

NEW SEASON'S SHIPMENTS.

FASHIONABLE AND USEFUL FOR LADIES AND CHILDREN.

Infants' and Children's Hats, Tams, and Bonnets, the very Latest,
 3/6, 3/11, 4/11, 5/9, 6/6, 7/6, 8/6, 9/11
 Ladies' Stylish Trimmed Hats and Bonnets, Just Opened,
 14/11, 16/11, 18/11, 21/-, 25/6, 29/6, 39/6, 45/-, 55/-
 New Stock of Girls' and Maids' Jackets, a Choice Selection of Latest
 Materials, 11/6, 13/11, 15/6, 17/11, 19/6, 21/-, 25/-
 Children's and Girls' Paletots, Latest Shapes, Very Stylish,
 9/11, 11/6, 13/6, 15/11, 17/6, 19/6, 21/-, 25/-
 New Golf Blouses, Silk Blouses, and Fancy Cashmerette Blouses,
 Latest Shapes; New Mantles, New Dressing Gowns and
 Jackets, New Underskirts in Silk Moriette, Moreens, Felt, &c.

Very Large Assortment of Ladies' Jackets, in all the Leading Styles,
 15/11, 19/11, 22/6, 27/6, 32/6, 39/6, 45/-, 49/6, 63/-
 Latest Shapes in Costume Skirts, Newest Trimmings,
 11/6, 13/6, 15/11, 18/11, 21/, 25/6, 29/6, 35/-, 42/-
 New Stock of Corsets, Just to Hand, all the Popular Makes, including
 La Vida, W. B. Erect Form, C. B. and P.D. New Models,
 4/11, 5/11, 6/11, 8/11, 10/6, 13/6, 14/9, 17/6, 21/-, 42/-
 Splendid Variety in Children's Tunics and Pelisses, in Cream,
 Bearskin, Serges, Nestling Cloths, &c.; many are tastefully
 trimmed Silk, &c., 8/11, 10/9, 13/9, 17/6, 19/6, 22/6, 25/6, 29/6, 35/9
 Large Stock of Fancy Millinery, Trimmings, Feathers, Birds, Quills,
 Foliage, &c. endless Variety.

BEATH & COY. LIMITED, Direct Importers,  **Cashel Street, Christchurch.**

tors. Yet he was worse when he came to me than he had been for months. The cure consisted in acting with nature.

A short time ago a man came to me in a state of constipation, which he had endured since a child. I instructed him how to breathe, and the constipation was cured within a month. Another person came to me with persistent insomnia. I told him how to eat, breathe, and drink. The insomnia was cured in ten days. Another still, had indigestion for fifteen years. I read the laws of health to her and she is cured, and will stay cured if she will abide by natural laws. I know of a person who has been cured of catarrh of the head and throat of twenty-eight years' standing, just by proper eating, breathing, and thinking.

A friend of mine out in California became sick last year and wrote to me for instructions. I sat down and wrote him how to live, breathe, eat, and drink. A month later he wrote me he was nearly cured of dropsy, heart trouble, insomnia, and stomach disorder, and let me tell you if he was cured of the last he certainly was cured of all the rest, for they are all radiations.

Why will people not *insist* upon being healthy? Why will we mortal fools ever be bonded to the drug doctors? Nature is our friend and the only doctor we need. Cease breaking her mandates, and obey her wise and simple laws There is not a drug on the earth, in the earth, or in the waters under the earth that can take the place of good breathing, and if you do not breathe properly you cannot avoid reaping the result. There is no drug that can make you chew

properly if you have neglected to do so. There is no drug that can make you drink a sufficient quantity of water, and at the right time, if you have neglected to do so. No drug can excuse or cure the result of your lack of exercise. These are natural obligations, and he who shuns them will fall by the way into the slough of sickness.

There are really but three essential nutrients which nature offers us. These three are, food, water, and air, which give birth to sleep which is also nutritious. I have so often repeated how to breathe, that it seems threadbare to do so again, yet I shall continue to do so till people learn the first principle of living. Breathe from the abdominal region—not from the chest—and breathe long, deep, but very easy breaths. Never make breathing an effort. The best time for this deep breathing is while walking in the open air. If you are too ill to walk and breathe, then sit or lie in fresh air and breathe. Always breathe through the nostrils. Ventilate your sleeping chambers well, then breathe a hundred or more deep breaths before falling asleep. I usually walk and breathe an hour before breakfast time.

Drink one or two glasses of water before retiring at night. Repeat this on rising in the morning. Also midway between each meal of the day, but drink nothing at meals, else you will dilute your stomach juice till it becomes too weak for digestion. Chew every morsel of food thirty or more times before swallowing, even if it be soft bread, for all starchy foods require more chewing than meats. Exercise as per directions given Don't blame the doctors for your ill-health—it is your own fault if you are

not as perfect as nature requires. The M.D.'s never were intended to *keep* you well. Nature alone can do that.

DR. PAUL EDWARDS.

Health is the inherent right of all, and he who is found in default thereof, bears evidence of former violations by himself against himself.

How to Correct Faults.

Parents make a great mistake when they tell the child his fault in order to cure him of it. He ought to be cured of it without knowing that he has it. In continually chiding your child for his faults you develop one of the most serious of faults, that of self-consciousness. Has he a slouching gait? Do not tell him so; do not bid him stand up straight. Give him a military drill, or start him in athletics. Is he slovenly, and does he come to dinner with uncombed hair? Dress for dinner yourself, and buy him a handsome necktie—one that appeals to his fancy, not to yours. Is he selfish? Do not let him guess that he is so. Contrive a Christmas celebration for the happiness of others, and take him into your confidence in preparing for it. Then, when he does what he knows to be wrong, your rebuke will be more significant, and your punishment, if punishment is needed, as it sometimes is, will be more effectual. Punishments always, rebukes generally, should be reserved for the sins of which the sinner is conscious. Faults of which he is not conscious should be concealed if possible, without his being conscious of either the fault or the correction. Overcome evil with good. That requires skill. Any fool can point out a fault; only a wise man can correct it. —*The Outlook.*