

HEALTH

HOW TO KEEP WELL.

The Best Disinfectant.

"What is the best disinfectant?" asked an anxious mother of a very prominent physician. "Cleanliness, madam, and fresh air," he replied promptly. And here is another example of the same kind: "Is it not odd that your children should have had so few contagious diseases?" said a friend to a woman of fashion, whose large family had been singularly free from illness. "Do you know I really think it is because their English governess keeps them so well scrubbed," was the reply. "She has a theory that it destroys germs, and the children are washed and brushed whenever they come in. I really believe she is right, and at all events it has given them rosy, healthy skins."

Certain it is in any case that the two fundamental principles of fresh air and fresh water are the alpha and omega of hygiene; and, moreover, it is also unhappily true that the neglect of these essentials is not confined by any means to the poorer classes. Few, comparatively, seriously consider that the proper drainage of the body by the pores is as necessary to the well being of our earthly tabernacle as sanitary plumbing is for our houses. Dr. Brown, of Edinburgh, in his lectures to workmen on "Health" tells them "first and foremost, consider your skin, take great care of it, for on its health a great deal depends; keep it clean, keep it warm, keep it dry, give it air. You should take time every morning to wash, not only your face, but your throat and breast with cold water, and rub yourself quite dry with a hard towel till you glow all over, and on every Saturday night you must manage to give a regular scrubbing of your whole body." Of course he was speaking to workmen to whom the daily "tub" was an impossibility, but even in these latter days, when Dame Fashion has decreed that matutinal tubbing is necessary, it is by no means as general a custom as one would suppose.

It is certain that the love of water is not as inherent a quality with our men as with our British cousins. We are greatly on the mend, however, in this respect, and this generation of tall, finely-formed youths and maidens proves that the regime of the day is a good one.

There are a few general principles to observe in the hygiene of a house that it might be well to impress upon young mothers, although the lack of observance which is seen is not due to want of knowledge so much as want of care. Every mother should see by personal supervision that each member of the family becomes habituated to sleep with the window more or less open according to the season. If there are stationary basins in the rooms or in the adjoining bath-rooms, she should join the constant and free use of disinfectants. If any one is obliged to sleep in a room with such a basin, a good plan is to throw a damp towel over it before going to bed.

Overheating the house, too, with young children is especially to be guarded against, as it is very apt to cause colds and croup. Watch the daily bath carefully; many cannot stand the daily plunge without ill effect, who would be greatly benefited by sponging and vigorous rubbing with a course towel. For those who dread the cold the following is a delightful way of taking an exhilarating morning tub:

Stand in hot water deep enough to cover the ankles, fill a basin with cold water, sponge off the body rapidly, and rub vigorously, putting on warm flannels before drying the feet. In this way the most delicate person will not experience any chill. The great point is the rapidity with which it is done; the whole bath should not exceed two minutes. We close these suggestions by a quotation from still another eminent doctor who has written a great deal on this very subject: "I cannot overrate the necessity for plenty of fresh air, sunshine and perfect cleanliness," he says, "both in the house and about the person; and it is only when these primary rules of hygiene are fully carried out that we can hope to keep the health which is given us."

Good Suggestions for Dyspeptics.

A writer, evidently of a practical turn of mind, tells a contemporary how easily the wakeful dyspeptic can be made to slip off into the land of dreams. He says:

"The dyspeptic, of course, eats a light supper, may resort to the use of a towel, wet with tepid water and covered with a dry cloth, the whole then applied to the pit of the stomach. Before the sufferer knows it she will float into a shadow land, such is the sympathy between the organs of digestion and the brain. Owing to the position of the stomach, a light sleeper ought to sleep on the right side instead of the left, never on the back. If there is a tendency to cold feet a thin woollen blanket may line the lower third of the bed. The limbs ought not to be greatly flexed, a position which prevents free circulation and they should rest one upon another lightly. The night light, where used, ought to be a tiny taper and not gas or kerosine, both of which devitalize the air. A darkened room is the best. Nature puts out her light and draws the curtain of darkness for a purpose. With good habits, physical and mental and a determination not to deal with anodynes, sleep may be won from its shyest lair to watch over the restless pillow."

Poison of the Teeth.

Biting the nails is an exceedingly dangerous practice, as the biter never knows when to stop, and at any moment is liable to bite into "the quick" and cause blood poisoning. Even when the utmost care is taken of the teeth, a poisonous secretion is apt to collect on them, and the entrance of a minute portion of this into the circulation may prove as certainly fatal as the pus on a surgeon's scalpel.

She Remained.

Mrs. Dikink—I am afraid I'll have to dismiss our new French maid.

Mrs. Van Wick—Indeed! Why?

Mrs. Dikink—I notice that she always has a smile when my husband speaks to her.

Mrs. Van Wick—I have noticed that, too, but he always speaks to her in French.

A meeting of 3,000 striking printers in Vienna announced the preparation for a general international strike, perhaps to include America and Australia.

THE DEATH AGONY.

A Physician Says It Exists Mainly in the Beholder's Imagination.

"Many persons wonder," said the house doctor of a well-known hospital to a reporter, "how physicians can watch unmoved the death of persons whose dissolution is seemingly accompanied by evidence of great suffering, and the remark is a common one that doctors are heartless and unfeeling. This harsh criticism is founded on a wrong idea of things. The fact is that what is known as the death agony is largely restricted to the imagination of the watcher at the bedside of the dying person. The visible spasms and distortions of the facial muscles which in many cases mark the ending of life are not only painless, but take place unconsciously so far as the dying person is concerned."

"Even in cases of death by hanging, where the prolonged agony of the sufferer is feelingly described by witnesses, it is reasonably certain that in a few moments the person becomes unconscious and dies in that condition. Such has been the experience of persons accidentally or purposely hanged, but afterward resuscitated. It is a fact that people who have been nearly drowned agree in the statement that after a few moments of painful struggle a feeling of tranquillity ensues."

"The suffering is while the resuscitated person is being brought back to consciousness. Then it is he often suffers physical pain and mental misery. It is a merciful dispensation of God and nature that, when the last moments of the dying man are at hand, vital forces give out, and the long-drawn-out gasps for breath come and go, the apparent sufferer is happily in a comatose condition, and so passes painlessly into the other life."

The Lost Snowdon Guide.

Early on Friday morning a party of 170 men started from Llanberis to search for the body of Griffith Pritchard, the Snowdon guide who perished in a snowstorm on the 25th of March, while descending from the summit. Pritchard reached the top in safety, but was advised not to attempt the descent, as there was every indication of a storm. He resolved to do so, however, and was not seen afterwards. Several parties searched the mountain, but the depth of the snow and the severity of the weather precluded any hope of recovery. The fine weather of the past few days has dissolved the snow, and on Friday the numerous searchers divided themselves into several parties, taking all sides of the mountain. Thomas John Roberts discovered the unfortunate guide on the Rhyd-ddu side, four and a half miles from Llanberis. His hat was first picked up, and then the body was discovered, standing in a leaning attitude, beneath an overhanging rock. It was in such a state of decomposition that it was resolved to prepare a coffin in which to take it to Llanberis.

Conjugal Wisdom.

"She who never answers till her husband speaks, is a type of wife happily becoming common in these days when women may have good health, cheerful dispositions, strong nerves and clear minds, simply through the use of Dr. Pierce's Favorite Prescription. Before the reputation and use of this remedy became world-wide, irritable, cross, nervous, debilitated women, suffering with displacements, hysteria, and every female disease, were the rule rather than the exception. The "Favorite Prescription" has proven to be the key to a long and happy life—the key which effectually locks out that old array of uterine disorders, periodical pains, weak back, prolapsus, inflammation, ulceration, nervous exhaustion and general debility. See printed guarantee on wrapper. Money refunded if it doesn't give satisfaction in every case."

The newest black lace gowns are of dotted net of light quality, like that used for veils, made over rich, royal ribbon silk, pearl colored, pale gray or stem green.

All druggists sell that well known preparation T. A. SLOCUM'S OXYGENIZED EMULSION OF PURE COD LIVER OIL, and no preparation for lung troubles etc. deserves to be better spoken of. Consumptives can now take heart for at the general office in Toronto Canada can be seen the highest testimonials that were ever given a similar medicine.

The jewelled and jetted bonnets, which are mere skeletons, incrustated with this brilliant finery, and are so much worn this Spring are, many of them, heavy burdens to their wearers.

What! Limping Yet!

Why should you go limping around when Putnam's Painless Corn Extractor will remove your corns in a few days? It will give almost instant relief and a guaranteed cure in the end. Be sure you get the genuine Putnam's Corn Extractor, made by Polson & Co., Kingston, for many substitutes are being offered and it is always better to get the best. Safe, sure, painless.

Another fancy is for a coat of black foulard with colored design worn with a black grenadine skirt.

Health and a vigorous appetite regained by using Adams' Tutti Frutti Gum. A delicious and healthful confection. Sold by all druggists and confectioners. 5 cents.

Corded black laces almost like passamenteries are chosen for flat trimmings, and the French laces with fine dots and bow knots and the new basket pattern for flounces.

For the cure of female weakness, suppressions, nervousness, bearing down pains and all those peculiar ailments that make woman's life almost unbearable, Dr. Williams' Pink Pills are an unfailing cure. They build up the blood, restore the nerves, and bring a glow of health to sallow cheeks. All dealers, or by mail post-paid on receipt of price (50c. a box). Dr. Williams Med. Co., Brockville Ont.

Some handsome black grenadine dresses made over satin have a crest of white guipure lace that is studded with large jet nail heads, or with smaller bits of cut steel.

GIBBONS' TOOTHACHE GUM.

Sold by all Druggists. Black silk stockings with slippers of suede kid, stitched across the vamp, with ribbons or not, as the wearer fancies, are worn with commencement dresses.

Every bottle of Dr. Harvey's Southern Red Pine for coughs and colds is warranted

Got the Mitten Every Time.

"I can marry any girl I please," was his exclamation, but unfortunately then he did not please any; and there was a plain reason for it. He had contracted catarrh of the worst form, and, although a wealthy, educated, attractive person every other way, he was positively repulsive to his lady friends, a number of whom rejected his offers of marriage. A friend advised him to use Dr. Sage's Catarrh Remedy. He took his advice, and now is the most popular beau in town, and he really can "marry any girl he pleases" to ask. It made his breath pure and sweet, he has no headache, no offensive discharges from the nose, in short, is in perfect health, and all from using a few bottles of Dr. Sage's Catarrh Remedy.

A black riding habit is rarely seen abroad. A novelty just now is to line the habits with silk. Dark blue and green are the shades most used.

A Romance in a Nutshell.

She went to a ball; wore too thin clothing; caught cold; was very ill for many days; a devoted admirer brought a remedy, when her life seemed to hang by a thread; she took it; recovered; and, finally, married the man who saved her life. And the remedy he brought her was Dr. Pierce's Golden Medical Discovery, which is a certain cure for all throat and lung diseases and scrofulous complaints, of which consumption is one.

Robes, in which almost the entire skirt is of Russian or Irish lace, in white or ecru, are exceedingly rich over silk skirts.

A. P. 562.



Children

always

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