Health Department.

Don't Check Perspiration Buddenly !

Don't Check Perspiration Suddenly!

A Boston merchant, in "lending a hand" on board one of his ships on a windy day, found himself at the end of an hour and a half, pretty well exhausted and perspiring freely. He sat down to rest, and, engaging in conversation, time passed faster than he was aware of. In attempting to rive, he found that he was unable to do so without assistance. He was taken home and put to bed, where he remained two years, and for a long time afterward could only hobble about with the aid of a crutch. Less exa long time afterward could only hobble about with the aid of a crutch. Less expenses than this have resulted in Inflammation of the lungs—"pneumenia"—ending in death. Let parents explain to their children, the danger which attends the ceoling off too quickly after exercise, and 'be importance of not standing in a draught of air after exercise, or of sitting at an open win down or door, or pulling off any parment, even the hat er bonnet, or going in bathing, while in a beat. while in a beat.

Bleep As a Medicine.

Theory for rost has always been louder than the cry for foad, not that it is more important, but it is often harder to obtain. Important, but it is elsen harder to obtain. The best rest comer from sound sleep. Of two men or women, otherwise equal, the mort who sleeps the best will be the most moral, healthy, and divident. Sleep will do much to once irritability of temper peevishness, and uneasinuss. It will restore to vigor an overwarked brain. It will build up and make strong a weary body. It will cure a headache. Indeed, we might make a long list of recovers and other maladies that then list of nervous and other maladies that cleep will cure.

The care of sleeplessness requires a clean, good bed, sufficient exercise to produce a coan, good bed, sufficient exercise to produce are riners, pleasant compation, good air, and not too warm a reem, a clear conscience, and evoldance of stimulants and narcotics. For those who are overworked, haggard, and nervous, who pass sleepless nights, we recommend the adoption of such habits as shall scoure sleep; otherwise, life will be short, and what there is of it, sadly imper-

General Hints.

A two-feet rule : Keep your feet dry. Gad's exygen is the best tenia known.

Dirt, debauchery, disease and death are links of the same chain.

Fluid extract of oucalyptus is useful as a local paint in crysipelas.

Half drackm deses of liquid extract of ergot will arrest absumnt hiccough.

For boils, a teaspooning of German yeast internally four times a day is well recom monded.

A glamful of buttermilk taken in the ear ly merning is a capital petion for bilious

Persons predisposed to consumption should accusism themselves to the daily use of large quantities of milk.

wahine is one of nature's most potent 2 It ourse more diseases than the category of medicines.

British Medical Journal notes an in-Take of coocains, of the solution

one was good remedy for burns . idelends the yolks of eggs with sare glycerine. This forms

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s caused by dry

taken in-

Ming from eno-twentists s, relieves cough aris cheery fellicles in

toothache and neuralgia. The tincture or other preparations do not appear to answer the purpose nearly so well.

For warts, corns and other indurations of for warra, corns and other industries of the cuticle, nothing acts more satisfactorily than a mixture of equal parts of flucture of todine and glacial acetic acid, applied in re-posted layers with a break, night and morning.

Dr. J. Solis C ben says the two g principles in treatment of naso-pharyngent catarrh are to keep the parts clean so as to let them have a chance to get wall of them-solves, and to take care of the general health.

In obronic corves and hay fever, nothin afferde so much relief as cocaine. A two or three per cent, solution may be used in the spray for this purpose, or a snuff powder of starch and blamuth, centaining one per cent. of coming.

The galvano canterization treatment of diphtheria blds fair to become a mest impor-tant mode in the therapeuties of this dread affection. It is said to be painless, fever soon disappears, there are no secondary of forty, and the operation is easily accom-

Jacond, in his work on phthicis, speaks highly of glycerine, pure, given as one would cod liver oil to consumptive patients. From an ounce to an ounce and a half a day is the amount recommended, and if fiavored with a couple of drachms of brandy, it is digested more easily.

Chronic enlargement of the tonella frequently yields to small sontinuous doese of sulphide of calcium. In tonsilitis, with rapid suppuration, it is very useful give. 17 the same way—say one sixth of a grain five or six times a day. It hastens maturation, and leaves the tonsils firm and shrunken.

Mustard piasters are sometimes useful, but rarely more so than fomentations or hot plates. The proper way to make a mustard platter so as to prevent the courser irritant effect from injury to the said, is he mustage the flow with a little white of by mixing the flour with a little white of egg. It should be spread on a cloth and egg. It should be applied to the part.

Brown Sequerd's Mixture for Epilepsy. Brown Sequend's Mixture for Epilepsy.—
Iodide of potassium, 8 parts; bromide of
potassium, 8 parts; bromide of ammomia, 4
parts; bicarbonate of potassium, 5 parts;
infusion of calumbo, 360 parts. Dissolve.
A teaspeonful before each of the principal
meals, and three descert specifuls on going
to bed.

FOR THE THOUGHTFUL

Life, at the greatest and best, is but a fro ward child that must be humored and coaxed a little till it falls coloop, and then all the care is over.

Wrong delog is a read that may open ir, but it leads to trouble and danger. Well-doing, however rough and thorny at first, surely leads to pleasant places.

Good manners is the art of making those people easy with whom we converse; wheever makes the fewest persons uneasy, is the bert bred man in company.

A wiseman's heart is like a broad hearth that keeps the ceals (his parsions) from burning the bouse. Good deeds in this life are costs raked up in embers, to make a fire next day.

The chief element in true growth is growth in love, no man is making permanent growth in character, who is not growing in sympathy, in pity, in helpfulness, in all that connects him with his fellow-men.

The world is governed by three things—wiedem, authority and appearance. Wisdow for theughtful people, authority for tough people, and appearances for the great mass of superficial people who can look only at the outside.

We are inclined to think that the Christian character somelate not in great acts, amb-lime deeds, inspired or inspiring words. It onelate rather in the spirit of acts than acts, rather in the motive of deeds than deeds, rather in the reason of words than words.

Real merit of any kind cannot long be concealed; it will be discovered and nothing can depreciate it but a man's exhibiting it himself. It may not always be rewarded as it enght; but it will average be known.

A strong will, a settled purpose and invinci-ble determination can accomplish almost anything; and on this lies the distinction between great men and little men. The real difference between men is energy.

Arregularity and want of method are sup-portable only in men of great learning or genius, who are often too full to be exact, and therefore choose to throw down their pearls in hears before the .eader rather than be at the prins of stringing them.

Mrs. Mark Hopkins, the millionaire widow, has for her factotum a young colored man, who manages much of her business and conducts a part of her correspondence.

Russian Peasant Courtehip.

When ence a paracak (young Russian peasant) with his parent's consent, of course, when ence a paraesk (yeung kinsian pasant) with his parent's consent, of course, has made up his mind to murry a certain girl nething can make him go back on his way, he is as firm as a rook in carrying cut his purpose. Whenever an opportunity of a cing the sweet object offers itself to h'm it is generally taken advantage of, and thus semathing like a courtain springs up between the young lovers. This, hewever, is of no long duration, and is of the simplest character. The parabok frequently visite his dyewks, but this is generally dene when the parents of the latter are in the land of dreams. A stable or a pigahed, a corner of which is often found to be occupied by a peasant girl as a summer residence, answers the purpose of a reception reom or parleur. It is there in that improved parleur where young lovers reveal their hearts to each other.

She Didn't Wish to Appear Stiff.

"My dear," said a mother to her daughter, "shall I here your to some of the corn starch pudding?"
"Nc, ma, I cannot cat the pudding today," replied the young lady, "for you know Charile is coming to-night."
his looks up in surgrise at her daughter, wondering if the young lady had become deranged.

"You see, ma," said the young miss,
"If I eat corn starch pudding it might im
part a stiffness to my manners, and
Charlle would think that I did not love him as well as eyer."

He Said Rats.

"I don't know what has got into Johnny," said a fond mether. "I am afraid he is seeking ovil associates."
"I hope net." said a symmathiched feland

seeking ovil associates."

"I hope net," said a sympathizing friend.

"But we cannot tell what influence our beys semetimes fall under. The other night I told him he must always try to be a good boy and he yelled "rate!" and ran out doors. Now what could put an idea to de that in a boy's head and what could

And the good woman sighed.

Francis Murphy, the noted temperance reformer, is now saying to induce beer-drinking Cincinnati to don the blue ribben.



ME. DOUBLEDOLLAR AS A PICTURE COLLECTOR.

Mr. D. (triumphantly showing his new 850,000 Meissionnier to celebrated Art Oritic). You might not think is, but that protoke is all hand painted? Mb. Noddlebox quarantees is.