

HEALTH.

Enlightenment Versus Ignorance.

Enlightenment concerning the preservation of health and the removal of disease, is a great blessing to all who become partakers of it, but ignorance in the same direction is a great evil.

This truth is self-evident. Every one will acknowledge that health is the greatest blessing of life, and that sickness is an evil from which we ought to flee as soon as possible, if it meets us on our way. This great truth places us all on common ground. It binds us all together with a common cord; it unites us into a natural brotherhood.

In many other respects, men are differently situated, and are separated from each other by different opinions. By far the greater part of mankind are heathens and worship many gods, but the Mohammedans, Jews, and Christians worship only one God who has created all things. The last named are again divided into a great many different sects who entertain a variety of opinions, and oppose each other sharply. That which one calls enlightenment the other condemns as ignorance. But those who are enlightened by the great truths which nature shows to be the foundation of all true treatment of disease, and for the preservation of health, are all united in one opinion.

We are all made of the elements of the air. A little dust, lime, salt, etc., mixed with three-fourths of water, is all there is of us. We all came naked into the world, and even if we all do not depart naked from it, yet we all meet in one common realm of death, where we are dissolved and return again to our dust. The different religions separate us, but the great principles of health unite us, and thus they make us more kindly affectioned one to the other.

By this we do not mean to say that religion is not good. No doubt there is something good in all religious denominations, and some of them evidently have more truth, and practice more virtue than others. But considered purely from a natural standpoint, the doctrine of true hygiene is superior, because it unites us on a common foundation. For this reason we may indeed look unto pure hygiene as a preparatory school for all true religion. We have, however, not only the same common elements in our bodies, but also the same common organs. The great pump of the heart works in the breast of the poor as well as in the mighty king, and causes the life-giving stream of the blood to circulate through all the small and great organs of the body. The lungs work night and day, while man is conscious and unconscious, in the poorest laborer and the simple mechanic as well as in the highest lord, the millionaire, and the most renowned artist. The innumerable cells of the brain move in the same manner in the most ignorant school boy as in the learned professor who gains the applause of man by his spirited lectures and fine compositions.

Even if the products of these cells differ according to their natural quality and the amount of practice they have had, yet they work according to the same natural laws; and, as far as the tissues of the muscles are concerned, it is evident that the organs whereby they are produced, work a great deal better in the poor farmer, who spends most of his time in the fresh air, than in the sage who is mostly occupied in sedentary work in a rich mansion.

Ignorance with reference to practical hygiene which not only represents the theory but also embraces the practical use of this theory in life, is the rule not only among the heathen but also among the civilized nations of the earth, among the working classes as well as among the higher classes. The heathen and civilized classes who work principally with their hands, do indeed develop their muscles, but neglect sadly the nervous system with its great and important center, the brain, which is the seat for all spiritual development. And the higher classes develop indeed the mind, or the finer organs of the brain, but, with a few exceptions, they neglect to develop their muscles proportionately. Nature demands that all organs of the human body should be developed alike as much as possible, and this is a condition of true happiness in this life. Whoever desires to enjoy the noblest pleasures of life and obtain its highest happiness, will do well to give heed to the teaching of hygiene both the theoretical and the practical.

Cancer.

Cancer is defined to be "an ulcer of the very worst kind, with an uneven surface, and ragged and painful edges, which spreads rapidly." The individual who can relieve this dread disease is the one above all others sought. As to treatment, never use the knife. I have known quite a number of sufferers who submitted to excision, but have never heard of a single cure. One man I knew who submitted to five operations by knife for scirrhus of cheek, who is now in a dying condition, having, as he says, been made worse by the treatment. He has no confidence in anything now. There are a great many remedies in use for cancer that have no doubt proved valuable. The extract of sheep sorrel is good. So also is chromic acid. The chlorides of zinc and chromium made into a paste and applied locally until the last vestige of the cancer is taken out, sometimes cures. But these remedies must be used before the lymphatic system has become involved, as, after that occurs, it is doubtful if any treatment will be beneficial.

It matters not what is done the general health of the patient must be attended to. The vegetable alternatives with chloride of gold is the best. White turpentine has an excellent reputation, and I have known cases reported cured by its use. But as I have said, it must be used before the lymphatics become involved. So you see the importance of early treatment.

Cancer is both a local and constitutional disease. The cancer germ may remain in the system a whole lifetime and not make its local appearance; but let a cancerous patient receive a blow upon the face, lip or head and the disease will then present a local aspect. The pipe stem often provokes it.

Novel Remedy for Asthma.

A story comes to us well authenticated about a man living at Derby Neck, who has for years been afflicted with asthma so as at times to render life very miserable. For the last two or three months he has been especially under the rod of affliction from this cause. One recent day a lady visitor from an adjacent town told of a friend who had been cured by standing against a board partition and having a hole bored therein at the patient's exact height and into which

a portion of the hair of the head was plugged and then cut off. A few days afterward a son of the gentleman referred to, thinking there might be something in it, persuaded his father to have the same operation performed upon a trial of the "cure." All the conditions of which were faithfully complied with. That night the gentleman, who is a prominent member of the Methodist Church, says that he slept quietly for the first time in a long while, and in two days and to date found himself apparently cured.

Corpulency.

Prof. Kisch has recently collected statistics on the frequency of sudden death amongst extremely stout persons. In nineteen cases of this occurrence, acute congestion of the lungs was discovered in twelve, cerebral hemorrhage in six, and rupture of the heart in one. The apoplectic symptoms were traced in most of the cases, to arterial sclerosis a very frequent concomitant of extreme corpulency. Rupture of the heart is due to the overworkings of the walls of the left ventricle, which, being involved in the fatty infiltration and degeneration, can no longer increase in size in proportion to the extra work it has to perform. The failure of heart-power appears always to be the immediate cause of death, which generally follows immediately after violent exertion, or excess in drink or diet.

Treatment of Diphtheria.

Dr. J. M. Harris says: From an experience of more than forty years, I venture to give my favorite remedy for diphtheria; the success of which is highly satisfactory, not having failed with it in a single case.

Every two hours the patient gargles with a solution of iodide of potash, a drachm to the ounce of distilled water; with chloride of sodium Labarraque's solution or bromochloralum alternating. Internally I give veratrum or aconite every two hours to arrest fever, and parvules of hydrag, as indicated.

Keep the room at 60°, well ventilated, and chloride of lime constantly on hand. With this treatment and proper nursing you need fear no deaths.

MEN AND WOMEN.

Mrs. Gladstone has consented to become "lady President" of the new Liberal League. Sir Stafford Northcote's first considerable literary production was a pamphlet most ably and brilliantly vindicating Mr. Gladstone's administration as Colonial Secretary.

Frederick Amerling, the celebrated Austrian painter, died recently in his eighty-sixth year. Among his greater works are "Dido Abandoned by Aeneas" and "Moses in the Desert." Amerling was four times married and his youngest child is but twelve years old.

Extensive orders for ladies' clothing have been sent abroad from Tokio, Japan, the maids of honour of the imperial court having decided to dress in European style. As a sign of the European influence now at work in Japan, it is reported that the Buddhist priests of the Jodo sect have decided to wear dresses of foreign style.

Mr. Labouchere has been telling the British public, in high-pitched tones of economic reform, that it costs the country \$2,500 a year to feed the pheasants in the royal park. But he remembered to forget to add that when shot by royal sportsmen the birds are given for the use of poor patients in the London hospitals.

Mr. Jefferson Davis says that the letters written to him during the war were all lost or stolen, about or soon after the close of it, and that many of the reports made by army commanders were captured by the Northern troops. These and others are being published by the United States government in the official record of the War of the Rebellion.

President Grevy of France was found the other day reading a book of fairy tales. "You are relieving your mind from politics, Monsieur le President," observed the visitor. "Oh, not at all," was the reply. "I am obliged to read all these books. My grand-daughter says she has had enough of the old stories, and so I must learn some new ones."

A greater than Joseph Cook or Adirondack Murray is entertaining the noble Athenians now. A Boston paper says of Sam Jones: "He seems like a man deluged with ideas and is trying to get on top of them by swimming. Words come in floods, following one another so fast the hearer is startled. It is simply a succession of pictures, some pretty and idyllic in their simple repose, while others are very grand and almost terrifying. It was a fine, brainy, eloquent discourse."

Miss Augusta is one of the hardest working of the young medical assistants in the Paris hospital. She has a thoroughly scientific mind. She has passed all her examinations before the professors of the faculty with marked success, and her theses obtained notes of *bien* and *tres bien*, which are very rarely given. She is only twenty-eight years old. Many of her male colleagues are several years older, but Miss Augusta is quite competent to hold her own with them all. Her example will soon be followed by French women, and in two years we may have twenty female internes.

Viceroy Li Hung Chang of China discarded all precedent recently and presided at the inspection of the new railway built by the French engineer Decauville near Tien-Tsin as a model. After the Viceroy and other high officials had ridden on the road, the people lost their fear of the strange conveyance, and crowded the carriages. The manager was forced to run excursion trains over the two miles of completed track, and he charges twenty cents for first, twenty cents for second, ten cents for third and five cents for fourth class. These rates are made to include the family of the purchaser of a ticket, but from a Chinese standpoint were very high, and the fact that the carriages were crowded for days shows the influence of the Viceroy is overcoming the native hostility to the steam engine. After his inspection the Viceroy offered to buy the railroad, which he desired to give as a New-Year's present to the Seventh Prince.

She was Saved

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Courtesy at Home.

Good breeding, like charity, should begin at home. The days are past when children were sent to boarding schools, and the room where they were and stand until they had received permission to sit. But the mistake is now made usually in the other direction, of allowing small boys and girls too much license to disturb the peace of the household. I think the best way to train children in courtesy would be to observe toward them a scrupulous politeness. I would go so far as to say that we should make it as much a point to listen to children without interrupting them and to answer them sincerely and respectfully, as if they were grown up. And indeed, many of their wise, quaint sayings are far better worth listening to than the stereotyped common-places of the morning caller.

Of course, to allow uninterrupted chatter, would be to surrender the repose of the household, but it is very easy, if children are themselves respected, to teach them in turn scrupulously to respect the convenience of others, and to know when to talk and when to be silent.

The best brought up family of children ever knew were educated on the principle of always commencing them when it was possible to do so, and letting silence be the reproof of any wrong-doing which was not really serious. I have heard the children of this household, when their mother had failed to say any word of commendation after some social occasion, ask as anxiously as possible, "What was it mamma. I know something was wrong. Didn't we treat the other children well, or were we too noisy?" In that house reproof was never bestowed unsought—only commendation, of whatever it was possible to commend, was gratuitous.

Be the Powers!

"The most extraordinary demand of an Irish beggar that has come within the range of my experience," writes a correspondent from Kerry, "was that of a woman who begged for a subsidy to replace the funds expended in 'waking' her mother, 'for, if we did, we waked her too soon, for she came to life again.'"

Heart Disease.

The symptoms of which are "Faint spells, purple lips, numbness, palpitation, skip beats, hot flashes, rush of blood to the head, dull pain in the heart with beats, strong, rapid and irregular. The second heart beat quicker than the first, pain about the breast bone, &c." Can be cured "in many of the first stages." Send 6c. in stamps for pamphlet and full particulars. Address M. V. LUBON, 47 Wellington St. East, Toronto Canada.

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Canadian authorities object to American sloops and schooners, but Canadian girls are very friendly to United States smacks.

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California widows stand no nonsense. An Oakland paper stated that a citizen had gone to a happier home, and the widow has sued the paper for libel.

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