

CURRENT TOPICS.

A German scientist, Dr. Emil Konig, has lately undertaken to prove that in highly civilized countries man has abused his constitutional strength and consequently is more susceptible to disease than he was in earlier times.

Much of this may be admitted, but there is preponderant evidence on the other side. If it were a fact that in highly civilized countries man is degenerating we should undoubtedly observe two things, namely, a diminishing birth rate and a progressive shortening of the average human life.

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There are two kinds of croup, the true or membranous and the false. The first is generally fatal. It is not a noisy kind, like false croup, and there isn't that crowing sound as in the latter.

"I reckon you ain't much like your ma," said the old-fashioned woman as they met on the street corner.

HEALTH

JAUNDICE.

Jaundice, or icterus, is not a disease, but only a symptom, occurring in the course of other diseases; but it is so striking a symptom, and one so easily recognized, that it is often regarded as a disease in itself.

It consists in a staining of the skin, the eyes, and indeed all the tissues of the body, with the coloring-matter of the bile, which is not cast out, as it should be, but is taken up by the blood and carried to all parts of the body.

The color of the skin varies, according to the intensity of the jaundice, that is, according to the amount of bile coloring-matter circulating in the blood, from a light lemon to a bright saffron hue, or even a dark yellowish green.

There is generally an increase of perspiration. Itching also is very common, and this, like the perspiration, may be general or limited to certain parts of the body, and grows worse at night.

There is no treatment for the jaundice itself. An endeavor must be made to discover the cause, and if this can be removed, the skin will speedily resume its natural color, and with this will disappear the itching, the headache and the other symptoms so often associated with the jaundice.

THE HOME DOCTOR.

To prevent the skin becoming discolored after a blow, make a paste of finely-powdered starch and place over the spot. This should be done immediately.

By mixing two teaspoonfuls of glycerine with one tablespoonful of lime water and one teaspoonful of paragonic you have an excellent gargle for a sore throat.

For Burns.—Saturate a wad of cotton with ammonia and pat the burn with it. Keep doing this until the fire is all drawn out, which will be in ten or fifteen minutes. Relief will be almost instantaneous.

Olive oil is very good for weak people or those who suffer from indigestion. It should be taken with the food whenever possible, and a teaspoonful taken before going to bed will do wonders in keeping the digestive organs in working order.

To Remove Warts.—To destroy warts dissolve as much common washing soda as the water will take up; wet the warts with this for a minute or two, and let them dry without wiping. Keep the water in a bottle and repeat the washing often, and it will, it is said, take away the largest warts.

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FROM ERIN'S GREEN ISLE

SPORTING ZAKKA EHELS

MEN WHO FIGHT FOR THE LOVE OF THE GAME.

Fighting and Thieving are in Their Blood, and They Couldn't Drop Either if They Tried.

The Zakka Khels, with whom General Willcocks and his little force on the North-West frontier of India are now waging war, are the toughest foes our troops have ever had to encounter.

We are fighting the Zakka Khels simply and solely for the reason that they wish us to do so. Just as a high-spirited child confined to the house on a wet day breaks out into one naughtyness after another, so the Afridis, after several years of peace and petty plunder, varied by occasional skirmishes amongst themselves, yearn for a "scrap" of somewhat larger dimensions.

The trouble began with the usual policy of sending us in taking action by a series of "pin-prick" outrages. During last year gangs of the Zakka Khels swept down upon our frontier outposts, stole rifles, killed a policeman or two, and disappeared into the mountains.

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ONLY 4,000 OF THEM. The only satisfactory thing about the Zakka Khel is that he is not numerous—they only number about 4,000 fighting men all told.

If, however, the other tribes join in, we shall have a force of trained and well-armed warriors of more than thirty thousand against us. At present no such combination is anticipated, but one never knows.

The Zakka Khels are not alone amongst Afridis in their love of fighting for fighting's sake. With no military roads leading into their country, and with avenues of escape at their back, through which to retire into Afghanistan with their families and herds, the Zakkas have little to enjoy in the advantages of a difficult access and easy retreat.

A handful of sharp-shooting Zakkas, securely perched on the edge of precipice, or secure in one of their little rock-bound fortified villages, can do a lot of damage to the invading force in the valley beneath before they are dislodged.

And the Zakka can hold to cover in emergencies, like a rabbit in a warren, and nothing on earth will dislodge him. The tribesmen have all sorts of hidden caves and shelters dotted about the mountain-sides where they can retire for a while when things get too hot for them, ready to creep out again at nightfall, and "pot" an unsuspecting sentry or two.

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ON THE FARM.

TEST OF SEED CORN.

It is a mistake to buy seed corn shelled where it can be had on the ear, but inasmuch as the great bulk of ensilage seed corn which passes through the trade in Canada is shelled, it is largely a case of Hobson's choice. Ear corn is preferable for several reasons. In the first place, one can see what kind and variety of ears he is planting from, and reject inferior ones. The embryo of a corn in Canada is shelled, it is largely a case of Hobson's choice. Ear corn is preferable for several reasons. In the first place, one can see what kind and variety of ears he is planting from, and reject inferior ones. The embryo of a corn in Canada is shelled, it is largely a case of Hobson's choice. Ear corn is preferable for several reasons. In the first place, one can see what kind and variety of ears he is planting from, and reject inferior ones. The embryo of a corn in Canada is shelled, it is largely a case of Hobson's choice. Ear corn is preferable for several reasons. In the first place, one can see what kind and variety of