

HEALTH.

The Care of the Ear.

The ear, next to the eye, is the most delicate organ we possess, and the failure of its powers is as distressing to the sufferer's friends as to himself. Yet too little attention is paid to its slight ailments, since it is not always fully appreciated how much damage may be done by what seems to be slight neglect, and how little treatment, properly applied, may be required to avert a lifetime of discomfort.

It is not an uncommon thing to see matter running from the ears of children. Sometimes this means nothing more than an inflammatory condition of the passage leading to the drum membrane, but far oftener there is disease of the cavity beyond.

The affection begins with an inflammation of the delicate membrane lining the drum cavity. In some cases this process is not very severe, and passes away without other complications. If, however, the inflammation is intense or long continued, a considerable quantity of watery fluid collects. This not only causes severe distress and temporary deafness, but after a time it is liable to burst the drum membrane and escape through the outer ear. In such an event it is often supposed that an abscess has broken.

Sometimes the small opening thus formed closes rapidly, and after a time another collection may take place and be followed by a similar discharge. Should this be repeated several times a considerable portion of the drum membrane is likely to be destroyed. The very minute bones which are essential to the perfect transmission of sound to the internal ear may at the same time be washed away, and there then results a loss of hearing power which no art of man can make good.

These inflammatory conditions are apt to occur in the course of certain diseases, such as scarlet fever and diphtheria, and if, during the run of these diseases, an ear-ache should come on or a discharge be seen, it should not be looked upon as of small importance.

Sometimes, if there is an accumulation of fluid in the middle chamber, from an inflammation just beginning, the simple puncture of the drum membrane by a surgeon will allow the escape of the fluid, and entirely avert the danger of permanent deafness.

The Domestic Doctor.

Excessive tea drinking is said to cause decay of the teeth.

A safe, sure and certain cure for corns is said to be found in a poultice formed of stale bread soaked in strong vinegar, applied at night on retiring.

Many people, while covering the chest with flannel, fail to remember that cold attacks the lungs at the back as well as the front. Be sure to protect the back as well as the chest.

In medicine the shell of the egg is used as an antacid, being better adapted to the stomach than chalk. The white of the egg is an antidote in cases of poisoning with strong acids or corrosive sublimate. The poison will coagulate the albumen, and if these poisons be in the system, the white of an egg swallowed quickly will combine with the poison and protect the stomach. An astringent poultice is made by causing it to coagulate with alum. This is called alum curd and is used in certain diseases of the eye. The yolk of the egg is sometimes used in cases of jaundice, and is an excellent diet for dyspeptics.

In apoplexy, the person falls down as if struck with death. There is neither thought, feeling, nor voluntary motion. There is no sign of life, except that of deep heavy breathing. It comes on with the suddenness of the lightning's flash, and with as little premonition. If the person is not really dead, the face is flushed, the breathing loud, and the pulse full and strong. In mild attacks, a person is found in bed of a morning apparently in a sound sleep; but no amount of shaking makes any impression. The earliest Greek writers described apoplexy with minute accuracy, which has scarcely been exceeded since, showing that it is a malady belonging to all time. To pass from apparent perfect health to instant death on entering one's own dwelling, or sitting down to the family table, or while at the happy fireside, in the loving interchange of affectionate offices, strikes us as being terrible. But the terror belongs to the witness; the victim is destitute of thought, feeling, sensation and consciousness. In many cases, after lying for hours and even days, in a state of insensibility, the patient wakes up as if from an uneasy sleep or dream; but often, as many sadly know, there is no return to life again. The essential nature of the disease seems to be such an excess of blood in the brain that its appropriate vessels or channels cannot contain it, and it is "extravasated," let out, upon the substance of the brain itself, and thus arrests the functions of life. Corpulent persons with short neck, are almost the sole subjects of apoplexy, but it may be induced by falls, blows, shocks, and over-doses of certain drugs. Apoplexy is an avoidable disease, except in some cases of accidents, which we can neither foresee nor prevent; it results from too much blood in the brain, which is either sent there too rapidly, or detained there in some unnatural manner, the effect being the same. Whatever "excites the brain," such as intense and long thought on one subject, all kinds of liquors, any drink containing alcohol, whether ale, beer, cider, wine, or brandy, induces apoplexy. So will a hearty meal, especially if alcoholic drinks are taken at the same time; going to bed soon after eating heartily, sleeping on the back, if corpulent, may bring on an attack any night; so will a hot bath, so will a cold bath soon after eating. The ultimate effects of all opiates are to draw the blood in the brain, while the things just mentioned send it there in excess. The great preventives are warm feet, regular and temperate habits, and the avoidance of opiates, tobacco, and all intoxicants. In case of an attack, send for a physician. Meanwhile, put the feet in hot water, and envelop the head with ice. It is safer to live in a hilly than level country, in town than country. Winter is more dangerous than summer. The liability increases rapidly after forty years of age, greatest at sixty, when it gradually diminishes. Statistics seem to show that the most dangerous years are from fifty to sixty.

Diet for Dyspeptics.

I cannot forbear giving for the benefit of our dyspeptic readers a few rules that are

laid down by English physicians for the observance of those who suffer from acute indigestion.

1. Do not eat beef; it is too hearty for the average dyspeptic. Eat the lean of mutton (boiled preferred).
2. Bacon in small quantities may be eaten; also thin slices of aerated bread fried in bacon fat; also boiled pigs' feet and tripe and the fish not known as oily fish.
3. Eat no fruit. Of vegetables partake of baked potatoes, rice and boiled peas.
4. Bread may be eaten (aerated bread preferred) in thin slices toasted till they are brittle.
5. The brown meat of fowl may be eaten. Avoid all gravies and sauces.
6. Abstain from all liquors and drink no tea unless it be fresh made.
7. Eat no eggs, except fresh raw, well whipped. Sugars should be avoided.
8. Drink no iced water; partake freely of hot water and of hot milk (not boiled).
9. Lie down for twenty minutes after each meal.

America's Gibraltar.

A correspondent of the New York Times calls the attention of the people of the United States to the dilapidated and defenceless condition of Key West, a naval station situated on the southernmost key of Florida, fifty-nine miles from the mainland, and occupying an almost central position in the waters opening into the Gulf of Mexico. After pointing out that Key West virtually controls the Gulf of Mexico, the Straits of Florida, and three-fourths of all commerce with the West Indies, Central America and the northern part of South America, the writer adds, "As a base of supplies and as a naval and military point of operations, perhaps no place in the United States equals it in importance. It is questionable whether Gibraltar as a commerce protecting post is of more importance to England than is Key West to the United States." But notwithstanding its military and commercial importance the station, which subsequent to the civil war and up to '72 received some little attention in the way of fitting it up with batteries and improving it generally, has for nearly twenty years been virtually neglected, and is at present in a condition of general decay. It is difficult to understand the apathy of the authorities at Washington in not fortifying and improving this important station. Perhaps it is to be accounted for by the fact (and the thought is not an unpleasant one) that the attention of the people of the Western Hemisphere is more taken up with industrial pursuits than with military establishments; and that development rather than defence constitutes the watchword of the New World. Nor are there many, let us hope, who would desire to have it otherwise, for the victories of peace are more enduring and satisfactory than the victories of war.

That Joke Again.

"Four hundred and twenty-two," yelled the elevator boy.
"What is?" asked the passenger.
"You are! You are the four hundred and twenty-second man to ask me this week if my life isn't full of ups and downs. Ask it again. I like it."

"The Naked Truth."

Whilst Truth was one day bathing in a limpid river, Falsehood happened to pass, and noticing the garments of Truth on the bank of the stream, conceived the idea of exchanging his clothing for that of the bather, who came from the bath and mourned the loss sustained, but, disdaining Falsehood's garb, has since gone naked through the world. Whether the origin of the expression "the naked truth" is mythical or otherwise, it is universally known to be the "naked truth" that Dr. Pierce's Golden Medical Discovery has no equal as a curative agent for consumption (lung serofula), bronchitis, chronic nasal catarrh, asthma, and kindred diseases of the throat and lungs.

The Governor of Louisiana, in addressing the State Legislature, denounced the lottery as a monster evil, and said he would use his best exertions to prevent the company obtaining a renewal of its charter.

All Men.

young, old, or middle-aged, who find themselves nervous, weak and 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 serotum, wasting of the organs, dizziness, specks before the eyes, twitching of the muscles, eye lids and elsewhere, bashfulness, deposits 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 CIRCLE, 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.

Hats and bonnets are now kept on the head by means of splendid jewelled pins, antique daggers, and pins with gold, silver, steel, and copper, shell, and amber heads.

All the most fashionable women wear their skirts flat in the back, a little longer behind than in front, and all the trimming placed at the bottom.

Quantities of gold braid, gold passementerie, gold lace, and gold embroidery bands are sold on all the trimming counters just now.

The tendency to showy flower-laden hats is so great as to tax the milliners to supply the demand.

The awe-struck audience gazed
On the figure gaunt and gray;
'Twas the murdered king or the ghost of him,
And Hamlet was the play.
His hour was brief, he said,
He must go ere light of day,
To the place of torture prepared for him,
Till his sins were purged away.
Yes, purged was the word he used,
And I thought what a remedy mine,
Would Pierce's Purgative Pellets prove.
In his case, then and there,
Dr. Pierce's Pleasant Purgative Pellets
have no equal as a cathartic in derangements
of the liver, stomach and bowels. Small,
pleasant in action, and purely vegetable.

A sermon on the mount—"The usual bicycle advertisement.

"What's female beauty, but an air divine,
Through which the mind's all gentler grace
shines."
This may be good logic in poetry but in real life "the mind's all gentler grace shine" to better advantage when enclosed in a sound physique. Dr. Pierce's Favorite Prescription is a positive cure for the most complicated and obstinate cases of leucorrhoea, excessive flowing, painful menstruation, unnatural suppressions, prolapsus, or falling of the womb, weak back, "female weakness," anteversion, retroversion, bearing down sensations, chronic congestion, inflammation and ulceration of the womb, inflammation, pain and tenderness in ovaries, accompanied with "internal heat."

A. P. 504.

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IN
TWO WEEKS
THINK OF IT!**

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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

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SCROFULA, BRONCHITIS, COUGHS AND
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DISEASES. AS PALATABLE AS MILK.**

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Wrapper; at all Druggists, 50c. and \$1.00.

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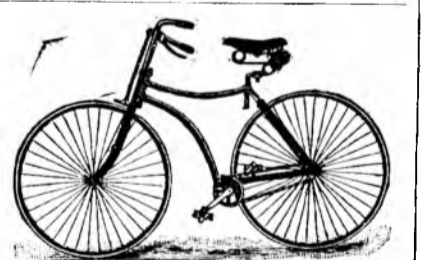
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Moosomin, - 28
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JUNE 17th Return until July 27th, 1890
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ASK FOR IT, AND TAKE NO OTHER BEWARE OF IMITATIONS.
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Send for Illustrated Catalogue and this advertisement with your order for our NEW STAR KNITTING and we will allow you
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DR. NICHOLS' Food of Health—For Children and Adults. Invaluable for Indigestion and Constipation.

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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 dietic value in many diseases. As a breakfast dish I prefer it to oatmeal. For the regulation of the bowels it can not be surpassed." Send for sample FREE.

NEVER FAILING ST. LEON.
Up to three years age Dyspepsia, that horrible sensation, wretched pain and choking. The very young child cured with St. Leon; urged me to drink. I did. The choking rumps got softer and softer. I was cured and remain in the best of health. St. Leon Water will cure when all other mixtures fail.
George G. Wilson, Victoria Square, Montreal.

CONSUMPTION SURELY CURED

TO THE EDITOR:—Please inform your readers that I have a positive remedy for the above named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy FREE to any of your readers who have consumption if they will send me their Express and Post Office Address. Respectfully, T. A. SLOCUM, M.C., 186 West Adelaide St., TORONTO, ONTARIO.

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EXTRACTS FROM THE ANNUAL REPORT FOR 1889.

New Proposals Received,	1890 for \$3,761,905.00
" Declined,	433 " 633,280.00
" Accepted,	1647 " 3,128,625.00
New Premium Income,	122,724.37
Total Premium Income,	786,421.95
Total Funds 31st December, 1889,	3,298,083.35
Assets in Canada,	1,100,000.00
Surplus to Policy Holders in Canada,	236,816.00
Annual Income in Canada,	242,513.85

GOVERNMENT DEPOSIT IN CANADA - \$817,324

The Expense Ratio was Reduced in 1889 Nearly 2 Per Cent.
The following figures show the success of the Company during the past seven years:

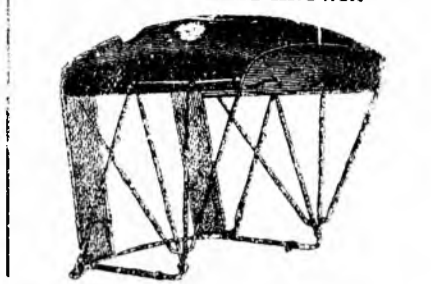
Years.	New Sums Assured.	New Premiums.	Increase in Assets.
1883-1889	\$14,615,052.	537,415.	1,332,081.

The Next Division of Profits will be on the 31st December, 1892. Those declared in 1887 were large, averaging on the "Ordinary Plans" 70 Per Cent. of the Premiums Received.

At Age 30.—On policies of 4 years' duration, Endowment at age 70 Plan, Bonuses have shortened the Endowment Period 3 years.
Under the Deferred Bonus System, the additions vary from \$10.00 to \$40.00 for every premium paid on each \$1,000 of assurance.

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