HEALTH.

Antidotes to Poisons.

The following valuable lists of antidotes for poisons taken from the *Trained Nurse*, should be closely studied by every parent, so that, in the event of accidental swallowing

For sugar of lead: Give epsom salts; provoke vomiting (repeat several times) give bland liquids; give dose of castor oil.

For corrosive sublimate, tartar emetic: Provoke vomiting; give strong tea without milk (repeat several times); give raw eggs and milk; gixe dose of castor oil; stimulate

For phosphorus: Provoke vomiting; give five grain doses sulphate of copper; give dose of magnesia, but no oil. Lunar caustic (nitrate of silver): Give

strong salt and water; provoke vomiting re-

Iodine: Provoke vomiting; give starch and water; give bland fluids. Opium,—morphine, laudanum, paregoric, etc., chloral: Provoke vomiting, repeatedly; give strong coffee, without milk; keep up the breathing.

Aconite: Provoke vomiting; stimulate

Jamestown weed, hemlock, nightshade (belladonna), toadstools, tobacco: Provoke vomiting; stimulate well.

Alcohol: Provoke vomiting: give harts horn and water.

Decayed meat or vegetable: Provoke omiting; give a purgative; give powdered

Acid antidotes are vinegar and lemon-

Care of the Hair.

Numbers of persons suffer with loss of hair, while the presence of dandruff is to others a constant cause of great annoyance. The most simple and valuable treatment we have found, both to arrest the falling out of hair and remove dandruff, is the free use of extract of witch hazel, or Hamannelis. It should be thoroughly rubbed into the roots of the hair night and morning. The extract of witch hazel should be kept in every house; it is a most valuable remedy for allaying inflammation, for cleansing and healing old sores, as a lotion for sore eyes, bruises, sprains, and cuts.

Acute Kheumatism.

Acute rheumatism, neuralgia, toothache, etc., will usually readily yield to ten to fifteen grain doses of salicylate of soda, taken in a little syrup of tolu. Always drink from one half to one glass of water after taking the salicylate of soda. It should be repeated every two hours if pain is very severe until it is reliaved. the salicylate of soda. It should be repeated every two hours if pain is very severe, until it is relieved; then give a dose every three hours for a day or two. We have known the most severe cases af acute rheumatism and neuralgia speedily relieved by this remedy. In toothache it rarely fails to promptly relieve the pain.

All Men.

grains. Mix again thoroughly, and place in a two dram bottle. Shake well at each using. Employed as a snuff. Thus carefully prepared, this is said to be an excellent palliative. bonate of ammonia, finely powdered, ten

The following valuable lists of antidotes for poisons taken from the Trained Nurse, should be closely studied by every parent, so that, in the event of accidental swallowing of poison, the proper antidote can be promptly administered without dangerous delay.

When the poison is unknown, this is the treatment: Provokerepeated vomiting; give bland liquids; stimulate if necessary.

For acids,—sulphuric, nitric, muriatic, oxalic: Give an alkali; provoke vomiting; give bland fluids; secure rest; stimulate if necessary.

Alkalies,—hartshorn, soda, potash, lye: Give an acid, (vinegar): provoke vomiting; give bland liquids; secure rest; stimulate if necessary.

For arsenic, Paris green, Scheele's green: Provoke vomiting; give dialysed iron and salt (repeat several times); give dose of castor oil; secure rest; stimulate if necessary.

For sugar of lead: Give epsom salts; provoke vomiting (repeat several times): provoke vomiting (repea

superfluous matters. Persons who have in any way to take violent exercise, so as to any way to take violent exercise, so as to produce frequent and copious perspiration, should wear flannel next to the skin. So should those who are frequently troubled with cough or tenderness of the chest, or who are liable to general debility. All elderly people require the warmth and nourishment which flannel affords. For wearing next to the skin thin flannel. next to the skin thin flannel should be chosen, and should be taken off for the night and spread on a chair, so that the moisture pass off. In general, it should be borne in mind that a little flannel next to the person is of more avail in preserving health than a large quantity of outer mufflings.—National Stockman.

Cuts, Wounds and Bruises.

The tincture of calendula diluted in nine breathing.

Strychnine: Provoke vomiting once or twice; give a purgative: secure absolute quiet.

Aconite: Provoke vomiting; stimulate house. It is made, as most of our readers will remember, from the flowers of the yellow

An Australian Grace Darling.

Pall Mall Gazette: On April 3 last the Johanna, a German barque, well-known in Australian waters, left Mauritius for Melbourne. For some days everything was plain sailing; then there followed a series

bourne. For some days everything was plain sailing; then there followed a series of disasters such as are not often met with even in the annals of the sea. One by one the crew became prostrated by the Mauritius fever, and when almost every hand on board was lying ill the ship was caught in a gale. Two men and one woman were left to work the vessel—Captain Meinders, Mrs. Meinders, and the chief mate. The Captain's wife, the heroine of this brief narration's work the vessel—Captain Meinders, Mrs. Meinders, and the chief mate. The Captain's wife, the heroine of this brief narration's wife, the heroine of this brief narration in the first place to assist her husband and the mate in the difficult task of running the ship during the gale. But, in spite of her efforts, death was busy. The sailors died one after the other, and finally the captain himself was struck down. Mrs. Meinders and the leaves or grounds, squeeze them well, stir together, and give the whole,—leaves, grounds, and everything. At the same time, some may be made regularly, if there are conveniences for it.

Alkaline antidotes are hartshorn and water (a tablespoonful in two teacupfuls of water), soap and water, line, whiting, soda, chalk, tooth-powder, plaster, magnesia, white-wash and even wood-ashes.

Acid antidotes are vinegar and lemonjuice

boundary in the annals of the sea. One by one the crew became prostrated by the Mauritius fever in the annals of the sea. One by one the crew became prostrated by the Mauritius fever in the annals of the sea. One by one the crew became prostrated by the Mauritius fever in the annals of the sea. One by one the crew became prostrated by the Mauritius fever in the annals of the sea. One by one the crew became prostrated by the Mauritius fever in the anna

haven of safety.

The heroine of this story, Margherita Meinders, is only 27 years of age. She was married in 1882 and has been at sea ever since. She has two children—one a boy since. She has two children-now being educated in Germany

inflammation, for cleansing and nealing sores, as a lotion for sore eyes, bruises, ains, and cuts.

No nation can last which has made a mode of itself, however generous at heart. It must discipline its pa sions and direct them, or they will discipline it, one day with score

Treatment for Burns.

Some time since a gentleman severely burned the balls of his fingers by lifting a piece of burning wood which he supposed to be cold. The burn was deep but the skin was not broken. He immediately applied cold water in which a large amount of soda had been dissolved (a very valuable treatment for slight burns). But owing to the severity of the burn, and the many nervess centring in the ends of the finger, the pain was very intense. A physician present recommended the following treatment, which proved wonderfully effective: Immerse the fingers in a four per cent. solution of cocaine until the pain ceases, then immediately paint the entire burned surface with collodion. This was done; in three or found minutes the pain was relieved. After the fingers were painted as directed no more trouble was experienced from the burn.

The Domestic Doctor.

Milk of almonds is a good remedy for sunburn, and may be obtained of a druggist. Thorough and frequent bathing is the best means of keeping the complexion pura and clean.

Hands may be kept smooth in cold weather when the work of the spersonal likings agraes of his personal likings. All Men.

Young, old, or middle-aged, who find them serves mervous, weak and evhausted, who are broken down from exces or overwork, resulting in many of the following symptoms of valiety, loss of memory, bad dage, loss of vitality, loss of memory, bad freement, emissions, lack of energy, pain in the elace or body, itching or peculiar sension storility, wasting of the organs, dizziness, lack of energy, pain in the escretim, wasting of the organs, dizziness, eye lids and elsewhere, bashfulness, defense, eye lids and elsewhere, bashfulness, tenderness of the scalp and spring, waster to steep, failure to be rested by sleep. Constipation advisible of the pain with the pain was relieved. After the fingers were painted as directed no more trouble was e

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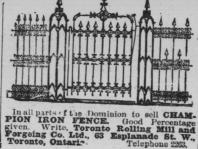
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Contest closes December 28th, the list of prize winners will be published in the News of Iroquois the following week.

References The Reeve of Iroquois. Postmaster of Iroquois.

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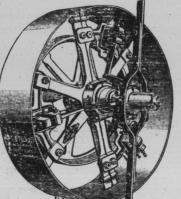
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