

## RULES FOR PROMOTING LONGEVITY.

Professor Lorenzo N. Fowler, phrenologist, who died at 85, gives these as his rules for long life: "Work hard, but easily. Avoid worry and chafing. Approach as near your ideal as possible and use the talents given you. Do not live at too high a pressure. Keep within your income and your strength. Take three meals a day and let these consist largely of fruits, nuts, cereals, eggs and milk. Be a total abstainer at the outset and remain all your life. Never smoke a pipe, a cigar, chew or take snuff. Take regularly daily exercise. Remember that cleanliness is next to godliness. Avoid strong tea and coffee. Sleep the sleep of the just when you retire, and take one day in the week for rest, and ten chances to one you will succeed in becoming an octogenarian."

## HINTS.

Mentally *Belladonna* is associated with hasty speech and actions, sometimes delirium, throbbing, red face and unnaturally bright eyes. *Aconite* with restlessness, anxiety, fear, especially of death, and dry skin, with fever. *Sepia*, especially with women with low spirits, inclined to weep, irritable and indifferent. *Ignatia*, "silent grief."

In liver complaints calling for *Mercurius* the region of the liver is sore to the touch, patient cannot lie on right side. Liver troubles brought on from abuse of liquor, or too much strong medicine are generally met with *Nuxvomica*. When there is pain under the angle of the right shoulder-blade *Chelidonium* is called for.

Rumbling in the belly, that afflicts so many, may be in many cases alleviated by *Carbo veg.*

For painful, callous places on the soles of the feet *Antimonium crudum* is the remedy.

Sunstroke, in men and horses, is best met by *Glonoin.* Also, in bathing such cases warm water is better than ice water.

Inflamed knee-joints with effusion calls for *Sulphur.*

To allay the intense pain of felons, *Am. carb.*

For crops of boils the remedy is *Arnica* (the medicated pellets). Painful, throbbing boils, *Belladonna*. Boils that do not heal, *Silicea*.

Nausea from riding in cars, etc., is overcome by *Cocculus* (take a dose or

two before starting and on the cars on first signs of nausea).

Small patches on the skin that it is terribly have been cured by *Mizereum.*

Moist and scabby patches on scalp are met by *Graphites.*

*Sepia* generally cures ring-worm without any external medication.

Constant headache, no aggravation or amelioration has been cured by *Cannabis Ind.*

Aene, pimples on face, skin harsh and rough, are often cured by *Sulphur.*—*Homœopathic Envy.*

## SURGICAL POINTS.

Where the heart is weak, avoid poultices.

Dress a wound only with hands and nails well scrubbed, touch nothing dirty while doing so.

People living in salt air should change to fresh air once a year, at least; those in fresh air to salt air.

When chance offers, go bare-foot and bare-headed, the feet will be healthier and the hair stronger.

Surgeons boil their instruments in a soda solution to prevent rusting; one tablespoonful washing soda to the quart.

Normal temperature is 98.2-5°, normal respiration about 16 to the minute, normal pulse about 72 to the minute.

Inflamed eyes in the first 24 hours are best treated by constant application of ice-bags or cold cloths. Cold is dangerous after 24 hours.

Half a teaspoonful of Tr. Hamamelis shaken up in two tablespoonfuls of warm olive oil, used as a nightly injection will benefit hemorrhoids.

The most important thing in burns is to exclude air at once. If burn is clean, wrap the part in clean soft linen or antiseptic gauze, envelope in batting one inch thick and bandage. Unless pus-forms leave this dressing ten days.

In boots and shoes the point of great toe and ball of heel should lie in one line; the sole of boot should be as wide as foot when planted on the floor. To avoid the foot slipping forward the in-step should fit close. These points attended to will prevent corns and ingrowing nails.

*Spencer's Weekly*, published in New South Wales, says: "Homœopathy is gaining strength in all the colonies. People try it, stick to it, and few go back again."