FOR ECONOMICAL PROPLE

SOME PRACTICAL SUGGESTIONS ON MASSAGE TREATMENT.

Veneficial Movements That May be Practi cal at Home-Important Points That Must be Berne in Mind by Amateur Masseurs Who Desire Success.

Dr. Randolph Faries, recently prepared a paper on the massage treatment which is clear and practical enough to teach the average layman enough about the subject to enable him, after paying a little attention to a few of the principles upon which the treatment is based, to get all the benefits claimed for massage and save the fee of an experienced trainer or masseur at the same time. In the opinion of many medical authorities exercise and massage are the two greatest curative remedies that nature affords, and the latter is considered by many as the coming treatment for all those common functional troubles like dyspepsia, constipation, jaundice, biliousnses, emanciation, nerve exhaustion, etc., and therefore a little time spent on this subject is time well spent.

Rubbing may be either local or general-that is, it may be applied to an arm, the back, or the foot, or it may be applied to the whole body. Dr. Faries mentions seven different kinds of manipulation. "It may consist of stroking the body with the palm of the hand, slapping the body with the open hand, beating it with the closed fist, striking it with the hand at right angles to the body, so that the edge corresponding to the side of the little tinger comes into contact with it; kneading the skin, muscles and tendons; graphing the skin, and muscles and tendons; graphing the skin, and muscles and tendons; grabbing the skin and muscles and squeeing them, and making combined digital pressure over the surface of the body in different regions."

The friction produced by rubbing may be either rectilinear or circular. Either one or both hands may be used. to rub the body. It is customary for the right hand of the manipulator to be used for the right hand and foot, and the left hand for the left hand and foot of the patient, if the rubbing be applied with one hand.

BOTH HANDS ARE USED

for the back, loins, abdomen and chest. The upward stroke in rubbing should always be more intense than the downwaird, and the stroke should extend

The rubbing should not last so long that fatigue will result. Further, too rapid rubbing will frequently cause rapid rubbing will frequently cause the solution solution of us there is only one way causing the hairs of the body to stick to the manipulator's hands, giving as a final result a pulling of these hairs. Rubbing should never be begun strenuously at the outset, but should be started slowly and gently, and gradually increased, so as to be adjusted to the individual's feelings. Persons taking general exercise should take a rub after their bath. In this way they will not only cause the blood to circulate again through all parts of the late again through all parts of the body, but will also prevent or overcome any soreness or stiffness that may be present, and in addition to this, the

The chest should be rubbed from the insertion of the large muscles upon it to their origin, while the abdominal muscles should be rubbed from the right groin, as it is commonly called, in the direction of that part of the intestines known as the ascending transverse and descending colons. When rubbing the abdomen the fineers of the manipulator should be transversed. gers of the manipulator should be kept close together. More pressure and less care are necessary in rubbing the belt back, because the skin and muscles are back, because the skin and muscles are thicker and more numerous in this region, and the muscles are much larger and stronger. Here, as in the abdomen, the rubbing should be from the origin to the insertion of the muscles. In the upper part of the back the anatomy of the muscles is so very complicated that it is difficult to understand bow to do this unless one has studied. how to do this unless one has studied the anatomical relation of the origin and insertion of these muscles very and insertion of these muscles very thoroughly. As a general method of rubbing the back, it would be best, in order to have all the muscles in this region well cared for, first to rub upward and downward, then crosswise, and lastly obligatory and art or the second sec and lastly obliquely upward and downward. This will suffice for ordinary purposes, and will be of great benefit for those who employ it.

HEALTH REPORT.

City of Toronto Showing Marked Decrease in Deaths From Bright's Disease.

Not Only Bright's Disease But All Kidney
Diseases Decreasing—Bodd's Kidney
Pills the Cause of Decrease—F.
Borland Cured.

Toronto, Oct. 23.—There has been a
marked falling off in the number of
deaths due to Bright's Disease in the
city of Toronto of recent years. This
decrease is ascribed solely to Dodd's
Kidney Pills, the marvellous medicine
which has performed so many wonder-

Kidney Pills, the marvellous medicine which has performed so many wonderful cures throughout the country.

Formerly, within recent years, Bright's Disease claimed a constant sacrifice of unfortunate victims, and wherever it struck, death was sure to follow. Now Bright's Disease itself is comparatively rare, and deaths therefrom almost unknown in this city. Dodd's Kidney Pills have come into universal household use and disorders in the kidneys are rectified early, so Bright's Disease is seldom allowed to develop.

Bright's Disease is seldom allowed to develop.

Where Kidney Disease has been neglected, however, owing to ignorance, prejudice or carelessness, and Bright's Disease has ensued, Dodd's Kidney Pills are in the end called into requisition ninety-nine times out of a hundred. Doctors themselves prescribe Dodd's Kidney Pills in their own boxes or in bulk, so Bright's Disease with the aid of Dodd's Kidney Pills is held completely at bay in Toronto.

Mr. Fred Borland, 677 Markham Street, writes: "I have been a sufferer

SLEEP MISTAKES.

Idea That a Stated Number of Hour Should Be Taken Is Wrong.

To get up at 7 o'clock, or 8 o'clock or any other fixed hour every morning, no matter at what time you went to bed the night before is the most effectual way of making a bad workman of yourself. And as for saying that eight hours' sleep is what suits everybody is as nonsensical as to say that one ounce of tobacco-no more. no less-is the quantity every one ought to smoke in a day.

No doubt it is difficult for most people to sleep as long in the morning as the body requires to repair itself. over the whole surface, from joint to joint, exercising great care not to chafe the skin. More danger of this arrises in making the upward stroke tham in making the downward. ple use alarms or have themsleves called they will continue to feel more or less out of sorts on most days of their life.

It is as Easy to Love

It is as Easy to Love

Proceed, and in addition to this, the tissues of the body will constantly be kept in a better condition.

It is a good rule to commence rubbing in the neighborhood of the large blood vessels, so as to influence the circulation as soon as possible, and thus, by sending the blood more quickly to the neighboring tributaries, in the method of the large has a substitution as soon as possible, and thus, by sending the blood more quickly to the neighboring tributaries, in the most state of the upper and lower extremities are where the large blood vessels will be found. Wheat rubbing, if one begins with the lower extremities, then the leg, after that the knee joint, then the leg, after that the knee joint, then the think thigh, and

LASTLY, THE HIP JOINT.

The rubbing of the upper extremities should begin with the hand, then the wrist joint should be cared for, after that the forearm, next the elbow joint, then the arm, and lastly the shoulder joint. The reason for this is to influence the points most remote from the heart and gradually work toward the beart. The upper and lower extremities and gradually work toward the beart. The upper and lower extremities and gradually work toward the beart. The upper and lower extremities and gradually work toward the beart. The upper and lower extremities and gradually work toward the beart. The upper and lower extremities and gradually work toward the beart. The upper and lower extremities and gradually work toward the beart. The upper and lower extremities may also be rubbed upward and lownward.

The chest should be rubbed from the insertion of the large muscles upon

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AN OPPORTUNITY LOST.

Mabel—Cholly is awfully slow. Yesterday when he and I were walking in the woods I picked a big bunch of autumn leaves and stuck them in my

Bessie—Yes! And then—
Mabel—The stupid fool didn't have sense enough to press them.

Any one may do a casual act of good nature, but a continuation of then shows it is a part of the tempera ment.—Sterne.

The biggest fish that swims is known by seafaring men as the basking shark, from its habit of lying for hours on top of the waves when the weather is calm, basking in the sun. Scientific men call this fish the rhinodon. They say its extreme length is forty feet but there are plenty of old salts who swear they have seen "baskers" sixty feet long. Huge as the basking shark is, it never has been known to attack

ing sharks were termed "common," they now are counted extremely rare, versity of California, who examined fer never will be taken. In his judgment it would require labor equivalent to the work of one man two whole months to flay a good-sized basking

team of have swallowed Jonah would have been exploded completely. A team of horses wouldn't have been too large a mouthful for the Monterey shark. No one knows what it weighed, for there were no available scales to weigh it on, but sixty tones, or less than an ordinary locomotive, was given as a conservative estimate. Loaded on a specially constructed truck it would have taken a dozen horses at least to haul it over an ashorses at least to haul it over an as-phalt pavement, and more would have been required to transport it over an ordinary country road.

The basking shark is not hunted ex-

The basking shark is not hunted extensively, because it produces relatively little of commercial value. Nevertheless, the Portuguese fishermen who captured the one at Monterey got three barrels of oil from its liver and six barrelfuls were tried out of the liver of the basker captured on the New England shore.

GRAINS OF GOLD.

The readiest and surest way to get rid of censure is to correct ourselves.— Demosthenes.

Fire and sword are but slow engines of destruction in comparison with the

babbler.—Steele.

The Bible is a window in this prison of hope through which we look into eternity.—Dwight.

TOO ATTRACTIVE.

Pretty New Housemaid-I hope I give

DISCUSSION BECOMING PERSONAL.

Any one may do a casual act of good

A woman's advice may be no great thing but a man is a fool that doesn't take it " is true and she will protably advise you to try. Blue Hibbon Cerflon Tea!

LARGEST FISH IN THE OCEAN.

One came ashore off the New England coast some years ago, and another was beached on the California coast near Monterey, in 1893. It was plump forty feet long, and this lends color to the sailormen's big stories, since it is hardly probable that the largest specimen in existence has been caught. There was a time when baskbut that time passed so long ago that and the authorities of the British museum have long made a standing offer of \$1,000 for the uninjured skin of one. Professor Jordan of the Unithe Monterey specimen, says that of-

The mouth of the Monterey specimen The mouth of the Monterey specimen was of appalling size. Stretched and propped open, it measured ten feet from jaw point to jaw point, and if its throat had been of proportionate dimensions the notion that a fish could not have swallowed Jonah would have been exploded completely. A

Doing good is the only certainly happy action of a man's life.—Shanon,

satisfaction, mum?

Mrs. Jellus—No, you don't. The master is too well satisfied with you.

There is more Catarrh in this section of the ountry than all other diseases nut to ether, and un it the last few years was supposed to be incurable. For agreat many years dectors pronoun ed it a local disease, and prescribed local remedies, and by constantly falling to rue with local treatment, pronounced it incurations of the following the process of the second constitutional disease, and therefore requires constitutional cure on the market. It is taken internally is doses from 10 drops to a terspoonful. It acts directly on the bloot and mucous surfaces of the system. They offer one nundred do lars for any case it for its to cure. Send for circulars and testimonials.

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Mother-Why did you let him kiss Daughter-How could I help it? He was holding both my hands, and I couldn't kick him, could I?

A good name is rather to be chosen than great riches and loving favor rather than silver and gold.—Solomon.

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An unjust acquisition is like a barbed arrow, which must be drawn backward with horrible anguish, or else will be your destruction. Taylor.

"Pharaoh 100." Payne, of Granby, Que.

To pardon those absurdities in ourselves which we cannot suffer in others, is neither better nor worse than to be more willing to be fools ourselves than to have others so .- Pope.

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Nothing more impairs authority than a too frequent or indiscreet use of it. If thunder itself was to be continual, it would excite no more terror than the noise of a mill.—Hughes.

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