

THE DOCTOR'S NEVERMORE.

—Once upon a midnight dreary,
The doctor slumbered weak and weary,
And all the town could hear
Him snore.

While he lay there sweetly napping,
Sad lenly there came a tapping
Like a ramgoat mally rapping
His hard head upon
The door.

“Get thee up” a voice said loudly,
“Come in haste” it added proudly,
Like a man who owned a million or
Much more.

But the doctor never heeded,
Back to dreamland fast he speeded,
For such men as that he needed
In his practice
Nevermore.

For long months that man had owed him,
Not a cent he'd ever paid him,
And the doctor now will dose him
Nevermore.

—*Jasper News.*

BE GOOD TO YOURSELF.

Think deliberately of the house you live in—your body. Make up your mind firmly not to abuse it. Eat nothing that will hurt it. Wear nothing that distorts or pains it. Do not overload it victuals or drink or work. Give yourself regular and abundant sleep. Keep your body warmly clad. Do not take cold. Guard yourself against it. If you feel the first symptoms, give yourself heroic treatment. Get into a fine glow of heat by exercise. This is the only body you will ever have in the world. A large share of pleasure and pain of life will come through the use you make of it. Study deeply and diligently the structure of it, the laws that should govern it, the pains and penalty that will surely follow a violation of every law of life and health.—*Oakland Tribune.*

Beer and ale contains 1 to 8 per cent. of alcohol, wine from 8 to 20, and whisky from 45 to 60 per cent. Recent analyses of the various widely-advertised “sarsaparillas,” “nerve” and other so-called remedies reveal the fact that they contain 18 to 26 per cent. of alcohol. This probably accounts for their great popularity.

TARTAR MEDICINE.

Formerly musk was used as a medicine in various parts of the world, but doctors in civilized lands do not hold musk in high repute. In China it is still thought to be a very good medicine, but the Chinese have queer notions about cures and charms. Abbe Huc, a distinguished traveller, says that when a Tartar doctor finds himself without his drugs and medicines he is not in the least embarrassed. He writes the names of the needed drugs on slips of paper, and these, being rolled up in little balls, are swallowed by the sick man. “To swallow the name of a remedy or the remedy itself,” say the Tartars, “comes to precisely the same thing.”—*Noah Brooks in S. Nicholas.*

Eight men die suddenly to one woman.

To be perfectly proportioned it is claimed that a man should weigh twenty-eight pounds to every foot of his height.

Injections of warm water administered every morning for two or three days are said to be a positive cure for pin worms.

Overfeeding is one of the most frequent causes of infantile indigestion. Infants at the breast are no exception.—*Deschere.*

The Esquimaux give the doctor his fee as soon as he comes. If the patient recovers he keeps it; otherwise he returns it to the family.

A suggestion for the removal of a fish bone from the throat is to drink a pint of milk, following in half an hour with a sulph. zinc emetic. The coagulated milk, as it comes up, brings the fish bone along with it.

Where stomach refuses to retain ordinary foods, substitute cream, one part to sixteen parts of water, one-half ounce per hour until it is retained and digested; or white of egg, one part to three parts of water, with very little sugar. These have been found very valuable. Child over six months of age may be given beef juice, beef or chicken broth.—*Deschere.*