

## Facts Worth Remembering.

Sudden deaths do not come from heart disease, one case in twenty, but from congestion of the lungs or brain, or from apoplexy. More die from congestion of the lungs than of the brain, and more of congestion of the brain than from apoplexy.

Sudden death from heart disease is usually caused by rupture of some large artery near the heart; from congestion of the lungs, by instantly stopping the breath; from congestion of the brain, by causing pressure on the brain which paralyzes and instantly destroys life; from apoplexy, by hemorrhage in the brain.

Heart disease most frequently results from neglected or improperly treated rheumatism. It more often follows mild rheumatism than the severe kind, because severe rheumatism receives prompt treatment, while the mild form is often neglected and left to work its way to the heart.

Persons who suppose themselves suffering from heart disease because they have pain in the region of the heart, or palpitation, seldom have any disease of that organ. In nine cases out of ten, they are sufferers from dyspepsia—nothing more. Congestion of the lungs is most frequently caused by a sudden change from the heat of an ill-ventilated room, or railroad car, or horse car, to a cold air outside, without being protected by sufficient clothing; hence, many persons thus seized drop dead in the streets.

Congestion of the brain most frequently results from trouble and anxiety of mind producing sleeplessness, followed by the engorgement of the small blood vessels of the brain, sudden loss of vital power and almost instant death. Apoplexy may be an inherited disease, or it may be induced by too free living, or its opposite, too great abstinence. Paralysis may affect only a small portion of the body, from a finger or toe to an entire limb or it may disable half the body, or the whole body, when death soon follows. When half the body is affected by paralysis, we may be certain that the seat of the disease is in the opposite side of the brain, because nerve fibres cross. Partial paralysis is often temporary when caused by the rupture of a small blood vessel, if the clot is got rid of by absorption or otherwise.

Although this is a disease that all classes of people are liable to, its most destructive work is done among the depraved and dissipated. There is no doubt that the habitual use of tobacco is one of the most prominent causes of paralysis and other nerve diseases.

A severe cold can be soonest cured by remaining within doors, in a warm room, and near the fire, until all signs of it have disappeared. Then care should be taken to prevent a relapse by having the feet warmly clad, and the whole body, and particularly the chest and the back of the neck, well covered when going out.

A recent cough will almost always yield to the following treatment within two or three days: Mix in a bottle four ounces of glycerine, two ounces of alcohol, two ounces of water, two grains of morphine. Shake well. Dose for an adult, one to two teaspoonful every two or three hours. Half this quantity for children from ten to fifteen years. It is not safe to give it to infants or children under ten years of age.

To stop bleeding, if from a cavity in the jaw after a tooth has been extracted, shape a cork into the proper form and size to cover the bleeding cavity, and long enough to be kept firmly in place when the mouth is closed. This, we believe, is our own invention, and we have never known it to fail. It has served us in desperate cases.

When an artery is cut, the red blood spurts out at each pulsation. Press the thumb firmly over the artery near the wound, and on the side near the heart. Press hard enough to stop the bleeding, and wait till a physician comes. The wounded person is often able to do this himself if he has the requisite knowledge.

Simple fractures may be adjusted by almost any one. Get the limb as nearly as possible in the natural position, and then send for the doctor. There is no great urgency in such cases.

In fracture of the skull, with compression and loss of consciousness, examine the wound, and, if possible, raise the broken edges of the skull so as to relieve the pressure on the brain. Prompt action will often save life.

In cases of poisoning the simple rule is to get the poison out of the stomach as soon as possible. Mustard and salt act promptly as emetics, and they are always at hand. Stir a tablespoonful in a glass of water, and let the person swallow it quickly. If it does not cause vomiting in five minutes, repeat the dose. After vomiting, give the whites of two or three eggs, and send for the doctor.

Burns and scalds are soonest relieved by an application of cold water. Dry carbonate of soda, or baking soda, sprinkled over the burned spot, is the latest remedy, and is said to be very effectual. These means are only temporary. In severe cases a physician should be sent for.—*Half's Journal of Health.*

## Treatment of Ulcers.

Dr. J. Whitson, in "Notes on the Treatment of Ulcers" (Practitioner, January, p. 20), remarks that the application of a specially prepared sand to granulating sores has been tried for some time with success, and that it possesses the advantage, since it absorbs the discharge, of seldom requiring removal, so that healing can proceed without interruption. This sand is prepared as follows: It is first heated to a temperature capable of destroying all organic particles. It is then soaked in a solution of 1 part bichloride of mercury in 1,000 parts of water. After this the mixture is placed in bottles and can be used when required. This mode of treating ulcers is not new, the sandy earth of the termite ants having been long used for this purpose by the natives of the West Coast of Africa. This substance was sometime since imported by Mr. T. Christy, under the name of "termite earth," for trial in this country, but whether it possesses any antiseptic properties derived from the white ants is not known.

The cereal harvest of the United Kingdom last year was grown over an acreage of—wheat, 3,004,000; barley, 2,255,000; oats, 2,833,000. These areas, compared with those of 1881, are about 9 per cent. increase wheat, 7.7 decrease barley, 2.3 decrease oats.

## A Nihilist Manifesto.

The Moscow correspondent of the Vienna *Tagblatt* says that the Nihilists have circulated numerous copies of a pretended imperial manifesto to the Russian people on the occasion of the coming coronation. The document is printed in similar type and on similar paper to that of the genuine manifesto; it also bears the same date, and is an exact copy of it in all respects, except as regards the last paragraph, for which the following words are substituted: "You will at the same time announce to our faithful subjects that we have graciously decided that all the land which is now in the possession of the nobility and the rich shall be divided in equal parts among all our faithful subjects; that all the taxes hitherto levied shall be abolished and replaced by others imposing just and moderate burdens on all classes in proportion to their wealth; that the whole of the standing army shall be disbanded and replaced by a small landwehr; and that all government appointments shall be abolished, and replaced by such appointments as may be created by the committee. We have already issued the necessary orders, and we call upon all our faithful subjects to assist us in carrying them out."

Gen. Sherman kisses every girl to whom he is introduced. Tecumseh always was a reckless cuss, much given to cutting away from his base and depending on the country for his supplies as he went along.

Mr. Tilton of South Norwich writes:—Two years ago I suffered with Rheumatism. I was helpless and so bad that I was not out of my chair for seven days and nights only when helped. I could not lie in bed for pain. I took eight 25-cent bottles of Rheumatic Repellent, and was cured so I had no return of it. I worked hard on farm ever since, and advise all troubled with the horrid disease to use this remedy.

Size ain't everything. A watch ticking can be heard further than a bed ticking. CATARRH—A New Treatment whereby a Permanent Cure is effected in from one to three applications. Particulars and treatise free on receipt of stamp. A. H. Dixon & Son, 305 King-St. West, Toronto, Canada.

A young child died in Oregon, recently, from swallowing the leaves of an almanac. We always held that dates should be eaten in small quantities.

## Important.

When you visit or leave New York City save Baggage Express and Carriage Hire, and stop at GRAND UNION HOTEL, opposite Grand Central Depot, 450 elegant rooms, fitted up at a cost of one million dollars, reduced to \$1 and upwards per day. European plan. Elevator, Restaurant supplied with the best. Horse cars, stages and elevated railroads to all depots. Families can live better for less money at the Grand Union Hotel than at any other first-class hotel in the city.

Hebrews are liberally represented on the Paris Bourse. Among the leading brokers are forty-four German and thirty-five French Jews.

Many sink into an early grave by not giving immediate attention to a slight cough which could be stopped in time by the use of a twenty-five cent bottle of Dr. Wistar's Pulmonic Syrup.

An old captain on the lakes used to be called "Sinbad, the Sailor," till he lost a vessel; now they name him "Sinbad, the Sinner."

A RUN FOR LIFE—Sixteen miles were covered in two hours and ten minutes by a lad sent for a bottle of Briggs' Electric Oil. Good time, but poor policy to be so far from a drug store without it.

"My son," said an American father, "how could you marry an Irish girl?" "Why, father, I'm not able to keep two women. If I'd marry a Yankee girl I'd have to hire an Irish girl to take care of her."

HAVE YOU TRIED IT?—If so, you can testify to its marvellous powers of healing, and recommend it to your friends. We refer to Briggs' Magic Relief, the great specific for all summer complaints, diarrhoea, cholera morbus, dysentery, cramps, colic, sickness of the stomach, and bowel complaints.

The curlew is still rung at many towns in England, and at Ripon a horn is blown at 9 p. m., in memory of the presentation to the city of a horn, still extant, by King Alfred.

No. 9.

## SETTLERS

Going to Manitoba, the Great North-West, California, Oregon, British Columbia, Dakota, Minnesota, or Nebraska. Can get a Map, Guide, and Descriptive Pamphlet free, containing a list of the best land for sale, and a list of the names of the agents who will sell it for you. Apply to W. H. CALLAWAY, Manager, 31 York Street, Toronto.

\$5 PER DAY can be made by agents, male or female. C. W. DENNIS, Toronto.

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HIGHLY CULTIVATED 80 ACRE FARM best soil; good buildings. Price \$1500 only. W. WILKINSON, Sparrow Lake, Ont.

WAGON SHOP AND DWELLING House for sale or to rent; good open space. Apply to ANDREW J. COLVIN, Glen Morris P.O., County Brant.

PORTLAND CEMENTS—FIRE BRICKS, Fire Clay, Sewer Pipes, &c. Large Stock of first-class brands. W. MCNALLY & CO., Importers, Montreal.

ROOFING MATERIALS, CARPET AND Building Papers, wholesale and retail, at low price, at HODGKIN & WILLIAMS, 1 Adelaide St., East, Toronto.

STOCK OF GOODS WANTED IN EXCHANGE for large good farm having village and Railway station on it, or would sell cheap. Apply Box 1, Dundalk, Ont.

UTOPHONES, \$6.50, INCLUDING FOUR tunes. T. CLAXTON, dealer in Musical Instruments, Piano Music, Band Music, &c. Catalogues free. 197 Yonge St., Toronto.

CLERKS AND SCHOOLMASTERS—WHY not add \$5 to \$15.00 per week to your salary after business hours. Address with stamp, H. MCALISTER, Drawer 2630, Toronto, Ont.

VESSELS FOR SALE OR CHARTER—schooners *Craftsman*, *Feltoncraft*, *Heracles* and *Eric Ware*; all A. vessels and in good condition. Apply to W. Y. EMERY, Port Burwell, Ont.

STOCK BROKER. GEORGE W. HAMILTON, Member Montreal Stock Exchange, 13 Hospital Street, Montreal.

Ontario Agricultural College.

SPRING TERM will commence on the 16th April. Examinations for admission on 17th April. For circular giving full information, apply to JAMES MILLIS, President.

Guelph, March 21 '83.

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## CONSUMPTION!

Catarrh, Throat Diseases, Bronchitis, with diseases of the Eye, Ear and Heart, successfully treated at the

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Our system of treatment by Medicated Inhalations, combined with proper constitutional remedies. Over 40,000 cases treated during the past 17 years.

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Sincerely yours, T. M. HENNESSY, Toronto, Dec. 16, 1882. Dep. F. Works, Ont.

Personal examination is preferred after which you can be treated at home. If impossible to call, write for Questions and Circular. Consultation free. Fees Moderate.

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Address S. FRANK WILSON,

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