Man has a religious, an intellectual, nature, Helm pervert both. That man he ticalthings best looks after his body, mind and heart.

True religion-not a mere profession-is a great help to health, however bad may have been one's physical heredity or his early surroundings.

It teaches him to keep his appetitesgreat sources of disease when allowed the mastery-in due subjection. No truly religious man can live to eat, embrute himself with alcohol, or to be a debauchee. Such a man will get more real physical pleasure out of life than those in whom the lower nature has the mastery. Religion condemns and tends to repress all jealousy envy, hatred and the malign passions, each of which when yielded to make severe draughts on the health.

It enjoins love to God and man as a fundamental duty, and fosters it as the central principle of the life. Such love not only arrests all malign tendencies, but diffuses through the system a calm, soothing, gladsome influence, signally conducive to highest health. Nothing can be superior in this respect to active beneficence.

It keeps ambition and the desire of wealth within proper bounds. It leads the man with capacity for the high places of power to accept them, that he may serve the people as a servant of God. If he has great business capacity, instead of shrivelling into a miser over hoarded thousands or millions, he conducts himself as being God's steward; and keeping the outflow of wealth proportioned to its inflow, he is uplifted enlarged, and made every way a happler man, and thus a truly healthy one.

It ever makes life worth living. The religious an never lacks for an aim in life-and othing is more depressing ph yeically than a life without on aim. He knows that he is made for God and the eternal future, with the image of God within him, to be here more and more developed as the basis of unending growth.

Religion prevents unwholesome and often deadly depression in adversity. The religious man knows that discipline is essential to moral advancement, and that he is under the wise training of a loving Father. He is sustained and cheered by the wonderful assurance that all things shall work together for his good.

It leads him to look on death as the door to his eternal home, and thus he escapes that life-long chill, through fear of it, from which so many suffer.

" Sweet peace she gives wherever she arrives ; She builds our virtue as she forms our lives ; Lays the rough paths of peevish nature even. And opens to each breast the light of heaven."

No One Rule for All.

No two persons are alike physically. People differ in temperament, heredity, susceptibility to disease, and in recuperative power. There is also an acquired disposition to particular diseases from occupations and habits of life; and temporary susceptibilities from anxiety, grief, watching, and overwork, mental or physical. Bad hygienic habits also make a vast difference, as do bad hygienic surroundings.

There are, moreover, undefinable changes in the physical system from childhood to old age, that render the liabilities of the later period quite different from those of a previous one. Removal to a different climate also greatly changes the susceptibility. So much is this latter fact true that vaccination, good at home, may be powerless abread.

Hence a medicine good for one person is not necessarily good for another. Here appears the value of a family physician, one who knows the family history of his patient and the latter's physical individuality.

We see, also, that the same hygienic methods are not equally adapted to all. One can sleep with his window open not only without harm, but with positive benefit. The depressed condition that characterizes sleep, the more nexicus night air, and the liability to marked changes in the outside temperature, would render the habit perileus to many others.

So one must not blindly take a daily cold bath because others have tried it, and strongly recommended it. It might be death to one, though life to another. One needs to have regard to the condition of the heart, and the readiness to react from chill to a glow. To some a semi-weekly warm bath is much better.

It is somewhat the same in the matter of exercise, which may help or may harm. One, if at all delicate, should carefully find out what is best, both in kind and degree. It is equally so in the matter of food, While the vigorous, who largely live out doors, may eat almost anything within the limits of their appetites, others must learn

the limits of their own digestive powers, and act accordingly. It is certain that these limits vary greatly.

Bacteria

The preportion of bacteria in a cubic meter of atmospheric air is, according to M. de Parville, 0.6 in sea air, one in the air of high mountains, sixty in the principal cabin of a ship at sea, two hundred on the top of the Pantheon, three hundred and sixty in the Rue de Rivoli, six thousand in the Paris sewers, thirty-six thousand in old Paris houses, forty thousand in the new hospital of the Hotel Dieu, and the seventynine thousand in the old hospital of the Pitie. In Ryder Street, St. James's, a cubic meter of air contains only two hundred and forty becterie, whereas in the Rue de Rivoli the same quantity of air contains three hundred and sixty. M. de Parville says the superiority of London air, as compared with the air of Paris, is shown not only by its containing fewer becteria. but also by the rate of mortality being amailer. The greater purity or lesser impurity of the air of London is accounted for by London being nearer than Paris to the sea, by its covering a greater extent of ground in proportion to the population, and by its houses being lower,

Pneumor a 's inflammation of the lunge. When the nammation is on the lining of the chest, i: i pleurisy. The two may be

spaces fally by homeopathy than other way. Until he arrives, keep between flannel sheets, apply hot rubber water-bags to the feet, and hot flaxseod poultices over the lungs where the pain is most severe, R-place these with others every two hours. A skillful narse is necessity; also a warm, yet well wentilated room, and a light diet, which for a few days should consist of well-made oatmeal gruel, and boiling "new" milk, with an infusion of Vichy, two tablespoonfuls to eight of milk, or a large cupful. Avoid cold drinks till the pain is gone and the natural temperature restored.

A Doctor of Divinity.

In Mississippi so many darkies have claimed exemption from road duty on the pretext of being ministers of the gospel, that some of the courts have required that all claiming exemption on that score shall produce certificates o ordination or appointment. At the last term of Medison County Circuit Court, Brother Dick Barnes was minus this all-important document and he sought the advice of a young friend who told him "he would fix it all right for him ; to come back in about ten minutes and he would have a certificate for him." While the preacher was gone the young man stepped across the street to a drug store and got a "Marsden's pills" diploma and, placing it in an envelope, gave it to Brother Barnes, who was promptly en hand when the ten minutes had expired.

When court convened, and it was in order to offer excuses, etc., Brother Barnes approached the clerk's desk and threw down his certificate and said ; 'Thar's my certify ter preach their wurd." The clerk passed the document up to the judge, who smiled and remarked :

"Uncle Dick, this is a doctor's certifi-"Well, Jedge, hain't I er doctor ov

Terrible Tragedy.

Neighbors noticing the absence of persons around Dr. Martin White's residence in Battle Creek, Mich., broke into the house and found the entire family with their throats cut from ear to ear. Dr. White and wife were lying upon the floor, and the two children in bed. It is thought that the Dector became insane and murd red his family. The rooms show evidence of a terrible struggle between the husband and wife. No other cause is known.

Dr. White is an Irishman, who has been a practising physician here for a number of years. He has been known to have spells of ungovernable temper, during which he was abusive to his wife and children, and of late he has been seen to act a little strangely. The children, a boy and a girl, were found en the se ond floor, on a bed. The father and mother were on the kitchen floor below. A butcher knife, axe, and razor, smeared with blood, lay near the bodie. White is supposed to have killed the children while Mrs. White was at church, and to have struck her with the aze on her return home, finishing the deed with the razor, as she had a gash on her head, and lay with her outdoor wraps and gloves on and had her hymn book in her hand.

A Lonely Island.

Lundy, a tiny island in the North Devon electoral district, has a grievance. In the winter, it is often cut off for weeks together from all intercourse with the outer world, and a petition has just been addressed to the "adjacent islands of Great Britain," which sets forth the peculiar disadvantages under which this isolated bit of territory lies. It states that Lundy forms a portion, however insignificant, of her gracious majesty's dominions, and is inhabited by 100 human beings, who are unsurpassed for loyalty. Electorally, Lundy belongs to the North Devon district, but its inhabitants are utterly unable to record their votes, as there is no polling place upon the island, and no regular postal communication between it and the mainland. "At the present time," adds this melancholy protest, "we have nearly 30 qualified electors residing here, not one of whom will be able to vote. Strange as it may seem, we have been for upwards of three weeks without letters or papers, and entirely cut off from the outer world. Although the great political contest is raging so near us, we are in ignorance of all political news. Cannot something be done to lighten our darkness ?"

Musical Sands in California.

An examination of the musical sands of Kauai, Cal., which have excited so much interest on the part of geologists and others, shows that they possess a peculiar microscopical structure. The grains are found to be chiefly composed of small portions of coral and apparently calcareous sponges they are all more or less perforated with small holes, in some instances forming tubes, but mostly terminating in blind cavities, which are frequently enlarged in the interior of the grains, communicating with the surface by a small opening. There were also in the sand small black particles, formed principally of crystals of augite, nepheline, and magnetic oxide of iron, embedded in a glassy matrix. The structure of these grains explains, it is thought, why sound is emitted when they are set in motion; that is, the friction against each other causes vibrations in their substance, and consequently in the sides of the cavities they contain—and these vibrations being communicated to the air in the cavities, under the most favorable conditions for producing sound, the result is the loud noise occasioned when any large mass of sand is set in metion, there being, in fact, millions upon millions of resonant cavities, each giving forth sound.

An exchange recommends boiling coffee in a salt sack to settle it. Fogg remarked, when he read this: "Ah! the secret is now out. Our boarding mistress must follow this recipe. At all events, her coffee is never fresh."

Animal Ailments Winter in an exacting season upon live stock, not necessarily by any means, but because of the merlect of their owners. Col weakens the vitality of an animal wery much and lays a toundation for discus When spring comes the effects of poor feed ing are seen in the gaunt frames, too weak to sice up; the bide-bound skin; the cough, and the deadly black leg. We might mention the prevalent "horn all" and "tall Ill, both serious disorders, but very wrongly named, as they, are merely the effects general debility, resulting from poor feeding and want of care participant and an arrangement

Horn ail, so-called, consists of a feverish condition of the system and a low vitality, accompanied by irregular circulation, which produces alternate heat and chill of the extremities. The digestive organs are out of order, and the brain, the centre of the neryour system, suffers greatly. The head is in a condition of corgestion at one time, and in a state of anæmia at another. The horns are part of the skull, and the hollow cores are lined with a sensative vascular mem brane, connected with the frontal sinuses When the brain is congested, the whole head is hot, the eyes weep, the nose is dry, and of course the horns appear hot to the touch being so closely connected with the skull. But the disease is not in the horns, or in the head, it is in the stomach, as any person can realize whose stemach is out of order, and who has a "sick headache" from a bilious condition of the system. The remedy is, then, not to pour turpentine into the ears, or upon the head, and setit on fire, or bore through the horns into the very sensitive cores, but to relieve the stomach and liver, by a liberal dose of physic, a quart of raw linseed oil, or twenty four ounces of Epsom salts, and follow it with some comforting messes of warm bran mash.

"Tail ill" is another reflex result of poor condition of the animal, in which this extremity suffers. The above remarks apply to this case too, and an excellent remedy is prevention by good care and generous feeding.

Black Leg-By and by, when winter is nearly over and the young cattle begin to feed on the dead grass of the first bare spots, or the first green herbage in wet, warm places, some will be found limping about, lame in the shoulder or the hip today, and to morrow dead in the field or yard. If one passes the hand over the skin of the sick animal, the lame quarter will be found puffed up and a crackling, rustling sound will be heard. After death these spots will be black and bloody, as if the flesh had been bruised to a jelly. The liver is soft and rotten, and the spleen is bla k and like clotted blood. This is anthrax fever, the bloody murrain, or black quarter, which is the most deadly disease of cattle. There is no time for any remedy; prevention is the only safeguard, and just now is the time for this. Feed the young animals well. Do not turn them into the fields to pick up rubbish. Give them a regular dose of a tablespoon of a mixture of one pint of molasses, four ounces of sulphur, and two ounces of cream of tartar every morning, as soon as the weather begins to get warm, and give them as much salt as they will take voluntarily from this time forward.

Timely Suggestions.

A Down merino cross, all things corsidered, is the ideal lamb for winter feeding. The merino mother gives short legs, large body, fine wool and a large quantity, and a hardy constitution. The Down sire gives quick growth, a large proportion of the lean meat, length of wool, and a black face and legs. Of the Downs as sires, we prefer the Shropshires and Hampshires as of very nearly equal value; next the Southdowns, Oxfords, etc. The reason of our preference is in the fact that the Shropshire has the smallest head, which he imparts, and he also gives the blackest face and legs to the half-bred lamb, thus reducing the loss of ewes in lambing and giving the greatest value to the offenring.

Warning is given by the People and Patriot against overfeeding horses which i declared to be even more common than in the case of hoge: With food before it all the time it will keep picking it over and grow poor, with its bex always partly filled. It is an excellent plan to find how much horses really require, and then feed them just so much and no more. Do not be alarmed if everything is eaten clean in the morning. That is the way it should be, yet always taking care to give enough,

A physician tells the Philadelphia Reporter how he lightens the way of dark nights by a common tubular lantern with reflector and a spring for attachment : In place of putting it on the dash, I slip the spring over the middle of the breast-oollar, directly in front of the horse. Every part of the road in front of me is plainly seen, so I can drive with as much confidence as in broad daylight. The conditions necessary for success are: A level-headed horse, with fair breadth of cheet, and shoulder-strap attached to the check-hook, to prevent the lastern engging down between the horse's legs when for any reason the traces slack. It would be well to have a short strap sewed to the inside of the breast collar to slip the spring through, so as to prevent any lateral motion.

Pea meal is a favorite dairy food in Canada. It is ol imed that the largest quantity of butter can be made by using it with other

It is worse than useless to try to make winter butter-making pay unless the cows ere well sheltered. Besides good food, they should have warm water to drink for good results.

Taken as a whole, the Smith family is pretty reputable. Not a member of it is now in Parliament this year.

Since the Stead-Armstrong business it has been a common practice for girls and women in England to accuse doctors attending them of impropriety. In some instances the jury have promptly acquitted, but a Dr. Bradly was sent to prison. On Dao, 11 this gentleman was entertained at dinner and presented with an address and sion, as a mark of their exteem and belief in his innocence. Sir William Jenner, physician to the Queen, was one of the first promoters of the fund, and the address was signed by him and the leading medical men throughout the country.

flack List stores a disordered liver as Dr. Pierce "Golden Medical Discovery." It plea sant to the taste, mild but sure in its action, and a gift to suffering humanity from one of the most successful physicians of the age. He who has neither friend nor enemy is without talents, power or energy.

"Man's work's from our to sun ; Woman's work is never dens."

Work is a necessity to all ; but, upon how many, women especially, does it fall with of the "last straw," and peculiarly delicate their Hable to functional We annet lessen your toll, make it caster for you ladies, but we 1: by making you stronger and better able to do it. Dr. Pierce's "Favorite Prescription" will relieve you of nervous and other weaknesses, and all the many ills peculiar to your

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The London Lancet says that children who are allowed to go barefooted enjoy almost perfect immunity from the danger of 'cold' by accidental chilling of the feet, and they are altogether healthier and happier than combined boring and rock drilling machine; make those who, in obedience to the usages of social life, wear shoes and stockings.

It ought to be explained that the weary traveler who fainted and fell by the wayside in all probability had vertigo.

Imperial Cough Drops will give Positive and Instant Relief to those suffering from Colds, Hoarseness, Sore Throat, etc., and are invaluable to orators and vocalists. For sale by druggists and confectioners. R. R. & T. WATSON, Manufacturers,

A Connecticut deacon received a slight injury to one of his eyes, which gave the from Quebec every Saturday to Liverpor, a best organ a peculiar, fixed expression. Hence, Ireland. Also from Baltimore, via Halifax sold it when he asked the village drug clerk for | N.F., to Liverpool fortnightly during money soda water, that experienced person be- to and from Halifax, Pertland, Boston milli lieved he recognized the mute request for | phis; and during summer between Glagger at the superior old pale which prevails in many temp: rance villages. He acted on this belief. The deacon was really surprised, and flushed slightly as he drained the glass, but he has become a regular customer for "erda," and the salary of the clerk has been raised.

The Cure of Drunkenness

Is a task with which the regular practitioner has been unable to cope. Nine-tenths of mankind look upon drunkenness as a social vice, which a man may overcome by force of will. Drunkenness is a bad habit we all admit, in the moderate drinker. In the confirmed drunkard it becomes disease of the nervous system. The medical treatment of this disease consists in the employment of remedies that act directly upon those portions of the nervous system which, when diseased, cause lunacy, dementia, and the drinking habit. Remedies must be employed that will cure the appetite for strong drink, steady the trembling pared to lend on first class securities hand, revive the lagging spirit, balance the mind, etc. The nervous system of the dram drinker being all unstrung or shattered, must be given a nutriment that will take the place of the accustomed liquor, and prevent the physicial and moral prostration that often follows a sudden breaking off from the use of alcoholic drinks. Those of our readers who are interested in this subject, should send their address for Lubon's Treatise, in book form, on drunkenness, opium, morphine and kindred habits, which will be mailed free to any address, when stamp is inclosed for postage. Address, M. V. Lubon, 47 Wellington street east, Toronto, Oat.

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