

# HEALTH.

## Pure Air.

A writer gives valuable suggestions on the subject of ventilation. She declares that it is wise to protect ourselves from the rain that falls by day, but says it doesn't follow that by doing so it is wise to exclude from our dwellings all pure air and breathe that which is impure. If air that is confined and breathed and re-breathed during the day becomes foul and unhealthy, by what process does that which is confined and breathed and re-breathed during the night become pure and healthful?

"For the past fifteen years," says the writer referred to, "I have slept summer and winter—except on a few occasions when it was impossible to do so—with at least one window of my bedroom wide open every night, and have enjoyed excellent health, but on the exceptional nights I always awoke with a headache or a feeling of suffocation. I conclude therefore that as much nonsense is indulged in about the malign influence of night air and the malaria said to lurk therein as upon any other given subject. A freer admission of night air to badly ventilated bedrooms would destroy many of the illusions that exist in regard to its unhealthfulness."

Reform in the ventilation of our houses, our churches and our public buildings is needed as greatly as reform in any other direction, and this reform should begin in our houses and should work outward into all our churches and public buildings. If wives and mothers and home makers generally can be induced to let light and air into their parlors and bedrooms their husbands and sons will soon banish foul air from our churches and public buildings. Women are largely responsible for poorly ventilated buildings of all descriptions. A great many people frequently congregate in halls, churches, etc., where the atmosphere, unless the windows are kept wide open, is about as malodorous as that of a charnel-house, yet they do not consider such an atmosphere too foul for human beings to breathe. It is the first duty of every wife and mother to see that her house is thoroughly ventilated day and night. It is a fact beyond dispute that the parlors of a large proportion of houses are so crowded and stuffy that breathing is painful. Nine tenths of the bedrooms retain the personality of people who occupy the apartments from time to time, it clings to the bedding, curtains and carpets, and has been closely shut in last fresh air and sunshine should find admittance and with their purifying presence carry damage to the furniture.

## Disinfecting in Cases of Cancer.

In discussing several instances in which cancer seemed to have become located in certain dwellings and reappeared from time to time, Andrew Wilson says:—We know of no definite or certain microbe or parasite associated with cancer, so that, at present, if science is working very hard, it is working in the dark regarding the exact and specific cause of the ailment. In this respect, cancer is different from consumption. There we have a well known germ; its life history has been studied, we know how its dried spores possesses infinite capabilities of living on and of causing infection, and we can account in a rational fashion for the conveyance of consumption from those who are sick to those who are well. If there is a specific germ connected with cancer, as recent researches tend to suggest, may it not be that, like the germ of tetanus (or lockjaw), this cancer microbe lives in the soil, and in a damp soil preferably, and that in certain conditions of soil or air it remains in a dwelling to infect and re-infect successive occupants? I do not suppose anybody regards cancer as infectious from person to person. What we are told of its history points rather to a common cause from which the different cases in a house spring. Moreover, there is one other point not to be missed in this recital. The cancerous troubles appearing in the various persons whose histories I have detailed did not necessarily affect each person in the same way. In one it appeared in the liver, in another in the stomach, and so on. I regard this latter fact as indicating that probably a common cause originated this disease, while the individual peculiarities determined the exact mode of its appearance and development. Pending further light on this national question—for it really is a national and public matter—there is one thing to be done. If nowadays we disinfect houses and rooms in case of consumption, and attend to the personal hygiene of the consumptive patient, it is clear the least we can do is to practice the same disinfection in cases of cancer. This is one preventative measure well within our grasp, and we should see, as a matter of public health, that it is duly and carefully carried out.

## Sulphur in Throat Troubles.

There has been of late some discussion on the use of sulphur in throat troubles, especially those of diphtheritic character. This is by no means a new remedy, having been used as a throat disease panacea in certain households for at least a quarter of a century. As soon as inflammatory symptoms made their appearance the throat was thoroughly dusted with sulphur, this treatment being repeated every hour if the case was severe. As only good could come from swallowing the powder, it was used with the utmost freedom. Sometimes tea spoonful doses were taken with the most satisfactory results. One of the very best preparations for throat affections is equal parts of sulphurous acid and glycerine. This may be diluted in the proportion of one teaspoonful of the mixture to half a glass of the water. The throat may be brushed with it, or it may be used as gargle. Freely applied it will usually relieve all unpleasant symptoms at once, and persisted in, it rarely fails to cure the most obstinate cases. The objection to it is that it is too simple for the medical profession to approve.

## Worry and Indigestion.

Worry is a baneful curse and source of

untold evils. It seams the face with lines and furrows and has a most depressing effect upon that hypersensitive organ, the stomach. The physiological explanation of this is the close alliance of the great sympathetic nerves, which are worse than the telegraph for carrying bad news; the worry and anxiety which depress the brain produce simultaneously a semi-paralysis of the nerves of the stomach, gastric juices will not flow, and—presto! there is indigestion. One sign of mental health is serenity of temper and a self-control that enables us to bear with equanimity and unruffled temper the petty trials and jars of life, especially those arising from contact with scolding, irascible, irritating folk. It is well to remember at such times that these unfortunates are their own worst enemies, and a cultivation of the art of not hearing will help us very much. It is a very useful art all through life, and well worth some trouble to acquire.

## It Sharpens

the appetite, improves digestion, and restores health and vigor; all the organs of the body are aroused to healthy action by Dr. Pierce's Golden Medical Discovery. More than all, the liver—and that's the key to the whole system. You have pure blood or poisonous blood, just as your liver chooses. The blood controls the health, the liver controls the blood, the "Discovery" controls the liver.

You can escape just about half the ills that flesh is heir to, by being ready for them. Brace the system up with this medicine, which prevents as well as cures. For all diseases caused by a disordered liver or impure blood—dyspepsia, biliousness, the most stubborn skin, scap and scrofulous affections, the "Discovery" is the only remedy so certain and effective that it can be guaranteed. If it doesn't benefit or cure, you have your money back.

The customs authorities of Boston have decided that the works of Zola are immoral but not obscene.

General A. J. Pleasanton, originator of the blue glass theory died at his home in Philadelphia, aged 86 years.

Roses are now in full bloom. Many complain that their plants throw suckers from the roots. These are budded roses. You should buy roses grown on own roots, then will have no trouble. Brown Bros. Co., Toronto, Ont., are the leading rose growers in the country. Write them for an agency.

After a courtship of two hours James Wood and Miss Mary Stewart were married recently near Youngstown, O.

## Get Rid of Neuralgia.

There is no use in fooling with neuralgia. It is a disease that gives way only to the most powerful remedies. No remedy yet discovered has given the grand results that invariably attend the employment of Polson's Nerviline. Nerviline is positive specific for all nerve pains, and ought to be kept on hand in every family. Sold every where, 25 cents a bottle.

At Red Cliff, Col., a woman candidate for mayor was defeated at a recent election largely by the votes of women.

St. Leon is recommended on the highest scientific authority. Why does your system with filthy drugs when St. Leon can be obtained for a trifle?

Among Edison's recent patents is one for an improved form of lamp filament and a method of magnetic ore separation.

## Charlatans and Quacks.

Have long plied their vocation on the suffering pedals of the people. The knife has pared to the quick; caustic applications have tormented the victim of corns until the conviction shaped itself—there's no cure. Putnam's Painless Corn Extractor proves on what slender basis public opinion often rests. If you suffer from corns get the Extractor and you will be satisfied. Sold everywhere.

A Cleveland contractor has undertaken to move a stone house weighing 5,500 tons, basement and all, a distance of sixty feet.

Spooner's Phenyle Disinfectant mixed with fish oil or grease, will prevent the Horn fly. Apply with a brush about the horns, head and back of animals.

A Bostonian has electric lamps concealed about his windows so as to produce a similar effect to sunlight shining through the panes.

Recipe.—For Making a Delicious Health Drink at Small Cost.

Adams' Root Beer Extract.....one bottle  
Fleischmann's Yeast.....half a cake  
Sugar.....two pounds  
Lukewarm Water.....two gallons  
Dissolve the sugar and yeast in the water add the extract, and bottle; place in a warm place for twenty-four hours until it ferments, then place on ice, when it will open sparkling and delicious.  
The root beer can be obtained in all drug and grocery stores in 10 and 25 cent bottles to make two and five gallons.

A. P. 725.

## That Tired Feeling

The marked benefit which people overcome by That Tired Feeling derive from Hood's Sarsaparilla, conclusively proves that this medicine "makes the weak strong." J. B. Emerton, a well known merchant of Auburn, Maine, says: "About five years ago I began to suffer with very severe pain in my stomach, gradually growing worse. I took Hood's Sarsaparilla, being convinced that I was troubled with Dyspepsia complicated with Liver and Kidney troubles. I improved at once and am certainly very much better and feel more like working."

**Hood's Sarsaparilla** always gives me relief and great comfort. It is a God-send to any one suffering as I did.

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## A-GRAATEFUL GIRL.

The Experience of a Young Lady in Montreal Who Expected to Die—How Her Life Was Saved.

From LaPatrie, Montreal.

The full duty of a newspaper is not simply to convey news to its readers, but to give such information as will be of value to them in all walks of life, and this, we take it, includes the publication of such evidence as will warrant those who may unfortunately be in poor health giving a fair trial to the remedy that has proved of lasting benefit to others. LaPatrie having heard of the cure of a young lady living at 147 St. Charles Borrome street, of more than ordinary interest, determined to make an investigation of the case with a view to giving its readers the particulars. The reporter's knock at the door was answered by a young person neatly dressed, and showing all the appearance of good health. "I came to inquire," said the reporter, "concerning the young lady cured by the use of Dr. Williams' Pink Pills."

"In that case it must be myself," said the young girl smiling, "for I have been very sick and laid up with heart disease, and some months ago thought I would soon sleep in Cote des Neiges cemetery. Won't you come in and sit down and I will tell you all about it."

The young girl whose name is Adrienne Suaeve, is about 19 years of age. She stated that some years ago she became ill, and that gradually the disease took an alarming character. She was pale and listless, her blood was thin and watery, she could not walk fast, could not climb a stair, or do in fact any work requiring exertion. Her heart troubled her so much and the palpitations were so violent as to frequently prevent her from sleeping at night, her lips were blue and bloodless, and she was subject to extremely severe headaches. Her condition made her very unhappy for, being an orphan, she wanted to be of help to the relations with whom she lived, but instead was becoming an incumbrance.

Having read of the wonders worked by Dr. Williams' Pink Pills, Miss Suaeve determined to give them a trial. After using one or two boxes she began to revive somewhat and felt stronger than before. She slept better, the color began to return to her cheeks, and a new light shone in her eyes. This encouraged her so much that she determined to continue the treatment, and soon the heart palpitations and spasms which had made her life miserable passed away, and she was able to assist once more in the household labor. To-day she feels as young and as cheerful as any other young and healthy girl of her age. She is very thankful for what Dr. Williams' Pink Pills have done for her, and feels that she cannot too highly praise that marvellous remedy. Indeed her case points a means of rescue to all other young girls who find that health's roses have flown from their cheeks, or who are tired on slight exertion, subject to fits of nervousness, headaches and palpitation of the heart. In all such cases Dr. Williams' Pink Pills are an unfailing cure. Sold by all dealers or sent by mail postpaid, at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Company, Brockville, Ont., or Scheuclady, N. Y. Beware of imitations and substitutes alleged to be "just as good."

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A. P. 725.

## Coughing

leads to Consumption. Stop the Cough, heal the Lungs and strengthen the System with

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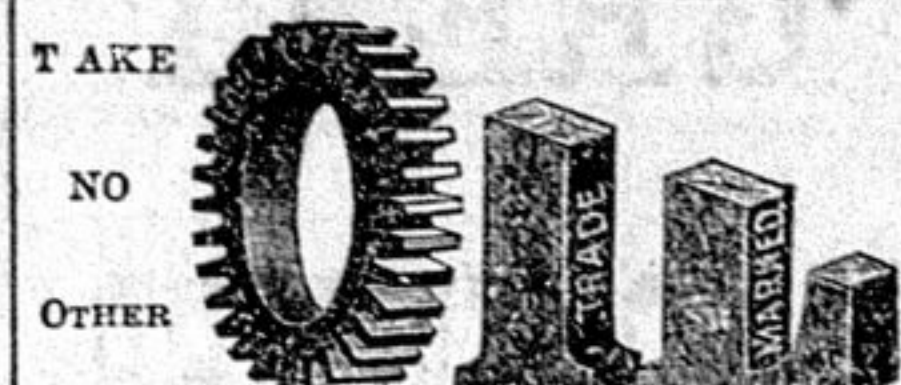
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Principal Dyer, M.A., D.D.

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The first edition of this handsome new illustrated weekly newspaper appeared Aug. 25, and it sold like hot cakes everywhere it was introduced.  
WE WANT A SMART BOY  
In every town. The most liberal terms ever offered. Be the first to apply. Write: "The Earth," Earth Building, 73 to 81 Adelaide St. W., Toronto, Ont.