HEALTH.

Diet in Disease. BY A. ARNOT, M. D.

thopes of progress in the prevention of disease lie more in the direction natigation of its causes than the disof specifics. Heroes as great as any perer faced a shower of bullets, have and the bodies of those who died of discases, with this object in ard enough has been accomplished in the to raise the most extravigant

there is a large class of diseases although not so fatal, are yet the of a great deal of suffering and im-Lent of usefulness, in which we do not equal progres. We have made vast in the study of disease, in which we trice the causative agent to his lair, him and feed him, and breed and his habits, and discover his vulnerpoints; while in various affections their cause in the conditions of day life, we have advanced little the days of Abernethy.

remost among these conditions is the We cat. When we consider the inlife. lower animals, may we not infer the influence of our food on the causand cure of di-ease would be very Indeed, even in the vegetable Lit is well known that a tree fed on will produce healthy, well-de ad fruit; while that of its neighbor, has been fed on some badly-drained will be small and frequently spotted

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adderations such as these suggest that may sometimes be a cause rehind biquitous germ, and without which it tnot be able to survive. It certainly stes the importance of a careful study

and to the read. purpose of this paper is merely to that several disorders of the system their origin in the consumption of nitrogenous food than the constitution urch of which s sad cend at of albuminous food consumed, fretly constitutes a valuable and definite bedience and peutic resort.

that be. The food may be said to consist chiefly tained slave hunen, starch, fat, and sugar; and it id seem evident that the first principle e numbered lietetics should be the knowledge of to increase or decrease any of these aves with in the Agreat deal has been done in aded to pas line, but much still remains to be wrong, ven The effects of diet in the treatof diabetes, Bright's disease, scorbutte, prompt the hope that the treattof cisease by a skillful regulation of may be still further extended, and corresponding decrease in the use of

h a hot iron eful drugs may ensue. might gless ve inquire what becomes of any excess cups, but if a mid taken into the system beyond its one crysta frements, we find that if an excess of or starchy food be taken, it may be er's fishpond wited as fat. If too much saccharine ight loll upon the be indulged in, it may be deposited and look of arried off as a temporary glyris; but an excess of albumen has no outlet. It demands a plentiful supply e savagery green to fit it for elimination; and if ugh sedentary habits, diseased lungs, ther cause, this be not forthcoming, the and, burned is flooded with offensive matters hall the emunctories of the body are afficient to remove. The breath from lungs under such circumstances has y edor, the skin becomes dark colored, conjunctiva yellow or muddy, with all there were resels engorged. The prophet Daniel overed long ago these truths; and it be that if vegetarians had set themthey thus at a to discover the precise conditions callfor such a diet, rather than going to an ed extent, they might have conferred benefit on humanity.

thall now, as shortly as rossible, mena tew clinical facts that seem to supthe theory that too much albuminous cometimes produces disease.

lyattention was forcibly called to this when studying certain forms of acrania. Some of these, I noticed, completely cured by a diet from halbuminous food was almost entirely ided, and instead of the patients' rungdown and becoming weak, in several they gained in weight and ngth. In one instance the patient gainlife, and ad- courteen pounds in a short time after change of diet. Of course, outdoor might have answered the same poe, but that is a prescription which obvious objections.

pasmodic asthma and bronchitis, there is no therapeutic measure that give greater sa isfaction th. n lessaning amount of albuminous food consumed. affections are sometimes curable by noe in the measure alone, even in cases where cannot reabout several such cases, let one suffi ce.

ir, 8. was very asthmatic, as were also ment ce the of his brothers. His children, when under it like young, were severely troubled with modic bronchitis, and I was often sumand in the night to some of them who infering from that affection. This ton two or three years, and I frequentredered if it must continue during whole lives. In truth, it had gone on ag the greater part of the life of the who was now a pretty old man. y, I requested them to try the experit of feeding their children chiefly on and cereals; and from that time I was ally ever summoned to any of them for a the Cause.

despleasness, when accompanied with thin, tense arteries, and a deposit of in the urine, is very much benefited measure. Of course, the oppos te of cases are met with, where an exstel system calls for rest and gencrous thement; at well selected cases will n D. to yield very satisfactory results. Bright's disease, whether acute or the diet shou'd not include albuou food. The reasons for this are so that no further reference need be

od breath, not due to any local affecfrequently be cured by this diet the aid of medicine. Not long age and ady with a vigorous appetite for food, and who had become a to the rest of the family on actof the foul breath, was entirely cured imple means.

might easily extend my list of diseases. and relate more cases that were cured in the same way after medical treatment had failed; but enough has been said to show | out." the drift of my opinion on this important subject.

This very morning a young man, an asthmatic patient of mine, called to tell me that one month of this diet had done more for him than all the medicine he ever took : that during the month he had on'y tasted meat once, and that night he had symptoms of the return of his old trouble.

There is an absurd notion prevalent that a person will grow weak under this regime; so far is this from being true, that I have had patients gain several pounds in weight. Get weak, indeed, on a diet which has produced so many splendid Scotchmen and Irishmen, and enables the Arab to travel from fifty to sixty miles a day, and undergo the greatest hardship!

Albuminous food is a true stimulant, causing increased vigor and power of endurance, and the want of it is corti inly felt by the patient ; but we must not take sensations for reality, nor the patient's feelings as our guide in prescription. Nor must we forget that if more coal is put into the furna e than is completely burned, the grating will become choked with too much

THE LIME-KILN

When the meeting had been duly opened the Secretary announced the death of Brother Gilmartin Cox, of Mississippi. Samuel Shin moved that a resolution of

condelence be forwarded to his wife. Sunset Jackson moved that Paradise Hall be closed for the space of thirty days.

Pickles Smith moved that some member be selected to deliver an enlogy on the dead

brother's character. "Why all dis 'citement ober de death of a member?" asked Brother Gardner, as he looked up and down the aisles. "We knowed de dead brudder as a poet an a leckturer. We can't tell whether his wife am grieved or rejuiced. We doan' know whether he was strictly honest or a great rascal. He may hev had a tender heart, an' he may hev bin a brute in his ways. He may hev bin sober an' lawabidin', and he may hev bin a hard drinker an' a law-

bre. k.r. "Befo' deliberin' an eulogy on a dead man we ought to be posted as to what he was in life.

"Moas' grave-stuns am silent liars. "Moas' eulogies contain four falsehoods

to one troof. "Moas' of de tears shed fur de dead outside our fam'lies am worked up by a fe'ce-

"If a man am honest an' upright de fack needn't be placed on his grave-stun to make

people remember it. "If a man has had charity-if he has bin forgivin'—if he has airned de reverence and respect of men an' women, you kin leave his grave unmarked an' it will be

hunted out an' remembered. to de doah-knob fur de space of ten days, he was a youngster, he was employed in rebut beyand dat pint it will not be prudent to venture."

BRANCH LODGE REPORT. The Branch Lodge at Findlay, O, made the following report:

FINDLAY, O. Secretary Lime Kiln Club. The Plum Doffs, No. 3, "Findley branch of the Lime-Kiln Club," held their monthly meesing at the Gas Well Hall, Saturday night at 12 o'clock, the new hall having been completed since the December meeting.

The meeting was called to order by Damascus Joy, Chairman. After roll call the minutes of the last meeting were read by Headlight Peters, Secretary.

Treasurer Anthony Smith moved that an assessment of \$10 a head be levied to replenish the treasury. He said that he expected to pay a visit soon to his cousin in Canada, and might need the money, Motion not seconded.

Poker Winterson was called upon, and delivered his lecture entitled, "Natural vs. Sewer Gas." He was tendered the receipts of the collection hat, but declined, saying he preferred the hat.

Maj. J. Sly having been detected digging a tunnel from his cellar to the street to tap the gas mains was fined \$104 and suspended for four months.

The election passed off quietly. Township Marston being elected over his competitor, Bony Carruthers, by a majority of 16 votes. He was immediately escorted to the chair and seemed very much at home. Oneeyed Orinson was elected watchman for the ensuing year and Perpetual Motion Barker was elected doorkeeper.

The derrick having been removed, and thereby putting an end to the lookout, a motion to build a watch tower was carried, the necessary glue to be raised by a lecture of a perfectly healthy organization by the Company's Buildings, Toronto St . by Midnight Sorkins at \$5 per ticket on his renowned subject, "Sure Things." Jack Plumstead was authorized to have posters printed announcing the same and to send | day. free passes and complimentary tickets to the officers of the Lime Kiln Club.

Applications for membership were received from seven brothers, and they were laid over for the Februray meeti g.

A huge wreath bearing the motto of the order, "Keep in the middle of the road," was received and placed over the President's

Doughnut Henderson arose to make a motion and was fined \$5 for not having on the leather medal voted him at the last meeting. President Township Marston, after requesting each member to be on hand early at the next meeting, sang an old plantation

song, which so affected him that he released all the fines imposed and dismissed the T Hand meeting. Respectfully submitted, READLIGHT PETERS,

On motion of Givesdam Jones the report was accepted and placed on file INDEFINITELY PO. TPONED.

Secretary.

Whalebone Howker announced that he had received a postal card from Indiana, to the effect that P. ef. Featherweight Smith, of Kentucky, who started for Detroit two months ago to deliver an address before the Lime Kiln Club, was in jail. He had been arrested on suspicion of being a herre-thief, but was as innocent as a child three weeks old. He fondly hoped and expected the Lime-Kiln Club would at once take the necessary steps to secure his release and clear his reputation,

"Does you wish to make any moshun in de case ? softly ir quired the President. "Yes, sah! I moshum dat we git him

"De moshun can't prewail, Brudder Howker. In de fust place, we doen' know de Parfesser, an' in de last place dis am fustrate weather fur diggin' outer jail. De hull bixness am largely postponed." WILL SO REQUEST

A petition from fourteen colored citizens of Kalamazoo requested the Lime-Kiln Club to use its influence with Congress to have the name of Nigger Shoal, Lake Huron, changed to Colored Shoal. Also, to have Coon Island, at the mouth of Detroit River, changed to Bruce Island.

The President replied that the influence of the Clab would be so used. The President then announced the follow-

Joe Johnson's Room Mckinley, Ala. Sekretary ob de Lime-Kiln Club, Detroit,

Mich. : On 'count ob de many Christmas frolicks de attenshun ob de most intelligen' portion ob de cull'd populashun of Central Alabama

hev been declined away from de outside wurld, and de recent ackshuns of Brudder Gardner in punishing conspirators hes just come before de cull d : populashun of Mo-Kinley Beat fur its estimashun. De following am de proof sheet ob de reso-

lushuns I am directed to send to you by de pustoffice as ebidence ob sympathy fur de | & Co., Guelph. cull'd pussons ob de North :

Whereas, De high handed perceeding ob Brudder Gardner, President ob de Lime-Kiln Club, in communicatin' with conspirators am recently reported to de cull'd population ob McKinly Beat, and

Whereas, Accordin' to our best estimashuns such preceedins am unbecoming a gentleman, now, be it

Resolved, Dat such demonstrashuns on de part ob Brudder Gardner am ebidence ob too much centralized power, and if de members ob de Lime Kiln Club am looking arter der best interests dey will purvide de necessary imposishun for conspiracy at der next

Resolved, Dat a copy ob dis resolushun be sent to the Sekretary of de Lime Kiln Club wid de request dat it be read in open meetin' to show to de wurld whether de cull'd populashun ob de North am allowed freedom of speech.

P. HUNTER. Secretary Joe Johnson's Club. The reeting then adjourned for one week.

A CURIOUS DREAM.

A London Lord Kayor's Story of the Dick Wittington Class.

We may, perhaps, be pardoned for here

introducing an amusing anecdote concerning a former Lord Mayor of London, whose early life was connected with the town of Uxbridge, namely, Sir Wm. Staines, who was London's chief magistrate in 1801. He started in life as a brick ager's laborer, and at city banquets, with great glee, he used "De usual emblem of sorrow will be tied | to introduce the following anecdote : When pairing the parsorage loase at Uxbridge. One day, going up the ladder with his hod of mertar, he was accosted by the parson's wife who told him that she had a very extraordinary dream She told him that she had dreamed he would one day become Lord Mayor of London. As onished at such a propher y, Staines ould only scratch his head and thank her for such a vast promotion. He said he had neither money nor friends. The parson's wife, however, was not so easily to be turned from her progno tication, and this dream had evidently left a great impression. Her mind was now bent on young Staines, and Lord Mayor he should be. The same dream occurred again, and the same communication was repeated to him that he was to be Lord Mayor. The matter passed off, and young Stains left the parsonage house at Uxoridge with no other impression, then the kindness which had been shown and the notice which had been taken of him. It was not until he became sheriff that his dream came to be talked about, though there is little doubt that the dream nade a lasting impression upon his own mind, and was an incentive to landable industry through life. The Uxbridge parson had by this time become old, but he lived long enough to be chapla'n to Staines when sheriff, and he died during his Shrievalty.

Young Girls.

are at a critical period when they are about maturing and developing into women. The lack of watchful care at this time may result in fixing irregularities upon delicate organs and entailing a long list of "female weaknesses." All this may be avoided, and the young woman come through this period clothed in all the beauty and strength aid of Dr. Pierce's "Favorite P escription, prepared especially for female troubles by one of the most successful physicians of the

It is necessary to have at least four wives in order to find one in good health and gentle humour-[The Koran,

. . . Male weakness and loss of power promptly on ed. Book, 10 cents in stamps. World's Dupensary Me ical Association, 663 Main St Buff lo, N. 1.

The most beautiful girl in the world can only give that which she has. - [Chamfort, Russell Sage

s a well known operator in Wall streat. who is generally considered as "up to muff." Hence, it may have been quite natural that a countryman who reads the papers recently. called at his office and asked for a package of Dr. Sage's Catarrh Remedy. He discovered his mistake, but he made no mistake in the article called for. This Remedy, when applied with Dr. Pierce's "Nasal Douche," will surely and rapidly eradicate the most aggravated case of catarrh, with all its unpleasant and dangerous accompaniments.

Master of the House-"I wish you would call me early to morrow morning, Bridget." Bridget-"So I will, sur, if ye's'il wake me

Singular that while so many women want the ballot, there are just as many men who prefer the ballet. [Pronounce the et or no Jke. They never have a change of season at Niagara Falls-it is one eternal fall there,

our pocketbook.

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When one speaks of women, there is weapon more terrible than calumny—the truth. - [Leopardi.

A.P. 268

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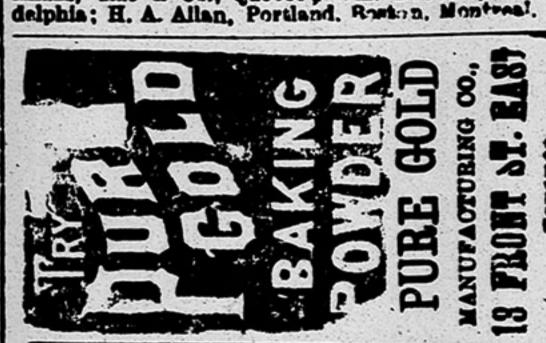
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