

HEALTH.

Antidotes to Poisons.

The following valuable lists of antidotes for poisons taken from the Trained Nurse, should be closely studied by every parent, so that, in the event of accidental swallowing of poison, the proper antidote can be promptly administered without dangerous delay.

When the poison is unknown, this is the treatment: Provoke repeated vomiting; give bland liquids; stimulate if necessary.

For acids,—sulphuric, nitric, muriatic, oxalic: Give an alkali; provoke vomiting; give bland fluids; secure rest; stimulate if necessary.

For arsenic, Paris green, Scheele's green: Provoke vomiting; give dialysed iron and salt (repeat several times); give dose of castor oil; secure rest; stimulate if necessary.

For sugar of lead: Give epsom salts; provoke vomiting (repeat several times); give bland liquids; give dose of castor oil.

For corrosive sublimate, tartar emetic: Provoke vomiting; give strong tea without milk (repeat several times); give raw eggs and milk; give dose of castor oil; stimulate if necessary.

For phosphorus: Provoke vomiting; give five grain doses sulphate of copper; give dose of magnesia, but no oil.

Lunar caustic (nitrate of silver): Give strong salt and water; provoke vomiting repeat many times.

Iodine: Provoke vomiting; give starch and water; give bland fluids.

Opium,—morphine, laudanum, paregoric, etc., chloral: Provoke vomiting, repeatedly; give strong coffee, without milk; keep up the breathing.

Strychnine: Provoke vomiting once or twice; give a purgative; secure absolute quiet.

Aconite: Provoke vomiting; stimulate well.

Jamestown weed, hemlock, nightshade (belladonna), toadstools, tobacco: Provoke vomiting; stimulate well.

Alcohol: Provoke vomiting: give hartshorn and water.

Decayed meat or vegetable: Provoke vomiting; give a purgative; give powdered charcoal.

To provoke vomiting, warm water may be used with or without ground mustard (a tablespoon to a pint of water), or ipecac (a teaspoonful of the powder, or a tablespoonful or so of the syrup, and thrusting a finger down the throat. It is best to give large quantities (that is, a pint at a time) of warm water whenever vomiting is to be excited.

Bland liquids are milk, raw eggs, some sort of gruel, etc.

Stimulants are tea, coffee, whiskey, wine, etc., or hartshorn and water. Of this a teaspoonful in a teaspoonful of water will be enough for a dose.

In making tea or coffee, one must not wait to do it as for the table, but mix hot water and the leaves or grounds, squeeze them well, stir together, and give the whole,—leaves, grounds, and everything. At the same time, some may be made regularly, if there are conveniences for it.

Alkaline antidotes are hartshorn and water (a tablespoonful in two teaspoonfuls of water), soap and water, lime, whiting, soda, chalk, tooth-powder, plaster, magnesia, white-wash and even wood-ashes.

Acid antidotes are vinegar and lemon-juice.

Care of the Hair.

Numbers of persons suffer with loss of hair, while the presence of dandruff is to others a constant cause of great annoyance. The most simple and valuable treatment we have found, both to arrest the falling out of hair and remove dandruff, is the free use of extract of witch hazel, or Hamamelis. It should be thoroughly rubbed into the roots of the hair night and morning. The extract of witch hazel should be kept in every house; it is a most valuable remedy for allaying inflammation, for cleansing and healing old sores, as a lotion for sore eyes, bruises, sprains, and cuts.

Acute Rheumatism.

Acute rheumatism, neuralgia, toothache, etc., will usually readily yield to ten to fifteen grain doses of salicylate of soda, taken in a little syrup of tola. Always drink from one half to one glass of water after taking the salicylate of soda. It should be repeated every two hours if pain is very severe, until it is relieved; then give a dose every three hours for a day or two. We have known the most severe cases of acute rheumatism and neuralgia speedily relieved by this remedy. In toothache it rarely fails to promptly relieve the pain.

Treatment for Burns.

Some time since a gentleman severely burned the balls of his fingers by lifting a piece of burning wood which he supposed to be cold. The burn was deep but the skin was not broken. He immediately applied cold water in which a large amount of soda had been dissolved (a very valuable treatment for slight burns). But owing to the severity of the burn, and the many nerves centring in the ends of the finger, the pain was very intense. A physician present recommended the following treatment, which proved wonderfully effective: Immerse the fingers in a four per cent. solution of cocaine until the pain ceases, then immediately paint the entire burned surface with collodion. This was done; in three or four minutes the pain was relieved. After the fingers were painted as directed no more trouble was experienced from the burn.

The Domestic Doctor.

Milk of almonds is a good remedy for sunburn, and may be obtained of a druggist.

Thorough and frequent bathing is the best means of keeping the complexion pure and clean.

Hands may be kept smooth in cold weather by avoiding the use of warm water. Wash them with cold water and soap.

The following is said to be a good hay fever remedy. Powdered borax, one scruple; fresh powdered capsicum, pure, fifteen grains. Mix very thoroughly, and add car-

bonate of ammonia, finely powdered, ten grains. Mix again thoroughly, and place in a two dram bottle. Shake well at each using. Employed as a snuff. Thus carefully prepared, this is said to be an excellent palliative.

Castor oil is a drug which has not yet been, and is not likely to be, altogether supplanted by its more modern rivals, says the Bristol Medical Journal; nevertheless, it has been found that patients often decline to take it, and choose some more palatable, but less efficient substitute. The best way of taking castor oil is thoroughly to mix the dose with about four times as much hot milk—this is most effectually accomplished by shaking the two together in a bottle which they do not more than half fill. When taken as above directed, the activity of the oil seems to be increased, and, being rendered very limpid by the milk, its oily nature is not perceived. Children take it very readily in this form, in which, indeed, it is scarcely distinguishable from rich milk.

Flannel next to the skin is an important preservative against cold. It not merely acts as a nonconductor of heat, but gently stimulates the skin and assists it in throwing off superfluous matters. Persons who have in any way to take violent exercise, so as to produce frequent and copious perspiration, should wear flannel next to the skin. So should those who are frequently troubled with cough or tenderness of the chest, or who are liable to general debility. All elderly people require the warmth and nourishment which flannel affords. For wearing next to the skin thin flannels should be chosen, and should be taken off for the night and spread on a chair, so that the moisture may pass off. In general, it should be borne in mind that a little flannel next to the person is of more avail in preserving health than a large quantity of outer maillings.—National Stockman.

Cuts, Wounds and Bruises.

The tincture of calendula diluted in nine parts water is far more valuable dressing for cuts, wounds, and bruises, than any other simple remedy we are acquainted with. Every family should keep an ounce of this simple but valuable tincture in the house. It is made, as most of our readers will remember, from the flowers of the yellow marigold.

An Australian Grace Darling.

Pall Mall Gazette: On April 3 last the Johanna, a German barque, well-known in Australian waters, left Mauritius for Melbourne. For some days everything was plain sailing; then there followed a series of disasters such as are not often met with even in the annals of the sea. One by one the crew became prostrated by the Mauritius fever, and when almost every hand on board was lying ill the ship was caught in a gale.

Two men and one woman were left to work the vessel—Captain Meinders, Mrs. Meinders, and the chief mate. The Captain's wife, the heroine of this brief narrative—had a double duty to perform. She had in the first place to attend to the sick, and in the next place to assist her husband and the mate in the difficult task of running the ship during the gale. But, in spite of her efforts, death was busy. The sailors died one after the other, and finally the captain himself was struck down. Mrs. Meinders and the first mate were left all alone to fight the storm, and to bring the vessel to port. For forty days this woman stood at the wheel, saw to the rigging, and took an active part in the management of the ship. Below, the crew lay sick and dying around her was nothing but ceaseless work, danger, and anxiety. To crown all, her husband died. But the brave woman held on to the very end, and the vessel finally reached a haven of safety.

The heroine of this story, Margherita Meinders, is only 27 years of age. She was married in 1882 and has been at sea ever since. She has two children—one a boy now being educated in Germany, the other a little girl of 5, who ran about the deck of the Johanna through all its experiences. It remains to be noted that the good people of Melbourne have determined that the suffering of a widow and a woman shall be lightened by all the ways that are within the working of humans.

Whose turn may it be to-morrow? What weak heart, confident before trial, may not succumb under temptation invincible?

No nation can last which has made a mob of itself, however generous at heart. It must discipline its passions and direct them, or they will discipline it, one day with scorpion whips.

Improves digestion and strengthens the voice, cleans and preserves the teeth, Adam's Tutti Frutti Gum. Sold by all druggists and confectioners. 5 cents.

Dissimulation is as feminine a virtue, and as necessary to a woman, as religion.

Dr. Harvey's Southern Red Pine for Coughs and Colds is the most reliable medicine in use.

Every man's road in life is marked by the graves of his personal likings.

All Men. young, old, or middle-aged, who find themselves nervous, weak and exhausted, who are broken down from excess or overwork, resulting in many of the following symptoms: Mental depression, premature old age, loss of vitality, loss of memory, bad dreams, dimness of sight, palpitation of the heart, emissions, lack of energy, pain in the kidneys, headache, pimples on the face or body, itching or peculiar sensation about the scrotum, wasting of the organs, dizziness, specks before the eyes, twitching of the muscles, eye lids and elsewhere, bashfulness, deposits in the urine, loss of will power, tenderness of the scalp and spine, weak and flabby muscles, desire to sleep, failure to be rested by sleep, constipation, dullness of hearing, loss of voice, desire for solitude, excitability of temper, sunken eyes surrounded with LEADEN CIRCLES, oily looking skin, etc., are all symptoms of nervous debility that lead to insanity and death unless cured. The spring or vital force having lost its tension every function wanes in consequence. Those who through abuse committed in ignorance may be permanently cured. Send your address for book on all diseases peculiar to man. Address M. V. LUBON, 50 Front St. E., Toronto, Ont. Books sent free sealed.

Heart disease, the symptoms of which are faint spells, purple lips, numbness, palpitation, skip beats, hot flashes, rush of blood to the head, dull pain in the heart with beats strong, rapid and irregular, the second heart beat quicker than the first, pain about the breast bone, etc., can positively be cured. No cure, no pay. Send for book. Address M. V. LUBON, 50 Front Street East, Toronto, Ont.

Recommended to Sufferers. Gibbons' Toothache Gum. Price 15 cents. Too great display of delicacy can and does sometimes infringe on decency.

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Many so-called diseases are simply symptoms of Catarrh, such as head-ache, cold, sneezing, watery eyes, sniffing, foul breath, hawking and spitting, nausea, general feeling of debility, etc. If you are troubled with any of these or kindred symptoms, you have Catarrh, and should lose no time in procuring a bottle of NASAL BALM. Be warned in time, neglected cold in head results in Catarrh, followed by consumption and death. NASAL BALM is sold by all druggists or will be sent, post paid, on receipt of price (10 cents and \$1.00) by addressing FULFORD & CO., Brockville, Ont.

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References: The Reeve of Iroquois, Postmaster of Iroquois.

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