

TAKING MEDICINE.—Although a man would not think of meddling with his watch or his clock, or any piece of mechanism, but would intrust its repair only to a competent workman, he often meddles with his own health and physical constitution in the most reckless way. He will take medicines that are only of use in some entirely different circumstances on the mere guess that his symptoms are the same as those for which the medicine was originally prepared. They make the most reckless diagnosis. They exchange information as to what the doctors did for their children under what seemed to them similar circumstances, and which may be entirely different. They may not know the difference between a common cough and membranous croup, but they will tackle the most dreadful disease with the most inappropriate remedy. By the time the doctor comes the patient has already been experimented upon and has risked death by delay or by the struggle with hurtful medicants. The dangerous feature about the self-administration of opiates is that the subject keeps on taking the drug while partially deprived by its use of the power of reason or the benefit of memory. The legitimate use of such agents requires the greatest care and caution. They must be adapted to the system of the recipient and to the special occasion. What would be harmless to a person at one time would be dangerous at another. It is well known that narcotic poisons are cumulative; that they go on piling up in the system like steam collecting in a boiler. No harm is done until at last the exploding point is reached.

CURE FOR INSOMNIA.—Every night, at an early bed-time, take a five-grain pill of asafoetida—be careful to take no strong medicine after three o'clock in the afternoon; half an hour before going to bed take a hot foot bath. Let the water be as hot as can be borne at first, and add a little very hot water as it cools. Be sure to keep well covered up, and to have the feet in the water for a full half hour. A month of this treatment, under the most adverse circumstances, completely cured the insomnia of a friend who had run the entire gamut of narcotics, stimulants, eating before retiring, and tiring himself out.

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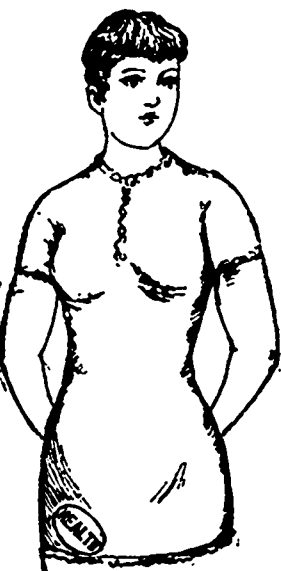
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