

HEALTH.

Enlarged Hearts.

Why does the heart sometimes become enlarged?

For the same reason that the muscles of the blacksmith's arm become enlarged—unwonted work, that increases the blood supply and the power to assimilate nourishment. In one case of the disease, an enlarged heart weighed nearly three pounds, and in another over four pounds—the common weight being rather less than three-quarters of a pound.

What is the cause of the heart's undue action?

Some obstacle to the circulation, which compels the heart to work harder to propel the blood. A small increase in the force of each heart-beat involves immense additional work.

What are the causes of the obstruction?

The following are the most common:

(1) Disease may have narrowed some one or more of the heart-valves, so that the heart has to force the blood through a smaller opening—in extreme cases not larger than the diameter of a quill.

(2) A valve may have become so affected that it leaks, and the contraction forces the blood backwards as well as forwards, the backward flow thus distending the rear cavity, which is meanwhile filling from the valve in the other end. The latter cavity must de extra work to propel the superfluous blood.

(3) A certain condition of the lungs, or of the arteries leading to them, may constitute the obstruction.

(4) Obstructions may be due to tumors, or to aneurisms, pressing against a large artery.

(5) The obstruction may be due to roughening of the internal surfaces of the arteries—a condition not uncommon in old age.

(6) Bright's disease is apt to be followed by cardiac enlargement. How it comes about is not certainly known.

(7) Such enlargement may be due to over physical exertion. All long-continued muscular strain results in it, as in case of soldiers from long-forced marches. Boating and some other prize contests are a frequent source of enlargement.

Enlargement of the heart is not in itself an immediate evil. It is that by which nature overcomes a serious obstacle. But the enlargement tends to go on increasing until it results in a dilation and thinning, at some weak point, of the walls of the heart, in which case some slight extra exertion or excitement may cause a fatal rupture.

Treatment of the Opium Habit.

In the course of a very long practice I have treated many cases of the opium habit according to different plans, but unsuccessfully at first by limiting the treatment to too short a time, not appreciating the fact that chronic remedies to cure them. Finally, a case fell into my hands which I was compelled to treat through a long course on account of the lady's physical condition, she being worn out by the long continued use of the drug, and unable to withdraw any sensible revulsion. The habit had been indulged in for eighteen years, and the amount of morphine taken in twenty-four hours when the treatment began was a drachm a week, or eight grains a day. The following is the plan by which she was cured in four months, and a number of patients afterwards by the same:

Taking the whole amount of morphine she had used in the last seven days, I dissolved it in a three-ounce vial containing twenty-one teaspoonfuls of water (making three doses a day for seven days), adding five drops of tr. nux vomica, and one-fourth grain of quinine to each teaspoonful, and enough spirits of lavender to color the solution. The maximum quantity of morphine was employed for the first seven days to establish the patient's confidence that the process of treatment was no adverse to her craving. Then, for twenty weeks, I went on lessening the amount of morphine every seven days by one-twentieth, and at the same time increasing the tincture by one drop, and the quinine a one-fourth grain at each change, until the morphine was left entirely out. In the meantime, however, I ceased to augment the quinine after the ninth week, but added ten drops of elixir of vitriol to each dose taken afterwards. The diminution of morphine was so minute and gradual, and the taste being the same, the patient was unable to detect any change whatever during the four months' treatment. For a week or two after the morphine had been left out I continued the same solution, which was clamored for whenever I proposed to dispense with its use; and when I became satisfied that the habit was then all in the mind, I announced that she had not taken a particle of morphine for two weeks. She was dazed, covering her face with her hands and remained silent for some time. She wanted no more morphine; her health had become very much improved, and her gratitude seemed unbounded. Any physician may succeed by this plan, I think, if he will prevent the patient resorting to stimulants; at least I have never failed when stimulants are strictly avoided.

Equal to the Occasion.

"Who is that horrible whiskey bloater?" asked a female of an acquaintance, while they stood viewing the guests at a fashionable reception. "Which one?" "That one with the red moustache and awful nose, don't you see?" "He is my husband." "Oh," laughed the lady, "I see you are not sensitive," although she saw vengeance in the eyes of the insulted lady. "Several nights ago a friend of mine made a similar remark about my husband, and I became very angry. I declared it would anger any woman, but my friend said that you, having the best husband in the world, would not care, and I wagered a pair of gloves that you would, but you see I have lost. I hear that your husband is spoken of as an available candidate for the City Council. How clever he must be!"

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THE STOVE-PIPE HAT.

Points From a Discussion in a Leading Scottish Paper.

During the past few weeks the columns of the leading paper in Glasgow have been opened to correspondents who desired to present arguments for and against the wearing of the tall silk hat. To judge from the number of letters that have been published on the subject, one would suppose that hundreds of people had devoted the best part of their lives considering the merits of the proper covering of the heads of men, and that nearly all of them had come to the conclusion, after diligent study, observation and reflection, that the tall silk hat possessed advantages over every form of headgear that had been worn in ancient or modern times.

A commercial traveller states that when he first took to the road he wore a suit of light tweed cloth and a soft slouch hat. These, he thought, would be very comfortable, well suited for travelling, and sufficiently dressy for a person engaged in his occupation. His trip was not successful, though he abstained from all the vice common to "drummers" and attended strictly to business. The few bills of goods he sold were to small dealers of somewhat doubtful commercial standing. He was so discouraged by his failure to secure trade that he was thinking of giving up the business when an English commercial traveller suggested to him that his dress was not in his favor. He recommended him to discard his tweed sack and low slouch hat, and to wear in their place a black frock-coat and shiny stove pipe, and to try "his luck again." He followed the advice, and succeeded far beyond his first anticipations. He was welcomed at places where he was not received before, and generally made large sales.

THE VALUE OF GOOD CLOTHES.

This statement is followed by one from a prosperous city merchant. He writes that he entered the house of which he is now the manager and senior partner as an office boy. He at once resolved "to work himself up to the highest round," if that could be accomplished by study, care, industry, and the exercise of all the ability he possessed. His progress was slow at first, but he attributed this to the fact that he was young. When he became a man he dressed plainly, ordinarily in tweed clothes and low hat, so as to save all he could out of his salary. He made himself useful to the house and was more than once assured that his service was duly appreciated. Still nothing was said to him about taking him into the firm or giving him an interest in the business. Becoming discouraged at his prospect of advancement, he concluded that he might as well spend more of his salary in dress and making a better appearance. He accordingly appeared at his place of business one Monday morning in a black broadcloth suit, while a tall silk hat was on his head. He entered on his duties as usual, and no remarks were made about his change of dress, but more customers addressed him than was customary, and before the week ended he was invited to become a member of the firm.

A German commercial gentleman, temporarily residing in Glasgow, adds his testimony in favor of the tall hat. He states that merchants from London and Paris are better received in Berlin than are those from Glasgow and Edinburgh, and he is inclined to think that the preference to them is due to the tall hats they wear, as the soft hats worn by the Scotchmen present a very cheap appearance. The testimony of these three men appears to be sufficient to establish the value of the tall hat in the world of trade and commerce. Its value in promoting respectability and morality is declared by many persons.

FROM A MORAL STANDPOINT.

A woman states that she has for many years observed the men taken to a station by the police, and that not one in 200 wears a tall hat. Another has noticed while travelling that the men who wear tall hats behave in a more dignified, respectful and refined manner than those who wear caps or low hats. The former are not addicted to the use of profane or low language. A lady who has given much attention to the matter of dress thinks that no covering for the head is so becoming or tasty as the tall silk hat, and she regrets that they are so expensive and so liable to cause headache and baldness. This letter calls out communications from a physician and a dealer in second-hand goods. The doctor states that the tall hat is the most healthful covering for the head, and declares that the men who wear them very rarely have the headache. If the hat has a ventilator at the top of it the wearer is not likely to become bald. It causes the top of the head to be surrounded by air, which is the poorest conductor of heat, thus keeping it warm in winter and cool in summer.

The dealer in second-hand articles of dress states that he pays more than twice as much for cast off silk hats as he does for felt hats that originally sold for the same price. He thinks if they were generally worn that dealers would pay half-price for them when they had seen six months' service. They would be cleaned up and shaped so as to conform to the latest style. Finally, the testimony of a professor of science and navigation is given in regard to the tall hat as a life-preserver. He says it is mere serviceable in case of shipwreck than any buoy he has ever experimented with.

It now seems evident that the stove pipe hat is the most potent agent in every department of progress and reform that we possess. We now understand why there is so much wealth, refinement, culture, and intellectual activity in London and Paris. The men who live in these cities generally wear stove-pipe hats. In view of the testimony that has been given on the subject it seems likely that we have not yet discovered half the virtues of the tall hat.

Dictates of Fashion.

Miss Style (to coachman)—"James, your whiskers are not in harmony with Fido's. It mortifies me dreadfully when I go on the boulevards. I wish you to take Fido with you to the barber's and have your whiskers trimmed to match his."

James—"Mightn't I have the dog's hair cut to match mine ma'am?"

Miss Style (sternly)—"How can you think of it? Fido is just in style."

Why Some People Marry.

Some marry for the fun of the thing and never see where it comes in. This is discouraging.

Some marry for the sake of a good companion and never discover the mistake. This is lucky.

Man is a fickle "critter." Even Adam who had his wife made to order, found more or less fault with her.

Don't marry a man for his reputation. It is liable to be only a second hand affair borrowed from his ancestors.

Many women have married men for their fine exterior. But that's all there is to an ancient egg worth mentioning.

Marriage resulting from love at first sight is not generally wedded bliss, as a par with sour milk. One or the other gets swindled, and often both.

Many a man has married for beauty only to learn that he paid twenty dollars for what can be purchased for twenty-five cents at all druggists. This is hard.

But few people marry for pure love, and they in after years supplant that what were at the time promptings of the tender passion were, in all probability, but the first symptoms of cholera morbus.

The man who marries a woman simply because she is a handy arrangement to have about the house does so from a pure business stand point, and in the end, if not compelled to support him, she has done better than many women I know of.—H. V. Nashy.

DIAMONDS OF THOUGHT.

Choose the right way, however rough, it will certainly prove easier than the wrong way.

He who has learned the sciences of silence may hide ignorance, and even acquire a reputation for knowledge and wisdom.

We instinctively applaud the courage of self-assertion; we should honor with a still higher approval the courage of self-restraint.

Let a man try faithfully, manfully to be right, he will grow daily more and more right. It is the condition on which all men have cultivated themselves truly.

Denouncing the vapid verbiage of shallow praters, Carlyle exclaims, "Even Triviality and Imbecility that can at all, how respectable are they in comparison."

Impracticable theories grow out of thought without knowledge or lack of conscience. The man who wishes to help the world must bear a part in the world's interests and occupation.

All admit that a miser is not right to hoard his gold in a box when he might so invest it as to add to the welfare of multitudes. But every one does the same thing practically who holds in his own possession anything from which he cannot or does not extract the value, thereby rendering it useless.

A Step in Advance.

It is said that the Canadian Pacific Railway Company has fitted up a number of cars with baths. This is a decided step in advance, and it is not a little surprising that Mr. Pullman did not do the same thing long ago. The need of such refreshment as a bath alone furnishes must have been felt by all who have occasion to make long railroad journeys. So general is this want that bathing cars would be certain to pay well, and now that our neighbours have introduced them it is to be hoped that they will soon appear on American railways, and especially on the Pacific routes.—N. Y. Tribune.

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A. P. 190

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