HEALTH.

Climate in Consumption.

That climate has a distinct bearing upon all lung diseases no one will deny. What, then, is necessary in order that climate may be helpful in the treatment of consumption? This query is best answered by a study of the disease itself.

In consumption, more or less of the lung substance is absolutely destroyed. This fact is doubly dangerous, not only because the amount of breathing area is appreciably diminished, but because the cavities are constantly liable to give rise to hemorrhage.

This being true, the consumptive needs an atmosphere that is sufficiently bracing, without being over stimulating. If the air is too rarefied, the circulation is immediately quickened, with the result that more work is put upon the lungs, and the danger from both exhaustion and hemorrhage is increased.

Again, it is necessary to avoid a treacherous climate, one that exposes the patient to alternate days of high and low temperature, and also one that is perpetually damp. It is not so essential that the place shall have just such a temperature as that it shall be free from changes and dampness.

But no one can be expected to enjoy a climate for itself alone, or to be contented to remain where the entire occupation consists in breathing the air. There must be something to render each hour of the day sufficiently interesting for the mind to be diverted from itself, and sufficiently fatiguing to necessitate early retiring and insure sound sleep.

Outdoor exercise should be regulated according to the climate and the stage of the disease, and while being quick and active, should never be exhausting. On no account should exposure to the night air be risked.

After all we have said about the influence of climate in consumption, it is sad to know that any benefit which may be derived from a change of climate will accrue only to a certain few of those who are afflicted with the dread disease. No amount of breathing pure air will bring back any portion of a destroyed lung. No amount of money or sacrifice will restore the blood which has been lost by repeated hemorrhages.

It is all-important, therefore, that we should appreciate early the character and severity of the disease, and the new relation which is thus established between the sufferer and his environment. It is only while the disease is in its incipient stage that any permanently good result can be expected to follow a change of climate.

The Price of Health.

Nature has made ample provisions for a healthy human race and it is the disgrace of that race that the dogs, swine and even wild beasts enjoy perfect health when man's blighting hand is not laid upon them, while he himself wastes under manifold diseases. Animals maintain health by following their instincts. Man's reason takes the place of instinct and whatever sound reason commends should be done, and whatever it forbids should be avoided. These two rules should be applied to eating, exercise, sleep, rest, work, dress, worry and other factors affecting human health. In eating, reason says, adjust the proportions of food and its quantity to the laws of body growth. Man does nothing of the kind but simply eats as it happens. Reason says, eat only when you are hungry, but man eats at mealtime whether hungry or not. Reason says few and simple viands only, and man multiplies their number and complexity to the utmost of his skill. When the stomach is overworked it needs rest. Man goads it with stimulants and bitters and makes it work on. In the matter of dress, reason would clothe only for decency, adequate protection and such adornment as is not deleterious to health. The Chinese cramp the feet of their females and disable them for life. Civilized nations less sensible, cramp the women's waists into disfigurement, and their vital organs into permanent invalidism. Wealth is valued for the means of enjoyment that it gives. Yet health furnishes a greater variety of keener and more lasting enjoyment than any other human possession.

Benefits of Gargling.

There are any number of proprietary antiseptics that are excellent for a gargle but many more simple agents are as good or better. One of the best is cartolic acid. A very weak solution of this gargled and held in the mouth two or three times a day will work wonders. Immediately after using one will find that the mouth feels cleaner. Many of the common throat and lung troubles come from the lodgment of disease microbes within the mucous membranes of the mouth. The free use of antiseptics will kill these germs.

Tragedies on the Banks.

A frightful increase in the number of drowning accidents upon the Banks of Newfoundland is reported this year, the victims being principally French fishermen from the islands of St. Pierre and Miquelon. These poor people fish in the very channel of transatlantic steamships, whose lookouts have no difficulty in clear weather in seeing the small fishing smacks and keeping out of the way of injuring them. But the fishing is most successfully prosecuted in dark or foggy weather, or between 8 o'clock at night and 4 in the morning, the consequence being that large numbers of these small craft are run down and their occupants drowned. Instead of being taught by experience to avoid the course of steamships, especially in foggy weather, the fishermen of the little French colony have entered upon an agitation to have the steamships keep out of their way and change their route. They are anxious, it appears, to have the French Government memorialize the Governments of other maritime powers to compel ocean steamships to pass some distance south of the Grand Banks of Newfoundland, although their course would thus be materially lengthened.

LITERARY COMPETITION.

Three Hundred Dollars Offered in Prizes

BY THE DR. WILLIAMS MEDICINE CO., OF BROCKVILLE, ONT.

The Above Amount Will Be Divided Among the Writers of the Best Five Original Stories—The Competition Open to All Bona Fide Residents of Canada.

With a view to assisting in the development of literary talent in Canada, The Dr. Williams Medicine Co., of Brockville, Ont., will award prizes amounting to $300 among the writers of the best five short original stories submitted in the competition as follows:—

For the story pronounced the best $100 will be given.
For the second best $75.
For the third best $60.
For the fourth best $40.
For the fifth best $25.

The competition is open to residents of the Dominion of Canada, who have never won a cash prize in a story competition, and is subject to the following rules:—

Each story to contain not more than three thousand words.

The writer of the story shall affix a pen name, initials or motto to his or her manuscript and shall send with the manuscript a sealed envelope bearing on the outside the pen name, initials or motto attached to the story, and containing inside it the full name and address of the writer thereof.

We impose no limitations whatever as to the nature of topic written upon, and the scene of the story need not necessarily be laid in Canada, although competitors must be residents of Canada, as above stated.

Stories entered in the competition must be written on one side of the paper only, and when possible should be typewritten.

Manuscripts to be sent flat or folded—NOT ROLLED.

All stories for competitions must reach the Dr. Williams Medicine Co., Brockville, Ont., on or before the first day of July, 1895, and should be marked "For Literary Competition."

Decision will be made as follows:—All stories submitted will be referred to a competent committee who will decide which are the best five stories. These stories will then be published in pamphlet form, which pamphlets will be distributed throughout the Dominion, and each will contain a voting paper upon which readers will be invited to express their preference. The story obtaining the highest number of votes will be awarded the first prize. The one obtaining the second highest number will be awarded second prize, and so on until the five prizes are awarded.

The voting will close on the first day of December, 1895, and the committee will then publish the names of the successful competitors and the order of merit.

Unsuccessful manuscripts will be returned when stamps are sent for postage.

The five stories selected are to become the absolute property of the Dr. Williams' Medicine Co., with their copyright in perpetuity.

The decision of the committee and the counting of votes to be absolute and final, and all persons entering the competition agree, by doing so, to accept the decisions of the committee and the Dr. Williams Medicine Co. as final on all points whatsoever.

Correspondence in regard to unsuccessful MSS. declined, even when stamped envelopes are sent; any stamps so sent (for any other purpose than the return of the MS. at the time of first sending) will be put in the poor box.

The Dr. Williams Medicine Co. will take all precautions to safe-guard MS. entrusted to their care, but in no case do they assume any responsibility for fire, accident or loss of unsuccessful MS. Authors are therefore advised to keep copies.

The stories must be original. Any one sending copied matter will be liable to punishment for fraud, and a prize of $25 is offered to the first person who points out the fact that any story passed by the committee is otherwise than original, in the unlikely event of such an oversight occurring.

All stories entered in the competition must be addressed to the Dr. Williams Medicine Co., Brockville, Ont., and marked on the envelope "For Literary Competition."

Fault Finding.

The grumbler should have a corner to himself, and not burden others with his complaints. He spoils the companionship of life and deserves no public recognition. There is too much to enjoy and too much to do to waste time upon the querulous and the fault finding. Sunshine is what society needs, and the more we put it into speech, manner and deed, the sweeter and more inspiring becomes our association and influence.

She Knows Her Business.

Lady Customer—Gracious, why do you make me such a plain bonnet?

Milliner—Entirely for the contrast miss.

Get Rid of Neuralgia.

There is no use in fooling with neuralgia. It is a disease that gives way only to the most powerful remedies. No remedy yet discovered has given the grand results that invariably attends the employment of Polson's Nerviline. Nerviline is a positive specific for all nerve pains, and ought to be kept on hand in every family. Sold everywhere, 25 cents a bottle.

The Mechanics' Institute building in London will be sold by auction.

Charlatans and Quacks

Have long used their vocation on the suffering pedals of the people. The knife has pared to the quick; caustic applications have tormented the victim of corns until the conviction shaped itself—there's no cure. Putnam's Painless Corn Extractor proves on what slender basis public opinion often rests. If you suffer from corns get the Extractor and you will be satisfied. Sold everywhere.

M'MASTER UNIVERSITY HEARD FROM AGAIN.

This Time it is Mr. Nelestan S. Clark, B. A. Professor of Modern Languages and Literature.

Let Professor Clark, in his own language, in clear-cut terms, and over his own signature, tell of his experience with Dr. Agnew's Catarrhal Powder. "This remedy has given me relief by opening up the nasal ducts and enabling me to breathe freely. The discharges are also less frequent. The powder is very easily applied to the parts affected, and it is very pleasant to take. The fact that the medicine is so easy and pleasant to take will, at all events, secure for it a fair trial. I know others who have used it, and say it is good." Mr. Clark is the third member of the faculty of McMaster University who has had pleasure in recommending Dr. Agnew's Catarrhal Powder.

One short puff of the breath through the blower, supplied with each bottle of Dr. Agnew's Catarrhal Powder, diffuses the powder over the surface of the nasal passages. Painless and delightful to use, it relieves in ten minutes, and permanently cures Catarrh, Hay Fever, Colds, Headache, Sore Throat, Tonsilitis, and Deafness. 60 cents.

Sample bottle and blower sent on receipt of two 3c. stamps. S. Detchon, 44 Church street, Toronto.

Man's Wants.

Man wants but little here below,
But finds it isn't best,
Because so many other men
Are after all the rest

Liberal Prizes.

Those of our readers who are of a literary turn of mind will appreciate the liberal offer made elsewhere in this issue by the Dr. Williams Medicine Co., of Brockville, Ont., who announce a series of prizes amounting to $300 for the five best short original stories submitted in the competition. The amount offered is, we believe, the largest ever awarded in a competition of this kind in Canada, and any part of it will be a liberal recompense for a story of the length named. We will be glad to hear that any of our readers have succeeded in capturing one of the prizes.

An Oxford farmer has realized $900 for apples grown on seven acres of land.

Climatic Influence on Health.

It cannot be denied that the influence of climate upon health is great, and it is in recognition of this fact that physicians send patients suffering with pulmonary diseases to great distances for "change of air." But when the sufferer happens to be too poor to act upon the advice his lot is hard indeed. But it is not necessarily hopeless. Dr. Pierce's Golden Medical Discovery can be had at any medicine store, and to it thousands whose cases were considered desperate owe their lives.

Up to a certain point in the progress of Consumption, Dr. Pierce's Golden Medical Discovery is a positive remedy. But delay is dangerous with Consumption. In all the conditions that lead to it, the "Discovery" is the remedy. With severe lingering Coughs or Weak Lungs, nothing acts so promptly. Every disease that can be reached through the blood yields to this medicine. The Scrofulous affections of the lungs that's called Consumption is one of them. For this, and for every other form of Scrofula, for all blood-taints and disorders, and all chronic Bronchial, Throat, and Lung affections, the "Discovery" is the only remedy so certain that, once used, it is always in favor.

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Fleischmann's Yeast	half a cake
Sugar	five pounds
Lukewarm Water	five gallons

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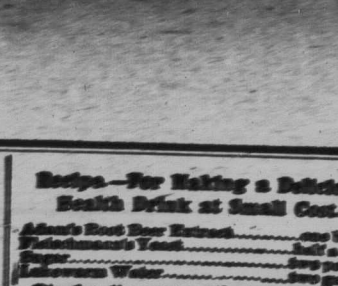

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