

## NEW BOOKS

From Messrs. Whitcombe and Tombs (Christchurch, Wellington, and Dunedin) we have received a cheap reprint of Cardinal Newman's 'Apologia Pro Vita Sua.' This work is recognised as an English classic, and the public are indebted to the publishers (Longmans, Green, and Co.) for issuing it in a popular form, and thus bringing it within the reach of all. With the exception of the omission of a portion of the index, and the inclusion of a hitherto unpublished letter of the author to a friend, the text of the present volume is verbally and in arrangement precisely identical with the original and high-priced editions. The issue of a popular edition of the 'Apologia' is at the present time particularly opportune, as some of the Modernist writers have been attempting to prove that the author's opinions were, in some way or other, similar to their own theories—a contention which has been thoroughly disproved in the able pamphlet by the Bishop of Limerick, which was referred to in our columns a few weeks ago, and for which the author received the thanks of the Holy Father.

From the same firm we have also received a cheap issue of Father Gerard's 'The Old Riddle and the Newest Answer,' which is a complete answer to the theories of Haeckel and the Rationalistic school. The purpose of the volume, as the author points out, is simply to examine in the light of reason and common sense the consequences which some would have us draw from the facts revealed by science. For those facts themselves the great majority of men must necessarily depend upon expert testimony—upon the evidence of the original investigators who, each in his own special department, have advanced our knowledge of nature and its laws. But every educated man endowed with what Newton called 'a competent faculty of thinking,' is capable of judging for himself how far the inferences drawn from such facts are warranted by them, and this we must endeavor to do, if we would be true to the first principles of reason and science itself. The learned author examines some of the more fundamental far-reaching conclusions advocated at the present day, with the result that he is able to show that many of the most cherished opinions of alleged scientists are neither supported by science nor common sense.

Another interesting book which we have received from Messrs. Whitcombe and Tombs is 'The Christ, the Son of God: A Life of Our Lord and Saviour Jesus Christ,' by the Abbe Fouard. The original work was in French, and the Messrs. Longmans have published an English translation at a price which brings it within the reach of all. It is a singularly able and excellent work, and needs little recommendation. When it first appeared the Cardinal-Archbishop of Rouen said of it that it united the consolations of piety with the explanations of true science on the text of Scripture. The work was blessed by the late Pope, many Cardinals and members of the French hierarchy have given it their approbation, and the late Cardinal Manning wrote an introduction to the English translation.

### DON'T NEGLECT YOUR COUGH. DISTRESSING SYMPTOMS QUICKLY ENDED.

Don't look on a cough as merely a cough and nothing more. A cough is always a symptom of some complaint of the throat or chest, and because of what lies behind and what it may lead to, attend to it at once. TUSSICURA heals and soothes the sore and inflamed membranes of the throat, bronchial tubes, and lungs, subdues all irritation, loosens the phlegm, invigorates and strengthens the tissues which have been worn and weakened by incessant coughing. TUSSICURA contains no opium or other narcotic, and may be taken by persons of either sex and of any age. TUSSICURA is not only a cough and cold cure, but also a powerful stomach tonic. Sold in bottles—1s 6d, 2s 6d, 4s 6d; all chemists and stores.

### HOW TO PAINT A HOUSE CHEAP.

**Garrara Paint** In White and Colours. Mixed Ready for Inside and Outside Use. **GARRARA** retains its Gloss and Lustre for at least five years, and will look better in eight years than lead and oil paints do in two. **USE GARRARA**, the first coat of which is no greater than lead and oil paints, and your paint bills will be reduced by over 50 per cent. A beautifully-illustrated booklet, entitled 'How to Paint a House Cheap,' will be forwarded free on application.

K. RAMSAY & CO., 19 Vogel Street, Dunedin.

## LILY WASHING TABLETS

## Domestic

### Food Comparisons.

In a lecture to the students of Harvard Medical School, Dr. Franklin White, in illustrating the comparative nourishing properties of different foods, stated that—A slice of bread and butter equals in nourishment, three good slices of beef, twenty cups of beef tea made from beef extract, half a glass of milk, one and one-half eggs, a small plate of baked beans, sixteen oysters, eleven cups of home-made beef tea.

### Influenza Cure.

A physician, who was asked if he had a cure for influenza, said: 'I don't know any cure for influenza except rest and bed. Those severe feverish colds that one gets sometimes I treat as follows:— I go to bed and stay there until well. While in bed I eat little solid food. But beside me I have a basket of grapes, oranges, and apples. On these I live; no jellies, no meat, fish, eggs, or anything of the sort. When I arise in a few days I am a new man. Try this rest and fruit cure.'

### Treacle Posset.

This is a very good old-fashioned remedy for a cold in the head, and should be taken the last thing at night. Boil one pint of milk with sufficient treacle to curdle it; allow the curd to settle, strain off the liquid, and drink it as hot as possible.

### Hot Food and Dyspepsia.

There is no doubt that most people ruin their teeth and digestive system by taking food at too high a temperature. One cannot get into a hot bath if it is over 112 degrees. One hundred and five degrees is dangerous, and even 100 degrees is warm. But from experiments made it appears that we eat meat at 115 degrees temperature, beans at 132 degrees, potatoes at 150 degrees, and fruit pie at 130 degrees. The average temperature of tea is 135 degrees, and it may be sipped, but cannot be swallowed in large quantities if it exceeds 142 degrees. Now, all of these things are so hot that the fingers can touch them only for a moment. What serious injury must they not cause to the delicate lining of the stomach when they burn the tough skin of the fingers. Dyspepsia and bad teeth are the inevitable result.

### Bone Soup.

An excellent soup may be made from the bone material which in many households is simply thrown away. When joints have all been used up, take the bones of two, and break them into short lengths. Place the bones in a stewing jar with a plateful of prepared onions, parsnips, celery, and carrots. Cover all with water, season with pepper, salt, and catsup, and color with a teaspoonful of browning. Place a lid or saucer over the jar, and stand it in the oven for four or five hours, so that the soup may simmer slowly. Take out the bones while hot, and when cold skim off all the fat. This soup may be thickened with pea-flour for pea-soup, or if simmered for two hours further with pearl barley will make delicious thick gravy soup. The bones from the two joints, if of good size, should produce about three to four quarts of excellent stock. This soup is most suitable and nourishing for the cold weather, and its cheapness puts it within the reach of all.

### Hot Water.

Hot water quenches thirst in most instances better than cold. Taken regularly at the rate of one glassful half an hour before meals it promotes digestion, and in catarrhal conditions of the stomach is recommended by physicians. It has also been tried as a remedy for insomnia. Constipation is frequently the result of an inadequate supply of water. One of the reasons people thrive at hydros is that, besides any medicinal properties the springs may possess, they drink much more water than they do at home.

*Maureen*

He went to the butcher; also the baker;  
He went to the grocer and cabinet-maker;  
He even enquired of the new undertaker,  
And asked the distiller and brewer;  
And all of them said  
That for colds in the head,  
And the best for the chest as proven by test  
Was Woods' Great Peppermint Cure.

A BOON TO WOMEN! NO RUBBING REQUIRED  
LARGE WASHING (including soap) COSTS TWOPENCE  
Do the Washing in Less than Half the Usual Time—Will not injure the most delicate fabric—Brighten Faded Colours—Ask your Grocer—Wholesale, H. G. OLARKE, Crawford Street, Dunedin.