# Health Department.

Diet for the Siek.

Milk is a diet in universal favor, and should never be forgotten as a food at once highly nutritive and easy of digestion Some persons who, while well, are unable to take milk, have no such difficulty while tick. There are few patients who cannot take milk either hot, cold, cooked, raw, with Vichy, or with lime water.

In diseases of the kidneys milk is always a valuable article of diet. Sometimes it is better taken skimmed, or after the extraction of the butter it contains, in the form of buttermilk.

In spite of some adverse criticism, beef tea holds its place as a stimulant and nutrient for the sick. Unfortunately it is seldom properly made. The beef should first be finely ground, then placed to simmer where it will not approach the boiling point too closely, until the raw beef color has changed to a delicate pink with a brown exterior. This process should occupy about twenty minutes. The beef should not be cooked to a grey color, which color indicates a coagulation of some of the soluble and autritious albumens.

Good beef, finely ground, is itself almost the essence of nutrition, and in cases of chronic wasting diseases, it is as a rule digestible by the weakened stomach, and is in the highest degree nourishing to the wasted tissues.

Ground meat may be gently pressed into cakes which, when carefully broiled, make a most palatable article of diet for the sick. Even in fevers a small quantity of finely ground beef is often tolerated, and is enjoyed more than clear beef tea.

The stimulating value of hot water is to be utilized with the sick wherever possible. Hot water promotes secretion better than cold, and is at all times a stimulant of no mean value. The Chinese are said to have numerous hot water shops in many of their cities, where this beverage is sold to an appreciative public. It would be well if such a beverage were to become popular with us.

Dry bread, at least two days oid, is more easily digested, and more nutritious, than almost any other article of food, because it consists largely of starch. Rice and tapioca thoroughly boiled closely follow in ease of digestion and nutritive value.

Sugar, except in very small quantities, makes poor food for the sick on account of its proneness to fermentation. Fruits, with few exceptions, contain large percentages of sugar and of fruit acids, which latter, except in specific cases, are distinctly detrimental.

Fruits and thoroughly-cooked vegetables are allowable only in convalescence, and then only in limited quantities.

THE GRIP.

Strong Reasons that it be Considered as a Contagious Disease.

Many physicians still fail to believe in the profound difference between genuine grip and a heavy, sudden cold, which very often progressively develops into fatal pneumonia. No unquestionable microbe of grip has yet been clearly demonstrated; but it certainly has very suspicious resemblances to the diseases that are doubtless the result of the attacks of bacteria on some portion of the human organism. It would be of great advantage to the community if people would treat it on an a prioir assumption that it is a microbewrought mischief and is communicable-so that immediate isolation will be decreed when a member of a family is attacked. Even if the attack itself is light the after effects are often deplorably obstinate and severe, and the great number of cases reported this year as accompanied by other complicating troubles, many of them chronic, suggests the notion that the person who already has some disease that has undermined his vital force, falls an early and easy victim to any communicable disesseand especially to the grip. There are strong reasons for believing that it is carried in garments. A volume could be made of authenticated cases of the communication of scarlatina through the taking out of folded away clothes-and, stale as the advice is, people should wash, fumigate and thoroughly disinfect after the grip. It begins to look as if the epidemic that started in Russia in 1890 and has practically encircled the globe, were never to receive its final quietus, and one reason for the lack of vigilance is that people do not appreciate the gravity of the mischief it works.

### Value of Apples.

There is no better aid to digestion, in certain cases, than the cocked apple. It is a recognition of this truth-though doubt. less the recognition came before the truth was fully appreciated -- which assigns apple sauce as an accompaniment for roast pork, goose, and other rich meats, which are apt to make trouble with the digestive powers. The derangements arising from eating too treely of meats, of almost any kind, are corrected by the use of an apple regimen, the fruit being used either cooked or raw. Paradoxical as it may sound, the free use of fruit acids, of which the apple is the very best repository, tends to decrease that very common disorder, acidity of the stomach, the chemical action of the related elements changing the acids into alkaline carbonates which tend to neutralize any acid condition of the system.

### A Juvenile View.

First Boy-How did your sled get broke ? Second Boy-Don't know. Papa and mamma went out on the hill with it after I got to bed last night, an' they broke it somehow.

Your papa and mamma?

They went out sledding?

Well, I swan ! Seems to me folks that's married an' has childrens ought to be thinkin' bout what to put on thur gravestores 'steed of goin' out sleddin'.

'Dr. Agnew's Cure for the Heart Relieved Me of Ago izing Pain in 20 Minutes, and Was the Means of Saving My Life." So Says Mrs. John Jamieson, Tara, Ont.

About three months ago I was attacked with nervous heart trouble. The pain was so severe I could hardly breathe. I could get no relief and feared that I could not live. I saw advertised in the Tara Leader Dr. Agnew's Cure for the Heart, and immediately procured a bottle. I secured perfect relief inside of 20 minutes and firmly believe it was the means of saving

If your heart flutters, palpitates or tires out easily, it is diseased, and treatment should not be delayed a single day. Dr. Agnew's Cure for the Heart relieves almost instantly and will effect a radical

Folks are sometimes sorry to get what they pray for.

#### 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 attends the employment of Polson's Nerviline. Nerviline is a positive specific for all nerve pains, and ought to be kept on hand in every family. Sold every where, 25 cents a bottle.

Raise the flour barrel a few inches from the floor.

Charlatans and Quackt.

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 This prediction proved true. My left 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.

Mrs. Watts-" Don't you ever do any thing at all?" Weary Watkins-"Oh, yes, mum. Sometimes I does time."

Ben't Tebacco Spit or Smoke Your Life

is the truthful, startling title of a book about No-To-Bac, the harmless, guaranteed tobacco habit cure that braces up nicotinized nerves. eliminates the nicotine poison, makes weak men gain strength, vigor and manhood. You run no physical or financial risk, as No-To-Bad is sold under guarantee to cure or money refunded. Book free. Ad. Sterling Remedy Co. 314 9t Paul St. Montreal.



Mr. J. Alcide Chaussé Montreal, P. Q.

## Marvelous Medicine

Whenever Given a Fair Trial Hood's Proves Its Merit.

The following letter is from Mr. J. Alcide Chaussé, architect and surveyor, No. 153 Shaw Street, Montreal, Canada:

"C. I. Hood & Co., Lowell, Mass.: "Gentlemen:-I have been taking Hood's Sarsaparilla for about six months and am glad to say that it has done me a great deal of good. Last May my weight was 152 pounds, but since

# Sarsaparilla

l pegan to take Hood's Sarsaparilla it has intreased to 163. I think Hood's Sarsaparilla is a marvellous medicine and am very much pleased with it." J. ALCIDE CHAUSSE.

Hood's Pills care liver ills, constipation, miliousness, jaur dice, sick headache, indigestion

SAUSAGE CASINGS—Finest Imported English Sheep and Narrow American Hog Casings at right prices. Park, Blackwell & Co.Ltd. Tor'nto

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MANTED .- Bright, active, energetic men in every section of the country to introduce in the neighborhood an article of universal usage. Sure sale at every house. Splen did chance to make big money. Address, W. A. LOFTUS, Montreal.

MUSKOKA SUMMER HOUSE FOR SALE .- I have one of the finest proper iles in Muskoka; cottage, with wide verandah steam launch, row and sail boat, canoe, steam boat wharf, all conveniences, situated on Lake Rosseau, right on steamboat channel. Price WILSON, 73 Adelaide St. W., Toronto, Car.

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16-30 NAZARETH ST., MONTREAL

#### LOCOMOTOR ATAXIA.

A Disease Long Held by Physicians to be Incurable.

is Morrors are Those of a Living Death-The Victim Helpless, His Torture In. tense-Loses Control of Bowels and Bladder and is a Source of Constant Werry to Family and Friends-A Remedy for the Deisase Discovered.

Mr. James McLean, of Lefroy, Simcoe County, Ont. is known to everyman, woman and for miles child around the vicinity of his home, and all know of the long years during which his condition has been that of a living death. Mr. McLean tells of his injury, his years of torture, and his subsequent release from the agonies of locomotor ataxia, in the following vivid language :-"In the year 1880 I was thrown from a

so affold, falling on my back on a stone pile. was badly hurt, and narrowly escaped death. Plasters and liniments were applied. and I seemed to get somewhat better. But the apparent improvement was short lived. My feet began to get unusually cold, and nothing that could be done would warm them. The trouble then spread to my legs, and from the waist down I was attacked with shooting pains flying along the nerves in thousands, and causing the most terrible torture for days and nights at a time. could get no relief save from the injections of morphine. Six physicians treated me at different times, but appeared only to faintly understand my trouble, and could do nothing for my reliet. Some of the doctors declared my trouble was rheumatism, but two of them said it was a disease of the spinal cord, that the trouble would get worse and that sooner or later my arms would become affected. hand dropped at the wrist joint and hung dead and cold, and I had no more control of it than it the hand were not on me. Fly blisters and electricity were resorted to without avail. My stomach was next attacked with a burning, aching, nauseating pain, causing the most distressing vomiting and I often thought I would not see morning. I have vomited almost continually for thirty-six hours, and nothing but morphine or chloroform could deaden the anguish I suffered. But worse trouble was in store for me. I lost control of my bowels and water, and my condition became most horrible, necessitating constantly the greatest care and watchfulness. I was now suffering from the top of my head to the point of my toes. I saw double, and had to keep my eyes fixed steadily on the ground to make a step at all, and the moment I raised my eyes would stagger and fall if I were not grasping something. I could not take a single step in the dark. For nine long years I suffered all the horrors of a living death. In 1889 I was admitted to the Toronto General Hospital, where I was treated for four months. I was told that my trouble was locomotor ataxia, and incurable, and I returned home no better. After returning home I had further medical treatment, but with no better results than before. Finally I was given the following certificate of incurability:

CHURCHILL, July 27th, 1893. THIS IS TO CERTIFY that James McLean has a disease of the spinal cord (incurable) that renders him unfit to obtain a living.

A. T. LITTLE, M. D.

About this time I was strongly urged to try Dr. Williams' Pink Pilis, and oh how I wish I had known of this great remedy years ago! What anguish and torture would have been spared! Soon after beginning the use of Pink Pills I found myself improving. The pains left me and I was able to discontinue the use of morphine. I regained control of both bowels and bladder and gradually a feeling of life returned to my legs and arms. I can now walk without the aid of either crutches or sticks and can take long strides. My stomach trouble has all left me, and I can tat as heartily as ever in my life. My riends, who never expected to see me about again, are astonished at the wonder Dr. Williams' Pills have wrought in me. When began the use of the pills my weight was reduced to 136 - pounds, and it has now increased to 165. I am a new man and it is not possible for me to say enough in praise of your marvellous medicine. My wife also joines me in thanks, and says it was a happy day for her when I began to the use of Dr. Willians' Pink Pills, as since then she has been able to get rest at night which she had not done for so many long years before. I hope Heaven may direct this into the hands of some other poor sufferer, who may find as I did, release from a living death through your lifesaving remedy. Yours very gratefully,

JAMES MCLEAN.

Dr. Williams' Pink Pills are a certain cure for all diseases such as St. Vitus dance, locomotor ataxia, rheumatism, paralysis, sciatica, the after effects of la grippe, loss of appetite, headache, dizziness, chronic erysipelas, scrofula, etc. They are also a specific for the troubles peculiar to the female system, correcting irregularities, suppressions and all forms of female weakness, building anew the blood, and restoring the glow of health to pale and sallow cheeks. With men they effect a radical cure in all cases arising from mental worry, over-work, or excesses of any nature. Sold only in boxes bearing the firm's trade mark and wrapper (printed in red ink), and may be had of all druggists or direct by mail from Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N.Y., at 50 cents a box, or six boxes for \$2.50.

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Adam's Root Beer Extract.....one bottle Fleischmann's Yeast.....half a cake Sugar.....two pounds Lokewarm Water ......two gallone 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.

Catarrh-Use Nasal Balm. Quick, positive cure. Soothing, cleansing, healing,



An Agreeable Laxative and NERVE TONIC. Sold by Druggists or sent by Mail. 25c., 50c., and \$1.00 per package. Samples free. NO for the Teeth and Broath, 250

# Consumption.

The incessant wasting of a consumptive can only be overcome by a powerful concentrated nourishment like Scott's Emulsion. If this wasting is checked and the system is supplied with strength to combat the disease there is hope of recovery.

# Scott's Emulsion

of Cod-liver Oil, with Hypophosphites, does more to cure Consumption than any other known remedy. It is for all Affections of Throat and Lungs, Coughs, Colds, Bronchitis and Wasting. Pamphlet free. Scott & Bowne, Belleville. All Druggists. 50c. & \$1

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# "Something Good" Cigar

Other Manufacturers are putting on the market inferior goods under this name. A poor article is never imitated, therefore the fact that "Something Good" is being counterfeited is a guarantee to smokers that it is the best 5c. Cigar on the Market.

In purchasing see that our trade mark (The Snowshoe) and firm name are on each box, no other is genuine. Our "Something Good" brand is registered and any one selling other cigars under this name will be prosecuted,

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SNOWBALL WAGON. It will please you, give you satisfaction, and save you money. No breakdowns or black-smiths bills to pay out for repairing. If we

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The cherpest and best remedy for Catarrh, Cold in the Head, etc. (25 Cents a tube).

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The great Blood Purifier (only 25 cents for large bottle) cures all maladies of the skin and mucous mem-

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YOU A POOR, PAINTED WHEEL, NOR ONE MADE OF METAL GALVANIZED BEFORE BEING PUT TOGETHER, IF YOU WOULD PAY US DOUBLE PRICE FOR IT. We build the best we know, and knowing that painted thin sheets are practically worthless, we have nothing to do with them. The enormous cost of preparing to do galvanizing, and of doing it Well on a large scale, deters others. SOME BUY GALVANIZED SHEETS AND PUNCH AND SHEAR AND MAKE THEM UP AFTERWARD. WHEELS OR VANES MADE OF GALVANIZED AND EDGES, AND ARE, THEREFORE, NOT SO GOOD AS PAINTED ONES. How any concern can get our prices for painted windmills and painted towers, or those made up of galeanized material; cut, sheared and punched after the galvanizing is done, can only be explained by the fact that people who buy them are ignorant of the vaine of galvantzing. We now galvanize everything after it is completed, even bolts and

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