

THEY DON'T WATCH THE POT.

A watched pot never boils, and a watched clock never goes. Nothing is quick enough for impatience. Minutes, hours, and days are mere words after all. We are happy—a day is but an hour. We are miserable—an hour is a day.

From the summer of 1890 to the autumn of 1892 wasn't long to contented and busy people; but to Mrs Annie Dutton it seemed like one of those tremendous geologic periods that the learned men talk about. For it was measured by weary heart-beats and footsteps taken in pain. Her trouble began as it begins with an uncounted multitude of women—the tired and languid feeling, the disgust with food, the distress after eating, the coated tongue, the grinding pain at the pit of the stomach, the nausea and vomiting of acid fluids, etc.—a dreary list.

Writing of her experience recently, she says: 'After a time I had so much distress that I never wanted anything to eat; the very sight of it made me sick. Night after night came, bringing sleep to others, but not to me. I was low, miserable, and worn out, and would sit for hours all alone, wishing for no company. And then, so nervous. Why, the slightest noise started me.'

'Two terrible years of this I was dragged through. In that time I lost four stone in weight, growing continually weaker. I consulted doctor after doctor, but they were not able to do me any real good. I tried change of air, yet was disappointed in my hope of any advantage from it. I only lost ground, and became more and more feeble.'

'Then came unexpected help. In September, 1892, a neighbour of mine told me of the good Mother Seigel's Curative Syrup had done for her, and urged me to try it. I had heard this medicine well spoken of for years; still I had no faith that it would benefit me in my condition. However, my husband got me the Syrup from Derby, and after I had taken it a few days I felt better. I could eat once more, and my food agreed with me. After I had used three bottles I was a new woman. I was well; and I have been in good health ever since. Now I recommend the Syrup to all our customers and friends, and so does my husband.—Yours truly (Signed) Annie Dutton, Nottingham Road, Borrowash, near Derby, October 6th, 1893.'

As to the opening symptoms, the narrative of Mrs Susannah Durose is identical with that of Mrs Dutton, so we need not repeat them.

'In October, 1890,' says Mrs Durose, 'I read about Mother Seigel's Syrup in a little book. I got a bottle, and after taking it a short time I was well as ever, although I am 78 years old. My daughter, who suffered from weakness and neuralgia, took the Syrup with great benefit. I know many others who have been cured by it after all other means had failed.—Yours truly (Signed) Susannah Durose, Hawthorn Cottage, Borrowash, near Derby, October 6th, 1893.'

The latter lady would be called very old, as she is 78; and, as lives average nowadays, she is old. Few of us, perhaps none, have any hope of living as long as she has. Why not? 'The days of our years are three score years and ten,' says David. But most of the race fail to reach 70, while many exceed it. There is no law, no edict, on the subject. We are each entitled to live as long as we can, and to be as happy as we can; and both depend (accidents excepted) on health; and health means the continued natural action of the digestive process.

And that Mother Seigel's Curative Syrup promotes that a host of witnesses in England alone have testified.

Little Guy remembered the stories of fierce wild animals, but forgot their names. (One day he came to the house in great fright, saying that he had heard something growling in the bushes.) 'And O mamma, he cried, 'I do believe it's an oleander!'

Elsie, shopping with her mother, heard her ask for robin's-egg blue cashmere. When they left the shop, Elsie said, 'O mamma! I wish you'd bought me a dress of that bird's-nest blue.'

Specially prepared as a Beautifier of the Skin & Complexion.

Dr. MACKENZIE'S
CELEBRATED
ARSENICAL TOILET SOAP.

Is prepared with special beautifying ingredients and will produce the most lovely Complexion, free from blotch, blemish, coarseness, redness, freckles, or pimples. Deliciously and expensively perfumed. One Shilling per Tablet. Doctor's certificate with each cake, certifying to its harmlessness, purity, and beautifying qualities. Beware of injurious imitations. At all Chemists & Stores. Madame Adeline Patti writes: "I find Dr. Mackenzie's Arsenical Toilet Soap most excellent." S. HARVEY, 4 Deans Street, London Bridge, Eng.

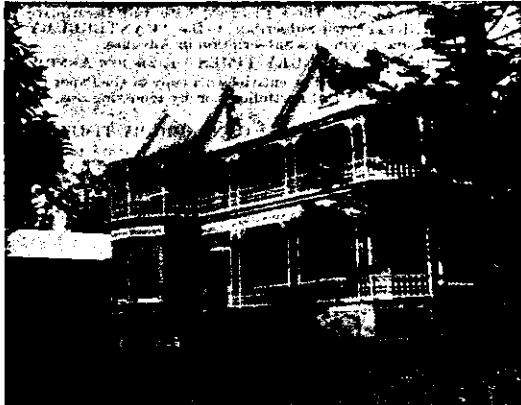
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LIST OF SUCCESSORS FOR THE YEAR 1897.

Four Boys passed the Matriculation Examination.

Four Boys passed the Senior Civil Service Examination.

Nine Boys passed the Junior Civil Service Examination, two of whom gained the 13th and 38th places in New Zealand on a List of 236 successful candidates.

Special Bus Arrangements for Day Boys. Prospectus may be had on application to the Principal, or from Messrs Upton and Co, Queen-street.

Last Term began Tuesday, Sept. 21st.

VINOLIA (SOOTHING)
CREAM (EMOLLIENT)

FOR ITCHING, SUNBURN, INSECT BITES, FACE SPOTS, Etc.

The 'Baby' reports:—'For acne spots on the face and particularly for Eczema, it is undoubtedly efficacious, frequently healing eruptions and removing pimples in a few days.'

IT RELIEVES ITCHING AT ONCE. (In 4 Sizes.)

VINOLIA (SOLUBLE)
POWDER (SAFE)

FOR REDNESS, ROUGHNESS, TOILET, NURSERY, Etc.

The 'Ladies Pictorial' reports:—'Superseding the old-fashioned toilet powders which are apt to cause acne spots on the face by blocking up the pores of the skin.'

IN WHITE, PINK, AND CREAM TINTS. (In 4 Sizes.)

PREMIER VINOLIA SOAP (For Sensitive Skins).

A DISH FOR PRINCES.

Custard with the luscious Fruits of New Zealand, and all Imported Fruits.

BIRD'S CUSTARD POWDER

Produces the Richest Custard, without Eggs.

TINNED FRUIT is Delicious with BIRD'S CUSTARD. The Fruit with Syrup should be emptied into one glass dish and the Custard poured into another. A portion of the Fruit and Custard when served upon each plate forms a most attractive dish.

BIRD'S CUSTARD POWDER can be obtained wherever Tinned Fruit is sold.

The best resource for every housekeeper—affording a constant variation in the daily menu.

Storekeepers can obtain supplies of Bird's Custard and Bird's Concentrated Egg Powders, Bird's Baking and Bird's Blanco-Range Powders, from all the leading Wholesale Houses.

A HINT TO THIN GIRLS.

A pretty neck is only a matter of muscle, said a young woman to her two chums, who were admiring the marble-hued softness of her shoulders as the three sat dressed for a dance. 'I never look at the pictures of Sallow or John L. Sullivan without thinking how lovely they would look in evening dress—I mean girl's evening dress, of course.'

'Oh, horrors! Virginia, what an absurdity! Think of a prize-fighter in low neck and short sleeves!' 'I don't wonder that you laugh; but you'll be more surprised when I tell you that it was just that absurd idea that led me to try developing my neck. It was the summer before I came out. I was to be a debutante the next winter. My neck was so thin that my collar bones grinned at me every time I looked in the glass. Imagine a debutante with collar-bones.'

The others looked the dismay that the speaker expected, and she went on. 'Now this is all I did, and if you do the same for ten minutes night and morning you will notice a difference in a month.'

'If you examine closely the pictures of Sullivan or any of those prize-fighters you will notice that they usually carry their heads with the chin forced back close to the neck. If you try to do this you will find that your head straightens up as if you had a stiff neck and your chest rises an inch or so. Of course it will be mostly the bones that rise, but don't be frightened at the ghostly apparition. Just keep pushing your head back as far as possible without bending the neck, always keeping the chin in.'

'Then turn the head around to the right and left as far as it will go with the chin in the same position. The hardest exercise is to throw the head back and bring it forward with a jerk until the chin fairly slaps the chest. It is one of the prize-fighter's favourite exercises to develop the muscles of his neck, and I thought I might as well try to cover my bones in the same way. Anyway, it's very simple; it certainly does no harm to try it, and in any case I have my own experience as testimony to its efficacy.'

'In taking the exercise it is a good plan to draw a deep breath and hold it as long as possible while turning the head from side to side or pushing it back.'

Here are some of the military exercises which girls who want to reduce the waist without tight-lacing or who object to wearing corsets at all, may try to advantage, confident that if persisted in these are bound to make the waist longer and more slender.

First, stand straight, with arms at sides and palms to the front; then raise the arms up over the top of the head till the thumbs touch, and drop slowly down again.

Second, hold the arms straight out in front of you, palms down, and then move each around gradually to the side and back again, keeping them on the same level.

Third, stand with the arms stretched as far apart as possible, making a perfect cross with the body, and describe small circles with each arm, using the shoulder as centre.

The exercise of slapping the backs of the hands together behind the back is good for both small waist and full neck, but it is so common that it is hardly worth mentioning.

COFFEE AND ITS USES.

When there are in a community epidemics of typhoid fever, cholera, erysipelas, scarlet fever, and the various types of malarial fever, which are transmitted almost entirely through the medium of food and drink, coffee is a valuable agent, and may be used as a drink instead of water.

It is a valuable agent in assisting in the digestion of food, and aids the blood in taking up more nourishment than it would without it.

It quickens the circulation of the blood and respiration.

It is also stimulating and refreshing (due to the caffeine it contains).

In tiding over nervousness in emergencies it is a sovereign remedy.

As a stimulant and calorific generator in cold weather it is 100 per cent. ahead of whisky or other liquors.

As a disinfectant it is one of no small usefulness in the sick chamber.