

Health Department.

To a Hopeless Dyspeptic.

Bad as you are, you are still young, and if you will take our advice, we will cure you, and not only cure you, but give you a stomach like that of an ostrich. The first thing you have to do is to consider that what is called modern cookery is a conspiracy against human health. Among simple people living on a few things, it would not be necessary to take precautions that you will have to take if you want to get well. First of all, get into your head a list of things that are bad for you and tend to produce the state in which you now are.

WHAT TO AVOID.—Alcohol in every form, beverages (effervescing), biscuits, bread (bakers' and fermented), butchers' meat (in quantity), butter, cakes, cheese, coffee, confectionery (every sort), creams, curries, dried meats, duck, dumplings, eels, fish (oily), fruits (acid and dried), goose grease, herring, honey, ices, jams, jellies, lard, lemons, liquid food (in every form), mackerel, made dishes, malt liquors, marmalade, medicines (of every kind), meats, salted, dried, smoked, and otherwise preserved, milk, nuts, oil, pastry (baked or boiled), pickles, pies, pills (of every kind), pork, preserved meats, puddings, rhubarb, salads, salmon, salted meats, sauces, sausages, smoked meats, soups, spices, suet, sugar (and all foods containing it), tea, tinned things, tobacco in every form, tonics (of every kind), veal, very hot food, vinegar, wines.

WHAT TO EAT.—Every fool, and, above all things, the untravelled fool, will probably laugh at this, and tell you there is nothing left to eat; but that would be a great mistake. One of the mistakes of the untravelled person, and particularly the cockney, is that he does not appear to have the slightest idea that whole peoples—some of the best of peoples—live on one or two simple things exclusively. You have several important classes of food.

Cereals.—Rite, oatmeal, barley, wheat, and its many products, like macaroni (which is a much better food than bread) and vermicelli, hominy and tapioca.

Vegetables.—Many delicate things, from asparagus to spinach, the best being the green vegetables; roots like turnips, carrots, and parsnips are not quite so easily digested nor so good for delicate people as the green vegetables like French beans, young pea and asparagus.

Fruits of Europe, America, and the Tropics, which are introduced in abundance. For delicate people some fruits are perhaps too rich—like some pears and bananas—but others are most delicate and wholesome, especially eaten as food raw or simply stewed.

Fish.—In our country plentiful, and most excellent food—any of the white kinds of fish, like sole, turbot, whiting, pike, speckled trout. Oily fish, such as salmon, mackerel, herrings and eels, should be avoided. Fish should be eaten fresh, and grilled, and broiled. Fish is excellent, so

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bakers' bread, because that is irritating to some people. If you want more, there is broiled fish or broiled game.

Lunch about 1.—For a sedentary man lunch ought to be of one or two light things, such as bread (of the right kind) or stewed fruit with plain rice or other cereal, or a little plain mutton broth, without grease, and a little bread; or, in cases where cookery cannot be had, a couple of such a good apple as the Newtown pippin, and a piece of brown bread; or a sandwich of fresh meat.

Dinner about 6.—Fish, broiled or roasted, with meat, or meat alone. This is the best time for delicately boiled vegetables, such as spinach, or other green stuff, which may be varied according to the season. A great variety at a meal is bad, not only in itself but because it prevents change from day to day. If we do with few kinds of meat or fish it will be much easier to provide a change day by day than if we bring them all out every day as some people do. A change of food is most important, but variety of food at a meal is bad. An occasional dinner of fish, without meat, and even a purely vegetable dinner, if you can design a good one, is desirable. Stewed or fresh fruit is much better in your case than heavy milk puddings, which are forbidden.

RULES.—Some rules must be followed which are as necessary as the preceding. Take three meals a day at regular hours, about 8, about 1, and 5:30 to 6. Country people, and those not tormented by rushing about town all day, had better dine in the middle of the day, but you must dine at night when your day's work is over, or ought to be. Sip a glass of pure spring-water on waking and half a glass when going to bed. Let it be the best you can get, and at any temperature you desire; in summer the temperature of the air is the most agreeable. You must not drink at meals. In the end you will find this the most agreeable way. If thirsty, drink quite between meals or half an hour before meals. Each day sponge with water, and give a vigorous general friction with a towel. Use hair gloves all over the body twice a day. No food whatever should be taken between meals—no tea, cake, or anything of the kind. A cure will be hopeless unless you sleep well. Should anything prevent you sleeping let nothing prevent you from having seven hours in bed, whether you sleep or not. Take exercise between the meals, and after the latest meal of the day walk not less than half an hour. Do not work after dinner. Masticate the food well and slowly. Always open the window in your bed and working rooms, but the body well clothed or at night well covered up. Never overload the stomach; never eat to satiety. Sedentary people must take exercise morning or evening or at some time they will get ill.

Romance Reduced to Figures.

There is an English literary man who at the end of each year penetrates into the published fiction and extracts therefrom every often some exceedingly interesting figures. The results of his researches into last year's fiction are entertaining: Of the heroines portrayed in novels, he finds 372 were described as blondes, while 100 were brunettes. Of the 562 heroines, 437 were beautiful, 274 were married to the man of their choice, while 30 were unfortunate enough to be bound in wedlock to the wrong man. The heroines of fiction, this literary statistician claims, are greatly improving in health, and do not die as early as in previous years, although consumption is still in the lead among the maladies to which they succumb. Early deaths, however, are on the increase. Personal charms of the heroines included "expressive eyes" and 792 "shell-like" lips. Of the 562, 143 had a dreamy look, while the remainder had no special feature. Eyes of brown and blue were found to be the most common. The number of heroines who were betrothed to the man of their choice was 274. In 47 cases, the heroines were betrothed to the man of their choice.

SERBIA'S BOYISH KING.

The Child of 13 Who Rules the Debatable Lands of Eastern Europe.

By the abdication of King Milan of Serbia the throne of that small but important kingdom is left to a lad only 13 years of age, says *Sunshine*.

Alexander I. of Serbia is thus, with the exception of the little king of Spain, the youngest monarch in Europe. The eyes of emperors, statesmen, and people all turn with interest and anxiety on this boy whom destiny has called in troublous times to the throne of Serbia.

Alexander is represented as a bright, brave, handsome lad; but he has a sad history behind him in the domestic and political troubles which have ended in the divorce of his royal parents and his enforced separation from his mother, Queen Natalie; while the position of Serbia, as a frontier kingdom between Austria and Russia, will in the near future demand the utmost wisdom, firmness, and patriotism for the maintenance of its independence.

In 1886 the young Prince Alexander made a journey with his mother to the Crimea; thence to Florence, and finally to Wiesbaden, where Queen Natalie had hoped to remain and educate her son.

But in 1888 a demand was made for the boy through Gen. Protosch, and he was taken to Belgrade to assume the grave responsibilities that might well daunt the bravest of men.

The education of the young king is being carefully superintended by Dr. Lazar Doitch, assisted by Mme. Pelingre, a talented lady of Swiss birth, who instructs her royal pupil in the elementary branches.

Alexander already speaks German, French and a little English; but until recently he has not been taught Russian. Russian influences, however, seem now likely to assert themselves in the royal household of Serbia. The czar has sent to the young king an autograph letter and the decoration of the grand cross of St. Anne.

It is difficult to predict the future destiny of Serbia; but the young people of the present generation will follow with a peculiar interest the career of Alexander I., the boy king, who now holds such a conspicuous position among the monarchs of Europe.

It All Depended.

Landlady (to applicant for a room)—Now, here's a room I think you would like. It's warm as toast.

Applicant—Is the room warm or cold?
Landlady—Didn't I tell you it was warm as toast?

Applicant—It depends on the toast. If you mean boarding-house toast it must be a mighty cold room.

It is an excellent thing to chew Tutti Frutti Gum after meals and induce the secretion of more saliva. Sold by all druggists and confectioners. 5 cents.

CONSUMPTION,

In its first stages, can be successfully checked by the prompt use of Ayer's Cherry Pectoral. Even in the later periods of that disease, the cough is wonderfully relieved by this medicine.

"I have used Ayer's Cherry Pectoral with the best effect in my practice. This wonderful preparation once saved my life. I had a constant cough, night sweats, was greatly reduced in flesh, and given up by my physician. One bottle and a half of the Pectoral cured me."—A. J. Eidson, M. D., Middleton, Tennessee.

"Several years ago I was severely ill. The doctors said I was in consumption, and that they could do nothing for me, but advised me, as a last resort, to try Ayer's Cherry Pectoral. After taking this medicine two or three months I was cured, and my health remains good to the present day."—James Biscard, Darien, Conn.

"Several years ago, on a passage home from California, by water, I contracted so severe a cold that for some days I was confined to my stateroom, and a physician on board considered my life in danger. Happening to have a bottle of Ayer's Cherry Pectoral, I used it freely, and my lungs were soon restored to a healthy condition. Since then I have invariably recommended this preparation."—J. B. Chandler, Junction, Va.

Ayer's Cherry Pectoral,

PREPARED BY Dr. J. C. Ayer & Co., Lowell, Mass. Sold by all Druggists. Price \$1; six bottles, \$5.



FOR THE Handkerchief, THE Toilet, AND The Bath.

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Coughs, Colds, Croup.

Allen's Lung Balsam was introduced to the public after its merits for the positive cure of such diseases had been fully tested. It excites expectoration and causes the Lungs to throw off the phlegm or mucus; changes the secretions and purifies the blood; heals the irritated parts; gives strength to the digestive organs; brings the liver to its proper action, and imparts strength to the whole system. Such is the immediate and satisfactory effect that it is warranted to break up the most distressing cough in a few hours' time, if not of too long standing. It contains no opium in any form and is warranted to be perfectly harmless to the most delicate child. There is no real necessity for so many deaths by consumption when Allen's Lung Balsam will prevent it if only taken in time. For Consumption, and all diseases that lead to it, as Coughs, neglected Colds, Bronchitis, Asthma and all diseases of the Lungs, ALLEN'S LUNG BALSAM is the Great Modern Remedy. For Croup and Whooping Cough it is almost a specific. It is an old standard remedy, and sold universally at 50 cents and \$1.00 per bottle. The 25-cent bottles are put out to answer the constant call for a Good and Low-Priced Cough Cure. If you have not tried the Balsam, call for a 25-cent bottle to test it.

Allen's Lung Balsam