Heat and Cold Water.

In the seaport towns of southern Spain sunstrokes are as common as chilblains in Canada, and the popular remedy is both simple and efficient. A thick lines bandage is wrapped around the head and kept saturated with cold water," " por sacar el fuego," as they call it, " to draw out the fire." Every two minutes or so the water is renewed, till the patient has recovered sufficiently to sit up and continue cooling his temples with a wet sponge. I have never knewn that method to involve any ir jurious after effects, and believe that its employment would often break the incipient symptoms of climate fevers, though the popular prejudice against the influence of cold in all its forms may recommend less rational specifics, bleeding, for instance, which at best exchanges a mementary stupor for a week-long languor and liability to relapses. But it seems less easy to account for the egregious obstinacy of the prejudice against fresh water as a beverage for healthy persons under the influence of excessive heat. A soldier reaching his neenday camp in a shady greve, a wayfarer halting at a public well, a boy returning from a butterfly chase, are sure to be warned against the disastrous effects of cold water " drank in the heat," " Wait till you cool off " " Take a drink of coffee first," "You'll catch your death at that eld spring," etc. Yet even the pepular night-air dread is not more utterly gratuitous. We might as well be asked to believe that a wayworn feet traveler must not sit down without first resting a few minutes in a standing position. We might as well warn a drowsy child against shutting both eyes at ence at the risk of falling asleep too abruptly. The truth is that a drink of cold water is healthiest when the system is most urgently in need of it, and at no other time the atomach more readily fergives the abruptness of sudden repletion. Only drunkards and persons whose digestive organs have been debilitated by leng abuse risk the least unpleasant consequences from a free indulgence in the most natural of all dilutents refrigerants. But, on the other hand, there is no doubt that previous exposure to excessive heat increases the danger of surfeiting the system with calorific foed; that perk eaten in quantity after a warm day's work often results in a delirium equaling the worst symptoms of cholers morbus, Greasy ragouts become more indigestible in summer; a quantum of suet pudding, which at other times would preduce only a slight heartburn, has in sultry weather to be expiated by a fit of distressing costiveness. Teurists on returning from a degday excursion, or farmers after a sweltering harvest day, should therefore confine themselves to moderate quantities of food, and if possible abstain for a meal or two from all heat-preducing viands. A jelly pudding, with cold milk and sugar, or a plateful of celd fruit and cakes, will abundantly satisfy the demands of nature, which on such days are never exerbitant. The feeling of eppressive heat, in fact, diminishes all appetites except the desire fer refrigeration.

Self-Cure.

The body, to a large extent, is a machine which, when disarranged, repairs itself. Physicians tell us of the vis medica rix nature-the power to heal inherent in nature. It is natural to get well. The bedy's recuperative resources are not equal te every need, but they are very great. It is because of this even that the well man tends to keep well, if he cenferms to nature's laws, for the system is ever full of poison from its own waste, the dispesal of which nature has provided for, better than any city has for the disposal of its deadly sewage.

Take the case of an ordinary wound. It needs only to have its disrupted parts brought together, and nature does the healing; and even in many cases where the parts are not brought together, nature fills up the space with new flesh. So nature will mend a broken bone, on the simple cendition that the adjusted parts be allewed the requisite rest.

Dyspepsia, whether induced by impreper eating, the neglect of exercise, brain everwork, er care, worry and fret, will in time wholly disappear on remeval of the cause and compliance with the laws of nature.

The best physicians now freely admit that typhoid patients, in the great majority of cases, would recever without a drop of medicine; that they need medicine mainly to promote ease and comfort, and that pure air is better for them than all' drugs. The same is true of some other diseases. Mere and mere is it being admitted that, in no case, do druge have any ourative power, but only aid nature, as the surgeon aids in the case of a badly broken limb, by removing irritating bits, spiou'æ, eto., and securing the preper adjustment and fixation of the parts.

people—in multitudes of cases literally desed people to death. Within less than twenty years a persenal friend, called to watch with a neighber far gone in consumption, was shown eleven different medicines. each of which she was to administer during the night, according to the varying symptems.

It cannot be too strengly emphasized that those who observe the laws of their physical nature are likely to keep well-and even infectious diseases have little power ever such persons, and would wholly disappear if all observed these laws.

A Free Fight.

The great reputation of B-iggs' Electric Oil is such that it has induced unprincipled persons to adopt other names as near like it as possible. The proprietors of Briggs' Electric Oil have the name and style of the Electric Oil registered both in Canada and the United States, and no one can use it but themselves. Others hearing of the success of Briggs' Elec-tric Oil have adopted other names similar such as " Eclectric Oil," "Electron Oil," &c., and are striving to induce the public to buy them in-

stead of the genuine Electric Oil. In fact so determined were they that they brought a suit at Law, in the High Court of Canada, to deprive Briggs & Sons of their right to control the same; but the Courts and the

Minister of Agriculture at Ottawa fully sustained their registered trade mank.

Briggs' Hiertric oil ourse Rhamastism, New-ralgia, Spating and Beauti, completes graing from Colds such as Sore Throat, Cough, Asthma, Bronchitis and difficult Breathing,

HOUSEHOLD.

About the House

Plain lines shades in coru, buff and sage are more used than those of a more fanciful description.

Stair-rods have had their day. Black wainst nickel and brenze buttens are used in their place. They are much better on account at meths which find a good hiding place behind reds.

A dainty bed-comforter is made in this way: Out a piece of double-width cheese cleth large enough to reach from the pillows to the foot of the bed. Pat ever this a layer or two of nice batting. Cover it with a piece of cloth like that underneath and catch it through and through in spots with blue zapher worsted, passed lightly without drawing tight and out these loops left by the thread on the right side. If preferred, a strand or two of yellow can be added to the blue wersted; the general appearance will be that of dalaies scattered over it. Besides being cheap and very soft-looking, it makes a very useful addition to a bed, and can be easily ripped up at any time and made over. The edges can be caught together by everosating with wersted or binding with narrow ribben .- Housekeeper.

Handsome and ornamental rugs may be made at home. One of the least expensive is the Chenille rug. Collect all your weelen scraps—ne matter hew small or how much seiled-old flannels can be dyed with bright dyes and add very much to the beauty of the rug. Out all the pieces into crosswise strips about half an inch wide; the length is of no consequence. Thread needle with very strong thread doubled. Gather the pieces through the centre with not toe fine stitches. As fast as a piece is gathered push it down close to the knet. Push each piece as tight as possible to the next one. Centinue in this way until the thread is full, then tie on another thread and proceed as before. Make in skeins about six yards long. It requires about one hundred and fifty yards for a rug. Take it to a carpet weaver and have it weven three-quarters of a yard wide. I you have enough reds of different shades te make fifty-eight yards for a berder at either end, and have the centre "hit er miss," it makes a besutiful rug.

These rugs are very handsome, and being alike on both sides, wear beautifully. The only expense is in weaving, generally fifty cents or one dellar. This work utilizes pieces that would otherwise find their way in the rag bag.

Very pretty rugs can be made of small silk scraps, no matter how much defaced they will all work in. Cat in strips about half an inch wide and two inches long. Take a piece of ticking, having the strips about one-third of an inch wide, cut it into the size of the rug wanted. Thread a sewing machine with coarse thread (number thirty) and needle. Place one of the ticking stripes under the needle, then lay on the silk pieces close together, with the middle of each piece en the ticking stripe, and stitch down to the end of the stripe, then stitch back again close to the last row of stitching; this will make it streng. Pat the ticking in place with the next stripe under needle. Feld back the fringe, made by the preceeding row, back out of the way and preceed as befere. A black berder and mixed centre are very rich looking. After the rug is finished line with some heavy material to keep it flat .- Good Housekeeping.

The Cake Basket.

MINISTER'S SPONGE CAKE, -Three eggs, ene and one-half oup of cold water, one-half teaspeonful of soda, one teaspeonful of cream tartar, ene and ene-half cups of fleur, one quarter teaspeenful of salt, one teaspeonful of extract of lemon. Beat the eggs five minutes, add the sugar and beat two minutes more; then add the other ingredients.

WHITE CAKE, -Two eggs using the whites enly, a scant half cup of butter, ene cup of pewdered sugar, one and one-half cups of flour, one-half oup of sweet milk, one teaspeenful of sods. Flavor with extract of rese or lemon. This is a delicate cake and may be varied by adding one-half cup of citren cut fine and ernamented with a nice freating.

FEATHER CAKE. -One cup of sugar, one egg, two thirds cup of sweet milk, a heaping teaspeenful of butter, two cups of fleur in which are theroughly sifted one teaspoonful | ered practical experience. Special inducements durof cream-tartar, and one-half teaspoonful of seda. Flaver with lemen or vanilla, and bake in one leaf or in layers; and it will be found an excellent cake, especially if eaten while fresh.

ROLL JELLY CAKE -Four eggs, one cup of flour, one teaspoonful of cream tartar, ene-half teaspeonful of seds, one cup of powdered sugar. Spread thin en leng tins. As seen as baked turn from the tins on te a damp cletn, spread with jelly and rell up immediately.

LEMON CAKE -Two and one-half cups of powdered sugar, three-quarters of a cup of The eld-time dectors greatly overdesed | butter, one cup of sweet milk, three full cups of sifted flour, four eggs, the juice and grated rind of one lemon, one level teaspoonful of seda. Bake in two leaves and frost with a white loing flavored with lemen.

Uses of Cattle Bones.

The four feat of an ordinary ox will make a pint of neat's feet oil. Not a bone of any animal is thrown away. Many cattle's shin-bones are shipped to England for the making of knife handles, where they bring \$40 per ten. The thigh benes are the most valuable, being worth \$80 per ton for cutting into toothbrush handles. The fereleg benes are worth \$30 per ton, and are made into cellar buttons, parasel handles and jewelry, though sheep's legs are the staple parasol handles. The water in which the bones are belled is reduced to glue, and the duet which comes from sawing them is fed to cattle and poultry.

A Good Corn Sheller for 25c.

A marvel of cheapness, of efficacy, and of promptitude, is contained in a bettle of that famous remedy, Putnam's Painless Corn Extractor. It goes right to the root of the trouble, there acts quickly but so painlessly that nothing is known of its operation until the corn is shelled. Beware of substitutes offered for Putnam's Painless Corn Extractor -safe, sure and painless. Sald at drug-

"O, it was Pitiful!"

after another, and finally gave up and died, when his life might have been saved by taking Dr. Pierce's "Golden Medical Discovery "-the great "Consumption Care "which, if premptly employed, will seen subdue all threatening symptoms, such as cough, labored breathing, night-sweats, spitting of bleed, etc., and rectoring waning strength and hope, effectually stop the peer consumptive's rapid progress grave-ward. Is it not worth trying ? All druggists.

Flat, tiny becquets of flowers decorate festival fans.

" Be wice with speed; A fool at forty is a fool indee! !"

Se said Young. Straw's show which way the wind blows, and there are a score of symptoms any ene of which shows the existence of catarrh. Neglected, it will reb the bleed of its purity and the system of its strength. Get Dr. Sage's Catarrh Remedy. It curse even long-standing cases, as theusands testify, and should be used for colds in the head, which often result in confirmed catarrh.

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Queen Victoria is said to have been a good deal anneyed at the alipshed way in which the Holloway college opening was cenducted. She attended the exercises with some enthusiasm but came away with very little by all accounts.

A.P. 292

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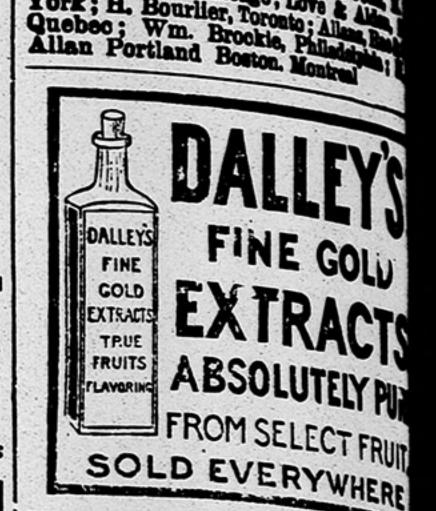
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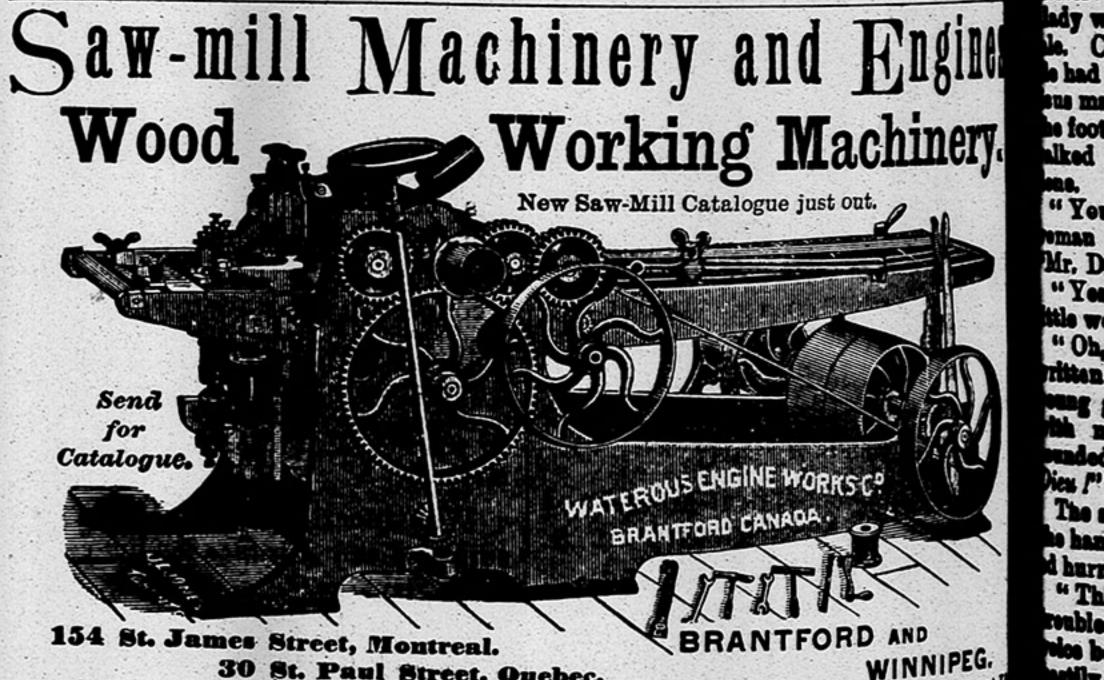
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