

FOR ECONOMICAL PEOPLE

SOME PRACTICAL SUGGESTIONS ON MASSAGE TREATMENT.

Veneficial Movements That May be Practiced at Home—Important Points That Must be Borne in Mind by Amateur Masseurs Who Desire Success.

Dr. Randolph Faries, recently prepared a paper on the massage treatment which is clear and practical enough to teach the average layman enough about the subject to enable him, after paying a little attention to a few of the principles upon which the treatment is based, to get all the benefits claimed for massage and save the fee of an experienced trainer or masseur at the same time. In the opinion of many medical authorities exercise and massage are the two greatest curative remedies that nature affords, and the latter is considered by many as the coming treatment for all those common functional troubles like dyspepsia, constipation, jaundice, biliousness, emaciation, nerve exhaustion, etc., and therefore a little time spent on this subject is time well spent.

Rubbing may be either local or general—that is, it may be applied to an arm, the back, or the foot, or it may be applied to the whole body. Dr. Faries mentions seven different kinds of manipulation. "It may consist of stroking the body with the palm of the hand, slapping the body with the open hand, beating it with the closed fist, striking it with the hand at right angles to the body, so that the edge corresponding to the side of the little finger comes into contact with it; kneading the skin, muscles and tendons; grabbing the skin and muscles and squeezing them, and making combined digital pressure over the surface of the body in different regions."

The friction produced by rubbing may be either rectilinear or circular. Either one or both hands may be used to rub the body. It is customary for the right hand of the manipulator to be used for the right hand and foot, and the left hand for the left hand and foot of the patient, if the rubbing be applied with one hand.

BOTH HANDS ARE USED
for the back, loins, abdomen and chest. The upward stroke in rubbing should always be more intense than the downward, and the stroke should extend over the whole surface, from joint to joint, exercising great care not to chafe the skin. More danger of this arises in making the upward stroke than in making the downward.

The rubbing should not last so long that fatigue will result. Further, too rapid rubbing will frequently cause pain by heating the skin too quickly, causing the hairs of the body to stick to the manipulator's hands, giving as a final result a pulling of these hairs. Rubbing should never be begun strenuously at the outset, but should be started slowly and gently, and gradually increased, so as to be adjusted to the individual's feelings. Persons taking general exercise should take a rub after their bath. In this way they will not only cause the blood to circulate again through all parts of the body, but will also prevent or overcome any soreness or stiffness that may be present, and in addition to this, the tissue of the body will constantly be kept in a better condition.

It is a good rule to commence rubbing in the neighborhood of the large blood vessels, so as to influence the circulation as soon as possible, and thus, by sending the blood more quickly to the neighboring tributaries, influence them and the tissues surrounding them. The inner sides of the upper and lower extremities are where the large blood vessels will be found. When rubbing, if one begins with the lower extremities, the foot should be well rubbed, then the ankle joint, then the leg, after that the knee joint, then the thigh, and

LASTLY, THE HIP JOINT.
The rubbing of the upper extremities should begin with the hand, then the wrist joint should be cared for, after that the forearm, next the elbow joint, then the arm, and lastly the shoulder joint. The reason for this is to influence the points most remote from the heart and gradually work toward the heart. The upper and lower extremities may also be rubbed upward and downward.

The chest should be rubbed from the insertion of the large muscles upon it to their origin, while the abdominal muscles should be rubbed from the right groin, as it is commonly called, in the direction of that part of the intestines known as the ascending transverse and descending colons.

When rubbing the abdomen the fingers of the manipulator should be kept close together. More pressure and less care are necessary in rubbing the back, because the skin and muscles are thicker and more numerous in this region, and the muscles are much larger and stronger. Here, as in the abdomen, the rubbing should be from the origin to the insertion of the muscles.

In the upper part of the back the anatomy of the muscles is so very complicated that it is difficult to understand how to do this unless one has studied the anatomical relation of the origin and insertion of these muscles very thoroughly. As a general method of rubbing the back, it would be best, in order to have all the muscles in this region well cared for, first to rub upward and downward, then crosswise, and lastly obliquely upward and downward. This will suffice for ordinary purposes, and will be of great benefit for those who employ it.

HEALTH REPORT.

City of Toronto Showing Marked Decrease in Deaths from Bright's Disease.

Not Only Bright's Disease But All Kidney Diseases Decreasing—Dodd's Kidney Pills the Cause of Decrease—F. Borland Cured.

Toronto, Oct. 23.—There has been a marked falling off in the number of deaths due to Bright's Disease in the city of Toronto of recent years. This decrease is ascribed solely to Dodd's Kidney Pills, the marvellous medicine which has performed so many wonderful cures throughout the country.

Formerly, within recent years, Bright's Disease claimed a constant sacrifice of unfortunate victims, and wherever it struck, death was sure to follow. (Now Bright's Disease itself is comparatively rare, and deaths therefrom almost unknown in this city. Dodd's Kidney Pills have come into universal household use and disorders in the kidneys are rectified early, so Bright's Disease is seldom allowed to develop.

Where Kidney Disease has been neglected, however, owing to ignorance, prejudice or carelessness, and Bright's Disease has ensued, Dodd's Kidney Pills are in the end called into requisition, ninety-nine times out of a hundred. Doctors themselves prescribe Dodd's Kidney Pills in their own boxes or in bulk, so Bright's Disease with the aid of Dodd's Kidney Pills is held completely at bay in Toronto.

Mr. Fred Borland, 677 Markham Street, writes: "I have been a sufferer from Bright's Disease and impure blood. I could not get anything to help me until I had taken two boxes of your Dodd's Kidney Pills. I am now cured of this disease. I am now cured of this disease which I am told has always been considered incurable. Publish this letter. It may help others."

SLEEP MISTAKES.

Idea That a Stated Number of Hours Should Be Taken Is Wrong.

To get up at 7 o'clock, or 8 o'clock, or any other fixed hour every morning, no matter at what time you went to bed the night before is the most effectual way of making a bad workman of yourself. And as for saying that eight hours' sleep is what suits everybody is as nonsensical as to say that one ounce of tobacco—no more, no less—is the quantity every one ought to smoke in a day.

No doubt it is difficult for most people to sleep as long in the morning as the body requires to repair itself. Business having fixed hours, the people who do it must accommodate themselves to them. Still, as long as people use alarms or have themselves called they will continue to feel more or less out of sorts on most days of their life.

For most of us there is only one way of solving the question—that is by going to bed nine or ten hours before the time when our business requires us to get up, and sleeping until we naturally awake. This would mean getting up at various hours, instead of the usual fixed hours. But any one who carried out the plan would feel so vigorous on arising that he could turn the interval before breakfast to good account.

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Your neighbor as yourself when your neighbor is a pretty girl. It is just as easy to cure yourself of Catarrh, Bronchitis or Asthma, if you use Catarrhzone, the new medicated air treatment for all diseases of the nasal and respiratory passages caused by germ life. Catarrhzone cures by inhalation without danger or risk to the sufferer. It goes wherever air can go and never fails to reach the affected parts. This is why it excels treatments requiring the use of sprays, douches, powders, ointments, etc., which cannot reach the seat of the disease and are therefore useless. For sale at all druggists, or direct by mail, price \$1.00. Send 10c in stamps to N. C. Polson & Co., Box 518 Kingston, Ont., for sample outfit.

THE FACTS IN THE CASE.

Brutus—What's this yarn about Caesar thrice refusing a golden crown? Cassius—The dentist wanted to crown one of his teeth and Caesar didn't have the nerve to let him go ahead.

CALLA LILY CREAM

ensures a youthful complexion. Send 25 cents for trial bottle, or post card for circular on skin and complexion. Address W. J. URQUHART, 459 Queen St. W., Toronto.

AN OPPORTUNITY LOST.

Mabel—Cholly is awfully slow. Yesterday when he and I were walking in the woods I picked a big bunch of autumn leaves and stuck them in my belt.

Bessie—Yes! And then—Mabel—The stupid fool didn't have sense enough to press them.

"A woman's advice may be no great thing, but a man is a fool that doesn't take it" is true and she will probably advise you to try Blue Ribbon Ceylon Tea.

LARGEST FISH IN THE OCEAN.

Basking Sharks Are Veritable Monsters of the Deep.

The biggest fish that swims is known by seafaring men as the basking shark, from its habit of lying for hours on top of the waves when the weather is calm, basking in the sun. Scientific men call this fish the rhinodon. They say its extreme length is forty feet, but there are plenty of old salts who swear they have seen "baskers" sixty feet long. Huge as the basking shark is, it never has been known to attack a man.

One came ashore off the New England coast some years ago, and another was beached on the California coast near Monterey, in 1893. It was plump forty feet long, and this lends color to the seafarers' big stories, since it is hardly probable that the largest specimen in existence has been caught. There was a time when basking sharks were termed "common," but that time passed so long ago that they now are counted extremely rare, and the authorities of the British museum have long made a standing offer of \$1,000 for the uninjured skin of one. Professor Jordan of the University of California, who examined the Monterey specimen, says that offer never will be taken. In his judgment it would require labor equivalent to the work of one man two whole months to flay a good-sized basking shark.

The mouth of the Monterey specimen was of appalling size. Stretched and propped open, it measured ten feet from jaw point to jaw point, and if its throat had been of proportionate dimensions the notion that a fish could not have swallowed Jonah would have been exploded completely. A team of horses wouldn't have been too large a mouthful for the Monterey shark. No one knows what it weighed, for there were no available scales to weigh it on, but sixty tons, or less than an ordinary locomotive, was given as a conservative estimate. Loaded on a specially constructed truck it would have taken a dozen horses at least to haul it over an asphalt pavement, and more would have been required to transport it over an ordinary country road.

The basking shark is not hunted extensively, because it produces relatively little of commercial value. Nevertheless, the Portuguese fishermen who captured the one at Monterey got three barrels of oil from its liver and six barrels were tried out of the liver of the basker captured on the New England shore.

GRAINS OF GOLD.

Doing good is the only certainly happy action of a man's life.—Shanon.

The readiest and surest way to get rid of censure is to correct ourselves.—Demosthenes.

Fire and sword are but slow engines of destruction in comparison with the babbling.—Steele.

The Bible is a window in this prison of hope through which we look into eternity.—Dwight.

TOO ATTRACTIVE.

Pretty New Housemaid—I hope I give satisfaction, mum?
Mrs. Jellus—No, you don't. The master is too well satisfied with you.

DISCUSSION BECOMING PERSONAL.

When I married you, exclaimed the indignant wife, you hadn't a cent to your name!

I haven't now, either, madam, he howled. It's all in your name!

TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. A druggist's refund the money if it fails to cure. E. W. Grove's signature is on each box.

Every base occupation makes one sharp in its practice and dull in every other.—Sir P. Sidney.

LUBY'S Gives new life to the Hair. It makes it grow and restores the color. Sold by all druggists. 50c. a bottle.

Love that has nothing but beauty to keep it in good health is short lived and apt to haveague fits.—Erasmus.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly trying to cure it with local treatment, pronounced it incurable. It is now known that Catarrh is a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address, F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.

Any one may do a casual act of good nature, but a continuation of them shows it is a part of the temperament.—Sterne.

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speaks for itself. A trial is the most convincing argument in its favor. Lead Packages. . . . 25, 30, 40, 50 & 60c.

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A STRONG DEFENSE.
Mother—Why did you let him kiss you?
Daughter—How could I help it? He was holding both my hands, and I couldn't kick him, could I?

A good name is rather to be chosen than great riches and loving favor rather than silver and gold.—Solomon.

La Toscana, 10c. RELIANCE CIGAR FACTORY, Montreal.

An unjust acquisition is like a barbed arrow, which must be drawn backward with horrible anguish, or else will be your destruction.—Taylor.

"Pharaoh 10c." Payne, of Granby, Que. Cigar Manufacturer.

To pardon those absurdities in ourselves which we cannot suffer in others, is neither better nor worse than to be more willing to be fools ourselves than to have others so.—Pope.

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Nothing more impairs authority than a too frequent or indiscreet use of it. If thunder itself was to be continual, it would excite no more terror than the noise of a mill.—Hughes.

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