

HEALTH.

Rapid Breathing as a Remedy.

About fifteen years ago Major General Prayson of the British army often suffered especially at night, from a severe pain in the region of the heart. He believed he was doomed to die soon of heart disease. About that time certain of his experiences in the mountains of India led him to think that his heart pain might be due to insufficient oxygenation of the blood. He therefore tried to relieve it by breathing rapidly—at the rate of about forty breaths a minute. In a few seconds the pain ceased and did not return that night.

After that, he says he always resorted to the same expedient, and invariably with success. As time went on the pain became not only less frequent but less severe, and now, if there is the slightest indication of it, rapid breathing prevents its arrival at maturity.

His experience brings forward many instances in support of his belief that some of the advantages of moderate exercise are to be gained by simply breathing rapidly. Rapid breathing is an effect of exercise, and this is beneficial because the rapid breathing gives the blood plenty of oxygen. Invalids or others who cannot take exercise can obtain some of its good effects by deliberately passing much pure air through the lungs. Rapid breathing is particularly helpful in cases of sleeplessness and restlessness.

The air must of course be pure, else rapid breathing can have no good effects. Hundreds of thousands attribute disease to themselves when nothing is wrong except their habit of breathing air impure from tobacco smoke, gas-burning, or simply from a lack of ventilation.

Impure air makes impure blood and impure flesh. Thus those who consume such air fall quickly into and before disease. They cannot endure an open window or door because they feel cold, this sense of coldness being in many cases simply a symptom that the blood has been vitiated by the breathing of poisonous air.

To breathe air laden with human exhalations is not a whit more sensible, as General Drayson observes, than to drink liquid sewage for a beverage.

Using Ice in Summer.

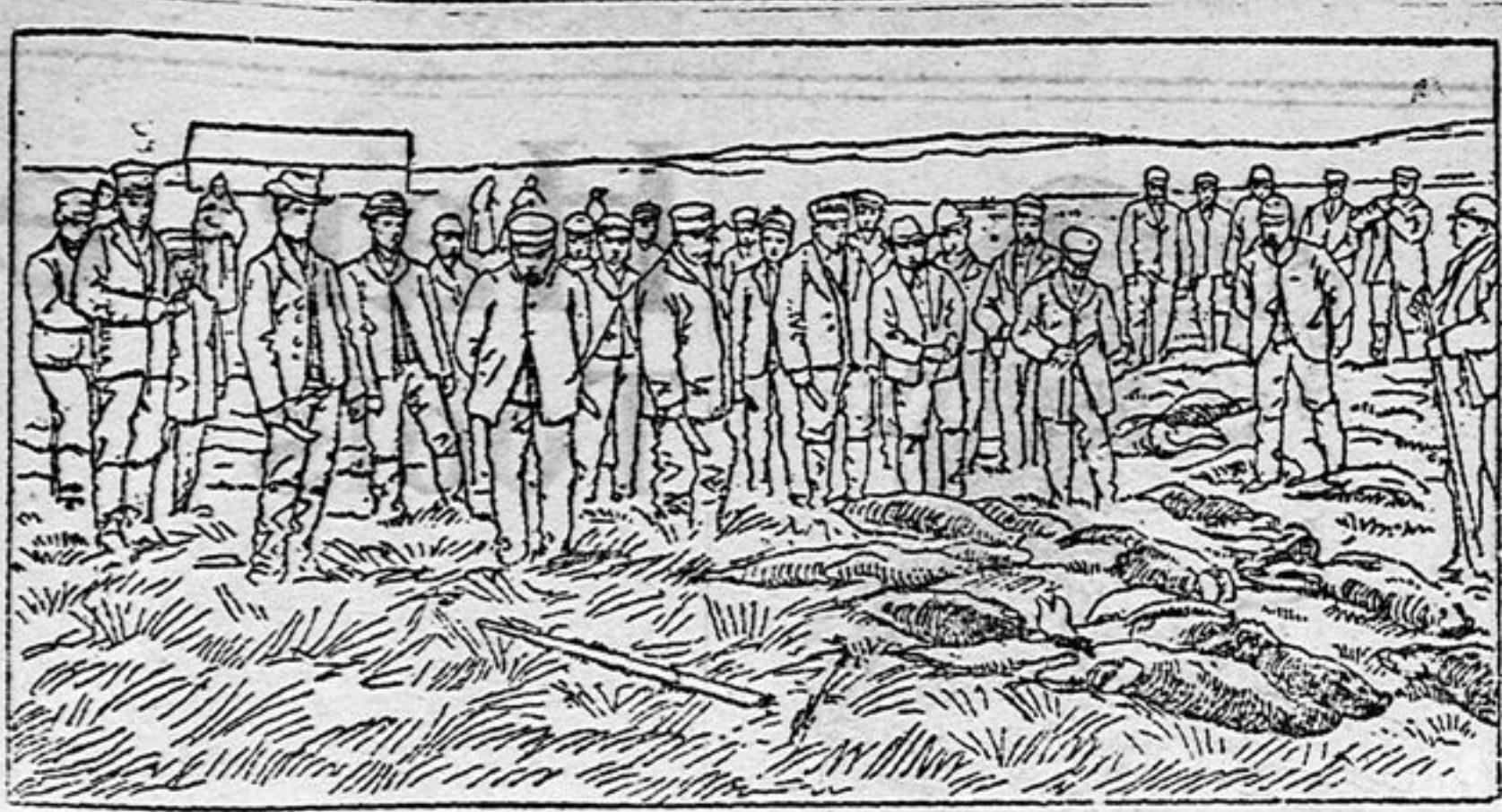
The use of ice in summer should be regulated by good common sense based upon knowledge of the laws of health, and then the annual amount of sickness and possible death from the free use of ice would be greatly reduced. It may not be generally known that ice can be used in such a way as to give better results than drugs, and that in many instances it is one of the best anti-cholera medicines that we have. It is not likely that there will be an extra consumption of ice this summer on account of this Asiatic disease, but it is really a well-established fact that cracked ice is of great service in cholera and general summer complaints. But on the other hand injudiciously taken at the base of the stomach there is nothing that so likely to bring on summer complaints as ice, nor nothing so good as ice to bring the system into such a condition that cholera can easily take possession. The simple remedy is to adopt a constant diet of cracked ice, and place hot poultices on the stomach, and hot water bottles at the feet. More cases of cholera, cholera morbus, and other kindred complaints have been cured in this way than by drugs. Cracked ice taken internally is very different from drinking ice water. A little cracked ice stimulates the nerves of the mouth and throat, and often sharpens a poor appetite, and it does not flood nor chill the stomach with cold water. A bag of cracked ice placed at the base of the stomach on the feverish brow on a warm day, will frequently relieve a headache that nothing else seems to touch. Tempt the appetite on a hot day by sprinkling little bits of cracked ice on the broiled chicken, meats, salads, and such food. It will do no harm, and possibly great good will be accomplished by stimulating the appetite.

Modern Heating Inventions.

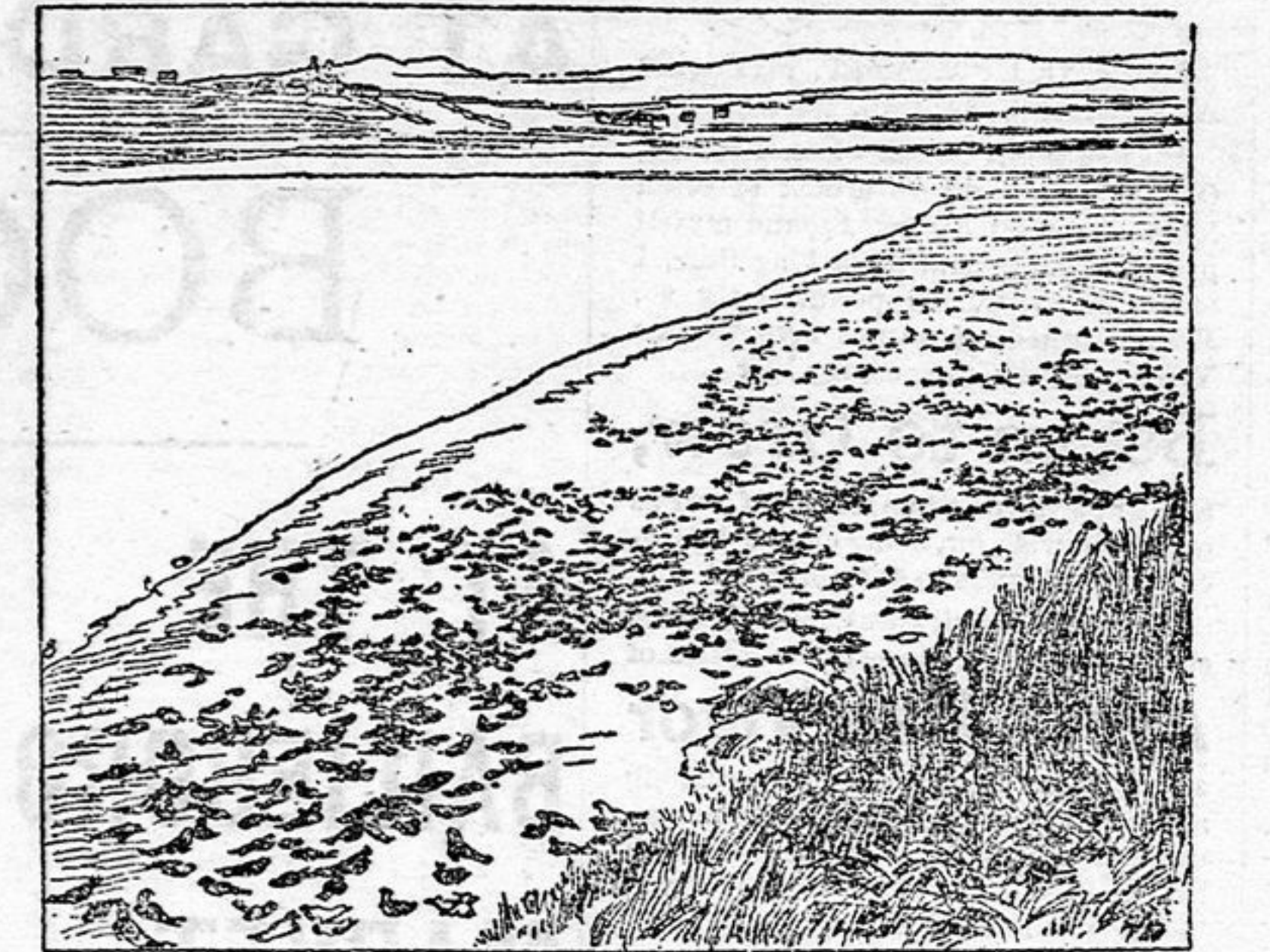
Of late years numerous inventions for heating rooms without the use of chimneys and stove pipes have been placed upon the market, and many are deluded into the belief that this can be an accomplished fact without giving any injury to the occupants of the room. In the summer time many of these oil, gas, and carbolic stoves can be utilized very well for cooking purposes, for the doors and windows are generally left open. They are on hot days inventions of value, for they cause less heat than wood or coal stoves, and they are so portable that they can be easily carried out of the house. But for heating purposes all of these inventions should be rigidly condemned by law. Combustion of any sort, whether it be of gas, coal, wood, oil, or any other substance, natural or artificial, must produce dangerous gases and that unless there is a place for them to escape they will soon fill the rooms and injure those who breathe them. This cannot be avoided except by having stoves with chimneys and flues through which these gases escape. While the newly-invented stoves may give out some heat, and appear to be very convenient, it must be remembered that they are dangerous enemies that we are introducing into the house. They can only be used in a room where the window is partly up so that the gases can constantly escape, and fresh air can be circulating in. All that one has to do to commit suicide is to light one of these stoves in the bedroom, close doors and windows, and then go to bed. By morning he will need no stove for warming purposes.

The Hygiene of the Air.

That the air is full of poisonous germs and microbes is evidenced by the analysis of rain and snow that have been collected as soon as it dropped to the earth. In its passage through the air it collected the impurities contained therein. The air is the purest right after a heavy snowstorm, or a severe thunderstorm, when the rain has fallen in torrents. The germs are then beaten down to the earth, and it takes some time for them to rise again. But why, it is often asked, is it bad for those susceptible to malaria to go out into the damp air shortly after a storm in warm weather? It is simply because the germs are beaten down to the earth, and as they begin to rise immediately again they fill the lower layers of air for the first few hours. Therefore, while the air in general is purer right



THE BEHRING SEA QUESTION—THE KILLING GROUND, S. PAUL ISLAND ALASKA.



THE BEHRING SEA QUESTION—THE VILLAGE OF S. PAULS, S. PAUL ISLAND, ALASKA.

In the foreground are seen the seals which have been knocked on the head lying on the beach.

after a heavy shower, it is really more threatening to our health than before. Before the rain the multitude of bacteria, were floating high up in the air, and many of them were beyond the reach of our lungs. So, too, often, a heavy wind will make the air more poisonous than a quiet one. The upward and downward movement of the air mixes the layers up, and often drives the germs toward the earth to escape the wind. Other germs that are lying on or close to the earth will be swept up and mixed in the air we breathe. Most poisonous germs rise from the ground in the morning, and remain at a high altitude until night begins to approach, and then they descend. The most dangerous air then, is the very early morning, evening and night air, while that of midday is tolerably clear of all poisonous germs.

A REMARKABLE RIDE.

Little Willie Burns' Adventure.

Willie Burns, aged eight years, was brought to the Central Police Station, Montreal, the other morning, to be interviewed by the Chief of Police, who was not glad to see him. Willie was footsore and hungry. His bare feet were covered with mud. When the police heard Willie's story, they gathered around and gazed at him curiously.

HE BEGAN TO GET HUNGRY.

On and on went the train. Willie began to get lonely and by-and-by he had a very empty feeling in the region of his waistcoat. He thought of his home—how he wished he was back again! The train stopped at some station and some one wrenched open the door of the car and looked in. With beating heart Willie hid behind a box. When the man leant the venturesome traveller watched his chance and jumped out. He thought he was at Montreal, but it was St. Lambert. He had made up his mind to come to Montreal and either by hook or by crook meant to get here. At 8 o'clock in the morning the venturesome Willie was deposited at the Bonaventure Station. He had hidden on a passenger train. He was exceedingly hungry and his feet were cold. He hated to do it, but he could not starve; he went and asked a policeman to lend him a quarter. Such a request from such a source of course was begging. The officer took him to the Chief of Police who told the boy he would have to return him to Boston at once as Montreal had lots of poor boys without importing them. He instructed the officer to go to the G.T.R. and C.P.R. depot and see if he could not persuade these corporations to take Willie back free to Boston. The officer failed in his mission. They had been beaten out of one ride by the young adventurer and could not see why they should nor give him another free ride. They really could not sympathize with such depravity. What is to be done with Willie? That's the question that the Chief wants some one to answer.

Answered!

A visitor inspecting a poor school in Staffordshire, the following answer was elicited from a little Irish boy named Tommy: Q.—"What is a lake?" A.—(Little Tommy well up in geography) "A lake; a lake. A lake is a tin kettle with a houl in the bottom of it!" More mushrooms are raised in the vicinity of Paris than in any other place in the world.

CANADIAN PLUCK.

A Successful Canadian Business Extended to England.

Although But a Short Time in That Country, the Press Pronounces the Success Phenomenal.

We have much pleasure in reproducing the following article from the Montreal Witness, relative to the success in Great Britain of a well known Canadian firm. We have done business with the firm in question for a number of years and can heartily endorse what the Witness says concerning their honorable business methods, and the care exercised in the publication of the articles appearing in the press relative to their preparation. These cases are always written up by influential newspapers in the localities in which they occur, after a full and thorough investigation that leaves no doubt of their impartiality and truthful character. We are quite certain that the confidence reposed in the firm and their preparation is not misplaced.

The phrase "British pluck" has become an adage, and not without good reason, for whatever enterprise, courage or "bull-dog tenacity" is required to sweep away or surmount opposing obstacles in order that the pinnacle of success may be reached, your true Briton never flinches, and facing all obstacles works until success has been achieved. This same "British pluck" is a characteristic of the native born Canadian, and there are very few walks in life in which it does not bring success as the reward. This much by way of prelude to what bears every indication of being a successful venture on the part of a well-known Canadian house. When it was announced a few months ago that the Dr. Williams' Medicine Co., of Brockville, intended establishing a branch of their business in the motherland, there were not a few who were inclined to be skeptical as to the success of the venture; while some boldly predicted failure. "There would be an objection," they urged, "to taking up a colonial remedy," "their business methods differed from those prevailing in Canada," "The field was already crowded with proprietary remedies long established, and well advertised." These and many other objections were urged as reasons why the venture was a doubtful one. But the Dr. Williams' Medicine Co. was not to be deterred by any objections that might be raised. They had unbounded confidence in the merit of Dr. Williams' Pink Pills for Pale People, and the pluck to back up their confidence with their cash. This latter is well known to Canadian newspaper men, who know that less than three years ago the company first put upon the market in the form of Pink Pills a prescription which had previously only been used in private practice, and with a skill and audacity that has not been surpassed in the annals of Canadian advertising, pushed it in the van of all competitors. Of course the remedy had to have merit, or this could not have been done, and it was the company's sincere belief in the merit of their remedy that endowed them with the pluck to place their capital behind it. It was this same conviction that merit, skillfully advocated, will command success that induced them to venture into competition with the long-established remedies of the motherland. And we are glad to know—indeed we believe that all Canadians will be glad to learn—that short as is the time the Dr. Williams' Company has been in that field their success has been rapid and ever increasing. As an instance of this success the "Chemist and Druggist," the leading drug journal of the world—and probably the most conservative—in a recent issue states that the success of Dr. Williams' Pink Pills in Great Britain has been unprecedented and phenomenal. While, no doubt, it is the advertising that has brought this remedy into such rapid prominence in England, it is the merit of the preparation that keeps it there and makes it popular with the people. There are few newspaper readers in Canada who have not read of the cures, that to say the least, border on the marvellous, brought about by the use of Dr. Williams' Pink Pills, and already we see by the English papers that the same results are achieved there. Is it any wonder then that Pink Pills are popular wherever introduced? We have done business with this firm for a number of years. We have found them honorable and reliable, and worthy of credence in all that they claim for their remedy.

We cannot close this article better than by giving in condensed form the particulars of a striking cure in Nottingham, England, by the use of Dr. Williams' Pink Pills. The cure is vouched for by the Nottingham Daily Express, the leading journal of the Midlands Counties.

TRYING TO PREVENT HAILSTORMS.

A French Scientist's Plan for Using Kites and Electric Currents.

Colonel Baudouin, the well-known French meteorologist, announces that he has made an important discovery in connection with the formation of hailstones, and also a method of preventing the phenomena from which they arise. "Since the origin of meteorology," says Colonel Baudouin, "various theories have been advanced as to the formation of hail, and even now experts are far from being unanimous in their opinions on that subject. The difficulty has been to explain why, during fine weather and occasionally on the hottest days, hailstones sometimes fall in considerable quantities. Another question which has never been satisfactorily settled is as to whether they are formed in the upper strata of the atmosphere or near the earth. My researches have been based on Ampere's maxim that 'currents going in the same direction attract, and those going in opposite directions repel, each other.' In our atmosphere it frequently occurs that winds blowing in contrary directions are superposed, and that clouds travelling with the wind pass over each other. If the temperature is at all high the lower cloud tends to rise, naturally forcing the upper one to rise also. Several clouds sailing in different directions may thus be superposed, each one driving the other up higher until the uppermost one attains an elevation where the cold is such that it is congealed. The ice then falls by reason of its weight. Each particle of ice in falling through a lower cloud is condensed and dampened. Part of the water covering it evaporates, and the rest forms a new layer of ice, the process being repeated as the hailstone traverses each successive cloud. This fact can be demonstrated by cutting a hailstone in two, when the layers of ice of which it is formed can be seen by the aid of a magnifying glass. Each layer of ice represents a cloud through which the hailstone has passed before reaching the earth. From this theory I conclude that by suppressing one or two of the intermediary clouds the uppermost one would not be forced to such a height as to experience the cold necessary to change it into ice. A cloud can be suppressed by depriving it of its electricity, thereby causing it to fall in the shape of rain. To obtain this result I employ a large tailless kite carrying an electric apparatus. My experiments have been most successful, and I expect very shortly to submit a full report to the Academy of Science, and subsequently to put my invention into practical use."

"Getting Into a Scrape."

The red and fallow deer which formerly roamed through the English forests had a habit of scrapping up the earth with their forefeet to the depth of several inches, sometimes even of half a yard. The stranger passing through these woods was frequently exposed to the danger of tumbling into one of these hollows, when he might be said truly to be "in a scrape." The college students of Cambridge, in their little perplexities, picked up and applied the phrase to other perplexing matters which had brought a man morally into a fix.

Dissatisfied.

A country fellow, anxious to see the Queen, left his native village, and went to London to gratify his curiosity. Upon his return his wife asked him what the Queen was like. "Like" cried Hodge. "Why, I was ne'er so cheated in all my life. What dost think, Margaret? Her arms are loike thine an' mine, although I had heard scores of times her arms were a lion and a unicorn."

Advertisements first appeared in newspapers in 1652.

The microscopists say that a mosquito has twenty-two teeth.

Dials were spoken of by Isaiah 700 years before the Christian era.

Silver is so plentiful that it is being more and more used for decoration.

which had all the appearance of permanent paralysis, and was pronounced such by the doctors who attended him. The course of the stroke appears to have been down the entire right side. His leg was entirely powerless, and he was unable to stand. He could not lift his right arm from his side or from any position in which he was placed. His face was horribly distorted, and the organs of speech completely paralyzed, so that he was able neither to stand nor speak. His condition is described by those acquainted with him as being most pitiable. He lay in this condition for more than three months suffering intermittently considerable pain, but more afflicted by his utter helplessness than by sufferings of any other kind. His wishes were indicated by signs and feeble mumbings. The distortion of his face was rendered the more apparent by the ghastly pallor of his features, and he lay in bed, anticipating nothing better than that death should eventually relieve him of his helplessness.

The Rev. Walter Cooper, Wesleyan Methodist minister, whose flock have their spiritual habitation in a substantial building in High street, Old Basford, took a pastor's interest in the case of this unfortunate man, and is acquainted with the circumstances from almost first to last. A week or two ago Mr. Watson began to astonish all his neighbors by the sudden improvement in his appearance and capacity. He is able to walk about, and his right arm, which was formerly perfectly incapable of motion, is now moved almost as readily as the other, though the fingers have not yet recovered their usual delicate touch. Perhaps the most striking circumstance, however, is the general improvement in the personal aspect of the man. The deformity of feature caused by the paralysis is entirely removed. His speech is restored, and the right leg, the displacement of which kept him to his bed or chair, has now recovered its function so completely that he is about to take some out-door work in Basford and Nottingham.

Questioned as to the cause of this remarkable improvement in a case universally regarded as incurable by the medical profession, Mrs. Watson, wife of the patient, unhesitatingly attributed her husband's miraculous recovery to the use of a medicine called Dr. Williams' Pink Pills for Pale People, and brought into considerable prominence by the publication of some remarkable cures effected by their means in Canada and elsewhere. "Since I have taken Dr. Williams' Pink Pills," said Mrs. Watson, "I have unquestionably been better not only than I was before the stroke of paralysis seized me, but than I have been at any time since my boyhood," a statement confirmed by Mrs. Watson, who said the appearance of her husband now was proof of the enormous improvement in his health. "The Pills," she said, "seem not only to have cured the paralysis of the face and leg, but to have effected a most remarkable change in his general health."

Mr. Watson was always remarkably pallid and of a sickly appearance, but the ruddy glow of the patient's face confirmed Mrs. Watson's words. "I assure you," said she, "we can speak in the highest possible terms of Dr. Williams' Pink Pills. Nothing either at the General Hospital or from the doctors, who have attended my husband at different times, has done anything like the good which the few boxes of Dr. Williams' Pills he has taken have effected, and, under Providence, we feel he owes his life and his restoration to work and usefulness to this wonderful medicine."

Mr. Charles Levesly, Insurance agent, at Cowley street Old Basford, has among other neighbors been deeply moved by the sufferings of Mr. Watson, and profoundly impressed by his miraculous restoration to health. The case has, in fact, been a topic of conversation in the entire neighborhood. Attention is drawn to the circumstance that every fact in the above remarkable history is vouched for by independent evidence, which it would be morally impossible to doubt. It is shown by conclusively attested evidence that Dr. Williams' Pink Pills for Pale People are not a patent medicine in the ordinary sense, but a scientific preparation, from a formula long used in regular practice. They are shown to positively and unfailingly cure all diseases arising from impoverished blood, such as pale and sallow complexion, general muscular weakness, loss of appetite, depression of spirits, anemia, green sickness, palpitation of the heart, shortness of breath, pain in the back, nervous headache, dizziness, loss of memory, early decay, all forms of female weakness, hysteria, paralysis, locomotor ataxia, rheumatism, sciatica, all diseases depending on vitiated humors in the blood, causing eczema, rickets, hip joint disease, chronic erysipelas, catarrh, consumption of the bowels and lungs, and also invigorates the blood and system when broken down by overwork, worry, disease. These pills are not a purgative medicine. They contain nothing that could injure the most delicate system. They act directly on the blood, supplying to the blood its life-giving qualities, by assisting it to absorb oxygen, that great supporter of all organic life. In this way the blood becoming "built up" and being supplied with its lacking constituents, becomes rich and red, nourishes the various organs, stimulates them to activity in the performance of their functions, and thus to eliminate disease from the system.

These Pills are manufactured by the Dr. Williams' Medicine Company, of 42 Holborn Viaduct, London, England, (and of Brockville, Ont., and Schenectady, N. Y.) and are sold only in boxes bearing the firm's trade mark and wrappers at 2s. 9d. a box, or six boxes for 13s. 9d. Pamphlet free by post on application. Bear in mind that Dr. Williams' Pink Pills for Pale People are never sold in bulk or by the dozen or hundred and any dealer who offers substitutes in this form is trying to defraud you and should be avoided.

Dr. Williams' Pink Pills may be had of all chemists or direct by post from the Dr. Williams' Medicine Co. from the above address. The price at which these pills are sold makes a course of treatment comparatively inexpensive as compared with other remedies or medical treatment.

Willing to Wait.

"Augustus," said Angelina to her lover, "You know that father has recently invested in a silver mine, and is going there at once, and I cannot leave mother alone. So I ask you, dear Augustus, how long would you wait for me?" "Wait for me," "my darling?" exclaimed Augustus, "I will wait for you until we learn how the silver mine turns out."