

THE GOOD CANADIAN ;

OR,

HOUSEHOLD PHYSICIAN.

Happy the man who by Nature's laws, through known effects can trace the cause.

TWIN SISTERS.

Disease,	Health,	Wisdom,	Industry,	Honesty,	Piety,
Death.	Life.	Prudence.	Wealth.	Honor.	Peace,

Words spoken are like seeds sown : with care, broadcast, or at random.

A hint advanced to a wise man is like a ferris in pursuit of a rabbit.

COLDS AND COUGHS.

When oppression of the breast, stuffing at the nose, unusual weariness, pain of the head, &c., give ground to believe that the perspiration is obstructed, or, in other words, that the person has caught cold, he ought immediately to lessen his diet, at least the usual quantity of his solid food, and to abstain from all strong liquors. If people would sacrifice a little time to ease and warmth, and practice a moderate degree of abstinence when the first symptoms of a cold appear, most of the bad effects which flow from an obstructed perspiration might be prevented; but, after the disease has gathered strength by delay, all attempts to remove it often prove vain. Total consumption of the lungs is often the effect of common colds, notwithstanding people treat them with indifference and neglect, because they are only mere colds. Hence it is that colds destroy such numbers of mankind. It is certain, however, that colds may be too much indulged. When a person, for