

THE SUBJECT OF WASTING

SOME OF ITS PHASES AND HOW THEY ARE CURED.

The Wasting of a Consumptive and the Wasting of Babies and Children--Scrofula, Anæmia and other forms of Illness Discussed--Coughs and Colds Reveal a Weakened Condition.

In the obituary notices of the late Prof. Hermann von Helmholtz, the German scientist, were references to one of his earlier works "On the Consumption of Tissue During Muscular Action." In this work Prof. Helmholtz set the theory forth as an established fact that wherever there is muscular action there is also a wasting, or rather a consumption of tissue.

The body is constantly changing. There is wasting going on all the time. Food is designed to counteract this wasting and if the organs of the body are in a healthy state food does its work in nourishment. But the digestive and vital organs get out of tune every once in a while, so that an extra nourishment, one that is concentrated and easy of assimilation, is needed in order to keep up a normal condition of health.

If this extra nourishment is not taken the wasting which goes on incessantly soon impairs health. One of the first signs of a weakened, poorly-nourished body is taking cold easily. Colds are such common things that people are very apt to neglect them. They do not know that the cold reveals a weakened condition, but after taking cold several times they find it harder work to recover the semblance of health again.

The common way to cure a cold or a cough is to take some household specific, or when a person feels run down in health he thinks he needs a tonic or stimulant.

The truth is, however, ordinary specifics and tonics or stimulants, for coughs and colds, afford only temporary relief. They are merely superficial means of relieving the local trouble, but they do not give the nourishment necessary to strengthen the system and overcome the wasting tendencies.

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This subject of wasting is almost inexhaustible. Scrofula results in a wasting of the vital elements of the blood, and Anæmia is simply no blood at all. Consumption is probably the worst form of wasting. In all of the early stages of this disease Scott's Emulsion will effect a cure. It requires time to recover after a patient is once into Consumption, but there are numerous cases where Scott's Emulsion has cured persons who had got so far that they raised quantities of blood.

The wasting tendencies of babies and children are known to too many unhappy parents. There does not in thousands of instances seem to be any cause for their growing thin, but as a matter of fact their food does not nourish them and the babies and children do not thrive. The babies are weak and children seem to grow only one way.

Now it costs only 50 cents to try Scott's Emulsion, and you will find that it will do more for your baby or your child than all the rest of the nourishment taken. Scott's Emulsion makes babies fat and children robust and healthy. It takes away the thin, haggard look in the pinched faces of so many children.

Another one of the many uses of Scott's Emulsion is the way it helps mothers who are nursing babies. It gives them strength and makes their milk rich with the principles of food all babies need.

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A PLUCKY WOMAN.

One of the most admirable attributes that a woman can possess, according to masculine views, is pluck. You feel that a man has a sincere admiration for one of the opposite sex when he says with an honest ring in his voice: "She is a plucky little woman." And he does all he can to encourage her and make the burden less heavy to carry, for if the Lord helps them that help themselves it is equally true that mankind follows the high example to the letter.

When a woman is gritty she is thoroughly so, and keeps up under trying difficulties, fighting off mentally and bodily ills which, without meaning anything detrimental to the stronger sex, we must add parenthetically, says a writer in the Philadelphia Times, would cause a man to succumb at the outset. She struggles along, and before the world is brave and cheerful, making light of the worries that are in reality eating out her very soul.

But when the necessity for wearing the mask is laid aside and she can hide away in some little corner where naught but affection and tenderness can enter, what is she then? A woman through and through, helpless, clinging and without a vestige of those go-ahead qualities that have given her the reputation for pluck. Woman's nature doesn't change, even though the need of money or the desire for fame urges her out into the hurry and worry of that side of life so different from the encircling protection of the home circle.

She may appear indifferent to outsiders, but she is not so in reality. She may show a pair of bright keen eyes, that look as though their brilliance never could be dimmed by tears, and yet the struggle may sometimes prove too much, and in the seclusion of her own room all the pent-up trouble will find vent in such a fit of weeping that would astonish those who think they know her best, but who in reality know her so little.

Ah, plucky little women! It takes a woman to read your hearts, to ferret out that inner life hidden so far beneath the surface, and it is a woman's earnest sympathy for you voiced in the one honest sentence: "God help you."

A MOTHER'S LOOK.

The following touching incident is related by a Jesuit Father: "I have known a student, whose desolate and wicked life caused him to be cast into chains and to be locked up in the Ehrenbreitstein. His father was long since dead. His mother, therefore, had to bear alone the grief caused by her degenerate child. It is difficult to express how keenly it gnawed on the mother's heart; in the soul of the criminal, however it was and remained as dark as in the prison where he was chained; not the least sign of repentance. No wonder that such a sorrow, which, by day and by night, afflicted the poor mother of the impenitent son, lay on her bed of death. Seeing the hour of dissolution approach, she sent a petition to the commander of the fortress to bring her child once more before her dying bed. He granted her request. The next day the son appeared, escorted by armed soldiers, at the bed of his mother. But she, pale and consumed with grief, spoke no word--no, not a word, but long and piercingly she looked at him, and having penetrated him long and deeply, she turned her face to the wall and gave the signal to lead away the son. As he came, so he went--cold and sulky, like as if there was in him an incarnate obstinacy. But in the prison it came upon him. The look of his haggard dying mother, thin and wasted, and with this look everything--reproach, punishment, abomination, entreaty, mother's anxiety, mother's love! Had she spoken to him a whole month long, unceasingly, she could not have spoken so earnestly and thrillingly to his heart as she did with her dumb look from her death-bed. What a storm of emotion agitated the soul of the wretched youth! As never before he was moved, and broke forth in such vehement ejaculations that one would think that his heart must break. We need not be astonished that, all at once, he struck his brow, burst into tears, and loudly exclaimed: "O God! to what have I come?" He stopped not with this cognition--no; he was converted sincerely; he even entered a monastery and became a Jesuit and missionary; and now you see him--the young criminal here, standing before you in the pulpit!" It was Father Hasslacher himself, the celebrated German Jesuit, who died in 1876.

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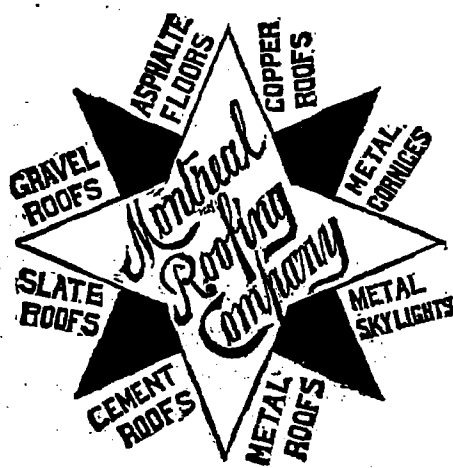
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JUDICIAL NOTICE TO ANN DOYLE.

PUBLIC NOTICE is hereby given to Ann Doyle, whose maiden name was Ann Cassidy and who was the wife of Thomas Doyle, in his lifetime of the City of Ottawa, in the Province of Ontario, deceased, and who went to the City of Montreal about 19 years ago, and who was, when last heard from about 18 years ago, a cook on a steamboat sailing from the said City of Montreal, if she be still living, to communicate, on or before the first day of December 1894, with MESSRS. GORMAN & FRIPP, 74 Sparks Street, Ottawa, Ontario, Solicitors for the Administrators of the estate of the said Thomas Doyle, deceased; or in default thereof she will be excluded from all claim to do so or otherwise in said estate. Dated 22nd September 1894. W. M. MATHESON, Local Master at Ottawa, Ontario.

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