

# HEALTH.

## Simple Remedies.

"Don't rush to the drug store and buy a lot of the fancy lotions and cosmetics when you contract your first case of sunburn at the seashore," was the injunction of a beautiful woman whose face showed but lingering traces of the glaring redness which had marked it only the day before. "Let all those perfumed but trashy mixtures alone. Few of them have any virtues; many of them are positively injurious to the skin and not one of them is better than the simple, old-fashioned remedies that anybody can prepare at home. If the skin is hot, dry and smarting with burn, nothing will relieve it any more readily than mutton tallow or plain olive oil applied with the hands and gently rubbed into the pores. If the skin will stand it give it a mild massage with an easy, upward rub, first bathing the face in water as hot as one can stand. There is nothing like massage for removing the soreness and burning feeling. Don't use much soap and beware of the fancy brands. They are nearly all irritating. Don't use the itching places; rub gently and be careful that the nails don't come in contact with the skin. As soon as you can stand it wash the burned surfaces in tepid water to which the juice of a lemon has been added. Lemon juice is a great cleanser, and is, besides that, a wonderful tonic for the flesh and skin. And remember this, that while sunburn is painful and annoying, it is also a great improver of complexions. It eliminates blotches and pimples, smooths out rough places and clears the way for better skins. It is Dame Nature's way of putting new velvet and fresh roses into the faces of her children."

## Cleanliness the First Law of Health.

The following words of the late Dr. Richardson should be ever kept in mind: "Cleanliness covers the whole field of sanitary labor. Cleanliness, that is purity of air; cleanliness, that is purity of water; cleanliness in and around the house; cleanliness of person; cleanliness of dress; cleanliness of food and feeding; cleanliness in work; cleanliness in habits of the individual man and woman; cleanliness of life and conversation; purity of life, temperance, all these are in man's power."

## Cycling For Women.

Dr. Richardson, whose opinion on the subject is entitled to weight, holds that women can indulge in cycling just as safely as men, and, moreover, that the exercise is of great use to healthy women. It secures a quick and sure cultivation of the senses; it supplies a good and salutary muscular exercise; it causes a fine expansion of breathing; it causes the lungs to inhale pure air; it quickens the circulation, and it brings to the mind a free and wholesome change of scene, which is a most admirable tonic to the depression incident to sedentary monotony. For all ordinary purposes of cycling Dr. Richardson considers that bicycles are preferable. Ladies mount and dismount them with more ease and grace than men, and, moreover, they cause less vibration than the tricycle. Lastly, the dress is better arranged on the bicycle than on the tricycle; there is less risk of the folds of the dress being caught in the wheels, and less resistance from the wind. Twenty-five miles is a thoroughly good day's ride for even an accomplished female rider on a moderately good road. It is good for women, as it is for men, to dismount occasionally and walk, and it is always good for them to do so when they are climbing long and steep hills. The change of movement brings new sets of muscles into play, and saves strain on the muscles of respiration. Dr. Richardson lays great stress on the opinion that for children of either sex much cycling is not good. Girls should not begin to ride regularly until they have reached their 17th year, and not then unless they are strong and well formed. In training, and ever afterward, they should be taught to sit up on the seat or saddle, and always to have the dress perfectly free around the waist and chest. The ankles ought also to be free, and the dress sufficiently short to allow the movement of the feet to be untrammelled. For women, the cushion seat is infinitely preferable to the saddle.

## Deafness and Mental Dulness.

A recent contributor to the *Medical News* brings evidence to show that a large proportion of the school children classed as "mentally dull," are affected with a degree of deafness. That deafness should have a marked effect upon the mental, and even upon the physical, development of a child is easily believed, since so large a part of every one's education is transmitted to the brain through the ear.

Doctor Sexton, an American aurist, found a distinct defect in the hearing powers of thirteen per cent. of a large number of school children whom he examined.

Doctor Weil, of Stuttgart, in an examination of over six thousand school children found that thirty per cent., or nearly one-third of the number examined, had defective hearing powers. He made use of the whisper test and the test for hearing the watch tick. The hearing was considered defective only when it fell considerably below the average.

Doctor Gelle, of Paris, who has made extensive experiments in regard to the percentage of deafness among school children, found that a degree of deafness was very common among "dull" pupils, though often unrecognized. He found, in one case, seven children placed in seats in the rear of the school-room on account of dullness and inattention. Of these, four could hear the watch tick at a distance of from two to eighteen inches only, while two were entirely deaf in one ear.

Of twelve boys whom the teacher considered poor pupils, ten were affected with loss of hearing power in one or both ears.

Cases of deafness should not be allowed to go without treatment. Even the seemingly hopeless cases should be sent to the aurist for an opinion as to a likelihood of improvement under treatment.

"Running ears" should never be neglected. Such a condition makes the child a disagreeable neighbor in a school. The disease is always a source of danger to the child itself, and may be a source of danger to its companions.

During an attack of measles or scarlet fever ear complication should be guarded against by cleanliness of the nose and throat. If the ears discharge, they should receive treatment aiming at cleanliness of the aural canal.

## ADRIPT IN ICE FLOES.

### Terrible Experience of the Sealer Arctic's Crew.

The agents of the owners of the sealer Arctic, in city, says the Philadelphia Times, have received a very graphic account of the loss of that vessel and the terrible sufferings to which the crew were subjected for 15 days in the boats. The Arctic was an auxiliary steam, barque-rigged vessel of 400 tons and was commanded by Capt. T. T. Gjertsen and belonged to Christiania.

On June 18 she stranded in a thick fog on a reef off the coast of the island of Jan Mayen. The four boats were provisioned and placed ready for lowering. Meanwhile, a heavy sea threatened to break the ship up every minute. The captain at last ordered the boats to leave, himself with the second mate, chief engineer and two sailors remained to the last and then took the jolly boat. The first boat was capsized and all the water and provisions lost, though the men were rescued.

The boats kept together for 24 hours in the hope of meeting other sealers. The smoke of a steamer was seen, but it soon disappeared. The next day they found that they had made no progress, as when day broke they sighted the wreck of the Arctic, with the sea sweeping it fore and aft. Again they bent their almost exhausted strength to the oars and pulled to the westward, in hope of meeting the ice floe. Two days later they found themselves in the ice. The men had hardly strength to haul the boats out of the water, rig up some sort of a tent and then all hands threw themselves down utterly worn out.

### IMPRISONED BY THE ICE.

In the morning the ice had closed in all around them and for a day and a half the poor fellows had to literally drag the heavily loaded boats over the ice in search of clear water. At last they got afloat again, but only to meet a fearful gale, which made the boats leak. This lasted three days. The men, 25 in number, were badly frost-bitten and, from the most of the provisions being lost, were nearly starved. Another five days were passed skirting the ice, but the boats continuing leaky the captain concluded to haul up on the ice again. After repairing the boats it was found that they could not get afloat, as the ice was closing in on all sides. One boat, which had kept to the open sea, was lost sight of.

For 36 hours the remaining boats were imprisoned in the ice, but at last got clear, when in a short time they discovered the last boat, apparently all right. Meanwhile, although they had gained the open sea, their troubles were by no means ended. The water had been getting very low, and the attempt to use the brackish ice only served to increase their thirst. At last some of the men became delirious from hunger and thirst. Capt. Gjertsen cheered the crew on and told them he felt sure they were nearing Iceland. They kept steering towards the south-west and 30 hours after sighted the highlands of Grimso.

### LANDED AT LAST IN ICELAND.

They got into a small bay, made the boats fast close to the shore and tried to land, but most of them fell down from exhaustion, while others had to creep on their hands and knees, as they were so weak they could not stand. The captain and second mate made their way to the Minister's house. That gentleman sent down milk, eggs, and other food, and finally took the whole crew to his house. After resting and recuperating they got afloat in their boats again and were towed by a Danish brig to the mouth of East Fjorden, and sailed up the Fjord to Skureyri, where three men were put ashore suffering from gangrene in the feet. The Norwegian Consul, Havesteen, sent the rest on to Reykjavik, which they reached on July 5.

This is the first time since the days of the Vikings that the voyage from Jan Mayen to Iceland has been made in an open boat. The officers and crew saved only what they wore, as everything else was left in the vessel.

### Vicissitudes of a Diamond.

The imperial treasury of Austria contains the Florentine diamond. This is one of the finest diamonds of the world, and it is noted for its lustre and brilliancy. It is worth \$450,000 and has a romantic history connected with it. It once belonged to Charles the Bold, duke of Burgundy, who seems to have been rather careless in guarding his treasure.

He went to battle one day with this treasure in his pocket, and the result was he lost it. The diamond lay on the road and a Swiss soldier picked it up. He looked upon it as a piece of glass and threw it down again, but as it fell the sun's rays caught it, and the soldier thinking it a pretty trinket concluded to carry it along as a pocket piece. Shortly after this he showed it to a priest.

The priest admired it and gave him a coin amounting to about 50 American cents for it. The priest sold it to a jeweler for 60 cents, and a rich merchant paid the jeweler \$2,500 for it. The merchant sold it to an Italian duke for \$1,000 advance on his price, and this duke sold it to one of the popes, who paid \$60,000 for its possession.

After a number of other similar adventures it came into the possession of a grand duke, who married the Empress Marie Theresa of Austria, and through her it came to this imperial treasury. It now belongs to the royal family, and has its place in what is considered one of the finest collections in the world.

Some fancy the charms of the lily-white maid Of ethereal form and languishing eye, Who faints in the sunshine and droops in the shade, And is always "just ready to die."

But give me the girl of the sunny face, The blood in whose veins courses healthy and free, With the vigor of youth in her movements of grace, Oh, that is the maiden for me.

She is the girl to "tie to" for life. The sickly, complaining woman may be an object of love and pity, but she ceases to be a "thing of beauty" worn down by female weakness and disorders, subject to hysteria and a martyr to bearing-down pains. Dr. Pierce's Favorite Prescription is a sure cure for these distressing complaints, and will transform the feeble, drooping sufferer into a healthy, happy, blooming woman. Guaranteed to give satisfaction in every case, or money paid for it refunded.

## A Treasure House of Gold.

Between 1859 and 1889, thirty years, or less than one lifetime, India has absorbed £117,000,000 in gold and £227,000,000 in silver or £344,000,000 in all. What has become of the silver we do not exactly know, though it is certain that a great proportion of it is hoarded as fixed and visible wealth, but about the destination of the gold there is no doubt whatever. The people have got the whole of it in their own hands, for it is not in circulation, and are using it either in ornaments, kept, be it observed, to pawn in extremity, or as hoarded treasure in coin, such as lies under almost every peasant's door in the Punjab and Eastern Bengal. India has a treasure house of gold, yet a man may live fifty years in the British provinces and never see an ounce.

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