

## SCIENTIFIC AND SANITARY.

THE New York *Medical Journal* gives (from *British and Colonial Druggist*) the following: A Bavarian priest is reported to cure influenza with this prescription: "Go to bed at once; wash the neck, chest, and whole upper body with very cold water, and tie a dry linen towel about the neck. Cover up warmly, but not too heavily. Continue to wash in this manner every hour for ten hours. Then completely wash over the entire body with cold water as rapidly as possible." After this complete lavation there breaks out such a violent perspiration that the patient is drenched with it all over and with this perspiration the last remains of the disease disappears.—*Canada Health Journal*.

**HOMELY GYMNASTICS.**—That there is not much sanitary or strengthening influence in the operation of dusting is evident; and yet many women, disdaining heavier work, reserve this domestic duty for themselves and waste much time upon it. Muscular motion is of little value unless vigorous and swift. The slow walk and loitering movement do not rouse the blood from its torpidity. The lowliest labour when zealously performed may be followed by an unexpected hygienic effect. There is the instance of a penniless young man, threatened with fever in a strange country, shipping as a deck-hand to return and die among his people. During the voyage he scrubbed away the dirt from the shipboards, and with it the disease that had invaded his life-craft. A story is also told of a family whose women were of the delicate, ailing sort. Misfortune obliged them to perform their own domestic work. What seemed for them a sad necessity proved itself a double blessing. They gained what they had never known, before, robust health; and their enforced economy restored them to a prosperous condition. Not all physicians are clear-sighted or independent enough to prescribe as did one of their number. A young lady supposed to be suffering with anæmia, nervous prostration and other fashionable ills, sent for the family doctor. "Is there anything I can do to get well?" she asked, after the usual questioning. "There is," answered he; "follow this prescription faithfully." The folded scrap of paper read as follows: "One broom: use in two hours' of house-work daily."—*Alice B. Tweedy, in the Popular Science Monthly for February*.

## "August Flower"

"I have been afflicted with biliousness, constipation, stomach pains. I tried many remedies, but to no purpose. At last a friend recommended August Flower. I took it according to directions and its effects were wonderful, relieving me of those disagreeable stomach pains which I had been troubled with so long. Words cannot describe the admiration in which I hold your August Flower—it has given me a new lease of life, which before was a burden. Such a medicine is a benediction to humanity, and its good qualities and wonderful merits should be made known to everyone suffering with dyspepsia or biliousness."—**Jesse Barker, Printer, Humboldt, Kansas.**  
G. G. GREEN, Sole Man'fr, Woodbury, N.J.

Piso's Remedy for Catarrh is the Best, Easiest to Use, and Cheapest.  
**CATARRH**  
Sold by druggists or sent by mail.  
50c. E. T. Hazeltine, Warren, Pa.

Minard's Liniment Cures Diphtheria.

THE pepsin sold in the drug-stores is the veritable product of an animal stomach, and generally of the stomach of the hog. One factory in New York has the oddest method of preparing the article that ever entered into the human mind. A number of perfectly healthy hogs are fattened for market, and for thirty-six hours before killing-time are deprived of all food, not even being allowed a drop of water. Then the trough from which they are accustomed to eat is covered with strong wire-netting, and the most appetizing slops and hog delicacies, smoking hot, are poured into the trough. The fumes ascend with grateful fragrance to the porcine nostrils, the hogs all run to the trough and stand over it, ravenous with hunger, squealing and fighting with each other for a chance to get at the food. The iron netting prevents them from tasting the food, and while they are still thinking about the matter they are killed, and their stomachs being taken out are found perfectly full of gastric juice, from which the pepsin is prepared.—*San Francisco Argonaut*.

By means of currents alternating with very high frequency, Professor Nikola Tesla has succeeded in passing by induction through the glass of a lamp energy sufficient to keep a filament in a state of incandescence without the use of connecting wires. He has even lighted a room by producing it in such a condition that an illuminating appliance may be placed anywhere and lighted without being electrically connected with anything. He has produced the required condition by creating in the room a powerful electrostatic field alternating very rapidly. He suspends two sheets of metal each connected with one of the terminals of the coil. If an exhausted tube is carried anywhere between these sheets, or placed anywhere, it remains always luminous. The extent to which this method of illumination may be practically available experiments alone can decide. In any case, our insight into the possibilities of static electricity has been extended, and the ordinary electric machine will cease to be regarded as a meretoy.—*From Electricity in Relation to Science, by Prof. William Crookes, in the Popular Science Monthly for February*.

It has been repeatedly pointed out in this journal that when the human body is much fatigued it is much more likely to be overcome by, and be the victim of, the infectious microbes. We can call to mind many very severe cases of disease, especially of pneumonia (inflammation of the lungs), which developed soon after fatigue of body; one in a young man soon after a chill following a few hours of heavy work at pitching hay from waggons; another from a like condition brought on by loading "cordwood"; a third, in a somewhat older man, after a long fatiguing walk to which he was not accustomed. Almost any medical practitioner can recall like instances. It is quite easy for anyone to comprehend that, when one is much fatigued, with the nervous and muscular systems in a measure prostrated, when the very elements of the tissues, even while yet circulating in the blood, are depressed, the vital powers cannot so well resist the attacks of the ever alert infectious microbes, which have no compunctions in "striking a man when he is down." Had the Duke of Clarence taken the advice of his friends and not continued out with the hunting party after he had become considerably indisposed, and as it seems the subject of grip, it is quite possible he would not have succumbed to the attack of pneumonia which followed, or possibly this disease would not then have developed at all, or only in a much less extensive or diffused form. We would not increase the regrets at the lamented death of the young prince by discussing "what might have been," but the lesson is too clear and the opportunity too notable to be passed over by this journal without drawing therefrom a warning to the living, and reminding all men, and women too, that there is much danger in fatigue, especially when one has not been, or is not, in full health and vigour. Often there is but a few blood cells between life and death, or life may depend on the vital condition or stamina of these cells, or of their products, and if we would live out our natural span we should bear this well in mind and guide our actions accordingly.—*Canada Health Journal*.

*Nature*, Jan. 21, contains some extracts from a valuable report by the French agent at Victoria on the salmon industry in British Columbia. Among the details noted by him is the fact that the best fish are almost always taken on the outflow of the river in the place where the fishermen endeavour to meet the fish on their arrival from the sea. A boat is often filled with several hundred fish in a single drift net of from 400 to 500 metres. It is calculated that on certain days the total of the Fraser fishery amounts to not less than 150,000 salmon, which are passed through all the different phases of preserving, and are ready to be forwarded for the market on the same day. An ingenious apparatus, used to take the salmon, chiefly on the Columbia River in the United States, is described. A large wheel, fixed at a certain distance from the bank, is put in motion by the current. The blades of this wheel are provided with a network of iron wire intended to raise from the water any large object coming in contact with them. A sort of bar-work starting from the wheel is so placed as to increase the strength of the current in such a manner as to force the fish passing on this side of the river to go in this direction. The salmon, wishing to cross the very rapid stream where the wheel is placed, is raised out of the water by the iron wire on the blades. In the rotary movement the salmon is carried to the centre of the wheel, whence an inclined plane conducts it into vast open reservoirs placed in the stream, where it can be kept alive for some time. A system of pulleys provides for the raising of these reservoirs, the water flows out, and the salmon is carried in boat-loads just as it is required for preparation.—*Science*.

THE Faculty of the Ontario College of Oratory have arranged for a special course of eight lectures to be given in their College Assembly Room, No. 30, corner Yonge and Gerrard Sts. These lectures will be given on eight consecutive Thursdays at 2.30 p.m., beginning February 25th, when Dr. G. S. Ryerson will discuss the "Physiology of the Voice," illustrated by charts. On Thursday, March 3rd, Dr. T. M. Macintyre, President Presbyterian Ladies' College, will lecture, his subject being, "Ethics of the English Drama." Jas. L. Hughes, Esq., and J. A. McLellan, M.A., LL.D., on the two following Thursdays. Subjects announced later. All of these lectures are free to all who are interested in the important subjects presented.

WHEN you buy your spring medicine you should get the best, and that is Hood's Sarsaparilla. It thoroughly purifies the blood.

THE enormous steel trusses to sustain the roof of the Manufactures Building at the Chicago World's Fair are about to be erected. These trusses are said to be the largest ever made for architectural purposes. They span 368 feet and rise to a height of 211 feet. The contract for them calls for about \$460,000.

NO OTHER Sarsaparilla has the merit by which Hood's Sarsaparilla has won such a firm hold upon the confidence of the people.

NO OTHER combines the economy and strength which make "100 Doses One Dollar" true only of Hood's Sarsaparilla.

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HOOD'S PILLS cure Sick Headache.

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Dear Sir, — I took a severe cold in February last which settled in my back and kidneys, causing excruciating pain. After being without sleep four nights through intense suffering, I tried your MINARD'S LINIMENT. After the first application I was so much relieved that I fell into a deep sleep and complete recovery shortly followed.

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OXYGENIZED EMULSION OF PURE COD LIVER OIL. If you have Catarrh—Use it. For sale by all druggists. 35 cents per bottle.

Minard's Liniment for Rheumatism.

## Out of Sorts

Describes a feeling peculiar to persons of dyspeptic tendency, or caused by change of climate, season or life. The stomach is out of order, the head aches or does not feel right,

### The Nerves

seem strained to their utmost, the mind is confused and irritable. This condition finds an excellent corrective in Hood's Sarsaparilla, which, by its regulating and toning powers, soon cures

### Indigestion,

restores harmony to the system, gives strength to mind, nerves, and body, while it also purifies the blood and removes all trace of Scrofula, Salt Rheum, etc.

### Fast Eating

And irregular meals are causes of Dyspepsia, which will soon become incurable except by careful attention to diet and taking a reliable stomach medicine like Hood's Sarsaparilla. Read this:

"Owing partly to irregularity in eating, I suffered greatly from dyspepsia, accompanied by

### Severe Pain After Meals

I took two or three bottles of Hood's Sarsaparilla and entirely recovered, much to my gratification. I frequently have opportunity to praise

## Hood's Sarsaparilla

and am glad to, for I consider it a great medicine." C. I. THORNBURG, Travelling salesman for Schlotterbeck & Foss, Portland, Me.

N.B. If you decide to take Hood's Sarsaparilla do not be induced to buy any other.

Hood's Pills cure liver ills, constipation, biliousness, jaundice, sick headache, indigestion. Sold by all druggists. Price 25 cents.

WEBER was the first who established a permanent workable telegraph line, and thereby demonstrated the practical value of the electric telegraph. Weber's house in the city was connected with the astronomical and magnetic observatories by a line between three and four kilometres (over two miles) in length. The signals were made by the deviations of the needle of a galvanometer to the right and left, and were interpreted according to a conventional alphabet. The use of interrupted or reversed currents did not permit the transmission of more than one or two words a minute, but the speed was increased to seven or eight words by the use of induced currents. The following first notice of this telegraphic connection was published in one of the numbers of the *Göttingischen gelehrten Anzeigen* (or *Göttingen Scientific Notes*) for 1834: "We can not omit to mention an important and, in its way, unique feature in close connection with the arrangements we have described (of the Physical Observatory) which we owe to our Professor Weber. He last year stretched a double connecting wire from the cabinet of physics over the houses of the city to the observatory; in this a grand galvanic chain is established, in which the current is carried through about nine thousand feet of wire. The wire of the chain is chiefly copper wire, known in the trade as No. 3. The certainty and exactness with which one can control by means of the commutator the direction of the current and the movement of the needle depending upon it were demonstrated last year by successful application to telegraphic signaling of whole words and short phrases. There is no doubt that it will be possible to establish immediate telegraphic communication between two stations at considerable distances from one another."—*From a Sketch of William Edward Weber, in the Popular Science Monthly for February*.

## PERFECT DIGESTION

INSURED.

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Physiology teaches that a certain amount of saliva secreted by the salivary glands of the mouth, and mixing with the food before or after it passes into the stomach, is essential to digestion. The chewing of your Tutti-Frutti Gum, before or after a meal, especially when combined with so valuable a digestive as "Armour's Pepsin," not only increases the flow of saliva but adds so materially to its strength as to insure a perfect digestion at the same time correcting any odor of the breath which may be present.

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