

HEALTH

Wheat Meal Versus White Flour.

To attain a condition of perfect health certain requirements must be fully met. This fundamental declaration is imperative, and the disobeying of the law is constantly showing itself in a diversity of ailments.

The various forms of machinery that are used in our manufactures receive constant attention. Only the kinds of oil are applied that have the best lubricating power, and as a result, the machinery runs smoothly and even noiselessly. The human machine *per contra* is constantly getting out of order, the nerves, bones and muscles are imperfectly supplied with the proper pabulum, and as a consequence, we have disturbances manifesting themselves in the shape of disordered health. The blood circulates when its victim cringes with neuralgic pains, for better sustenance, but the cry is generally in vain,—the same food is supplied *ad nauseam*. Why should men heed the laws that govern the inanimate, and not pay due attention to the living organism. Perhaps we find the key to this heedlessness in the words of that great stoic philosopher Seneca, who wrote eighteen hundred years ago: "There is nothing against which we ought to be more on guard, than like a flock, following the crowd of those who have preceded us,—going as we do, not where we ought to go, but where men have walked before."

Draper in his physiology likens the body to the flame of a candle,—it is constantly being fed and is constantly burning away. The quality of the light will wholly depend on the material supplied. In the same way, to attain a robust, vigorous, and healthy condition, mankind must take as food only that sort which contains those ingredients that are essential. Too much of one kind, or too little of another, disturbs the equilibrium. Bread has been called the staff of life, and yet this figure of speech, in view of the kind of bread that most persons eat, is a decided misnomer. The ordinary white flour, which forms the basis of so much food that is eaten, is principally a starch compound, and contains only three of the fifteen elements that go to compose the body, namely, carbon, hydrogen, and oxygen.

To prove that white flour does not meet the requirements of the body, Magendie fed it wholly to a number of dogs, and at the end of forty days they died. Others to whom he gave the wheat meal, at the end of this time were in first-class condition. More than half of the children under twelve years of age have decayed teeth, owing to the insufficient supply of the required mineral ingredients, and this deficiency is caused as a rule by eating white bread. Dyspepsia, constipation, loss of nerve power, and many other diseases are produced by improper feeding. Sulphur is required for growth of the hair, yet white flour does not contain a trace; the phosphates are also notably lacking, and as these substances are absolutely necessary in the animal economy, then arguing *a priori*, the use of bread as ordinarily prepared should be interdicted.

When flour is made of the whole grain of the wheat, we have an article of food which contains all the elements that the body requires for its support; and this flour should be universally used in spite of the false esthetic taste that demands a "white loaf"; for such theories tend to be the canons of common-sense loses its force; and what the body demands should be the touchstone, rather than what pleases the eye of the unthinking housewife.

To paraphrase the words of Sydney Smith, in reference to the various forms of errors that still hold with tenacious grip their sway: "The centuries that have passed have had ample opportunity to display the full bloom of their imbecility," and it would seem quite time to call a halt in the way of improper feeding.

Sir Henry Thompson in an article on "Diet," says: "I have come to the conclusion that a proportion amounting to at least to more than one-half of the diseases which embitter the middle and latter part of life among the different classes of the population are due to avoidable errors in diet."

A Mistake to Exercise for Strength Alone.

When great muscular strength or agility follows in the wake of physical exercise, these should be regarded as incidental and entirely subordinate to the health of body which the exercise has secured. To exercise for strength alone, and to estimate it as the chief aim is an inexcusable blunder. There is no necessary physiological, causal relation between strength and health. Indeed it is a notorious fact that professional athletes are often defective in some bodily organ, and they generally die early in life from either heart or lung trouble. Developing certain sets of muscles to the exclusion of others makes the muscular system unsymmetrical, and interferes with the equable distribution of the general blood supply. Inordinate development of muscular power calls for unnatural activity from the central vital organs, and thus it frequently occurs that under the strain of some special effort the heart or lungs fail, and death results.

The Cure of Consumption.

The Boston Herald recently mentioned the case of the father of a highly respected Boston physician who, at a somewhat late stage of consumption, when so weak as to be hardly able to walk, took his horse and chaise, and with a friend as a companion, journeyed from place to place for several weeks, and returned practically cured.

What was the secret of that cure? Clearly not medical drugs. Yet it is just these that the consumptive generally relies on almost exclusively, taking the prescription daily in his cushioned chair, until he is lifted to his bed, to wear out the little remnant of his life.

From first to last his medicines have merely, or mainly, made him feel more comfortable, while the disease has steadily progressed to the fatal end.

In the case of the wisest man mentioned above, pure air was the chief element of cure; and the pure air was kept pure, for, while his own breathing tended to infect it, he was constantly leaving the infection behind him. To the consumptive pure air is always the first requisite, and the main value of winter resorts is in their allowing the patient to spend so large a part of his time out of doors.

A distinguished physician once said that if he were attacked with consumption, he would build a shed to his house and sleep in it. Thus, through the free circulation, he would avoid the constant re-breathing of his own infected breath.

But in the case under consideration, the breathing of pure air was not the only advantage of the course pursued. The man's daily travel gave him a gentle exercise suited to his condition. Diseases can be thrown off only by the activity of the various life-processes—digestion, assimilation, secretion, excretion, and the many chemical and vital changes.

Now it is an established fact that a certain amount of physical exercise is essential to such activity of the vital processes. In the case of the sick, it is especially essential, since the system must be daily ridding itself of morbid matter, and being making unwonted draughts on its recuperative power.

In some cases a horse's back would be better than the chaise; but the exercise must never be fatiguing.

Another element of the cure was the change of scene. It is a great help to have the mind diverted from one's symptoms, and pleasantly taken up with new surroundings, as far as possible removed from ordinary business cares and the accustomed routine of thought.

But consumption is a disease which specially demands aid in keeping up a feeble appetite. The invalid must be enabled to eat a liberal supply of easily digested food, and the above conditions all tend to serve him in this direction.

To Disinfect a Room.

The best means to disinfect a room which has been occupied by a person suffering from any infectious disease is to burn sulphur in the room. To do this take a dishpan and place a flat plate in the bottom of it, and on this plate set a kettle containing the proper amount of sulphur mixture—equal quantities of sulphur and charcoal. Fill the pan with water so that it will come half way up on the kettle. Then turn alcohol or benzine on the mixture, ignite and get out of the room as speedily as possible. Alcohol is much the best to use, and two or three ounces will be sufficient for several pounds of sulphur. Let the room remain closed for twenty-four hours. The room should be left open for another twenty-four hours and then thoroughly cleaned, the furniture washed with disinfectant solution, the walls newly kalsomined or papered and the wood-work covered with fresh paint.

The room should be prepared previously by having every crack about floors and windows tightly pasted or stoppied up. The object of using water is that the heat of the kettle will cause evaporation and send moisture out into the room; for, the spores being very tenacious of life, dry sulphur fumes are not sufficient to kill them all. In the dry state the product is simply oxide of sulphur, but when water is added we have sulphurous acid, which is powerful enough to kill all the spores as well as the germs.

The Domestic Doctor.

Ordinary sticking plaster is an excellent remedy for corns. It keeps the surface soft, and prevents that rubbing which is the immediate cause of corns.

Dr. Flint says: "I have never known a dyspeptic to recover vigorous health who undertook to live after a strictly regulated diet, and I have never known an instance of a healthy person living according to a dietetic system who did not become a dyspeptic."

Good Housekeeping gives us the following cough remedy: Pour one and a half pints of water on a ten cent package of bonaset. Let it steep by the fire ten or fifteen minutes, then strain it. Sweeten it with two and a half coffee cups of loaf sugar, then add half a pint of Jamaica rum and bottle it. Dose a child with one teaspoonful before each meal; adult, a sherry glassful.

The *Scientific American* gives the following cure: At the first indication of diphtheria in the throat of a child, make the room close, then take a tin cup and pour into it a quantity of tar and turpentine, equal parts. Then hold the cup over a fire, so as to fill the room with fumes. The little patient, on inhaling the fumes, will cough up and spit out all the membranous matter, and the diphtheria will pass out. The fumes of the tar and turpentine loosen the matter in the throat, and thus afford the relief that has baffled the skill of physicians.

Do They Suffer Pain?

A writer in *Forest and Stream*, in an interesting contribution, argues that fish when caught on the hook suffer no pain and that their struggles are merely the result of finding themselves fast. The paper remarks editorially: "We are prepared to believe that fishes are insensible to pain. The pike, after having its mouth torn with a hook, will take the bait as freely as before. We have seen sharks which were disemboweled and thrown away for dead, swim about near the surface and seize food as eagerly as if nothing unusual had occurred. Eel-like fishes are often bitten in halves and make a perfect recovery, sometimes figuring in scientific papers as representatives of entirely new animals. Sun fishes and sticklebacks, which have lost the tail fin and replaced its functions by an extension backward of the dorsal and anal fins are frequently seen." This is a very fine argument and decidedly soothing to the nerves of an over-sensitive angler of rigid humanitarian principles. But just as long as man is compelled to live by death, and enjoys good sport, just so long will he fish and shoot. It is all very well to say the poor beasts do not suffer because they live after being wounded, but do men who survive the loss of their limbs experience no pain in the operation? I am one of those who cannot learn to see a poor dumb brute suffer, but still I am one of those who most thoroughly enjoy a good day's outing with rod or gun. But I seek no consolation for my soul because of doing so, and least of all am I fool enough to believe that fish are insensible to pain. The pike returns to the hook after having its mouth torn just as wounded man or beast will continue the attack on his assailant. Besides, pike are notoriously voracious, and there is hardly a species in the animal creation that will not fight to the bitter end when prompted by hunger. —*Forest and Farm.*

Found at Last.—A practical Friction Grip Pully and Cut off Coupling, simple, efficient, instant in its action, applicable to the heaviest as well as the lightest machines and shafts. Patented in Canada and United States. Send for particulars to Waterous Engine Works, Brantford, Canada, and mention this paper.

Chance for a Speculation.

Now don't all run at once for your wallets and check-books! It isn't corner lots in Chicago, Minneapolis, Kansas City, or the "Future Great." It isn't options on wheat, corn, pork or lard, nor "puts" or "calls" on Northwestern or Southwestern's, nor yet is it gas, oil, telegraph or telephone stock. It is better than any or all of these. It is a deposit in the Bank of Health, which every one can make by the purchase and use of Dr. Pierce's Pleasant Pellets in all cases of chronic constipation, biliousness, dyspepsia, headache, "liver complaint," and the like. Sold the world over.

The professional politician who announces that he has "left the political arena" generally leaves because he got left.

\$500 Reward. So confident are the manufacturers of Dr. Sage's Catarrh Remedy in their ability to cure chronic nasal catarrh, no matter how bad or of how long standing, that they offer in good faith, the above reward for a case which they cannot cure. Remedy sold by druggists at 50 cents.

If we would spare persons we must lash vices.—[Martial.] Miss Liberty, who holds aloft the torch on Bedloe's Island, in New York Harbor, rejoices in what is literally an iron constitution, and so we don't think it worth while to recommend to her the use of Dr. Pierce's Favorite Prescription. But this is the one great exception which proves the rule. For all the rest of womankind the "Favorite Prescription" is indispensable. The young girl needs its strengthening help at that critical period when she is blossoming into womanhood. The matron and the mother find in it invigoration and relief from the numerous ills which beset their existence. And ladies well advanced in years universally acknowledge the revivifying and restorative effects of this favorite and standard remedy. The only medicine for women, sold by druggists, under a positive guarantee from the manufacturers, that it will give satisfaction in every case, or money will be refunded. This guarantee has been printed on the bottle wrapper, and faithfully carried out for many years.

Let that please man which pleases God.—[Seneca.]

All Men. young, old, or middle-aged, who find themselves nervous, weak or 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, 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 CIRCLES, oily looking skin, etc., are all symptoms of nervous debility that lead to insanity and death unless cured. The spring of 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, r-p'd 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.

Whatever anyone does or says, I must be good; just as if the gold, or the emerald, or the purple were always saying this, "Whatever anyone does, I must be emerald and keep my color."—[Marcus Aurelius, A. P. 497.]

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. BLOOM, 186 West Adelaide St., TORONTO, ONTARIO.

ALL STYLES AND DESCRIPTIONS

I took Cold, I took Sick, I TOOK

SCOTT'S EMULSION

RESULT:
I take My Meals, I take My Rest,
AND I AM VIGOROUS ENOUGH TO TAKE ANYTHING I CAN LAY MY HANDS ON; getting fat too, for Scott's Emulsion of Pure Cod Liver Oil and Hypophosphites of Lime and Soda NOT ONLY CURED MY Incurable Consumption BUT BUILT ME UP, AND IS NOW PUTTING FLESH ON MY BONES AT THE RATE OF A POUND A DAY. I TAKE IT JUST AS EASILY AS I DO MILK." Scott's Emulsion is put up only in Salmon color wrappers. Sold by all Druggists at 50c. and \$1.00.
SCOTT & BOWNE, Belleville.

THE SMITH NEEDLE PACKAGE. Best thing out. Agents make \$5 per day Sample by mail, 25c. CLEMENT & Co., 36 King St. E., Toronto.

WATCHES FREE. 100 absolutely free to introduce our goods. Write and be convinced. Canadian Watch Co., Toronto, Can.

CANCER and TUMOR Specialists. Private Hospital, No knife, Book free. G. H. MCMICHAEL, M. D., No. 65 Niagara St., Buffalo, N. Y.

FENCE—The Cheapest, Strongest and Best Fence for Farm, Garden, Orchard or Town Lots. Prices from 45c per rod, (16 1/2 ft). Send for price list. Toronto Fickett Wire Fence Co., 221 River St., Toronto.

— THE —
CHEAPEST AND BEST PLACE
in America to buy Band and Musical Instruments, Music, &c.
Address WHALEY, ROYCE & CO., 133 Yonge Street, Toronto. Send for Catalogue.

How much meat is one pound of Johnston's Fluid Beef equal to?

JUST THIS:
One Pound of Johnston's Fluid Beef contains as much actual and real nutrition as **1 1/2 lbs. of Prime Beef Steak.** Therefore, one teaspoonful (or 1/2 an oz) is equal to 1/2 lb of Prime Beef Steak.

THE QUEEN'S LAUNDRY BAR.
ASK FOR IT, AND TAKE NO OTHER BEWARE OF IMITATIONS.
Trade Mark. Made by THE ALBERT TOILET SOAP CO. MONTREAL.
DISTRIBUTORS OF THE WORLD-RENOUNDED SAVON D'OR BRAND.

J. L. JONES, WOOD ENGRAVER
10 KING STREET EAST
TORONTO, CANADA
ENGRAVING FOR ALL ILLUSTRATIVE AND ADVERTISING PURPOSES.

NEVER FAILING ST. LEON.
Up to three years ago Dyspepsia, that horrible sensation, wretched pain and choking. The very thoughts could me. A friend got cured with St. Leon; urged me to try. I did. The chok-remain in the best of health. St. Leon Water will cure when all other mixtures fail.
GEORGE G. WILSON,
Victoria Square, Montreal.

1164 QUEEN STREET EAST.
Please mention this paper.

TREES AND PLANTS
COLD MEDALS, SPECIALITY IN MAIL ORDER BUSINESS.
J. C. LESLIE-SON, 1164 QUEEN STREET EAST, TORONTO.

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.

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. BLOOM, 186 West Adelaide St., TORONTO, ONTARIO.

ALL STYLES AND DESCRIPTIONS

BOILERS

Having Special Facilities for Boiler Work we are prepared to tender for anything in that line—Tanks, Burners etc. AUTOMATIC ENGINE, new design, economy and regular speed guaranteed.
Waterous Engine Works Co., Ltd., Brantford, Canada.

I CURE FITS! THOUSANDS OF BOTTLES GIVEN AWAY YEARLY.
When I say Cure I do not mean merely to stop them for a time, and then have them return again. I MEAN A RADICAL CURE. I have made the disease of Fits, worst case? Because others have failed in no season for not now receiving a cure. Send me once for a treatise and a Free Bottle of my Infallible Remedy. Give Express and Post Office. It costs you nothing for a trial, and it will cure you. Address: W. C. & J. COOKE, Branch Office, 186 WEST ADELAIDE STREET, TORONTO.

Confederation Life
ORGANIZED 1871. HEAD OFFICE, TORONTO.

REMEMBER AFTER THREE YEARS
POLICIES ARE INCONTESTABLE
Free from all restrictions as to residence, travel or occupation
Paid-up Policy and Cash Surrender Value Guaranteed in each Policy
THE NEW ANNUITY ENDOWMENT POLICY
AFFORDS ABSOLUTE PROTECTION AGAINST
EARLY DEATH
Provides an INCOME in old age, and is a good INVESTMENT.
Policies are non-forfeitable after the payment of two full annual Premiums. Profits, which are unexcelled by any Company doing business in Canada, are allocated every five years from the issue of the policy, or at longer periods as may be selected by the insured. Profits so Allocated are Absolute and not liable to be reduced or recalled at any future time under any circumstances.
Participating Policy Holders are entitled to not less than 90 per cent. of the profits earned in the class, and for the past seven years have actually received 95 per cent. of the profits so earned.
W. C. MACDONALD, ACTUARY.
J. K. MACDONALD, MANAGING DIRECTOR.

\$10.00 A DAY.—Easy and respectable work for men and women. Address T. A. BLOOM, 186 Adelaide Street West, Toronto.

The Great Ottoman Blood Remedy.
Guaranteed to cure all diseases of the blood or arising from indigestion and excess whether brought on by heredity or acquired. Will remove pimples and blotches from the skin and by its invigorating action on the blood restores failing powers and builds up the system of those suffering from wasting disease. Price \$1 per bottle. Address, Ottoman Medicine Co., Mail Building, Toronto.

Work & Money
If you want both, go to Great Falls, Mont. and help build the Great Half Million Dollar Dam across the Missouri, the Two Million Dollar Smelter, or one of the Three New Lines of Railway—Nichart Line, Leithbridge Line, and Pacific Coast Line, all being built by the Great Northern Ry. (St. P., M. & M.) 18,000,000 of free farming lands along the line. For particulars send postal card to J. M. HUCKINS, Can. Pass. Agt., 4 Palmer House Block, TORONTO.

PLATE GLASS
Delivered anywhere in Canada. Largest Stock. Lowest Prices.
McCausland & Son,
72 to 76 King St. West, Toronto

ARTIFICIAL LIMBS
J. DOAN & SON.
For Circular Address, Northcote Ave. - Toronto

POND'S EXTRACT
THE LADIES' FRIEND
THE PAIN DESTROYER

THE WONDER OF HEALING!
CURES CATARRH, RHEUMATISM, NEURALGIA, SORE THROAT, FILLS, WOUNDS, BURNS, FEMALE COMPLAINTS, AND HEMORRAGES OF ALL KINDS.
Used Internally & Externally. Price 50c. \$1, \$1.75
POND'S EXTRACT CO., New York & London

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. BLOOM, 186 West Adelaide St., TORONTO, ONTARIO.

ALL STYLES AND DESCRIPTIONS

BOILERS

Having Special Facilities for Boiler Work we are prepared to tender for anything in that line—Tanks, Burners etc. AUTOMATIC ENGINE, new design, economy and regular speed guaranteed.
Waterous Engine Works Co., Ltd., Brantford, Canada.

I CURE FITS! THOUSANDS OF BOTTLES GIVEN AWAY YEARLY.
When I say Cure I do not mean merely to stop them for a time, and then have them return again. I MEAN A RADICAL CURE. I have made the disease of Fits, worst case? Because others have failed in no season for not now receiving a cure. Send me once for a treatise and a Free Bottle of my Infallible Remedy. Give Express and Post Office. It costs you nothing for a trial, and it will cure you. Address: W. C. & J. COOKE, Branch Office, 186 WEST ADELAIDE STREET, TORONTO.

Confederation Life
ORGANIZED 1871. HEAD OFFICE, TORONTO.

REMEMBER AFTER THREE YEARS
POLICIES ARE INCONTESTABLE
Free from all restrictions as to residence, travel or occupation
Paid-up Policy and Cash Surrender Value Guaranteed in each Policy
THE NEW ANNUITY ENDOWMENT POLICY
AFFORDS ABSOLUTE PROTECTION AGAINST
EARLY DEATH
Provides an INCOME in old age, and is a good INVESTMENT.
Policies are non-forfeitable after the payment of two full annual Premiums. Profits, which are unexcelled by any Company doing business in Canada, are allocated every five years from the issue of the policy, or at longer periods as may be selected by the insured. Profits so Allocated are Absolute and not liable to be reduced or recalled at any future time under any circumstances.
Participating Policy Holders are entitled to not less than 90 per cent. of the profits earned in the class, and for the past seven years have actually received 95 per cent. of the profits so earned.
W. C. MACDONALD, ACTUARY.
J. K. MACDONALD, MANAGING DIRECTOR.