

Calendar for the Month.

1884 MAY. 1884

MAY, the jocund, cometh after,
 Month of all the loves (and mine);
 Month of mock and cuckoo-laughter,
 May, the jocund, cometh after,
 Beaks are gay on roof and rafter,
 Luckless lovers peak and pine.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

PUBLISHER'S DEPARTMENT.

The Household Life.

T. HOPE CHURCHILL, - - Editor and Proprietor.
 TORONTO, ONT.

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Illustration: "A Sylvan Retreat"—The Design of Medicine.—How to get this Paper Free.—Clothing.—Baldness, its Cause and Prevention.—Poisons in the Blood.—Health Maxims.—Spasmodics.—Gems of Thought.—Scientific and Useful.—Nature the Fountain of Health.—The Secret Out.—Letters from the People.—Advertisements.

THE DESIGN OF MEDICINE.

Medicine is designed to relieve human suffering. Nineteen-twentieths of this suffering consists of little, common, vexing, exhausting aches, sorenesses and weaknesses. One would suppose that a medical college would give the most careful attention to such maladies, but they are never mentioned in a medical course, while some out-of-the-way malady, which not one doctor in a hundred will ever be called upon to treat, may occupy the lectures and class for days—some interesting case of *Trichinosis*, or an *inflammatory irritation* of the *appendicula veriformis*.—Let us never forget to be practical.

BAD BREATH is a common and serious affection. Does any medical man doubt that a bad breath is generally curable?

SICK HEADACHE.—Can the sum of human suffering be told without adding this common trouble? It results from conditions not to be conquered by *single doses*, no matter how powerful they may be. These conditions must be corrected either by changing the life-habits producing them, or resorting to a course of gradual, helpful medication, aided by dieting and bathing.

BACKACHE.—Almost always the symptom of derangement of the kidneys, endured by nearly half the human family, especially as age advances. Single doses only increase the trouble. Time and attention to the laws of health will cure, but gentle medical help will save time and suffering, and the torpid, or diseased organ will the more speedily and surely resume its natural function.

SIDECACHE.—Or pain between the shoulders, is the voice of a complaining liver. The unhappy mortal who may unfortunately resort to a *big dose* will but arouse this organ to unwonted effort, to lapse, later on, into a still more deplorable condition, often ending in numbness or paralysis. Gradual constitutional aid is the safe and natural cure.

CATARRH.—This is another of those unpoetic troubles. Not less than one-half of all the natives of this country have catarrh, and it often leads to other troubles, sometimes to serious ones. And then catarrh itself is no great comfort. It cannot be cured by local applications. It exists because the blood is impure.

A good laugh is anti-dyspeptic.

Chilliness of the body dampens the spirits, sours the temper, and renders the whole man unlovely.

The portion of the body which most requires protection against cold and wind, is that between the shoulder-blades behind, as it is at this point the lungs are attached to the body, and the blood is easily chilled.