HEALTH

What is Cholera?

Cholera is the exaggeration of intestinal vermicular motion. This definition, explained in language less professional, would do more good than all the popular recipes for the cure of cholera ever published, because it expresses the inherent nature of cholera and suggests the principle of cure in its early stage, to the most unreflecting mind. The public is none the better, or wiser, or safer, for one of all the ten thousand "cures" for cholera proclaimed in the public prints, with a confidence which itself is a sufficient guarantee that however well informed the authors may be in other criminally ignorant; for no man has a right to address the public on any subject connected with its general health unless he understands that subject in its broadest sense, practically as well as theoretically. A "live" cheese, or a cup of fishing worms may give an idea of the motion of the intestines in ordinary health.

The human gut is a hollow, flexible, tube, between thirty and forty feet long; but, in order to be contained within the body, it is, that they may be swallowed whole, as far to save space, arranged as a sailor would a coil of rope; forever moving in health, moving too much in some diseases, too little in fectly satisfied. others. To regulate this motion is the first object of the physician in every disease. In headaches, bilious affections, costiver tending to move the intestines; thus it is, attendant. amount of intelligence to put these ideas sages, or until the physician arrives. be robbed of myriads of its victims.

There can be no cure for cholera without quietude, the quietude of lying on the back. The physician who understands his calling is always on the lookout for the instincts of nature; and he who follows them most, and interferes with them least, is the one who is more successful. They are worth more to him than all the rigmarole stories which real or imaginary invalids pour in upon the physician's ear with such facile volubility.

If, for example, a physician is called to a speechless patient, a stranger, about whom no one can give any information, he knows if the breathing is long, heavy and measured, that the brain is in danger; if he breathes quick from the upper part of the chest, the abdomen needs attention; or if the abdomen itself mainly moves in respiration, the lungs are suffering.

In violent cases of inflammation of the are invaluable guides in the treatment of day; the patient feels such an unwillingness and when he has from any cause been moving about considerably, the first moment of after it has been swallowed. taking a comfortable seat is perfectly delicious, and he feels as if he could almost

stay there always. disease, and the fewest number, compara- cure every curable case. cloth around the belly pretty firmly. This of approaching cholera? additional advantages, its roughness irritates | from his own experience. the spine and draws the blood to the surface from the interior and by its clammy condition of the skin which takes place in the appetite may be good, and the sleep may last stages of cholera. Facts confirm this. be sound; but there is an unpleasant sensa-When the Asiatic scourge first broke out | tion in the belly. I do not, for the sake of bers perished; but an imperative order was of terms; it is not in the stomach, nor do I issued in the hottest weather, that each | call it the abdomen. soldier wear a stout woolen flannel abdominal compress, and immediately the fatal- means.

made its appearance in the United States, perfectly, without having the headache. in 1832, it was generally believed that the drinking of cold water soon after calomel was taken, would certainly cause salivation; and, as calomel was usually given, cold water was strictly interdicted. Some much reduced.

looseness of the most exhausting character, be faring or arrow-root, or tapioca or corn- Scriptures. a deathly faintness and sickness, a drenching

perspiration, an overpowering debility, and starch, or what is better than al!, a mush made a pain as if the whole intestines were wrung of rice flour, or, if preferred, common rice together with strong hands, as washerwom- parched as coffee, and then boiled, as rice en wring out clothing. Not being willing is usually for the table, about twelve minto take medicine, at least for a while, utes, then strain the liquid from the rice ; at the first stopping place I ate ice cream, let it steam about a quarter of an hour, require some attention; and this is the main | M.D. object of these articles, to wit; attention to matters, as regards cholera itself they are the first symptoms of cholera when it pre-

According to my experience, there is only one objection to the ice cream treatment, and that is, you must swallow it without tasting how good it is; it must be conveyed into the stomach as near an icy state as possible. The second step then, in the treatment of an attack of cholera, is to quench the thirst by keeping a plate of ice beside you, broken up in small pieces, so as practicable; keep on chewing and swallowing the ice until the thirst is most per-

PRACTICAL RESULTS.

ness, and the like, this great coiled-up in- cholera prevails and its symptoms are pres- None of the boats touch at any United testine, usually called "the bowels," is ent is to lie down on a bed. 2nd. Bind the States port. "torpid," and the medicines are given to abdomen tightly with woolen flannel. 3rd. Asked as to the passenger traffic on the that would hold water all the year. Every ever you saw was ready to hold water all wake it up, and what that does cures the Swallow pellets of ice to the fullest extent line, Mr. Black said: "Our business as a one of his neighbors had such a well, but he the year. As soon as it was large enough man. Costiveness is the foundation, that practicable. 4th. Send for an established, passenger carrying line is fast increasing. had none. He was positively ashamed of to suit him, Jack took the walnut from his is, one of the first beginnings, or it is the at- resident regular physician. Touch not an In the winter we carry large numbers from this, and so he offered a large sum of money scrip, laid it in one corner of the well and tendant of every disease known to man, in atom of the thousand things proposed by the north to the south, and in the summer to any person who would dig him one. Still pulled the moss out of the hole. some stage or other of its progress. But brains as "simple" as the remedies are rep- a great many from the south to the north. the well remained undug, for the palace was the human body is made in such a manner resented to be, but wait quietly and pa- The traffic greatly increased during the past near the top of a hill, and it was not pos- water gushed from the hole in a swift that a single step cannot be taken without | tiently until the arrival of your medical | winter."

in the main, that those who move about on | But many of my readers may be in a condi- business much ?" their feet a great deal have the least sick- tion, by distance or otherwise, where it is "Oh, yes; we expect to carry a great that he who could cut down the mighty oak ness, and, on the other hand, those who sit not possible to obtain a physician for sev- many passengers to the exposition this and dig a well that would hold water all impossibility, it is a rule to which I have obtain ten grains of calomel and make it Chicago. And then a large percentage of luck, you may be sure, but the oak grew never known an exception. Cholera being into a pill with a few drops of cold water; the West Indian exhibits were brought as stouter and the rock remained hard. a disease in which the bowels move too dry it a little by the fire or in the sun and far as Halifax by our boats and thence ship- Meanwhile Jack had learned the secret much, the object should be to lessen that swallow it down. If the passages do not ped to the Fair." motion; and, as every step a man takes, cease within two hours, then swallow two Mr. Black went on to speak of the trade wide awake to all that was going on about increases intestinal motion, the very first more such pills and continue to swallow two carried on between the islands and Canada, him. He brought home the news one day thing to be done in a case of cholera, is to more at the end of each two hours until the "Canada exports large quantities," said he, of what the king had offered, and Peter and secure quietude. It requires but a small bowels cease to give their light colored pas- "of agricultural products and manufactured | Paul thought it would be a pretty nice

in every heart, this fearful scourge would ach will retain nothing fluid or solid, cold favor, with the people of the islands. The deserved to win as well as another, and so water itself being instantly returned. A chief commodities which Canada sends south they said they would try their luck. calomel pill is almost as heavy as a bullet; are oats, potatoes, peas, split peas, hay, Jack was ready to go with his brothers, it sinks instantly to the bottom of the flour, live stock, canned and cured meats, but they laughed at him. So small a chap stomach and no power of vomiting can re- condensed milk in tins, cheese, fish, dried as he wouldn't have a ghost of a chance

it in powder; but the same medium which ing, cottons, patent medicines, whiskeys in The old man hadn't much faith that ary of would hold it in suspension while going the wood and in the bottle, ale and porter." them would win the princess and half the down, would do the same while coming up. The first object of a calomel pill in cholera is to stop the passages from the bowels. trade Mr. Black stated that it must be re- highest, his boys might get some kind of a The treatment is effectual, it arrests the membered that only two years ago there job. That was all he wanted. passages within two hours; and in any was practically no interchange of commerce | So one bright spring day the three brothtaken it effects the bowels actively, and first one steamer was quite sufficient for gone very far they came to a forest of firs, ency, and instead of being the colour evidence of the increase in the flour trade above came down to them. of rice water or of milk and water alone, while only two years ago practically mixture, they are brown or yellow, or no flour was shipped to the West Indies, Jack standing still. green or dark, or black as ink according to the last boat to leave Halifax carried 2,000 thing to work off calomel, if there is any the United States monopolized the flour was only a woodman at work among the bowels, the patient shrinks involuntarily passage within ten hours after it is taken; trade. from any approach to that part of his per- but if there is no passage from the bowels "What does Canada import from these son. These are the instincts of nature, and within ten, or at most twelve hours after islands?" taking calomel, then take an injection of "Tropical fruits of all kinds, sugar, raw jeers of his brothers. disease. Applying this principle to cholera, common water, cool or tepid. Eating ice or and refined, rum, cocoa, coffee, pimento, When he had made his way up the slope, do not act more than three or four times a facilitates its operation and never can have manufacture of furniture and cigar boxes, and hewing all of itself at the trunk of any effect whatever towards causing saliva- and lastly asphalt from Trinidad's pitch tall fir. to motion that he even rises from his seat tion; that is caused by there being no action Here Mr. Black gave the reporter an inwith the most unconquerable reluctance; from the bowels, as a consequence of the teresting description of the ever fruitful you to be at work here all alone?" calomel, sooner than ten or twelve hours source of the substance with which the

years baffling in the midst of prevalent that the prospects for the West Indian and haft in his scrip. cholers, are, that when calomel fails to cure trade were good. The islands have in all a His brothers greeted him with shouts of The whole animal creation is subject to it, everything else will fail, and that it will population of about 5,000,000, or about the

tively speaking, die of sickness; instinct | The cure of this scourge depends upon the | the articles that Canada produces, and an is their only physician. Perfect quiet- earliness with which the means are used. It ude, then, on the back, is the first, can be said with less limitation than of all still closer commercial relations with the the imperative, the essential step towards other diseases together, that cholera more the cure of any case of cholera. To certainly kills if let alone, and is certainly at present being formed in Halifax with a this art may lend her aid towards making cured if early attended to. What, then, is that quietude more perfect, by binding a the earliest and almost universal symptom

acts beneficially in diminishing the room | I have never seen it named in print as within the abdomen for motion; a man may be | such. During my personal experience amidst so pressed in a crowd as not to be able to stir. the scourge when it last visited this country, This bandage should be about a foot broad I could tell in my own office, without readand long enough to be doubled over the ing a paper, or seeing or speaking to a single belly; pieces of tape should be sewn to one person, the comparative prevalence of the end of the flannel, and a corresponding disease from day to day by the sensation number to another part, being safer and which I will name and I hope to the benefit more effective fastening than pins. If this of thousands, and perhaps not a single cloth is of stout woolen flannel it has two reader will fail to respond to the statement

The bowels may be acting but once or less than once in twenty-four hours, the among the German soldiery immense num- delicacy, say "stomach," for it is a perversion

Many persons don't know what abdomen

ity diminished of common looseness of Thousands have such good health that bowels, he will generally find the most they have no "realizing sense" of being the grateful and instantaneous relief. The sec | owners of such "apparati," or "usses," as ond indication of instinct is to quench the the reader may fancy, and it is a great pleasure to me to write in such a manner When the disease now called cholera first | that I know my reader will understand me

Speaking then of that sensation of uneasiness, without acute pain, in the region named, it comes on more decidedly after

an evacuation of the bowels. In health this act is followed by a sense of the most heart-rending appeals I have of relief or comfortableness, but when the ever noticed were for water, water ! I have | cholera influence is in the atmosphere, even seen the patient with deathly eagerness a regular passage is followed by something man's house in the neighborhood of the mouth the finger ends of the nurse for the of this sort, but more and more decided Marble Arch, London, a dispute arose about nothing could stop him, and Paul declared sake of the drop or two of cold water there after each action over one in twenty-four a certain passage which was declared to be that if the boy were not mad now he soon while washing the face. There are two ways hours. The feeling is not all; there is a Scriptural. A dean who was present deny- would be mad. If he kept on racking his of quenching this thirst, cold water and ice. sense of tiredness or weariness which in- ing that there was any such text in the brain so foolishly. Cold water often causes a sense of fullness or clines you to take a seat; to sit down, may Bible, the sacred volume was called for. oppression, and not always satisfying; at be to bend over a little or to curl up, if on After considerable search, a dusty old Bible, as Jack went on, until at length he came to other times the stomach is so very irritable a bed. This sensation is coming cholera, which had lain on the shelf since the death a large walnut. Out of this the water that it is ejected in a moment. Ice does not and if heeded when first noticed would save of the nobleman's mother, several years be- trickled and ran give that unpleasant fullness, nor does it annually, thousands. The patient should fore, was produced. When the volume was increase the thirst, as cold water sometimes remain on the bed until he felt as if he want opened a book-marker was found in it, you to be trickling and running here all reply. does, while the quantity required is very ed to get up and as if it would be pleasur- which, upon examination, proved to be a alone?" able to walk about. While observing this bank-post bill for £40,000. Why it had "I am waiting for you," said the wal- can tell you." Some years ago I was violently attacked quiet and while swallowing lumps of ice, been placed there was never discovered; nut.

with cholera symptoms in a railroad car. nothing should be eaten until there is a perhaps the old lady had thought it a good "V The prominent symptoms were a continuous decided appetite, and what is eaten should means of inducing her son to search the ing a bit of moss, he stopped up the hole to when I come," and the court gave him ten

and no ice being presently obtainable return the rice to the stew pan and or rather endeavored to swallow it before it a short distance from the fire ; it could melt. I ate quantities of it continu- will then be done, the grains will ally, until the thirst was entirely abated. be separate; it may then be eaten with The bowels acted but once or twice after I a little butter at intervals of five hours. began to use it. I fell asleep, and next There can be no doubt that thousands upon morning was at my office as usual, although | thousands have died of cholera who might I was feeble for some days. This may not | now be living had they done nothing but have been an actual case of Asiatic cholera, observed strict bodily quietness under the although it was prevalent in the city at promptings of nature, the greatest and that time; but it was sufficiently near it to | best physician .- [William Watson Hall,

TRADE WITH THE INDIES.

Mr. W. A. Black Talks of the Commercial Relations Between Canada and the

Islands. A reporter interviewed Mr. W. A. Black, of the Pickford & Black steamship line, Halifax, at the Queen's Hotel, Toronto, the other day.

The Pickford & Black is the only line connecting Canada and the West Indies. The line includes four large, first-class steamers, the Alpha, the Beta, the Taymouth Castle and the Duart Castle, which all run from Halifax south, touching at the English, French, Spanish and Dutch islands in the West Indies. Two of the fleet go as The first step, then, to be taken when far south as Demerara, British Guiana,

"Will the World's Fair influence your rock.

THE GROWTH OF THE TRADE.

streets of Toronto are paved. same as Canada. These 5,000,000 require increasing desire is manifested by them for people of the Dominion. An association is view to putting on a still better footing the trade with these islands.

Dunning a Man-o'-War.

Strange scenes marked the weighing of the anchor of a man-of-war belonging to a South American Government at Toulon. It is said that the officers had contracted debts amounting to about 30,000f. in the southern naval seaport. Accordingly the vessel before leaving the roadstead was surrounded by boatloads of excited and clamouring creditors, who made attempts to get on board, but were threatened by the crew of the man-of-war. Both officers and men, according to the report, said that they would prevent anybody entering the ship at the point of the sword. The French cooks and stewards, who had been hired for the mess room of the foreign man-ofwar, then left the vessel, as they were afraid that they might receive bad treatment during the voyage. As the creditors were unable to get on board they had themselves rowed back to shore, and lodged a complaint with the justice of the peace. A "writer" was despatched out to the foreign craft, but the captain refused to see him. Soon afterwards the man-of-war stood out to sea, and the creditors finding that the naval prefect of the port could do nothing for them resolved to bring their grievances to the notice of the Minister for Foreign Affairs.

Story of a Family Bible.

It is said that, some time ago, at a noble-

YOUNG FOLKS.

FACK'S VICTORY.

It is delightful to meet a boy or a gir. who has learned the meaning of the words, "Seek and ye shall find." There is such a boy in the romance fields of Norseland, and of him I am going to tell you to-day. His name is Esben, but we will call him Jack

for short. Jack had two brothers, Peter and Paul, and the three boys lived with their father, whose stock of worldly goods was small. The poor man told his sons that some day they would have to go out into the world and seek their fortunes. He had never found the way to fortune himself, and his two older boys grew up with no more light to guide them than he had. Jack made up his mind that he would find the way the rest of the family had missed.

Not far from the poor man's cottage lay the king's palace, and at the side of this grew a wide-spreading oak that shut out every ray of sunshine. The king thought he ought to have sunshine as well as other people, and so he said he would give a great deal of money to any one who could cut down that oak. It may seem an easy task to cut down a tree, but it was not so in this case. The oak was of a kind that whenever one chip was made to fly from it in the usual way two chips grew in the place of earth. the one that was gone.

There was still another wish very close to the kings heart. He wanted a well sible to dig far without striking the living stream.

At last the king gave out far and wide was full.

of using his eyes and his ears, and he was goods to the Indies, and this export trade thing if one of them could get the princess together, and if they could only be burnt In many bad cases of cholera, the stom- is fast growing in importance as well as in and half the kingdom. They thought they

> and canned, box shooks and other box ma- when they were along, they told him, but It would answer just as well to swallow terials, boots and shoes, ready-made cloth- Jack's father said the lad might as well go. kingdom, but, like many another office Referring to the rapid growth of the seeker, he thought that by reaching for the

> time from four to twelve hours after being between Canada and the West Indies. At ers set out for the palace. Before they had the passages are changed from a watery the Demcrara service, but now two large stretching up a rising slope, and the sound thinness to a mushy thickness or consist- boats were required on the route. As an of hacking and hewing among the trees

> > "I wonder what that noise can be?" said

"Don't stand there gaping," cried Peter, the violence of the attack. Never take any barrels for those islands. Until recently and Paul insisted that what they heard

"I'd like to see for myself what it is, said Jack, and off he went, regardless of the

or even common diarrhoea when the bowels drinking cold water after a dose of calomel, greenheart, cedar and other woods for the what should he find but an axe, hacking to be werry thankful that there's a place "Good-day !" said Jack. "How come

"I am waiting for you," said the axe. "Well, here I am," cried Jack, pulling

My own views, as a result of two and three In conclusion, the steamship owner stated the axe from its haft, and stowing both head

laughter, as he came back to them, and asked what strange thing he had found. "It was only an axe we heard, after all, said Jack, simply.

Walking on they found themselves beneath an overhanging cliff. On top of the cliff they heard the sound of digging and shovelling. "I wonder what that can be!" crie

Jack, listening. "Did you never hear a woodpecker boring at a hollow tree ?" asked Paul, sneeringly, while Peter, with a superior air

bade Jack stop his silly wondering and "I'd like to see for myself what is is we hear," said Jack, and, without paying the least heed to his brothers, he scaled the

dizzy height. There he found a spade, digging and delvng away of itself.

"Good day!" said Jack. "How come you to be at work here all alone ?" "I am waiting for you," said the spade.

"Well, here I am," cried Jack, cheerily, and knocking the spade from its handle he put both away in his scrip. It was only a spade they had heard, he

told his brothers when he joined them again, and he didn't seem to care much for the taunting words they saw fit to pelt at him. They walked on now and presently came to a little babbling brook. The boys were pretty thirsty from their long walk, and so hey lay down beside it to have a drink.

said Jack, gazing earnestly at the crystal "What a dunce you are with your ever-

lasting wondering !" cried Peter. "Have

you never heard how water rises from a spring in the earth?" "Yes, but I'd like to see for myself where it comes from," said Jack, and away he sped,

following the course of the brook. His brothers bawled after him vain

The brook grew narrower and narrower

keep the water from flowing out.

Putting the walnut in his scrip, he ther ran back to his brothers. "It was only a hole the water ran out of, after all," he said, in reply to their mocking questions, and it did not seem to trouble him in the least, however much they might scoff and sneer at him. He knew what he knew, and so he had the best of it.

In due time they came to the palace. Peter and Paul tried their luck in turn, and made such sad failures of it that they were

sent home in disgrace. Their impudence and worthlessness had put the king so completely cut of sorts that he did not feel very well-disposed towards Jack when he found the lad was their brother. He told him curtly he could be sent home in disgrace easily enough, with out the trouble of a trial.

"I'd like to see for myself what I can do," said Jack, and the king let him have

Quietly taking the axe from his scrip, the lad lifted it to its haft and cast it at the

"Hew away !" said he, and the axe began to hack and to hew until the chips flew so swiftly in all directions there was not time for any to grow in their place.

It was not long before the majestic tree lay prostrate on the ground, and the king's palace was flooded with sunshine. Then Jack took the spade from his scrip, and, fitting it into its handle thrust it into the

"Dig away !" cried he and at once a, shower of crumbled earth and rock was whirling about him.

It was not long before as fine a well as

"Trickle and run!" said Jack, and the

In less time than I can tell you the well So Jack got the princess, who was the

loveliest maiden in the world, and half the a great deal, and hence move about but eral hours, and where such a delay might summer. These are landed at Halifax and the year should have the princess and half kingdom. The wedding was the grandest little, never have sound health; it is an prove fatal. Under such circumstances, travel over the Canadian railroad lines to the kingdom. Many a man came to try his you ever knew, and they all lived happily together to the end of their days.

And if you, my young readers, will keep your eyes and ears open, and lose no chance to see and learn, you too will find the way to win the prize you best deserve.

A Thankless Sinner-

A reader was looking over an old news paper the other day, when he found the following incident, which he thought would bear reviving:

It was in an English hospital. The chaplain was making his morning rounds when he met a porter. "How's Robinson this morning?" he

"Ee's dead, sor," answered the porter. " Dead !"

" Yes, sor." "But why didn't you call me. I might have been able to comfort the poor fellow a little in his last moments."

"Hi comforted 'm myself, sor." "You? Indeed! And what did you say to comfort him ?" "Hi said to 'im ' Robinson, Hi suppose

you know you're werry sick ?' " 'Yes,' says 'ee. " Robinson, Hi suppose you know you can't last long.

" 'Yes,' says 'ee. " Robinson, Hi suppose you know you've been werry wicked.

" Yes, says, 'ee. " Robinson, Hi suppose you know you can't go to heaven.'

" 'Yes,' savs 'ee. " Well, Robinson, says Hi, 'you ought provided for you fellows to go to.'

" 'Yes, says 'ee.' "And then 'ee turned 'is face to the wall an died without even thanking me for comforting 'im."

Borrible Death of a Welsh Girl.

On Friday morning a girl named Mary Jones, fourteen years of age, residing near Ffynnon Oswald, near Holywell, died at Holywell Workhouse after lingering and astonishing suffering. The deceased was a domestic servant at Gorsedd Schoolhouse, and whilst attending to the fires in the ordinary course of her work her clothes became ignited. In her fright the girl ran into the fields, but she was seen and followed and the fire was extinguished, but not before she had been fearfully burnt upon her legs and side. After she had been attended to by her employer, she was removed to her parents' home. Here she remained for some weeks, her condition being pitiable, as she was unable to lie, and had to remain in bed resting on her knees and forehead. Ultimately the girl was conveyed to the workhouse, where it was found that some bandages that had been placed upon the wounds had actually become embedded in her flesh. Although no vital part had been injured by the fire, the girl died from exhaustion after enduring the frightful

A Village 50,000 Years Old-

Pompeii is but of yesterday and the Pyramid of Cheops of the day before, as compared, in point of antiquity, with the village which Mr. Armand Vire has discovered in the department of Seine-et-Marine, France. It is a prehistoric village of the "I wonder where this water comes from ?" neolithic or new stone age. The foundations of a whole street, showing remarkable regularity in the building have been unearthed. The fire-place of one of the cabins is intact. It is of baked clay and of great thickness, exactly such a fireplace as M. Vire has seen among the Kabyles of the Djurjura, in Algeria. There are still cinders in the place, the residue of the fires at which the primeval men warmed themselves and roasted their supper.

Why He Was There-

The prisoner before the Police Court bar had been there before many a time. "I'd like to know," said the judge,

"why you get here so often?" "It's the only place in town where I can "Good day !" said Jack. "How came get credit, your honour," was the ambiguous

"Well, you haven't much credit here, I "Maybe so, your honour, but just the "Well, here I am," cried Jack, and seiz- same I'm always charged with something

I days extra.

touched o Fair is of graph ke

The Se Tenn., h The cy ple and i The bu

Naro

belon

denon

Home

menta

suspec

expedi

from]

month.

idea of

Imperi

sension

tion Le

Repo

cerning

are far

to prove

than wh

Mrs. Denbigs

by a gro

who afte

was a l

his victi

The !

has resur

Britisha

ed from l

Carter, o

continue

of Comm

that the

Duchess

were suc

misdeme

cable des

cates at t

nal will n

ed discu

philosoph

seals, wh

question

The Lo

In repl

and.