

would retain elasticity, avers a writer in the Ledger Monthly.

The Oriental practice of anointing the body, especially the knee joints, is a valuable one. Sweet almond, olive oil or goose grease, perfumed if desired, are good unguents.

If the muscles of the back become tired or weak, a good rubbing with either of these after the bath will bring a delightful sense of rest and elasticity.—Exchange.

“Spiritus Glandium Quercus,” or the distilled spirit of acorns, is the Rademacher-Burnett remedy to control the craving for liquor. Better and much safer than any of the alleged “cures” for drunkenness.

For full particulars see “New, Old and Forgotten Remedies.” It is a remedy that should be more widely known. Boericke & Tafel, so far as we know, are the only house that distills this remedy. A tincture of the acorn has been sold for the “Spiritus” but, according to Burnett, this will not do. The dose is half a teaspoonful in water four times a day.

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