

BATHS.

The kind of bath that is suited to each individual is of great importance. Those who can stand the cold bath should accustom themselves to it as a daily function. The process of training should be commenced by taking a cold sponging, extending only to the neck and shoulders, then gradually increasing until one can get into a cold tub each morning. It should be inaugurated during the summer, as there is then much less shock and discomfort than in cold weather. Salt added to the bath is of undoubted advantage. In the winter the bath should be taken in a well-warmed room, free from draughts. Upon emerging, the body should be vigorously rubbed with a Turkish towel. The exertion and the friction bring the blood to the surface, and prevent "taking cold." It is a frequent experience to find that people who are always chilled by night air, and who took cold on the least exposure, became so hardened by the daily cold bath that they were almost free from such attacks. People usually have the temperature of their baths too high, and thereby increase the susceptibility to colds—Dr. William E. Briggs in Occidental Med. Times.

WALKING FOR HEALTH.

More than a hundred muscles are concerned in locomotion, walking, and running. If one walks in a proper manner, all these muscles can be sufficiently exercised while attending to each day's duties, and thus valuable time need not be wasted in carrying on gymnastic exercises. Unfortunately, most people walk in a manner that does them more harm than good—a manner that fatigues the person without giving any beneficial exercise to the hundred muscles concerned in locomotion. "Dawdling" is not walking, considered simply as an

exercise. Dragging the feet along as if they were made of lead, and tied to the body with strings, is not a beneficial exercise. If one is to walk for exercise, he must walk with force and vigor; there must be a spring and elasticity to the step, and a certain amount of will-power put in the walking; the head must be erect, chest well up, and deep inspirations should be frequently taken. Such walking as this really exercises and develops the muscles of the lower extremities. Better walk half a mile in this manner than five miles in the usual slouchy method. To all sedentary people we say, walk; walk as much as you have time and strength for; but, be it a little or much, walk with a vigorous, elastic step; with head erect and lungs fully expanded. Let the ball of the foot come to the ground before or at the same time with the heel. Do not let the heel strike the ground first with a jar, as if you were walking on wooden stilts.—Dr. Forest, in The New Method.

DEAD? NOT MUCH!

"Homoeopathy is not a dead issue, nor yet an expired trade-mark, and its adherents are not either knaves, trading on a name, or fools, following an antiquated delusion. Let our hospitals and dispensaries be utilized, not to test every new, untried Allopathic preparation, but to prove that there is in Homoeopathy a distinct advance in the science of therapeutics over the empirical practice of the old school. Were half the time now spent in discovering minute points of differential diagnosis to be verified by a post-mortem, or in seeking to keep track of the ever-varying suggestions of a lawless empiricism, spent in studying up the cases to find the curative remedy Homoeopathically indicated, suffering humanity would be better served, and Homoeopathy more highly honored." — Hahnemannian Monthly.

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