

Random Notes For Busy Households.

ABOUT CATCHING COLD.—How to keep from catching cold for a year is a topic which an American physician, Dr. A. T. Wilson, discusses in the following practical and interesting manner:

"It is given only to a few to avoid catching cold for even one season, says Dr. Wilson. People take it as a matter of course that they will have at least several colds each year. They do not realize that by exercising the proper precaution they can avoid a cold just as they would any other disease.

"The frequent changes in temperature are one of the main causes. People wear the same weight of clothing, often the same wraps, on hot and cold days. Then they wonder how they possibly could have caught cold.

"Women put on furs the first cold snap. They wear them every time they go out of doors from that time on. The question of temperature does not enter into the case. Those who have seal-skin jackets wear them on all occasions. I do not mean to be understood as saying that furs are unhealthy. It is the habit of wearing them when the weather does not demand them that is to be condemned. Clothing should be regulated by the weather.

"If I were asked what caused more colds than any other one thing, I should unhesitatingly answer, 'Wet feet.' The importance of keeping well and warmly shod cannot be overestimated. Of all parts of the body the feet should be most carefully protected. It is not enough to wear rubbers when it rains. The soles of the shoes should be thick enough to guard against dampness.

"Some people take cold when others, under the same conditions escape. This is due to one person having more resistance than another. But the fact that we can do an innumerable thing one day with no unpleasant results is no proof that the next time we will not suffer.

"Besides unremitting care, I should recommend exercise both indoors and out of doors, 'as a safeguard against colds. There is no better preventive. It renders one less susceptible to climatic changes, and supplies the force of resistance necessary to throw off the disease.

"Usually summer colds are attributable to getting overheated and then cooling off too quickly. If a man is out driving and his horse gets very warm, when he comes home he has the groom throw a blanket over the animal and walk him about until he cools off. A man knows how to take care of a horse, but he does not know how to take care of himself. When he gets overheated he takes off his coat, and sits down where he can cool off as soon as possible. Very often he gets in a draught as the best way of expediting the matter. Throughout the warm weather he pursues this plan of cooling off, and then complains that a summer cold is the meanest variety of cold and hangs on forever. He does not realize that all the time he has not only caught cold, but is hanging on to it, by the very habit of what he would doubtless call 'trying to get comfortable.'

"It is, perhaps, a little unfortunate that through the winter houses are kept at a temperature of summer heat. It makes the winter weather outside feel intensely penetrating. The only way to obviate the difficulty is by not wearing too heavy apparel indoors and by adding plenty of warm, heavy wraps on going outdoors. But don't be afraid of fresh air. It is nature's tonic. Go out every day. If properly clad you need not fear any kind of weather.

"Don't make a hot-house plant of yourself. Don't coddle yourself. Take good, sensible precautions to make yourself comfortable.

"There is nothing that will render you so susceptible to cold as to sit all day in overheated rooms. Get out in the open air. Ventilate your house night and day. Don't keep it too even, and get yourself so tender that you shiver whenever the wind blows on you.

"Above all, wrap up warm, and get out in the sunshine, and if there isn't any sunshine, get out anyway. There is always good, pure air and lots of it. Get out and take it.

"No matter what precautions you take, as long as this climate is what it is, it is impossible to keep from becoming cold in winter and hot in summer. That will not do you any harm. Only exercise care to guard the body as much as possible against changes in temperature. You will not only, in that way, avoid taking cold, but you will be so infinitely much more comfortable that you will feel amply repaid for any trouble you have taken.

"There are five little rules that might be laid down as the means of keeping free from cold. They are so simple that a child could follow them. They require nothing but a little forethought:

- 1. Keep the feet dry and warm.
2. Keep out of draughts.
3. Take plenty of outdoor exercise.
4. Regulate the clothing to suit the weather.
5. Remove all wraps immediately on entering a warm room."

OVER-EATING HABIT.— If it were not for the practice of over-eating there would be broadly speaking nothing for doctors to do, says another medical authority. For over-eating leads not only to disease, but to death. There is hardly a day in the year that I do not learn of a death traceable to this cause.

Now what should be done to remedy this condition? It is well of course in the first place to avoid banquets and too frequent dining out, a practice which so often produces fatal results. Yet it is, after all, only about one per cent. of the population which suffers from banquets. To the great mass of people that daily poisons itself through ignorance and greediness I would say: Study your own system.

Experiment until you discover the minimum of food upon which you can live and work. This will depend on the amount of exercise you take. Do not crowd up that misunderstood engine, your body with fuel which it cannot properly consume, and which you have no opportunity to expend. It is of course, a truism that a man physically active requires more food than one who for instance, sits at his desk all day. When you have discovered the amount of nourishment you literally need to supply you with working energy, with a little margin for reserve, do not exceed it. Otherwise the unassimilated food will fill your system with a poison which will ultimately result in the particular form of disease to which your individual constitution renders you most susceptible.

Avoid alcohol. This statement may be accepted literally. The human system requires no alcohol whatsoever. In this case abstinence is better than temperance.

Avoid too much meat. The average man sins more often here than in any other direction. On the other hand, I would not counsel absolute vegetarianism, admirable though it is, in many respects. Though man was originally a fructivorous and granivorous animal he has through so many centuries accustomed himself to the practice of meat-eating that he could not forsake it suddenly without injury to himself. Therefore it is well to eat a moderate amount of well-cooked meat once a day.

In regard to the proportion of fruits, vegetables, fats, sweets and so forth, which each person can afford to take into his system, that must be scientifically determined in each instance. No general rule may be laid down. It may be added, however, that as mankind is roughly divisible into two temperaments, the rheumatic and the serofulous, or consumptive, the former class should preserve the greater abstinence, and the latter may the more safely indulge itself in food.

In short, eat as little rather than as much as you can.

THE BENEFIT OF TRAVEL.

Nothing is better calculated to open the mind, enlarge our conceptions of life, uproot prejudices, and cause a man to harmonize his views with those of the majority of men, than intercourse with foreign peoples, or travel through other lands. Not only is this true in the case of a private citizen, but equally is it so when some great leader, or ruler is concerned. No better example of this could be found than in the immense change coming over the present Czar of Russia since he has commenced paying visits to other countries and coming in contact with rulers and distinguished citizens of more western nations. A despatch from Berlin dated the 23rd of December, says:

"The Czar has decided to moderate the censorship on the newspapers published in St. Petersburg and Moscow. The new Russian Minister of the Interior has drawn up a scheme under which, in the first instance, greater liberty of criticism on internal affairs of the empire is to be permitted. If this experiment works satisfactorily the liberty of the press will be extended throughout the empire.

"This step toward the light is believed to be due to the impression made on the Czar when last in England by the Prince of Wales, who defended the complete liberty given to the newspapers in England and the United States."

It would be well for the inhabitants of Russia if the Czar were to take an extended trip (incognito, of course) over the United States and Canada. He would then learn lessons, which, were he inclined to put into practice at home, would tend to revolutionize the whole system of

Government in Russia. Sooner or later such a great change must come in the land of the Bear; but the people may yet have to bend for long years under the yoke of oppression, ostracism and, in some cases, slavery, before that transformation takes place. However, the rapidly increasing facilities of communication, the world over, must inevitably bring both Russian rulers and Russian subjects in contact with more modern and more constitutional methods of administration. Gradually will the former begin to perceive, and then to acknowledge, that they are not the sole lords of creation, while the latter, having a taste of real freedom, must come to understand that they are men, and not mere automatons.

We would welcome gladly the hour of such a regeneration in the country of the Czar; but, like all other changes that lapse of years only can vindicate and sanction, this improvement must be awaited with patience.

Toothache stopped in two minutes with Dr Adams' Toothache Gum. 10 cents

SOME TEMPERANCE NOTES.

An American contemporary contains the following on the disastrous character of drinking in the world to-day. There is a great deal of truth and wisdom in the paragraph:

"In view of the large amount of liquor consumed in the United States it is difficult to believe that the temperance cause is making much progress, but it is a fact that excessive drinking was never so disreputable

GIRLHOOD advertisement featuring a portrait of a woman and text about Dr. Coderre's Red Pills for women's health.

as it is to-day. Self-respecting men shun the society of the immoderate drinker more than ever before. They don't like to be seen in his company. A young man who is known to drink even moderately is distrusted by his employers and his standing in society suffers a decline. Society frowns more and more upon the drinking habit, and tipping as a fashionable accomplishment is on the decline.

Biogenes, being presented at a feast with a large goblet of wine, threw it on the ground. When asked for wasting so much good liquor, he said: "Had I drunk it, it would have been a double waste, as well as the wine would have been lost."

One of the leading daily papers of France, Le Temps, calls for a reduction in the number of saloons in that country.

Health is the working man's capital. Indulgence in strong drink destroys this capital.

The man who "can drink or let it alone" is generally one who does not let it alone.

The D. & L. Emulsion of Cod Liver Oil, will build you up, and make you fat and healthy. Especially beneficial to those who are "all run down." Manufactured by the Davis & Lawrence Co., Ltd.

THE NINETEENTH CENTURY'S PROGRESS. In the Lecture Hall of Ottawa University, Rev. Father Fallon, O.M.I., delivered a most instructive lecture

Bristol's Sarsaparilla advertisement with a list of benefits and contact information for druggists.

John P. O'Leary, Contractor and Builder, 107 St. James Street, Montreal.

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Lawrence Piley, Plasterer, Successor to John Piley, Established 1860.

J.P. Conroy, Practical Plumber, Gas and Steam Fitter, 228 Centre Street, Montreal.

C. O'Brien, House, Sign and Decorative Painter, Plain and Decorative Paper Hanger.

Carroll Bros., Registered Practical Sanitarians, Plumbers, Steam Fitters, Metal and Slate Roofers.

Thomas O'Connell, Dealer in general Household Hardware, Paints and Oils.

Daniel Furlong, Wholesale and Retail Dealer in Choice Beef, Mutton, Pork.

Menelly Bell Company, Troy, N.Y., 177 Broadway, New York City.

Professional Cards, J.A. Karch, Architect, Member P.Q.A.A., No. 3, Place d'Armes Hill.

Frank J. Curran, B.A., B.C.L., Advocate, Savings Bank Chambers, 180 St. James Street, Montreal.

C.A. McDonnell, Accountant and Liquidator, 180 St. James St., Montreal.

Society Meetings, Ancient Order of Hibernians, Ladies' Auxiliary, A.O.H.—Division No. 2.

A.O.H.—Division No. 3, A.O.H.—Division No. 4, A.O.H.—Division No. 5, G.M.B.A. of Canada, Branch 26, Young Irishmen's L. & B. Association, St. Ann's Young Men's Society, Catholic Order of Foresters, St. Patrick's Court, No. 95, C.O.F., Total Abstinence Societies, St. Patrick's T.A. & B. Society, St. Ann's T.A. & B. Society, Menelly Bell Company.