NOW TO ESCAPE THE GRIP.

The First Important Step Is to See that All the Vital Organs Are in Good Condition.

WALKING AS A PREVENTIVE.

Beneficial Effects of Exercise and Pure Air—Chilling of the Feet Dangerous.

A few months ago, when La Grippe "run riot" in this country, it was frequently and exhaustively discussed by the lay press, and the public generally were well informed as to its origin, history, etc. At that time, however, although it had been known in Europe since the fifth century, the disease was practically a stranger here, or at least had not been sufficiently prominent to attract much attention from physicians, consequently not a few of the statements then made regarding it were based mainly on speculation. Considering which, a brief consideration of the nature of the disease as viewed at the present time is likely to be of interest to the readers of the *Press* and lead them to a more thorough appreciation of the means that are necessary to ward it off.

The popular theory is that La Grippe is of bacterial origin, or, in other words, is caused by a micro-organism or germ. This is yet to be proved, for the special germ has not been definitely recognized and its identity established. The theory has much support, however, and physicians generally have accepted it.

The fact that the first real epidemic here came from St. Petersburg in about six weeks, would seem to indicate that the germs of the disease float easily in the air, and that this is the usual medium of transmission. As the air passages are very generally first affected it would seem, also, as though these germs have an especial affinity for their lining membrane; which fact, moreover, supports the theory that they are spread by the air.

Assuming that the germs of La Grippe fly about like dust, it is easy to accept that it is infectious, and that all who breathe the tainted air are in danger of falling victims to the disease. Now comes the question, Is it communicable from one person to another? Investigations differ upon this point, and the majority seem to believe that if contagious, it is only mildly so, and persons suffering from it are no very great menace to others in contact with them.

Deaths from La Grippe are occasionally recorded, and the idea is quite prevalent that it often threatens life. Alone there is not much danger from it except when the recuperative powers are low, as in invalids prostrated by other diseases, or in childhood and old age. Under better conditions when death results it can almost always be attributed to other and graver diseases that occur during its course.

PNEUMONIA FOLLOWS IN THE WAKE.

Pneumonia is one of the most serious of these complications, and it would seem as though the relationship between it and La Grippe was a near one. It is doubtful, however, if they are even distantly related. Why, then, are they so often associated? This question has never been satisfactorily answered. Pneumonia, like La Grippe, is probably a germ disease. Moreover, certain investigators have found that what are accepted by many to be the germs of pneumonia abound in an atmosphere with the germs that they have thought to be those of La Grippe. If this is so, the frequency of the grave complication is easily accounted for. The latter put the air passages in a favourable condition, and the former, naturally, take advantage of the invitation, as it were, to entrench themselves.

So much for the nature of La Grippe; and now to the measures of prevention. Man's susceptibility to all infectious diseases varies greatly with his general health. When disease germs find their way into his body they meet with resistance and a struggle takes place between them and the parts attacked. If the germs are victorious they make further ingress, and their special disease is the consequence. But, fortunately, more often than otherwise they meet defeat and are destroyed.

Obviously the chances of the individual's escaping depend not only upon the number of invading germs and the virulence, but upon his own strength; and if feeble and ailing he is likely to fall an easy victim. Hence, in the presence of an epidemic like La Grippe, when hosts of powerful germs are floating about, it becomes all persons to look well to their means of defense, and strengthen them in every possible way.

The first important step is to see that all the vital organs are in condition to do their work easily and promptly. Commencing with the stomach, more than likely it will be found that this organ has been somewhat overtaxed, and if so, the most of the others will be more or less sluggish. The remedy is easy; reduce the quantity of food and take only what is necessary to maintain health and strength. Restrict the diet, also, to substances that are nourishing and easily digestible.

Open also all the waste avenues, and in this way relieve the more or less congested organs and quicken their functional activity. If constipation exists, a laxative—as Hunyadi water—should be taken every morning, on rising, in half a pint of hot water.

EXERCISE AND PURE AIR.

Nothing can favor and strengthen nature's means of defense against disease more than exercise in pure air; therefore, a brisk walk of from two or four miles should be taken each day; and, as a matter of fact, so potent is this measure, when the disease is coming on it can often be aborted by a walk in heavy clothing, prolonged until a free perspiration has been produced.

The living, working and sleeping rooms should be kept well ventilated for if the air breathed is impure the blood for the time being must, inevitably, be more or less impure, and the tone and resistance of the body lowered in consequence.

It should be borne in mind that the skin is not merely a covering for the body, but is an organ of vital importance; and unless it is kept in order, good health is simply impossible. Frequent bathing and friction with a coarse towel or flannel should be the rule. As a means of prevention, tepid sponge baths are better than full baths; and they should be taken just before retiring.

If the skin is chilled it is crippled for a time; hence in order to prevent this accident it should be covered with woolen undergarments. As to the outer clothing, that should be the lightest possible, consistent with comfort; then exercise will be encouraged, whereas an excess of coverings must interfere with it.

Chilling of the feet is another danger which cannot be too strongly emphasized, for it is one of the influences that most frequently invite the occurrence of La Grippe as well as all other acute diseases of the air passages. Thick woolen stockings, thick boots, with thick soles, and walking exercise are the surest preventives against it.

A word as to alcoholic stimulants. They have been often prescribed in La Grippe, and, not unnaturally, the idea is quite general that they are efficient preventives. Far from such happy effect they render one much more liable to this disease, because of the depression which is inevitable after their use.

In these few simple hints are embodied the measures that are the greatest assistance to nature in warding off La Grippe. They are certainly easily employed and those who try them may feel assured that they have done their best to strengthen their defenses, and that they will make a good fight if attacked.

Considering the fact that complications, in the form of grave diseases, are liable to occur during La Grippe, also that even in mild attacks their is often very much prostration and nervous shock, that leaves the victim greatly delibated for a long time, it is obvious that the proper treatment should be applied early in every case. Also that such treatment should be entrusted to a physician. This is the only wise and safe course for the victims of the disease to pursue.

HOW GRIP IS MANIFESTED.

The urgent need of this is more apparent when the fact is understood that La Grippe manifests itself in a variety of ways, and that there is no one line of treatment applicable to all forms. The most pronounced varieties are three in number and are termed by physicians the neurotic, the catarrhal and the gastric.

In the first the symptoms are mainly nervous, and include severe pains, neuralgic in character, in the head, chest, back and limbs, with extreme nervousness, often delirium, great prostration, etc.

In the catarrhal form the air passages are most involved, with symptoms characteristic of inflammation there, as sneezing, discharge from the nose, sore throat, hoarseness, cough, tightness in the chest, etc. In fact this form resembles closely a "hard cold." And it is in this that liability to pneumonia is the greatest.

In the gastric form of La Grippe, as the name implies, the most prominent symptoms are referable to the stomach and associate organs. There is nausea, and usually vomiting, and other symptons which are often conveniently termed "bilious." The air passages are also more or less involved in this form, but seldom to such a marked degree as in the catarrhal. And in the severe cases the symptons resemble somewhat those of typhoid fever.

In the catarrhal, as well as in the gastric form of La Grippe, there is likely to be great prostration, and the convalescence slow and tedious. If pneumonia occurs as a complication it intensifies the danger, and yet far greater proportion of recoveries occur than in uncomplicated pneumonia, for when associated with La Grippe, its course is often a modified one, and materially shorter than usual.

These are the three distinct forms, but they may all be combined. Everycase of one form only, however, may have marked peculiarities. Morover the complications, and the after diseases that are liable to occur are so many every victim of La Grippe must, unhappily, for a time be in doubt as to the termination of his attack.

Manifestly, therefore, in every instance skilful treatment should be applied as soon as the first symptoms present themselves. And if this is done La Grippe will be so modified that it will run only a short and a mild course, and without danger of complications.

Waiting and Hustling.

No one can deny the soundness of the familiar maxim, "All things come to those who wait." The patient persistence that bides its time, ever alert to improve the opportune occasion when it presents itself, is usually rewarded. The whirligig of time goes round and round, and the wheel of fortune is sure to bring luck to every number soon or early. But it would be equally true and quite as accordant with facts to change that proverb into, "All things come to those who hustle." The waiting which is akin to loitering never succeeds, except by the merest accident. No one deserves to "get there" who is not willing to exert himself. The mere bustling about like the traditional headless hen does no good. It wastes energy to no purpose; but the hustler who bestirs himself will get on while the moper dies in his tracks. In the economy of nature the most of us are obliged to be up and active to keep soul and body together. Not to hustle is to die. Herein the average man resembles the cattle in the wintry plains. With no haymows, corn-bins, or straw stacks even, from which to draw rations, the alternative presented is "get up and get" your own bunch-grass or starve to death. The barnyard kine can afford to act upon the assumption that all things come to those who wait, but it would never do in the world for range cattle. In a large way the supreme example in proof that all things come to those who hustle is England. That little island was rather slow in realizing what vast opportunities Columbus and the Columbian spirit had opened up, but when once aroused it lost no time in possessing itself of ships, naval and merchant, with which to go anywhere and everywhere that "gear" was to be gathered by those who had the pluck, energy, and spirit of adventure to hustle around and get it. The result was a richer reward than the combined booty of all the wars ever waged for plunder.

A Lake a Mile Deep.

The deepest lake in the world is Lake Baikal, in Siberia. Though its superficial area is almost the same as Lake Erie, its enormous depth, 4000 to 5000 feet, enables it to hold almost as much water as Lake Superior. Its level is 1350 feet above that of the Pacific Ocean, but, notwithstanding, its bottom is more than 3000 feet below it. There are many other deep lakes in the world, but so far Baikal takes the palm. Lake Maggiore is 3000 feet deep, Lake Como, 2000, and Lego-di-Gards, another Italian lake, nearly 1900 feet in depth Lake Constance averages about 1000 feet. and ake Superior and Michigan about 800, feet.

MR. BOWSER GETS THE GRIP.

It Doubles Him Up in Spite of His Enormous Will Power.

Four or five weeks ago, when Mr. Bowser came home one evening and found Mrs. Bowser in bed, and was informed that it was a case of grip, he blurted out;

"Grip! And you have gone to bed and had the doctor for a case of grip? Humph!"

"But I am awfully sick!" she replied.

"Rats, Mrs. Bowser! You just imagine it! This simply goes to prove what I have often asserted—that no person of any strength of character has ever had the grip. It's a namby pamby thing, which even a child three years old ought to be ashamed of."

"You may have it before you get through."

"If I do—if I am silly enough to lay down with any such thing as that—I hope somebody will pound me to death with a fence rail! I have the grip? I call a doctor for such a nonsensical thing as that? Not if my name is Bowser!"

Mrs. Bowser was in bed three or four days, and Mr. Bowser lost no orportunity to talk about her foolishness in giving up to such a trifling ailment. He likewise remarked to the doctor that he thought it very foolish in the medical fraternity to encourage the public in any such delusion.

"You'll probably have it, and when it comes you'll change your opinion," curtly replied the doctor.

"I will, eh! There isn't enough grip in North America to pull down one of my ears! I'd really like to be attacked just to show you how strength of will could throw it off."

A week ago, at three o'clock one afternoon, Mrs. Bowser heard something fall against the front door. She called to the girl to open it and see whether it was a bag of potatoes or a corn-sheller. It was neither. It was Mr. Bowser—not the Mr. Bowser who had gone away in the morning stepping high and carrying his chin in air, but the Mr. Bowser who had come home shaking and shivering and all humped over until he didn't appear to be four feet high. It was a case of the grip. As he sat in his office gayly whistling "Old Black Joe" a sudden shiver shivered up his back. He looked around to see who had flung it, but it was followed by two more. He jumped up with a feeling that all the ice thus far cut on the Hudson had been loaded on his back. A whole drove of shivers and shakes and chills kept waltzing from his heels to his neck and back again, and there was a roaring in his head as if he stood on the brink of Niagara. A boy who came in with a telegram, looked Mr. Bowser over and said:

"Old man, you've got it, and got it bad! If you've any home to go to you'd better skip. If I never see you again then farewell!"

Mr. Bowser didn't stop to exercise any will power to throw it off. He got into his overcoat and made for home. The street-car conductor tried to consol him by saying that he would probably be out in four weeks, and a woman on the car named over twenty-two of her acquaintances who had been carried off in a week.

"Heavens, Mr. Bowser! but what does this mean?" demanded Mrs. Bowser, as he staggered into the hall.

"I'm—I'm a dead man?" he gasped as she pulled off his overcoat and helped him on the lounge in the back parlor.

"Have you got a chill?"

"Y—yes! Get forty bed quilts to cover me up!"

"And does your back ache?"

"Does it? Great Scots, but I don't believe I can live half an hour longer! It's a congestive chill, I suppose."

"It's simply the grip, Mr. Bowser. That's exactly the way everybody is taken. Hadn't you better exercise a little will-power?"

Mr. Bowser looked at her reproachfully and shivered and shook.

"Curious how it took hold of a man of your strength of character," she continued as she got his shoes off.

Mr. Bowser's chin began to quiver in a suspicious manner and she said no more on the subject. He had been put to bed and was groaning and shivering, when the doctor came in.

"Well, your ear has been pulled down, I see," remarked the doctor as he rubbed his hands together in a cheerful way, "Have you tried to throw it off by strength of will?"

"I—I suspect its pneumonia," replied Mr. Bowser.

"Well, I don't. It's grip—just grip."

"And I'm sick enough to die!"

"Pshaw, man! you have got a mild attack—about as the babies have it. If you had it as bad your wife did I should feel very anxious. Just keep quiet and take this medicine every two hours."

"How many weeks will I be in the house?"

"Weeks? Why, you can go out to-morrow if you feel like it. Better get up after supper and walk around. It's a wonder to me that such a slight attack brought you home."

But Mr. Bowser's back-ache grew worse, and when the chill finally went off he was out of his head most of the time with the fever. During Mrs. Bowser's sickest night he had gone to bed to sleep and snore and rest undisturbed by her moans. She had to sit up with him, of course. He wanted vichy water, lemonade, ice-water, ginger ale, pickles, tea, toast and a dozen other things, and he seemed to take solid comfort in keeping up a groaning so doleful that it finally stopped the clock.

The doctor returned in the morning, to find Mr. Bowser's pulse jumping, his tongue covered with fur and his throat almost raw, but he expressed his great surprise that he had not gone to the office. He encouraged him to get up and go down cellar and upstairs, but Mr. Bowser stuck right to the bed.

"Doctor, I don't think you realize how serious this case is," he groaned.

"I am sure I do. It's a very mild case of that namby-pamby epidemic called the grip. I have five children in this neighborhood who have it worse than you, but all are up and playing with their dolls. Very curious that a man of your stamina should give up. Keep on with the medicine, however, and I'll send a gargle."

For four days Mr. Bowser gargled and dosed and doped and groaned. Mrs. Bowser had to attend him as if he were a baby. He had very little to say during this interval. He seemed to flatten all out and lose his conceit. Once he even went so far as to observe that if his life was spared he would be an humble man in future. On the fifth day, however, after getting out to the gate and back, his meekness seemed to be disappearing, and on the sixth, as he started for the office, he said:

"I propose to visit two or three different doctors to-day and find out what caused my sickness."

"Why, it was grip, of course," replied Mrs. Bowser.

"Not much! There was a combination there and I know it, and it was a mighty serious one, too. Nothing on earth but my determination not to give way to it pulled me through. Plenty of men in my situation would have turned up their toes, and plenty of others would have been in bed for months. Grip! Humph! Mrs. Bowser, you don't know me yet. When I knock under to grip I'll have the decency to go and drown myself! Grip and brain fever are two widely different things, and I want you and that fool of a doctor to know it, too!"

M. QUAD.

LANSDOWNE ON DUFFERIN.

The Queen's Representative in India Speaks in High Terms of His Predecessor.

This week's mail from India brings full reports of Lord Lansdowne speech when unveiling in Calcutta the statue of Lord Dufferin. Referring to his predecessor's rule in India, the Viceroy said:—"Whether in regard to the external or to the internal affairs of the Indian Empire, those four years were unusually eventful and laborious, and brought with them more than their share of trouble and heavy responsibility. Upon our western frontiers he left his mark by a settlement, as complete as the circumstances permitted, of a boundary question which, less judiciously handled would have imperilled the peace of the world, and by establishing upon the throne of Afghanistan a ruler who has since shown himself faithful in his allegiance to us and strong enough to hold in check the turbulent elements of which his kingdom is composed. Upon our eastern confines he brought to a close a long series of complications and anxieties by the addition to the Empire of the Province of Upper Burmah." As to Lord Dufferin's internal policy, Lord Lansdowne said:—"It will be memorable for many useful measures, amongst which a conspicuous place must be given to those for the improvement of the position of the cultivators of the soil in Bengal, in Oudh, and in the Pubjaub; education, the health of the people, the condition of the public service, the state of the Imperial defences, the contribution to those defences made by the Indian States, and the extension of our railway system, all received their share of attention.

I do not think it will be gainsaid that these and the other grave problems which confronted him were dealt with patiently, courageously, and judiciously, nor when the history of Lord Dufferin's Administration comes to be written will it be regarded as the least of his achievements that he throughout conducted the affairs of this country in such a manner as to create and to maintain a kindly feeling and mutual confidence between all classes and sections of our Indian community. One of the most unmistakable proofs that the verdict of his contemporaries in India was a favourable one is to be found in the fact that as soon as his intended departure became known a movement to erect his statue was set on foot. It was supported by all classes of the community, without distinction of race, class, or creed." After referring to Lord Dufferin's public services and success, the Viceroy said:—"It would be hard, indeed, amongst his many brilliant qualities to designate those to which his success has been specially due. It may, perhaps, be said that the most conspicuous of these have been his extraordinary perception of human nature, his unerring tact, and his power of conciliating opposition; nor must we forget that rare gift of appropriate expression in speech and in writing, which, it has often been said, came to him as a birthright, but which as an assiduous student of arts and letters, he constantly cultivated and improved, a gift which invariably stood him in good stead, whatever the nationality or the character of his audience, and which enabled him with equal ease and happiness, and with the precise amount of erudition, humour, and sound sense which the occasion happened to require, to describe his own adventures in high latitudes, to take his part in the hot encounter of political debate, to lay rich stores of wit and wisdom before an academical audience, or to give voice to the feelings of a sorrow-stricken nation, sharing its sovereign's grief for an irreparable loss.

Severe frosts and freezing blasts must come, then come frost-bites, with swelling, ithing, burning, for which St. Jacobs Oil is the best remedy.

All the explorers who have recently returned from Alaska after penetrating regions previously unknown, speak of the exceeding timorousness of the aboriginal tribes of the interior. Near the great canon of the St. Elias range, Lieut. Schwatka found a party of aborigines who had never before seen a white man; and he says that they were frightened by the sight of him, and they are exceedingly timid, and that they do not possess the traits of most of the Indian tribes of North America. Another explorer Mr. E. J. Glave, who has recently traversed the southeastern regions of Alaska starting at the mouth of the Chilkat River, says that the Stick Indians whom he found in the forests there lack courage, that they are harmless and that they are mean, crafty, and superstitious. Similar accounts are given by Mr. Ogilive of the aboriginal tribes living in the Canadian region between Alaska and the Mackenzie River. Timidity seems to be the predominant trait of the primitive stock in the far Northwest of this continent. It is not likely that we will ever have any trouble with the Alaskan tribes: but that is not a reason why the Governments should fail to protect them against the covetousness of white settlers.

Hood's Hood's Hood's Hood's Hood's Sarsaparilla

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convinced of a fault our land system will be changed. The methods of accumulation are subject to review, bnt there is nothing in the fact of accumulation to be assailed. The armies of Julius Caesar and Mr. Bellamy's compound-interest forecast have nothing to do with the case. It is claimed that it would be cheaper for the public to have the government, instead of the Vanderbilts, own the railways. That, too, is a change which can be brought about by simply convincing the majority of the people that it would be good policy to buy the Vanderbilt roads or build others. The wealth of the Vanderbilts and what it will amount to twenty-one years from now, by any legitimate use, need concern no one. We are not interested in how much a man will make before he dies, but in what he is giving for what he is getting. If we are making as much through him as he is making through us we can stand it as long as he can.

The party which will visit North Greenland next summer to bring the Peary expedition home will be sent beause there is a possibility that the explorers are not physically strong enough to drag their boats over the ice and meet the other enormous draughts upon their endurance which a boat journey to Upernavik would demand. Lieut. Peary did not ask for this relief party, and when his left home he certainly did not expect it; but the many well wishers of his enterprise will certainly be glad that measures are to be taken to avert any disaster to the little party while on its homeward way. The cost of the relief expedition will be small, and it is certain to reach McCormack Bay, where Peary and his comrades are wintering. In spite of all the dangers and delays to be met when Melville Bay is full of ice, it is believed no vessel has ever been lost there, and that every attempt to reach Smith Sound has succeeded.

"August Flower"

"I inherit some tendency to Dyspepsia from my mother. I suffered two years in this way; consulted a number of doctors. They did me no good. I then used your August Flower and it was just two days when I felt great relief. I soon got so that I could sleep and eat, and I felt that I was well. That was three years ago, and I am still first-class. I am never without a bottle, and if I feel constipated the least particle a dose or two of August Flower does the work. The beauty of the medicine is, that you can stop the use of it without any bad effects on the system. While I was sick I felt everything it seemed to me a man could feel. I was of all men most miserable. I can say, in conclusion, that I believe August Flower will cure anyone of indigestion, if taken with judgment." A. M. Weed, 229 Bellefontaine St., Indianapolis, Ind."

Relieved in Two Days. **Constipation** **Life of Misery**

Suicides apparently increased in frequency during the holiday season. This is seemingly an anomaly, but is really an outgrowth and direct development of the general rule of happiness. Despondency never knows such depths as those when all others are merrymaking; the lights and shadows of life are never more contrasted than during the fortnight of Christmastide; woe is all the blacker when thrown into relief by the glow and glitter of jollity on all sides; the homeless are never so impressed with their condition, the orphans never so helpless; the poor never so poor and, in fine, human nature or distress never feels so acutely as now. Hence the strain is such that the unbalanced cross that thin line that divides the sane from the insane and that broad line that divides the living from the dead. It would seem as if there were no abstract pleasure in the world without its complement of grief, no enjoyment without sacrifice—and this is especially forced on one when reading the accounts of the suicides of some of the world's unfortunates.

THIRTY YEARS.

Johnston, N. B., March 11, 1889.

"I was troubled for thirty years with pains in my side, which increased and became very bad. I used

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and it completely cured. I give it all praise."

MRS. WM. RYDER.

"ALL RIGHT! ST. JACOBS OIL DID IT."