HEALTH

Diseases Not Due to Microbes.

was one of the greatest discoveries in medi- health may easily entail a far heavier excal history. It has largely revolutionized pense than a more liberal breakfast would medical science.

There was a further advance when it was proved that the harm done by the microbes | it is, besides, often not resorted to until too was not direct, but due to a violent poison late. Instead of restricting a child's conthey produced, somewhat analogous to the sumption of butter, encourage it. Let the poisons normally thrown off by the cells of | limit be the power of digestion and the our tissues; and these are innocuous so long | tendency to biliousness. Most children as they are duly carried out of the system | may be allowed to follow their own inclinaby the eliminating organs.

would cause a revolution in medical prac- and taken cold. Bread, dry toast, biscuits, tice, and enable physicians to cure patients potatoes and rice are good vehicles. Chilwith medicines which would destroy the dren well supplied with butter feel the cold parasitic microbes. What may be done in less than others and resist the influenza this direction is still among the problems of better. They do not "catch cold" so easily.

the future. the Boston Medical and Surgical Journal, - any clamor for reform on their account. we are in danger of carrying the microbe pathogeny too far, and of overlooking the

part that belongs to the organism. He affirms that it will always be impossible to explain all pathology by microbes, and emphasizes the fact that the functions of the living cells themselves may he permicro-organisms. When the functions of cells are perverted, the excesses of secreted or excreted matter become real poisons, similar in their effects to those produced by microbes.

The fact is the cells of the tissues have an organization and properties similar to those of the microbe, and when their functions are diseased become veritable parasites, which the organism hastens to eliminate by the well-known process of inflammation.

All poisons, whatever their origin, must be eliminated by the kidneys, the intestine microbes are so similar in constitution and properties indicates that it is unsafe to administer remedies that would be effective against the microbes.

Pastor Kneipp's Water-Oure-

from Worrishofen, in Bavaria, the modern place of pilgrimage of the water enthusiasts of all countries, is now in Berlin, lecturing to his followers on the wonderful effect of his water-cures. Says a Berlin letter to the London Daily News: Nearly two thousand persons assembled to hear from Father Kneipp's own lips the mysteries of his system. Pastor Kneipp makes a very sympathetic impression. His long black cassock covers a medium-sized strong body, on which rests an energetic head. Although his hair is rather gray his bushy eyebrows are deep black. From the way he holds himself and his lively movements, nobody would take Pastor Kneipp to be 72 years of lived up to since 1842.

with water was altogether incurable. | caught sight of her. Water was the panacea for all these evils. available, especially to the poor. It must one was?" be able to be borne, and suited to the different complaints. Herr Kneipp comes to the conclusion that hydropathy, and especially his method, unites all these advantages. He insisted that he was not a medical man. He had never read a medical work. He himself had been given up as incurable forty-seven years ago. He had cured himself with water, and his love for his neighbor had led him to apply the same cure to his fellow men. And good results had proved that his method was the only right one. Finally, Pastor Kniepp pleaded for the use of simple food and clothes, as these things, combined with the use of water, would produce a healthy human race. For Pastor Kneipphydropathy is the alone saving principle which can be applied everywhere. As one wants nothing but a bath, a watering can, two rough towels, and water, one can apply it at home and in the hospital. It costs nothing and needs no fine building. "In my old wash-house," he said, "I recently treated a minister and a general from Munich, and both would rather remain in the old washhouse than in the new bathhouse.'

Tomatoes and Cancer-

One of the delusions that is prevalent in many parts of the country is that tomatoes are the direct causes of cancer, and that those who eat them are pretty sure to run the risk of developing cancerous growth at some time. So fixed is this delusion in parts of the country that people will not touch this most healthful of vegetables. The fact is there is no connection at all British Columbia, proposes to try if sober between eating tomatoes and cancers. Those who eat plenty of tomatoes are now tion that has caused the mainlanders to more apt to outlive those who do not, for talk of secession. He will beard the lion the vegetable has a direct and beneficial in its lair by defending the policy of his action upon the stomach and kidneys. They | Government at the centres of excitement. should be eaten whenever possible. Re- If he determines promptly to deal justly cently it was announced that the London by all the interests involved, that decision Cancer hospital had forbidden all patients | will accomplish more than any amount of in it from eating tomatoes, as they were a talk. The postponement of the redistripredisposing cause to cancer. In response ution cannot now be prevented, but it to numerous inquiries if there was any should be remedied at the earliest possible cents, is pasted each week in a little blank foundation to the rumor the chairman of moment. More than that, the people book which every servant girl in Germany nounced officially that "tomatoes neither taken regarding the Parliament buildings mistress, enforced by law. Should the girl predispose to nor excite cancer formation, until a representative House shall have get sick, the stamps are redeemed by the trary are a wholesome article of diet par- of the province, which is of more importicularly so if cooked." This should be tance than any party victory. sufficient to dispel the illusion in this country too.

Liberal Use of Butter.

No dietetic reform would be more conducive to improve health among children, and especially to the prevention of tuberculosis, than an increase in the consumption leave thee. of butter, says an exchange. Our children are trained to take butter with great restraint, and are told that it is greedy and extravagant to eat much of it. It is regarded as a luxury, and as giving a relish to bread rather than in itself a most important article of food. Even to private families of the wealthier classes these rules prevail at table, and at schools, and at when we are coming back ?" public boarding establishments they receive strong reinforcements from economical mo-

tives. Minute allowances of butter are served out to those who would gladly consume five ire the quantity. Where the house income makes this a matter of necessity there is little more to be said than that The microbic origin of infectious diseases it is often a costly economy. Enfeebled have done.

Cod liver oil costs more than butter, and tions and will not take more than is good It was at first thought that the discovery for them. The butter should be of the best In speaking of children, I by no means in-The chief advantages of the discovery are | tend to exclude other ages, especially that it emphasizes the supreme importance young adults. Grown-up persons, however, of general sanitation, and that it may lead take other animal fats more freely than to extending the principle of vaccination to most children do, and are, besides, allowed most infectious diseases. But according to much freer selection as to both quality and Doctor Troussart, of Paris, -we quote from | quantity. It is not so necessary to raise

Look to The Diet.

The cholera increases in Russia and else where as the weather grows warmer, and we must be prepared for it in this country as the hot season approaches. We must verted or destroyed by other agents than look to our diet as never before, for in the face of every dread disease we must consider as all important the diet, sponging, the bath and similar hygienic measures. One of the truest things about medicine to-day is that we have less medication and more of proper diet and surroundings. Put the patient in the most favorable condition to resist disease and it is better than taking drugs. The truly scientific advances of medicine are based upon this. Medication comes in vogue as a fad or fashion, but diet and sanitary surroundings are always the same. Science has stamped out of existence or the skin. The fact that the cells and by hygiene the dreaded plagues that devastated vast populations, and cholera and yellow fever are prevented from sweeping across the country by quarantine, sanitary surroundings and proper diet. Small-pox no longer spreads its contagion from one community to another because vaccination has been used as a shield to stop it, Pastor Kneipp, the famous water doctor Puerperal fever that formerly threatened the life and happiness of so many thousands of homes, is now prevented by its great enemy, asepis. Cholera must be fenced in by quarantine, but everyone can help to place himself in a favorable condition by looking well to the diet. Nourishing diet is essential, and this must not be neglected for any mixture that may tempt the palate more. If our bodies are nourished well they can resist disease better.

A. S. ATKINSON, M. D.

Just to Fix the Style in Her Head.

She was seated before a long mirror in one of the largest milinery establishments age. He is a wandering advertisement for in Toronto. Two dainty creations of lace, his doctrine, to which, as he says, he owes straw, and flowers were balanced on her his life and strength, and which he has finger tips. She was gravely comparing their merits, while the saleswoman stood He said that what could not be cured by smiling. And so her dearest friend attaining the age of seventeen; but a man

"Why, Dora, you here! Come help me for another thirty-two. A good remedy must be everywhere easily to decide. How much did you say this

"Only \$39.42, awfully cheap," cooed the

saleswoman. "I'll try it on."

The young lady turned to the glass; her friend watched her with envious eyes. How did Flora ever get so much money? "Lovely!" cried the saleswoman, as she

turned from the mirror. "Which do you prefer, Dora?"

"They are both lovely," said Dora, in a faint, nothing-to-eat-since-morning voice. "And quite reasonable, too," went on could I have that cluster of flowers moved by decrees from heaven. just a trifle to the right?"

"Certainly, nothing easier." "I'll try on the other before deciding." elevator. How poor and cheap looked the of the richest men in the country. hat she had put on so proudly an hour ago, and she had meant to crush Flora with it! Two hours later they met on King street.

Dora glanced at her friend's head. "You had it sent home, I see," she said. "Sent home nothing, goosie; didn't you see me wink at you? Why, I had only 49 cents in my pocketbook all the time, but my old hat had to be trimmed over. I did it to gain time to fix the styles in my head. I can do it beautifully now. Here's a sale of imported flowers for 17 cents a bunch; let's go in and look at them."

The British Columbia Trouble.

They went.

Mr. Theodore Davies, the Premier of argument will not allay the feeling of irritathe hospital committee, Dr. Mardden, an- should be assured that no action will be carries. The stamp is the donation of her and that they are not injurious to those pronounced upon the scheme. Such con- Government, or she may keep them unresuffering from the disease, but on the con- cessions as these should preserve the unity deemed until she is old, when the Govern-

His Last Will.

An Irishman, who was pretty well to do but who had been ill for a long time, thought

he was going to die. Calling his wife to his bedside, he said to her: "Well, me darling, I think I'm going to

"Sure then, Pat," said she; " and if you do, what shall I do with the money?" "Faith," said he : "bury me clean and decent."

"And what shall I do with the remainder?"

"Spend it at leisure," replied Pat." "Shall I spend it before we bury you, or

"No bedad," said Pat ; " spend it when we're going, for I shan't be with you coming back."

BRIEF AND INTERESTING.

Quakers are said to be unusually long-liv

Some species of seawced grow to the

length of 500 yards. Spain has fewer daily papers than any

other European country. A load of two tons can be readily carried

by a full grown elephant. "Ouida," the novelist, was born at Bury

St. Edmund's fifty-three years ago. Consumption is believed to be more prevalent in Ireland than in either England or

long, generally over 30 feet high and 24 feet

Those who notice the rapid growth of their finger nails should be happy, for it is

considered to indicate good health. Pigeons were employed in the mail ser-

vice in Bible times. They acted as letter carriers when Joshua invaded Palestine. the Bermudas. In one of the largest fields been placed under restraint in consequence

same time. The venom of the cobra if swallowed is

Philadelphia is now to have a college of undertakers.

Silk hats were first manufactured with success in 1830 in France.

According to Andrew Lang, Great Britain | features. has 100,000 novelists.

The Czar's throne is said to be worth four times as much as Queen Victoria's.

the scarcest of all musical performers.

The great anæsthetic, chloroform, was dis covered by Guthrie, 1831, and was first employed in surgical operations in 1846.

The best Chinese razors are made of old

The Pope dines habitually alone, and on the plainest of food.

Only 10 per cent. of German schoolboys are said to go in for athletics.

The Orloff diamond is believed to be responsible for sixty-seven murders.

Light-haired people, as a rule, are longer lived than the dark-haired. The total import of palm oil into Eng-

land is about 50,000 tons, valued at over £1,000,000. More tobacco is used by the Austrians

in proportion to the population than by any other nation. Of the total number of ships which an-

nually pass through the Suez Canal nearly 80 per cent. fly the British flag. A French prince advertises that he de-

sires to sell his title and arms, "the whole guaranteed by authentic parchments of the reign of Henry IV." Fifty millions sterling are supposed to be

lying at this moment in the hands of banks and banking companies in Scotland in the shape of unclaimed deposits. A quarter of each generation die before

thirty-two years of age may expect to live The most powerful and heaviest gun in

the world weighs 135 tons, is 40 feet in

length, and has a 131-inch bore. Its range is Il miles, with a projectile weighing I Sir Andrew Clark, M. D., once prescribed by cable, for a patient in Victoria, British

Columbia. The messages passed between the London doctor and his patient almost The Emperor of China is the supreme head of his subjects, and is supposd to re-

ceive his instructions as to the management friends with that most exasperating form-Flora. "Now, if I decide to take this one, of the vast territory committed to his charge ula: "I told you so." Finally a few orders

brother, Mr. Arthur Wilson, are the largest Lora could bear no more. She fled to the private shipowners in the world, and two The laughing jackass, when warning his

feathered mates that daybreak is at hand, utters a cry resembling a group of boys shouting, whooping and laughing in a wild

One of the few women who were privileged to call Mr. Gladstone "William" died recently near Liverpool in her eightyseventh year. She was Mary Ann McKean, and for more than half a century she was in the service of the Gladstone family.

into nutritious flour ; it may be also manueither as ink or vinegar.

in use among the natives, nor are tobacco pipes to be purchased in any of the shops. Cigars and cigarettes, manufactured in the merely to furnishing the abodes of the Government factories in Spain, or imported | newly-married or replacing the commonfrom Cuba or the Philippines, can alone be place with the artistic in English homes. procured, and are universally smoked by She revels in mammoth orders, such as fit- for every Icelander has the same products the people.

A postage stamp, equal in value to five ment pays their face value.

Servian army is the manner in which most | ed. Miss Robinson's personality is radiant of the regiments carry the big drum. It is with the charm of never-failing spirits and not, as in most other countries, slung in vivacity. Work has not spoiled her "infront of the man who plays it, but is placed | finite variety;" nor has the battle of busiupon a small two-wheeled cart drawn by a ness life banished her true gentleness and large dog, which has been so trained that it | femininity. keeps its place even through the longest and most tedious of marches.

A Canadian has invented a simple and ingenious device to be attached to all bottles containing poisons. It consists of a tle, and so arranged that every time the bottle is lifted or moved it rings a little bell. With a death's head for the eye, and a kind of death rattle for the ear, it seems as if ac-

cidents ought to be entirely avoided. ladded for his great generosity. It seems hat please. Thanks.

to have been supposed that he was almost as simple as rich, for he recently received two letters asking for the modest sum of Escaped Convicts Sank With the III-Fated 50,000 francs in each case, a refusal to be followed by his immediate assassination. Verdi, the composer, is the son of an inn- The money was in each instance to be put in a certain hiding-place as intimated. The Prince fulfilled each request, but at a distance the police were on watch disguised as monks, and pounced upon the innocent ones as soon as they had secured the pack-

The Chinese wall is more than 1,2 0 miles present were so affected by the song that find them. they had become reconciled to each other after a quarrel which had made their home wretched for months.

A curious list has recently been made of the Kings and Emperors of Europe who have been overtaken by misfortune. It appears that 364 have been ousted from their thrones, 108 have been condemned to death and executed, twenty-one have committed Lilies are raised as a regular field crop in | suicide, thirty-four are on record as having over 100,000 may be seen in bloom at the of having become insane, 123 have been killed in warfare, twenty-five have been tortured to death, and 251 have been officially declared to have been assassinated. The number of monarchs who are suspected of having been assassinated is infinitely greater. It will be seen from this that the possession of a throne is not without its extremely objectionable and disagreeable

THE CAMPANIA'S DECORATIONS.

Admiration of All.

For the past week or so the papers have had much to say about the beautiful decoration of the new Cunard steamship, the Campania. The following letter from England will give added interest to the details.

the magnificent new Cunarder which arrived in New York on Saturday on her maiden voyage, having made the fastest confidence nau and was considered one of initial trip on record, was entirely uphol- the cleverest sate breakers in the country. stered, decorated and fitted up by a woman; He was arrested for numerous Post-office and yet such is the case. Miss Charlotte robberies in New England towns and a few Robinson, decorator to the Queen-the first business woman to receive recognition field jail in Massachusetts. He broke out in her line to-day, which was won by no "fair field or favor," but by determination, capacity and perseverance, added to

highly cultivated gift of design. It is now eight years since a bright, am bitious, self-confident girl, equipped with last October Bradley was arrested in New fronted with the problem of earning her Inspector McLaughlin's staff. He gave his own living, or, as she says, "sitting idle, name as Henry Langdon and at first stoutly living on a little," She had received a thorough training in art, design and modeling. With characteristic independence she at once determined to strike out in a new direction, scorning the well-worn way of governess or "companion." In spite of the ominous shakings of head

she rented some rooms in her native city of Manchester, at £200, or \$1,000 a year. She stocked them with artistic furniture. Some laughed at her "fad," others held up their hands in horror at her for not hiding her identity, but boldly putting her name on her door, and she was reproached by all for the "degradation of serving in her own and discouragement; when no sales were made, when stock accumulated and became "out of date" on her hands, and when crafty dealers turned her inexperience to their own advantage; and when the intrepid, and, as yet, not hopeless young dealer was everywhere greeted by her pessimistic came in, and were filled with such originali-Mr. C. H. Wilson, M.P., who has been ty and boldness of design, artistic workthat gradually they multiplied, and many who had scoffed at this new and " unfeminine departure" came to entreat Miss Robinson's advice and assistance in the decoration of their homes.

With the Manchester exhibition came Miss Robinson's chance; her stand of furniture and fittings, many of which were altogether novel, and had been made from her own graceful design, proved one of the most attractive in the building and drew the attention of royalty, with the result that the appointment of "Decorator to the Queen" was conferred upon her. Miss Robinson's success was now assured, and her The producing power of the banana is influence on the English standard of taste forty-four times as great as that of the in the interior decoration became extended potato. The dried fruit is readily converted by her acceptance of the post of adviser in such matters to the readers of the London factured into sausages; beer can be made Queen, and by the opening of a branch of from it; while the skin can be turned into her business at 20 Brook street, London, and cloth, and the juice made to do service between which dainty depot of what might to say nothing of luxury, is produced in truly be called decorative "confections" and The tobacco pipe is never seen in Spain her establishment in Manchester, Miss

Robinson divides her week. Miss Robinson does not confine herself ting up hotels, theatres, etc., and now her bright way, "to lay my plans before the grave and reverend directors of the Cunard Company, before whom I was the first woman artist who had ever appeared." Their surprise was overcome by their admiration for the beauty and originality of her scheme A curious incident connected with the of decoration, which they heartily approv-

He Might Venture a Tip.

"If I might venture," said the guest, in a low tone, as the dignified waiter assisted mechanism fastened to the bottom of the bot- him in the matter of putting on his over- said :- "Faither! faither! come out; coat, "to give you a tip-"

> siderably. "I should advise you to try earnestly to

THE NARONIO'S JATL-BIRDS.

Ship. It has just come to light that among the unfortunates who went to a watery grave on the ill-fated White Star freighter Naronic, which has never been heard from since she sailed from Liverpool three months ago, were several criminals and jail-birds. Some were convicts who had broken jail. It is a common practice among criminals who want Speaking of the good which a singer may to keep cut of reach of the police to sail on unconsciously accomplish by exercise of her | freight steamers or cattle boats plying bevocal powers, Mme. Antoinette Sterling tween New York and foreign ports. They said that one evening at a concert she sang | go under assumed names and no one knows "Darby and Joan," and a few days after- them. They make a few trips until they wards she was told by a friend that a believe it safe to venture ashore when the gentleman and his wife who happened to be officers of the law have ceased all efforts to

WHEN THE NARONIC LEFT LIVERPOOL on February 11 there were aboard of her at least four well-known criminals. Besides these, it is now learned that a dozen or more of men who used to hang around the cattle yards in New York, were lost on the Nar-

On the morning of July 8, last year, nine convicts made their escape from Massachusetts State Prison at Charlestown in a more daring manner. The attempt had been rlanned for months before the opportunity came to carry it out. The ring-leaders were James M. Bradley, alias "Walter Maitland," and "Williams," one of the most desperate criminals in the land. The men dug through the prison floor to a sewer which drained the prison. They were led by Bradley, who was armed with two revolvers. The sewer was half full of water, but the convicts swam a distance of 1,500 feet to the mouth of the sewer, which opened into a railroad freight yard. There they broke into a shed, stole all the cloth s and Good players of the harp are said to be A Bright Englishwoman Did the Work overalls belonging to the switchmen and Which Has Excited the Wonder and railroad employees and made good their escape. Some of the men were subsequently recaptured, but it is known that at least three out of the nine who beat their way out of the Charleston prison met their fate on board the ill-fated Naronic.

> THESE WERE RINGLEADERS BRADLEY, It is not perhaps known in America that Jack Conners and Daniel Mullen, all notorious crooks. "Jim" Bradley was a burglar with a long record, a notorious thief and years ago made his escape from the Greenfrom Her Majesty-holds a foremost place of the Charlestown prison twice. At the time of his first escape last July he was serving a five years' sentence for burglarizing a safe in a jewelry store in Boston. He had true artistic instincts, and a natural and been in prison scarcely four months when he led a gang of nine convicts, including himself, to freedom and liberty. On the 30th of an excellent education, found herself con- York by Detectives Aloncle and Formosa of protested that a mistake had been made. He was positively identified, however, and gave in when he saw the game was up. Bradley was a fine-looking fellow, slick as they make them and every inch of a gentleman in his behavior. This was on November 25. Since his second escape the police of and warnings from her famil and friends this and other cities have been hunting high and low for him. Within the week the authorities have received information that Bradley had skipped on the Naronic's last voyage and lost his life on her.

ICELAND AND ITS PEOPLE.

shop." There ensued many days of trial The Country That is Almost Devoid of Com-

Iceland is little better than a desert. The peculiar configuration renders intercourse difficult and, along with the barrenness of the soil, makes the conditions of existence extremely hard. People with so little to make life attractive might be pardoned if they were to sink into a stolid indifference to everything but the struggle to keep alive. The size of Iceland is greater than that of Ireland, and the population numbers 70,fighting the dock unionists at Hull, and his manship and thoroughness in execution, 000 souls; but the only inhabitable portion is a narrow strip of pasture land extending like a girdle round the coast and up the deep, narrow fiords.

The interior of the country is a howling waste of sand and ice, traversed by darting glacial rivers, and utterly incapable of supporting more than a few scattered inhabitants. Grass is the only considerable crop. The hills and valleys are treeless and afford at best but a scanty pasturage for horses, cows and sheep. Roads and bridges scarcely exist. A Danish merchant at Reykjavik has a wheeled carriage, but in the interior such a conveyance is unknown and would be useless if known. The backs of horses are the only means of transportation across country.

Small boats carry travelers over dangerous rivers, while the horses swim on ahead. Hardly anything that ministers to comfort, Iceland. Every nail in an Icelandic house, every pane of glass, every bit of wooden flooring, every insignificant bit of furniture, has to be transported laboriously from one of the seaports to its destination.

That the Icelanders are poor goes without saying. There is little or no home market, latest achievement is the superintending of money is, therefore, very small. If a farmer all the interior fitting and decorations of has direct dealings with the agents for the Campania, the largest and finest ship foreign markets and is sufficiently prosperafloat. "It was such fun," she says, in her ous to have a little surplus each year he may handle a little money, but in general the trading at the seaports is literally trading. An Icelander barters a certain number of horses or sheep or rolls of dried fish or bales of hay for a supply of groceries and other necessaries of life.

His First Experience.

A country boy who had been brought up in a remote district of Scotland had occasion to accompany his father to a village near which a branch line of railway passed. The morning after his arrival, when sauntering in the garden behind the house in which they were staying, he beheld with wondering eyes a train go by. For a moment he stood staring at it with astonishment, and then, rushing into the house, he there's a smiddy ran off w'a raw o' horses, "Yes, sir," said the waiter, relaxing con- an' its awa' doon by the back o' the toon !

Right at the foot of a great glacier in break yourself of the habit of fingering your New Zealand there is a tropical growth of Prince Odescalchi, who lives in Rome, is mustache in a severe, abstracted manner plant life and a hot spring, with water issurenowned for his great wealth, and, be it while you are taking a dinner order. My ing forth at a mentature of over 100 de-