

HEALTH.

Diphtheria.

Of those who were attacked by yellow fever during the prevalence of that disease in Florida a year or two ago, only about one in eleven died. In the same year there were one thousand four hundred and twenty-two cases of diphtheria in Boston, of which four hundred and seventy, or one in three, proved fatal. During the last eleven years there have been fourteen thousand eight hundred sixty-seven cases of diphtheria in Boston, with an aggregate of four thousand eight hundred and twenty-five deaths.

Such a fearful prevalence of this deadly disease, with its incessant desolation of homes, is not by any means necessary. In Glasgow, Scotland, its ravages have been greatly checked by means of enforced isolation and disinfection, and there is no reason why our own Boards of Health, if they were armed with the requisite legal power and backed up by a wise public sentiment, might not be able to accomplish a similar result.

Diphtheria is much more fatal than small-pox, and the fact that it is less contagious only increases the necessity of compulsory isolation; for many persons expose themselves unnecessarily to diphtheria who could not be induced by any consideration to expose themselves to small-pox.

It is a fact of public interest that diphtheria does not go from house to house apart from personal communication. Except in tenement houses, therefore, the patient can be safely isolated at home, provided the public is duly notified by some simple but familiar signal attached to the door. For such as cannot be safely isolated at home, adequate municipal accommodation should be provided.

The public needs to understand more fully than as yet it seems to do, that diphtheria does not come, like influenza for instance, in the air; but that every case is from a previous case, and that through isolation and disinfection would in time stamp out the disease, as completely as a noxious weed would be killed out by the destruction of all its seeds.

We must add that, in its early stage, diphtheria is not readily distinguished from an ordinary sore throat. For this reason every case of sore throat in a child, especially at a time when diphtheria is prevalent, should be looked upon with a degree of suspicion, enough at least to prevent the communication of what may prove to be the dreaded disease. It should be kept in mind, also, that children with sore throats and nasal catarrh are peculiarly susceptible to infection.

Physical Training for Women.

Mr. Frederick Treves calls attention to a perfectly new branch of the work undertaken by the society with reference to physical education. Within the last few years an immense deal of attention had been directed to the matter of physical education. It had been pointed out that the education of the mind was well looked after, while the education of the body was practically allowed to look after itself. Parents did not realize that proper physical education must be conducted on as precise and as careful scientific lines as the ordinary education of the mind. Parents were quite content to send their children to gymnasiums, and when they had done this felt satisfied that their physical education was complete. They were unaware that there was no proper control over the teachers of gymnastics and calisthenics, a large number of who were people totally unfit for their work.

The particular object of the society had, perhaps, rather more reference to children and women than to men and boys. As a matter of fact, the latter class was admirably looked after. No one could find much to criticize in the athletic pursuits of our public schools. When they came to the London shop boy they found his condition had been materially changed; he had taken to bicycling and other pursuits. When they came to schools, and especially to the girls' schools, it must be confessed that the conditions were about as bad as they very well could be. They heard a good deal of the enormous advances of civilization during the last fifty or hundred years, and their marvelous improvement on the unfortunate savage, who had straight limbs, graceful carriage and an absence of the ordinary aches and pains, and he was not disposed to be always taking tea or to be living in an atmosphere of tonics. People did not seem to be aware that by a judiciously supervised system of physical education, exercises, and due attention to the development of the body it was possible to alter its proportions, to reduce redundancies and to develop deficient and feeble muscles. Motives of vanity and regard for the future physical development of their girls might so influence mothers who were indifferent to higher considerations to see that the physical education of girls was carried out, whether in families or in schools, under persons trained, skilled and having the requisite knowledge to make such physical training in all respect useful and in no case injurious. Neither could be said of the very limited amount of physical training now given to girls. It was pointed out that the National Health Society's diplomas would be granted to teachers of gymnastics, calisthenics and physical exercises as had fulfilled the necessary curriculum and passed the required examinations.

The society hoped by the institution of this diploma to encourage the development of physical education in this country; to render such training precise, effectual and scientific; to protect the public, on one hand, from incompetent teachers, and, on the other, to establish the position of such instructors as were fully qualified. It was intended, however, that the work of such teachers should be devoted and restricted to the one legitimate object set forth in the diploma, namely, physical training, and that they should not undertake the treatment of deformity or disease by "movement cures," "remedial exercises," "massage and the like." The diploma would certify that the candidate had passed an examination in the art and science of physical education, had fulfilled the curriculum required by the society, and was fully qualified to act as an instructor of gymnastics, calisthenics and physical exercises generally.

A Room for Sickness.

There are few things more conducive to the comfort of a family than a room suitably arranged for sickness. Without it, there is much unnecessary inconvenience; not only to the one who is ill, but to every member of the family. Especially is such a room de-

sirable in contagious diseases. Many have lost loved ones just because the plan, and furnishing, were such that it was impossible to separate the sick from the well.

And yet it would seem, from the general management at such times, that many parents think that if one child be taken with scarlet fever, for instance, every child in the family must of necessity have it. There is no greater mistake. Scarlet fever is seldom, if ever, communicated before the eruption is developed. This may be doubted by many; but when we know that children frequently escape when exposed in the fever stage, it is certainly the part of wisdom to take advantage of this knowledge. Many parents become frightened if there happens to be a case of scarlet fever in the school. The truth is, there is comparatively little danger of taking this disease in the beginning. The danger arises from carelessness in allowing the child to return to school and wear the clothing that has been worn during convalescence, or left where the emanations from the eruption could lodge in the texture.

This suggests the exercise of the greatest possible care. A case of scarlet fever in a room where there are curtains, carpet, papered walls, with other ordinary furnishings, will make it unsafe for occupancy indefinitely, unless the germs of the disease be destroyed; and in a room of this kind, one never feels sure that the fumigation has been sufficiently thorough. On the other hand, with a room properly located and arranged, no danger in the future need be apprehended. Under these circumstances, the most dreaded of all of the diseases of children would, in the majority of cases, be limited to one case in the family, and the danger to that one greatly lessened.

The necessity for such a room in every home is almost imperative. We would be surprised if we could estimate how often and how much of the time such a room would be used. When all the members of the household are well, such a room would be quiet and restful, where any one might go for a nap, from father and mother down to baby. This lack of it is of small consideration when we take into account the suppression necessary to be exercised when some one either accidentally or intentionally falls asleep on the sitting-room couch. The convenience of even a small house would be greatly increased, if one room in it were planned with a view to comfort in this direction.—Good Housekeeping.

The Complexion.

The plainest features have a priceless beauty when they are covered with a pure, velvety, transparent skin. It is the recognition of this fact which leads so many of our women to attempt the enhancement of such charms as they have in this direction by the employment of means and methods which too often lead to irreparable ruin instead of greater loveliness. Powders, cosmetics, lotions and balms are applied by the barrel in the attempt to preserve or restore the waning attractiveness, or to stimulate that which has never been in the possession of the unhappy one. All this is effort in the wrong direction.

The best cosmetics are of a very prosaic composition, and cannot be bought at any drug store. For the benefit of our readers the secret may be whispered here—and the formula will be found efficacious. The first and indispensable ingredient is good digestion, insuring pure blood. Plain, nutritious food, regular hours and physical exercise will generally secure this element, without the assistance of the medical fraternity. The exercise, especially, should never be overlooked. It need not be taken in such a manner or at such times as to expose the features to tan, sun-burn or freckles, but plenty of physical exercise should be had in some manner, and so varied as to stimulate and develop all the muscles of the system. A healthy, well-balanced organization will be the result, with a vigorous, happy frame. This topic might be carried much further, and include the dispelling in this manner of a multitude of the ills with which woman-kind are afflicted, but that is not the present purpose.

Another ingredient of this "Elixir of Beauty" is thorough cleanliness. It is related of one of the most famous beauties of ancient times that the charm of her complexion dazzled all beholders, but it was not till after her death, at the age of 90, still beautiful, that it was disclosed that her only chemical application was soft water, thoroughly applied every day. This efficient is still available, and its power is nowise lessened. If soft water cannot be had, any water can be made soft by the addition of a few drops of ammonia or a little borax. It is to be feared that there are many who use plenty of water, but neglect the equally important item of soap. Some, indeed, have an almost superstitious fear of applying soap to the face. "Of course I use soap on my hands, but never on my face," said a young lady recently—and her countenance confirmed the statement. It was dull, lifeless—in fact, genteelly dirty! She was speaking to her physician, and explaining that she supposed soap would ruin the texture of her skin.—Good Housekeeping.

Blow to Atoms by Dynamite.

A terrible accident occurred at Penwyet, Swansea Valley, by which two men lost their lives and several others were injured. It appears that the men were engaged in the quarries near Penwyet railway station. Two charges of dynamite had been placed in position, with fuse attached, ready for blasting; the charges were placed at the same distance apart, and it was not intended to fire the second until some time subsequent to the firing of the first. The latter went off all right, and the men, who had retired to some distance, returned to their work. They had not been back a couple of minutes, however, before the second charge exploded, blowing two of the men high into the air, and, as already stated, seriously injuring several others. It is believed that a spark must have reached the fuse of the second charge, and thus caused the unexpected explosion. Penwyet is in close proximity to Craig-y-nos Castle, and when Madame Patti was informed of the serious nature of the accident, she, with her usual generosity, sent a messenger to make inquiry and ascertain if anything could be done for the relief of the sufferers.

Railroading Under Difficulties.

Engineer—"That drug-store has got to be moved back from the railroad track." Director—"What's the matter with it?" Engineer—"I forgot about it's being there last night, and when I saw that red light in the window I thought it was a danger signal, and I staid here for one blessed hour before I remembered."

"He Giveth his Beloved Sleep."

He sees when their footsteps falter, when their hearts grow weak and faint; He marks when their strength is failing, and listens to each complaint; He bids them rest for a season, for the pathway has grown too steep; And, folded in fair green pastures, "He giveth His loved ones sleep."

Like weary and worn-out children that sigh for the daylight's close, He knows that they oft are longing for home and its sweet repose; So He calls them in from their labors ere the shadows around them creep, And, silently watching o'er them, "He giveth His loved ones sleep."

He giveth it, oh, so gently! as a mother will hush to rest The babe that she softly pillows so tenderly on her breast.

Forgotten are now the trials and sorrows that made them weep; For, with many a soothing promise, "He giveth His loved ones sleep."

He giveth it! Friends the dearest can never this boon bestow; But He touches the drooping eyelids and placid the features grow. Their foes may gather round them, and storms may round them sweep, But, guarding them safe from danger, "He giveth His loved ones sleep."

All dread of the distant future, all fears that oppressed to-day, Like mists that clear in the sunlight have noisefully passed away. Nor call nor clamor can rouse them from slumbers so pure and deep, For only His voice can reach them, who "giveth His loved ones sleep."

Weep not that their toils are over, weep not that their race is run. God grant we may rest as calmly when our work, like theirs, is done! Till then we would yield with gladness our treasures to Him to keep, And rejoice in the sweet assurance—"He giveth His loved ones sleep."

The newest thing in glass is sunset glass. It is tinted with all the hues of the setting sun.

NOTICE.

DR. HARVEY'S Southern Red Pine will instantly relieve, as well as stop, a severe fit of coughing.

Quimby thinks that an ocean greyhound should be barkrigged.

MISS AGGIE WINTENUTE, M. L. A., a graduate of Alma Ladies' College, has been for some years a most successful teacher in the Young Ladies' College, Tokio, Japan, to which she was appointed by the Women's Foreign Mission Society of the Methodist Church. Alma's graduates both at home and abroad are reflecting great credit upon that very prosperous institution. Any reader so desiring can secure a 60 pp. Announcement by addressing PRINCIPAL AUSTIN.

Most pleasures embrace us but to strange.

It is now generally known that many cases of consumption of long standing as well as advanced cases of catarrh and asthma have been permanently cured by SLOCUM'S OXYGENIZED EMULSION OF PURE COD LIVER OIL. This famous medicine is manufactured at 186 West Adelaide St., Toronto, Ont., and every druggist in Canada has it for sale.

Genius may be swift, but perseverance has the surest feet.

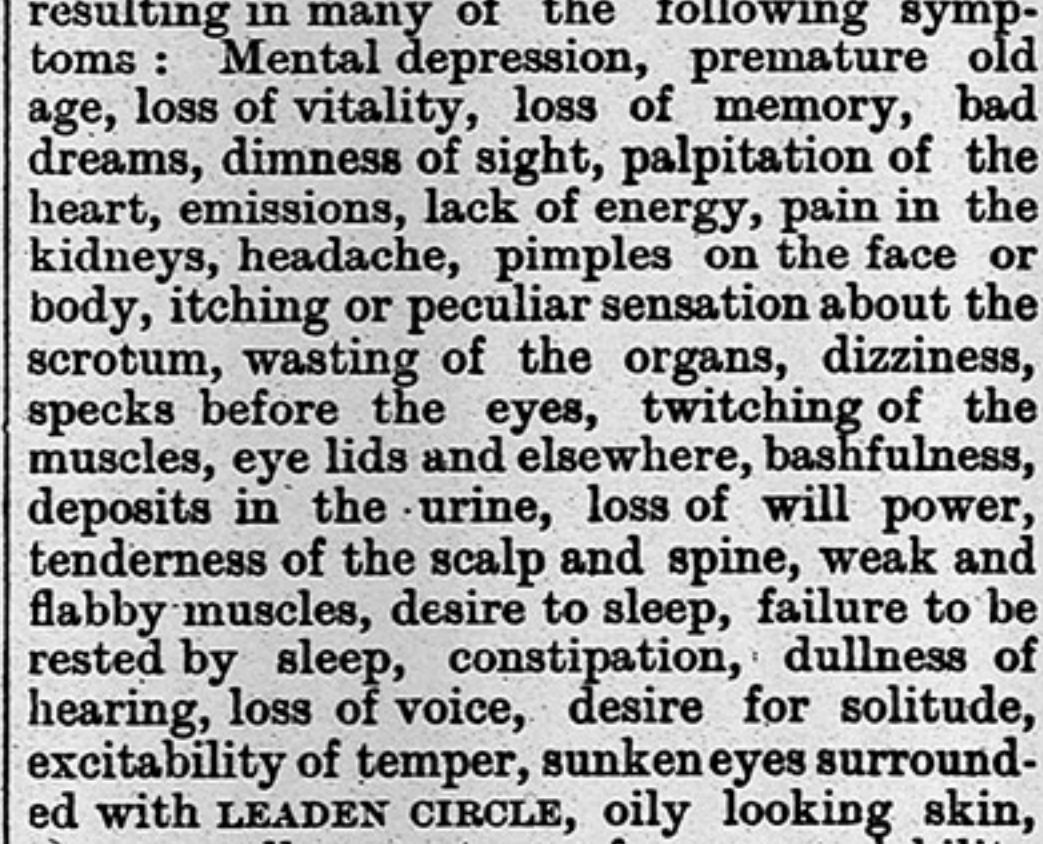
All Men

young, old, or middle-aged, who find themselves nervous, weak an exhausted, who are broken down from excess or overwork, resulting in many of the following symptoms: Mental depression, premature old age, loss of vitality, loss of memory, bad dreams, dimness of sight, palpitation of the heart, emissions, lack of energy, pain in the kidneys, headache, pimples on the face or body, itching or peculiar sensation about the scrotum, wasting of the organs, dizziness, specks before the eyes, twitching of the muscles, eye lids and elsewhere, bashfulness, disposes in the urine, loss of will power, tenderness of the scalp and spine, weak and flabby muscles, desire to sleep, failure to be rested by sleep, constipation, dullness of hearing, loss of voice, desire for solitude, excitability of temper, sunken eyes surrounded with LEADEN CIRCLES, oily looking skin, etc., are all symptoms of nervous debility that lead to insanity and death unless cured. The spring or vital force having lost its tension very function wanes in consequence. Those who through abuse committed in ignorance may be permanently cured. Send your address for book on all diseases peculiar to man. Address M. V. LUBON, 50 Front St. E., Toronto, Ont. Books sent free sealed. Heart disease, the symptoms of which are faint spells, purple lips, numbness, palpitation, skip beats, hot flushes, 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, etc., can positively be cured. No cure, no pay. Send for book. Address M. V. LUBON, 50 Front Street East, Toronto, Ont.

EVERYTHING ELECTRICAL 644 CRAIG ST. T.W.NESS MONTREAL. Send for Catalogue.

KEEP YOUR EYE AND HAND ON THIS "THE DOLLAR" KNITTING MACHINE MANUFACTURED BY CREELMAN BROS GEORGETOWN, ONT. THIS IS THE BEST MACHINE FOR YOU IT IS GOOD FOR \$2.50 SEND IT AND A 3 CENT STAMP FOR ALL PARTICULARS AND PRICE LIST. 183390

THE CONBOY CARRIAGE TOPS ARE THE BEST KNOWN.



Their increasing popularity is a proof of their superiority. Be sure and get a Conboy top on your buggy.

SALESMEN by the oldest, largest and best known Nurseries in the West. Experience not necessary. Permanent positions Good pay. Write at once. Get to work NOW, while it is easy to sell and territory unworked. STARK BROS. NURSERY CO., LOUISIANA, MO.

WESLEYAN LADIES' COLLEGE HAMILTON, ONT. Will Reopen Sept. 1, 1890 (30th year) The first of the Ladies' Colleges. Has University affiliation, graduating course in Literature, Music and Art, followed by Diploma in each. Rooms may be secured now. For terms address the Principal. REV. A. BURNS, D.D., LL.D.

Advertisement for a dental or optician service. Includes text: "Cheapest and BEST PLACE to get your teeth and eyes examined. Instruments, Rubber Plates, etc. Address: 186 West Adelaide St., Toronto. Send for Catalogue."

Advertisement for Scott's Emulsion. Includes text: "TEN POUNDS IN TWO WEEKS THINK OF IT! As a Flesh Producer there can be no question but that SCOTT'S EMULSION Of Pure Cod Liver Oil and Hypophosphites Of Lime and Soda is without a rival. Many have gained a pound a day by the use of it. It cures CONSUMPTION, BRONCHITIS, COUGHS AND COLDS, AND ALL FORMS OF WASTING DISEASES. AS PALATABLE AS MILK. Genuine made by Scott & Bowne, Belleville, Salmon Wrapper; at all Druggists, 50c. and \$1.00.

MAGIC SCALE—For dress cutting, taught by Miss Chubb, General Agent for Ontario, 424 Yonge street, Toronto, Ont.

AGENTS WANTED—Big money, choicest books, Control of territory. Apply at once. E.N. MOYER & Co., 120 Yonge St., Toronto

\$3.50 PER DAY—Good men and women. Fast-selling article. J. E. CLOSE, 43 Victoria street, Toronto.

WANTED in every town in the Dominion, reliable men to represent the Dominion Bldg and Loan Ass'n, 65-67 Yonge St., Toronto.

PATENTS procured in Canada, U.S. and foreign countries. W. J. GRAHAM, 71 Yonge St., Toronto.

MISS STACKHOUSE, 47 Yonge street, Toronto is making a specialty of Parisian plaiting. Skirts 40c. a yard; Children's skirts or capes, 25c. a yard. Only place in Canada where this class of work is done.

TORONTO CUTTING SCHOOL. Scientific and reliable systems taught, whereby stylish, perfect-fitting garments are produced. Send for circular. S. CORRIGAN, Prop., 63 King St. West.

PRIVATE HOSPITAL FOR THE CURE OF Cancer without the knife. Best Free. G.H. McMICHAEL, M.D., 88 Niagara St., BUFFALO, N.Y.

LEATHER BELTING. Best value in the Dominion. F. E. DIXON & Co., Managers, 70 King Street East, Toronto. Send for Price Lists and Discounts.

TEACHERS can make money during vacation by canvassing for one or more of our fast-selling Books and Bibles, especially History of Canada, by W. H. Whitrow, D.D., latest and best edition ever published, prices low, terms liberal. Write for illustrated circulars and terms W. B. TUDOR, Publisher, Toronto.

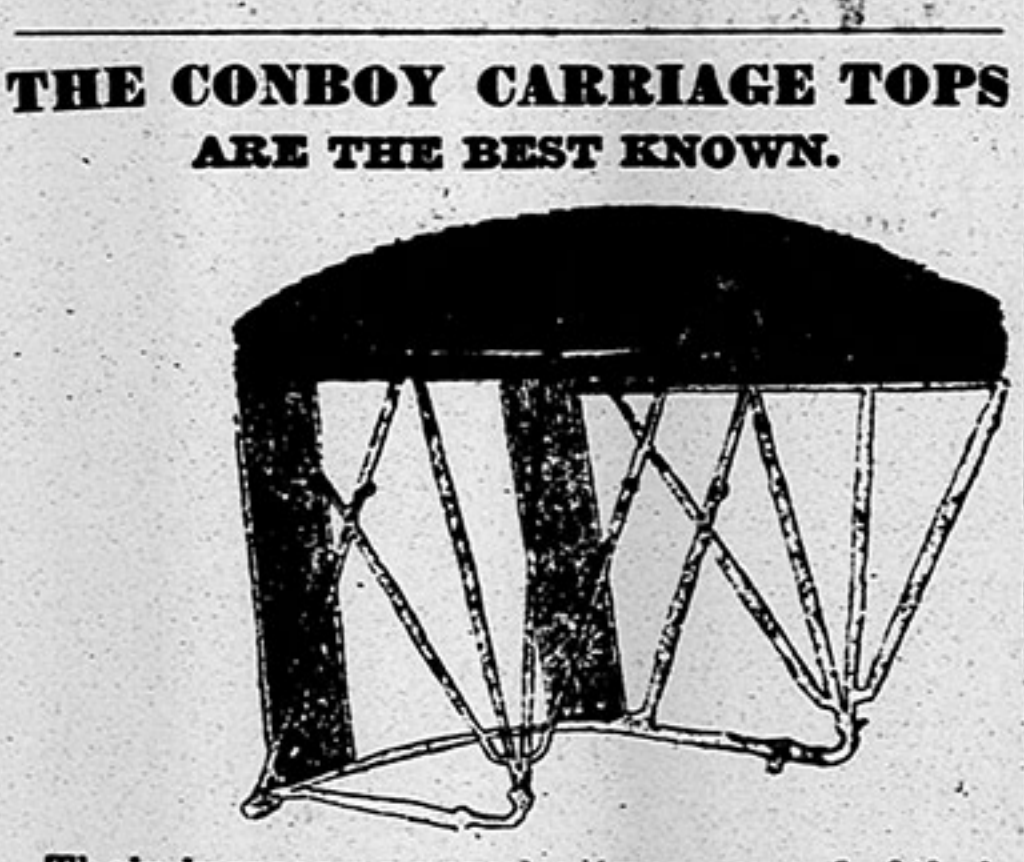
ALBERT COLLEGE, BELLEVILLE, ONT., Leads all other Colleges in Canada in the number of matriculants prepared annually. Special inducements are offered to those requiring a Business Education. Send for calendar. Address PRINCIPAL DYER, M.A.

BEAVER LINE STEAMSHIPS. Sailing Weekly between MONTREAL and LIVERPOOL. Saloon Tickets, \$40, \$50, and \$80. Return Tickets, \$80, \$90 and \$110, according to steamer and accommodation. Intermediate \$25. Steerage, \$20. Apply to H. E. MURRAY, General Manager Canadian Shipping Co., 4 CUSTOM HOUSE SQUARE, MONTREAL, or to Local Agents in all Towns and Cities.

EVERYTHING ELECTRICAL 644 CRAIG ST. T.W.NESS MONTREAL. Send for Catalogue.

KEEP YOUR EYE AND HAND ON THIS "THE DOLLAR" KNITTING MACHINE MANUFACTURED BY CREELMAN BROS GEORGETOWN, ONT. THIS IS THE BEST MACHINE FOR YOU IT IS GOOD FOR \$2.50 SEND IT AND A 3 CENT STAMP FOR ALL PARTICULARS AND PRICE LIST. 183390

THE CONBOY CARRIAGE TOPS ARE THE BEST KNOWN.



Their increasing popularity is a proof of their superiority. Be sure and get a Conboy top on your buggy.

SALESMEN by the oldest, largest and best known Nurseries in the West. Experience not necessary. Permanent positions Good pay. Write at once. Get to work NOW, while it is easy to sell and territory unworked. STARK BROS. NURSERY CO., LOUISIANA, MO.

WESLEYAN LADIES' COLLEGE HAMILTON, ONT. Will Reopen Sept. 1, 1890 (30th year) The first of the Ladies' Colleges. Has University affiliation, graduating course in Literature, Music and Art, followed by Diploma in each. Rooms may be secured now. For terms address the Principal. REV. A. BURNS, D.D., LL.D.

Advertisement for a dental or optician service. Includes text: "Cheapest and BEST PLACE to get your teeth and eyes examined. Instruments, Rubber Plates, etc. Address: 186 West Adelaide St., Toronto. Send for Catalogue."

Advertisement for Home Medical Batteries. Includes text: "ENGRAVING J. E. JONES TORONTO HOME MEDICAL BATTERIES T.W.NESS 644 CRAIG ST. MONTREAL Send for Catalogue.

Advertisement for Conservatory of Music. Includes text: "TORONTO CONSERVATORY OF MUSIC Over 1,300 pupils last three years! Fall Term Begins Monday, 1st September Send for 90 page calendar containing announcements for coming season. EDWARD FISHER, Musical Director, Cor. Yonge street and Wilton avenue, Toronto.

Advertisement for Dr. Nichols' Food of Health. Includes text: "DR. NICHOLS' FOOD OF HEALTH For Children and Adults. Invaluable for Indigestion and Constipation. FRANKS & CO., London, England, Proprietors MONTREAL OFFICE, 17 St. John Street. Dr. T. R. Allison, L.R.C.P., London, says: 'I like Dr. Nichols' Food of Health very much and find it of great dietetic value in many diseases. As a breakfast dish I prefer it to oatmeal. For the regulation of the bowels it cannot be surpassed.' Send for sample FREE.

Advertisement for Fits Cured. Includes text: "FITS EPILEPSY OR FALLING SICKNESS Send at once for a FREE BOTTLE and a valuable Treatise. This remedy is a sure and radical cure and is perfectly harmless as no injurious drugs are used in its preparation. I will warrant it to cure in every case where other remedies have failed. My reason for sending a free bottle is: I want the medicine to be its own recommendation. It costs you nothing for a trial, and a radical cure is certain. Give Express and Post Office Address. H. G. ROOT M. O., 186 West Adelaide St. Toronto, Ont.

Advertisement for The Great European Dye. Includes text: "THE GREAT EUROPEAN DYE TURKISH DYES Truth Unprejudiced. Do not imagine that I want to do advertising. I know nothing of St. Leon Springs. I do not know the owners or manager. But I can tell you that, from all I hear and from my own experience, ST. LEON WATER IS THE BEST on the American Continent.—Correspondent of the St. John's News. The Palace Hotel is open at Springs in P.Q. for the reception of visitors. For particulars address the St Leon Mineral Water Co., Ltd., Toronto, or to St. Leon Springs, P.Q.

Advertisement for POND'S EXTRACT. Includes text: "POND'S EXTRACT THE WONDER OF HEALING! CURES CATARRH, RHEUMATISM, NEURALGIA, SORE THROAT, PILES, WOUNDS, BURNS, FEMALE COMPLAINTS, AND HEMORRHAGES OF ALL KINDS. Used Internally & Externally. Price 50c. \$1. \$1.75 POND'S EXTRACT CO. New York & London.

Advertisement for Fire-Proof Champions. Includes text: "FIRE-PROOF CHAMPIONS With Upright or Horizontal Boilers. 12, 16, 20, 25 } Suitable for all work. and 30 H.P. } Threshing, Sawing, Brickmaking, etc.

Advertisement for Traction Engines. Includes text: "Traction Engines 12, 16 and 20 Horse-power. WATERBURY ENGINE WORKS CO. BRANTFORD AND WINNIPEG.

Advertisement for a dental or optician service. Includes text: "Cheapest and BEST PLACE to get your teeth and eyes examined. Instruments, Rubber Plates, etc. Address: 186 West Adelaide St., Toronto. Send for Catalogue."

Advertisement for a dental or optician service. Includes text: "Cheapest and BEST PLACE to get your teeth and eyes examined. Instruments, Rubber Plates, etc. Address: 186 West Adelaide St., Toronto. Send for Catalogue."

Advertisement for a dental or optician service. Includes text: "Cheapest and BEST PLACE to get your teeth and eyes examined. Instruments, Rubber Plates, etc. Address: 186 West Adelaide St., Toronto. Send for Catalogue."