

benefit of because they are not aware of its value.

For sore or inflamed eyes, wash them in a weak solution of salt and warm water. This is also useful to remove the inflammation caused by extraneous substances in the eye.

For sore throat and a hacking cough, take one saltspoonful of salt, two teaspoonfuls of vinegar, to half a goblet of cold water (iced water preferable); sip this frequently, and relief will be felt at once. This same preparation will remove nausea, and settle the weakest stomach. It is also beneficial in attacks of colic.

Nothing is more useful in sickness than a small flannel bag filled with salt.

For toothache, colic, or any disease requiring warm applications, it is invaluable, as it retains its heat a long time; and it is greatly to be preferred to hot, wet emollients, which soon get cold and uncomfortable. The bag and all can be put on a tin pan, and warmed in the oven: but it is better to rip a small hole in a bag, and empty the salt out into the pan to heat. After it is hot it can be put back with a large spoon, and the hole sewed up in a moment.

We have recommended this to several of our friends while they were suffering severe pain, and we have had the satisfaction of knowing that they experienced almost immediate relief from it. We knew it prescribed years ago for a case of severe colic. The effect was magical; and ever since the salt-bag has held an honored place in our domestic pharmacy.

A mixture of ice and salt, in proportion of one to one-half, applied to head frequently, gives instant relief from acute headache. It should be tied up in a small linen cloth, like a pad, and held as near as possible to the seat of the pain.

A teaspoonful of salt dissolved in water, and taken every hour or two, beginning six or eight hours before a chill, will often prevent it, in intermittent, or what is known as "chills and fever."

We once succeeded with this simple remedy in an obstinate case, where quinine, arsenic, and all the ordinary means had failed.—Public Health Journal.

BUTTERMILK

Buttermilk as a remedial agent can not be praised too highly. The lactic acid, the sour of the buttermilk, attacks and dissolves every sort of earthly deposit in the blood vessels. Thus it keeps the veins and arteries so supple and free running there can be no clogging up; hence no deposit of irritating calcareous matter around the joints, nor of poisonous waste in the muscles. It is the stiffening and harrowing of the blood vessels which bring on senile decay. Buttermilk is likely to postpone it ten to twenty years, if freely drunk. A quart a day should be the minimum; the maximum according to taste and opportunity. Inasmuch as gouty difficulties usually arise from sluggish excretion, buttermilk is a blessing to all gouty subjects. It gently stimulates all the excretories—liver, skin and kidneys. It also tones the stomach and furnishes it the material from which to make rich, red, healthy blood. If troubled with gout, avoid meat, sweets, pastry, wines, spices, hot rolls, bread of all sorts, and everything belonging to the tribe of ferments. Eggs, game, fresh fruit, vegetables, especially salads, may be eaten with impunity. If any one has a creaky joint, or a swollen or aching one, he should drink all the buttermilk he can relish, whenever and wherever he can, but it should be fresh churned and wholesome.—Health Culture.

INSOMNIA.

It is a bad thing to be overtaken by sleeplessness, unless your life is so smooth and free that you can afford to lie still and look at it. Even then there will be crumpled rose leaves; such as a death watch that ticks monotonously until every beat is a hammer tap-tapping on your brain; or a dog that howls in the distance at intervals, so that you are held in the throes of suspense when not in process of active torture. But when the grim brotherhood of care and regret and sorrow steal in through the night, magnified by the darkness into Brobdingnagian proportions; when they paint the past and the present—aye, and worst of all—the hereafter—in their own grisly hue, then comes the full burden of misery. You