## DREAMS.

The following are medical signs of dreams, as published in a medical work: Lively dreams are in general a sign of nervous action. Soft dreams a sign of slight irritation of the brain; often, in nervous fever, announcing the approach of a favourable crisis. Frightful dreams are a determination of blood to the head. Dreams about blood and red objects are signs of inflammatory conditions. Dreams about rain and water are often signs of diseased mucous membrances and dropsy. Dreams of distorted forms are frequently a sign of abdominal obstructions and disorder of the liver. Dreams in which the patient sees any part of the body especially suffering indicates disease in the part. The nightmare, with great sensitiveness, is a sign of determination of blood to the chest .---Fam. Doct.

## THE LEMON MEDICINALLY.

Lemonade made from the juice of the lemon is, according to the People's Friend, one of the best and safest drinks for any person, whether in health or not. It is suitable for all stomach disease, excellent in sickness, in cases of jaundice, gravel, liver complaint, inflammation of the bowels, and fevers. It is a specific against worms and skin complaints. The pippins crushed may be used with water and sugar and taken as a drink. Lemon juice is the best anti-scorbutic remedy known. It not only cures this disease, but prevents it. Sailors make daily use of it for this purpose. I advise everyone to rub their gums with lemon juice to keep them in a healthy con-The hands and nails are also dition. kept clean, white, soft and supple by the daily use of lemon instead of soap. It also prevents chilblains. Lemon is used in intermittent fevers, mixed with strong, hot, black coffee, without sugar. Nenralgia may be cured by rubbing the part affected with a cutlemon. It is valuable also to cure warts, and to destroy dandruff on the head, by rubbing the roots of the hair with it. It will alleviate and finally cure coughs and colds, and heal

diseased lungs, if taken hot on going to bed at night. Its uses are manifold, and the more we employ it internally and externally the better we shall find ourselves. Lemon juice, according to a writer on Good Health, is anti-scorbutic, useful in removing tartar from the teeth, anti-febrile, etc. A doctor in Rome is trying it experimentally in malarial fevers with great success, and thinks that it will in time supersede quinine. — American Inventor.

## HOW TO WALK UPSTAIRS.

"There are but few persons who know how to walk upstairs properly," says a well-known physician. "Usually a person will tread on the ball of his foot in taking each step, springing himself up to the next step. This is very tiresome and wearing on the muscles, as it throws the entire suspended weight of the body on the muscles of the legs and feet. You should, in walking or climbing stairs, seek for the most equal distribution of the body's weight possible. In walking upstairs your feet should be placed squarely down on the step, heel and all, and then the work should be performed slowly and deliberately. In this way there is no strain upon any particular muscle, but each one is doing its duty in a natural manner. The man who goes upstairs with a springing step you may be sure is no philosopher, or, at leas, his reasoning has not been directed to that subject.

Oil stoves and gas stoves should never be kept burning in a sleeping room, for they are burned in the open air of the room, and having no connection with a chimney flue, throw the poisonous carbonic oxide of combustion into the air of the apartment and make it untit for respiration. Even an oil lamp is dangerous if left burning all night, but an oil stove is worse, because stoves generally feed more flame, consume more of the oxygen and give off more poisonous gas.

