



Acidity is a very troublesome ailment. It arises from some error or other in diet, and people who perpetually take carbonate of soda as a cure, without altering their diet, are certain to find themselves in the end worse than when they began to try to remove their complaint. Avoid eating sweets, acids and excess of potatoes. Let the food be simple in character, rest after meals, and take the powder twice a day, when the acidity is troublesome:—

Carbonate of magnesia,  
Powdered white sugar, of each... 5 grains.  
Powdered borax... 4 grains.  
If any constipation is present, correct by taking a couple of Cascara Tablets at night, and by eating fruit for breakfast and supper.

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A safe family medicine for stomach irritation, acidity, dyspepsia, and like troubles, is made as follows:—

Sulphate of magnesia... 6 drachms.  
Bicarbonate of soda... 1 drachm.  
Compound infusion of  
gentian up to... 8 ounces.

Label—"An eighth part, thrice daily, before meals."

The medicine is not to be taken continuously—no medicine should be taken constantly; and the food is to be of light character, and all indigestibles are to be avoided.

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Simple cases of indigestion are curable by attention to diet, by avoiding indigestible foods (especially cheese, salt meats, and pastry), by taking light foods, and especially soups for a day or two to give the stomach rest, and by the use of a simple aid to digestion, of which the following is an example:—

Glycerine of pepsin... 6 drachms  
Dilute hydrochloric acid... 1 drachm  
Syrup of orange peel... 6 drachms  
Water, to make up... 6 ounces

Dose—"One tablespoonful with food, thrice daily."

To make a linseed poultice properly, is often an all-important matter in a house. You must use boiling water, and not water which is merely hot. Warm the basin, then put the water in first of all. The meal is to be sprinkled on the water, and stirred all through the operation, until the mass has become like porridge. The mass is then spread on the linen to the depth of about half an inch, and the edges of the linen are turned up all round to prevent any soiling of the clothes. The surface of the poultice is to be smeared with a little oil, and the heat is tested by putting it to the face, so as to ensure the patient's safety from being burnt. The poultice is to be kept in position by a broad bandage. For children, use one part mustard to two parts linseed meal; never use pure mustard in the case of children.

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Chapped hands and faces are annoying ailments. Recently a capital and safe remedy has been published. Here it is:—  
Compound tincture of benzoin... 10 minims  
Alcohol... 2 drachms  
Rose water... 30 minims  
Glycerine to make up... 1 ounce

Mix; apply to the chapped parts at night, after washing them with a superfatted soap and warm water, and after drying them thoroughly.

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A Cold in the Head is one of the most distressing of troubles. Here is a snuff which is valuable in easing the annoyance: Menthol, six grains; powdered boric acid, two drachms; subnitrate of bismuth and powdered benzoin of each three drachms. A pinch of this may be used five or six times daily.

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The Morning Headache and the Tired, Unrested Feeling many persons experience, are really due to their having been re-breathing their own breath all night, and to their brains having lacked a supply of pure oxygen. Therefore let us see, above