk to develop himself is to do his best. He can get along, no doubt, with less than this, but he ought to wish to get along as far as possible—to make the most possible of himself—and this he can not do if he stops short of what he may call strenuous endeavor.

FARM AND FIRESIDE.

—Bone meal is said to be a perfect fertilizer for oats and millet. —This is a transition period. Many farmers are trying the experiment of mowing by sowing dreams and reaping shadows.

Wretched Zulu Babies.

When a Zulu child is first born, it is of a light hue and does not get the darker tint of the parents for some years. As soon as it enters the world the "medicine man" is sent for, and, contrary to the custom of the civilized "medical man," he takes no notice whatever of the mother, but devoting himself entirely to the child, makes a number of small gashes in various parts of the poor infant's body, into which he rubs medicine and goes on his way rejoicing, returning next day to make the incisions deeper and rub more medicine into them; this second operation being performed, the child is washed and dried by being moved around in the smoke of a wood fire, eventually being daubed all over with a red paint, which is renewed as fast as it wears off for a period of several months.

The Lessons of "Unser Fritz" Case.

The greatest doctors in Europe don't seem to know what ails "Unser Fritz." Thus are the Garfield and Grant episodes repeated, and public confidence in "expert" medical knowledge is again shaken. The effect is a revulsion. Since the fatal days of 1883, many of the doctrines of the schoolmen concerning extensive medication have been abandoned, and all schools of practice are more and more relying upon old-fashioned simple roots and herb preparations and careful nursing—the only reliance known to our ancestors.



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WOMAN'S SPECIFIC.

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