

Sunstroke.

THE New York City Board of Health has issued the following circular on the prevention of sunstroke, which we reprint for the benefit of our readers:—

Sunstroke is caused by excessive heat, and especially if the weather is "muggy." It is more apt to occur on the second, third, or fourth day of the heated term than on the first. Loss of sleep, worry, excitement, close sleeping-rooms, debility, abuse of stimulants, predispose to it. It is more apt to attack those working in the sun, and especially between the hours of eleven o'clock in the morning and four o'clock in the afternoon. On hot days wear thin clothing. Have as cool sleeping-rooms as possible. Avoid loss of sleep and all unnecessary fatigue. If working indoors and where there is artificial heat (laundries, etc.), see that the room is well ventilated.

If working in the sun, wear a light hat (not black, as it absorbs the heat), straw, etc., and put inside of it, on the head, a wet cloth or a large green leaf; frequently lift the hat from the head, and see that the cloth is wet. Do not check perspiration, but drink what water you need to keep it up, as perspiration prevents the body from being overheated. Have, whenever possible, an additional shade, as a thin umbrella when walking, a canvas or board cover when working in the sun. When much fatigued do not go to work, but be excused from work, especially after eleven o'clock in the morning on very hot days, if the work is in the sun. If a feeling of fatigue, dizziness, headache, or exhaustion occurs, cease work immediately, lie down in a shady and cool place, apply cold cloths to and pour cold water over head and neck. If any one is overcome by the heat, send immediately for the nearest good physician. While waiting for the physician, give the person cold drinks of water, or cold black tea or cold coffee, if able to swallow. If the skin is hot and dry, sponge with or pour cold water over the body and limbs, and apply to the head pounded ice wrapped in a towel or other cloth. If there is no ice at hand, keep a cold cloth on the head, and pour cold water on it, as well as on the body.

If the person is pale, very faint, and pulse feeble, let him inhale ammonia for a few seconds, or give him a teaspoonful of aromatic spirits of ammonia in two tablespoonfuls of water with a little sugar.

Getting Ready for the Flood.

For several weeks past the curiosity of the passengers on the Alleghany Valley railroad has been excited by a curious looking contrivance in course of construction on the banks of the Alleghany river, near Pine creek, a station between Pittsburg and Red Bank. The contrivance is a wooden ark 228 feet long, 48 feet wide and 16 feet high. The constructor is a crank, named John L. Randolph. The capacity of the ark will be 100 tons. There will be two decks, an upper and lower. The lower deck will be divided off into innumerable compartments, which will contain all the different specimens of domestic and wild animals that the ark can procure, in pairs, between the time of the completion of the "ark" and the advent of the flood, which he has set down on his "log book" for October 18 of this year. The upper deck will be for humanity, and the projector's aim will be for to have all the races represented. His next aim will be to have all the trades and professions represented, especially the newspaper. Randolph is giving the construction of the sloop his personal attention. The first deck is well under way, and he confidently expects to have it in readiness for the grand finale by the first of September.

All storms move east and never west, nor north, nor south. Every bit of weather in this country is made in the northwestern part of the Rocky Mountain. Experience and observation have shown that one year's mean temperature does not vary from that of another over 6°. Take it all in all, Winnipeg or Manitoba shows up the most cold weather in a year.—*Weather Bureau.*

Metec's were numerous and of nightly occurrence during the last few days of July and first part of August.

He who knows most grieves most for wasted time.—*Dante.*

Odelette.

HANLEY YORKE

All the grass is growing,
All the flowers are blowing;
'Tis thy love alone is withering
Night and day.

Now to every valley
Melted streamlets rally;
'Tis thy love alone is freezing
Night and day.

Sweet the opening flowers,
Sweet the greening bowers;
'Tis thy love alone is bitter
Night and day.

Sweet the zephyr's sighing
When the day is dying;
'Tis thy love alone is tuneless
Night and day.

Radiant rise the mountains,
Laughing dance the fountains;
'Tis thy love only weepeth
Night and day.

From the Academy.

Every man is the architect of his own fortune.—*Sallust.*

A pleasing countenance is a silent commendation.—*Syrus.*

Whilst you seek new friendships, cultivate the old.—*Hermes.*

OUR MEDICAL BASKET.

(The following Recipes and Treatment will be found invaluable.)

Salt for the Throat.—Diseases of the throat are so prevalent, and in so many cases fatal, that a word in behalf of a most effectual, if not positive, cure for sore throat is timely. For more than forty years we have been subjected to sore throat, and more particularly to a dry, hacking cough, distressing to ourself and those with whom we are brought into contact. We were induced to try the virtue of common salt. We commence by using it three times a day, morning, noon and night. Dissolve a large teaspoonful of pure salt in a small tumblerful of water. With this gargle the throat most thoroughly just before meal-time. During the entire winter we were not only free from coughs and colds, but the dry, hacking cough entirely disappeared. We attribute these satisfactory results to the use of the salt gargle, and recommend it to those who are subject to diseases of the throat. Persons who have never tried the salt gargle have the impression that it is unpleasant. Such is not the case.

Cure for Croup.—A medical journal says croup can be cured in one minute, and the remedy is simply alum and sugar. The way to accomplish the deed is to take a knife or grater and shave off in small particles about a teaspoonful of alum; then mix it with twice its quantity of sugar to make it palatable, and administer as quickly as possible. Almost instantaneous relief will follow.

Lemon-juice Liniphtheria.—A most efficient means for the removal of membrane from the throat, tonsils, etc. in diphtheria: The juice of a lemon applied by means of a camel's hair brush to the affected part every two or three hours.

Whooping Cough.—The following is a specific for whooping cough, and will cure in from two days to two weeks: Nitric acid, diluted, twelve fluid drachms; compound tincture of cardam-

oms, three fluid drachms; syrup, three and a half fluid ounces; water, one fluid ounce. Mix. One to two teaspoonful every two hours, according to the age of the child.

Mixture for a Cough or Cold.—Take one teaspoonful of flaxseed and soak it all night. In the morning put into a kettle two quarts of water, a handful of liquorice-root split up, one quarter of a pound of raisins broken in half. Let all boil half an hour or more, watching and stirring, that the mixture may not burn. Then strain and add lemon juice and sugar.

Flaxseed Syrup.—This excellent remedy for cough is made thus: Boil one ounce of flaxseed in a quart of water for half an hour; strain and add to the liquor the juice of two lemons and half a pound of rock candy. If the cough is accompanied by weakness and a loss of appetite, add half an ounce of powdered gum-arabic. Set this to simmer for half an hour, stirring it occasionally. Take a wine-glassful when the cough is troublesome.

To cure Sore Throat.—Take the whites of two eggs and beat them with two spoonfuls of white sugar; grate in a little nutmeg, and then add a pint of lukewarm water. Stir well and drink often. Repeat the preparation if necessary and it will cure the most obstinate case of hoarseness in a short time.

Recipe for Croup.—Take the yolk of an egg, stir into it a teaspoon and a half of rye meal; spread this on a cloth and apply it to the throat and keep the child warm. If it is very tight. Before you can apply this remedy, cause a vomit, and then put on the egg.

Remedy for Earache.—Take a bit of cotton batting, put upon it a pinch of black pepper, gather it up and tie it; dip in it in sweet oil and insert it in the ear. Put a flannel bandage over the head to keep it warm. It will give immediate relief.

Cure for Hiccough.—Hold both the patient's wrists tightly, and it will stop the hiccoughs immediately.

Lemon for Cough.—Roast the lemon very carefully without burning it; when it is hot, cut and squeeze into a cup upon three ounces of sugar, finely powdered. Take a spoonful whenever your cough troubles you. It is good and agreeable to taste. Rarely has it been known to fail of giving relief.

For Croup.—Slice onions, and put sugar on the slices in layers.—The syrup being administered. Keep it before the people as a sovereign and almost instantaneous remedy.

To Cure Hoarseness.—When the voice is lost, as it is sometimes the case from the effects of a cold, a simple, pleasant remedy is furnished by beating up the white of an egg, adding the juice of one lemon, and sweetening with white sugar to the taste. Take a teaspoonful from time to time. It has been known to effectually cure the ailment.

Remedy for Croup and Cough.—It has never failed in relieving a cough and curing the croup when given in season: Sweet spirits of nitre half an ounce, sweet oil half an ounce, juice of one large lemon, honey one gill, lobelia half an ounce; dose, one teaspoonful every time you cough. Shake the bottle well every time before turning out.

Neuralgia.—A very simple relief for neuralgia is to boil a handful of lobelia in half pint of water till the strength is out of the herb, then strain it off and add a teaspoonful of fine salt. Wring cloths out of the liquid as hot as possible and spread over the parts affected. It acts like a charm. Change the cloths as soon as cold till the pain is gone; then cover the place with a soft dry covering till all perspiration is over, so as to prevent taking cold.