

healed. The piece of paper should be just the size of the cut. Cold water or turpentine often will stop bleeding, but not when large vessels have been cut. A strong handkerchief twisted tight on the limb—when dark venous blood flows it should be above the part affected; if bright arterial blood jets out, a little below,—would be most proper.

When dust or very small substances get in the eye, the upper lash should be brought down over the lower one, and held there whilst the eye is moved backward and forward gently, which will work the substance into the corner, and can be easily taken out.

Weak eyes may be strengthened, and dull sight removed, and full clearness of sight enjoyed, by placing the eyes open into a pan of spring water every morning.

The voice may be restored, when weakened by speaking or singing, by mixing mustard powder with honey into the form of pills, and swallowing two or three often.

Indigestion will often cause soreness of the chest, partial loss of voice, &c. When this is the case, a piece of linen about four times double should be wet with cold water, and placed across the chest, and two or three thicknesses of flannel outside of that, just before getting into bed, and kept on all night; take also as much cold water as you can bear to drink, and cover up well, and in the morning wash the surface across the chest with cold water, and rub briskly until dry with a towel. This, in two or three days' careful attendance to, will not fail to strengthen the voice and remove the soreness of the chest, and promote easy digestion. At the same time, care should be taken to feed upon light food.

A simple but efficacious syrup for coughs may be made thus: Slice a turnip thin, place the slices in a basin, with sugar between each slices; let it stand for two hours, and strain off for use.

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FOR CHILBLAINS; mash an onion with some salt, until it becomes a paste, and with it rub the places affected. Keep the feet warm.