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The stomach will not digest food well when one is angry or worried.

Cold outside air will heat more quickly than the impure air of a living or sleeping room.

Cloths wet in a solution of carbolic acid and water—five drops to the ounce—make suitable dressing for most wounds.

Salt, boric acid, listerine, or peroxide of hydrogen are valuable remedies for sore throat, used with either cold or warm water as a gargle.

Rub a nourishing skin food across the wrinkles on forehead and around the eyes, with a light but firm touch, to make the creases disappear.

Stout persons should avoid wearing tight collars as circulation is obstructed and the pressure occasioned may cause an attack of apoplexy.

Hot fomentations will never scald if the cloth is wrung out very dry. This can be done by dropping it into a dry towel, and twisting the dry ends so as to squeeze out all the water.

After a ride against a piercing cold wind, the burning sensation in the eyeballs can be relieved by bathing them with milk-warm water to which a little salt has been added.

A healthy action of all the organs of the body depends upon the perfect action of the nervous system; consequently when there is a nervous breakdown we may expect to find various functions of the body disordered.

Night sweats are often brought on by excessive bed clothing and heated bed rooms. Proper ventilation and a regulation of clothing will often correct this condition without medicine.

Open air treatment is coming to be considered more and more a specific for lung troubles. Great curative properties are found in the tonic of cold fresh air, wisely used.

Be careful to use only the best face powders. Much harm may be done by using those which contain mineral substances. Bismuth has the effect of yellowing the skin if used constantly.

It is claimed for olive oil that it makes hair grow glossy and abundant, gives a healthful look to the complexion, prevents rheumatism, and keeps the liver in good working order. One tablespoonful after meals.

For a severe headache a towel wrung out of hot water and applied to the back of the neck will often give instant relief. Also, putting the feet in hot water will often cure a headache by drawing the blood from the head.

An excellent health rule for bright eyes and a clear skin is to take the juice of a lemon in a glass of water with a dash of salt added every morning before breakfast. This acts directly on the liver which has more to do with good looks than people imagine.

There are said to be twenty-eight miles of perspiration tubes under the skin, which pour out more than a pint of water and three hundred grains of solid impurities every day. This gives an idea of the necessity of keeping the skin absolutely clean.

Soap often takes the natural oil out of the skin and makes it appear dry and wrinkled. Olive oil or almond paste, rubbed lightly but thoroughly into the skin, loosens the particles of dirt, after wiping the face with a soft cloth, warm water will easily cleanse it.

For cankered throat, sore mouth, etc., use borax and honey, drink sage or slippery elm tea. For a sore throat and congested lungs take a glass of hot flaxseed lemonade. This is made by pouring a quart of boiling water on a half cupful of flaxseed, add the juice of two lemons, sweeten to taste, and let boil in a double boiler, covered tightly, for an hour, then strain.

There is nothing better than fresh air to quiet the torture of racking, riotous nerves.

Chew all solid food until it is thoroughly mixed with saliva, and practically liquid.

Eat only in response to a hunger which will be satisfied with plain bread and butter.

Rice possesses more nutriment than wheat, oats or barley. It will sustain life longer than any other starch producing plant.

Remember the value of warm salt water for bathing tired eyes or when inflamed by exposure to bright sunshine or wind.

Anoint finger nails at the roots every night with cosmoline, or dip them in sweet oil. This will make them glossy and smooth and they will not split.

Children who have a tendency to scrofula and consumption tend to spend much of their time outdoors to gain proper physical development.

People drink too little water. Sufficient should be taken each day to so flush the system as to carry off waste and poisonous matter from the blood.

The flat, insipid taste of hot water which is so objectionable to many persons can be removed by aerating it. Pour it from one cup to another.

"We should love our bodies, study them, care for them, train them, hold them true to the great service of ministering to the spirit within. They should be kept pure and sweet and sound."

Persons predisposed to diseases which cause skin troubles, such as eczema, hives, erysipelas, should avoid strong tea and coffee and highly spiced or seasoned foods. The more cooling and laxative the diet the better.

The country woman's remedy for tan is a paste composed of the white of an egg, fifteen drops of tincture of benzoin, one ounce of strained honey, and four ounces of ground barley. Spread the paste on at night and wash off with warm water in the morning.

As a rule the simplest remedies for a cold are the surest. There is nothing for carrying off the congestion like a hot bath, a hot drink and a good sweat. Do this at night. If necessary to go out next morning, rub the body vigorously with alcohol and a Turkish towel before venturing forth. It is of the utmost importance to avoid getting chilled after the hot bath. If it is a tight cold in the head, rub the bridge of the nose thoroughly with vaseline at night. This simple remedy sometimes works like a charm. Another efficacious method is to snuff up warm salt water. But one must not go out right after this or the cold will be aggravated.

Some people, no matter how warmly their hands and feet are clothed, are constantly troubled with arriving at any place where they are bound in the winter with hands and feet in a frigid condition. Speaking of the hands first, try opening them to the fullest extent, stretching the fingers out, opening and closing the hand constantly, and you will in a short time find that the exercise has robbed you of cold hands. If one is sitting it may take a little longer to get the feet comfortable, but even then you have only to raise the foot on the toes, lifting the heel as high as possible and then alternate by resting the foot on the heel and bringing the toes up. When one is standing it is only the work of a moment to put yourself in a glow by rising and falling on the toes.

Poisons and Their Antidotes.

For Arsenic—Give warm water, sweet milk, charcoal etc; try to produce vomiting.

Nux Vomica—Produce vomiting, give coffee, stimulants, etc.

Belladonna—Emetic of warm water.

Tartar Emetic—Strong coffee and tea.

Alcohol—An emetic of common salt and water, strong coffee, and dash cold water on the body.

Bluestone, Copper Sulphate.—Produce vomiting with warm water; use coffee, tea and stimulants.

Opium, Laudanum, Soothing Syrups and Paregoric.—Produce vomiting with warm water, salt or mustard.

Give strong coffee, keep the patient in constant motion.

Tobacco—Promote vomiting. Give castor oil, apply ammonia to the nose.

Mustard plaster over heart and use stimulants.

Sugar of Lead—Emetic of warm water and salt or mustard.

Liquor and Tobacco Habits

A. McTAGGART, M.D., C.M.,
75 Yonge St., Toronto, Canada.

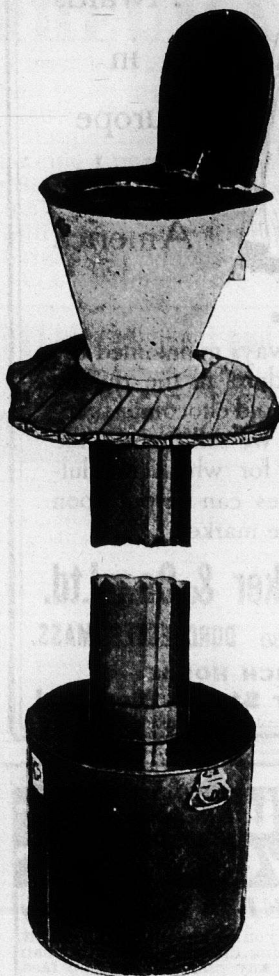
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