

### Health Department.

#### Wheat Meal Versus White Flour.

To attain a condition of perfect health certain requirements must be fully met. This fundamental declaration is imperative, and the disobeying of the law is constantly showing itself in a diversity of ailments.

The various forms of machinery that are used in our manufactories receive constant attention. Only the kinds of oil are applied that have the best lubricating power, and as a result, the machinery runs smoothly and even noiselessly. The human machine *per contra* is constantly getting out of order, the nerves, bones and muscles are imperfectly supplied with the proper pabulum, and as a consequence, we have disturbances manifesting themselves in the shape of disordered health. The blood cries out when its victim cringes with neuralgic pains, for better sustenance, but the cry is generally in vain,—the same food is supplied *ad nauseam*. Why should men heed the laws that govern the inanimate, and not pay due attention to the living organism. Perhaps we find the key to this heedlessness in the words of that great stoic philosopher Seneca, who wrote eighteen hundred years ago: "There is nothing against which we ought to be more on guard, than like a flock, following the crowd of those who have preceded us,—going as we do, not where we ought to go, but where men have walked before."

Draper in his physiology likens the body to the flame of a candle,—it is constantly being fed and is constantly burning away. The quality of the light will wholly depend on the material supplied. In the same way, to attain a robust, vigorous, and healthy condition, mankind must take as food only that sort which contains those ingredients that are essential. Too much of one kind or too little of another, disturbs the equilibrium. Bread has been called the staff of life, and yet this figure of speech, in view of the kind of bread that most persons eat, is a decided misnomer. The ordinary white flour, which forms the basis of so much food that is eaten, is principally a starch compound, and contains only three of the fifteen elements that go to compose the body, namely, carbon, hydrogen, and oxygen.

To prove that white flour does not meet the requirements of the body, Magondie fed it wholly to a number of dogs; and at the end of forty days they died. Others to whom he gave the wheat meal, at the end of this time were in first-class condition. More than half of the children under twelve years of age have decayed teeth, owing to the insufficient supply of the required mineral ingredients, and this deficiency is caused as a rule by eating white bread. Dyspepsia, constipation, loss of nerve power, and many other diseases are produced by improper feeding. Sulphur is required for growth of the hair, yet white flour does not contain a trace; the phosphates are also notably lacking, and as these substances are absolutely necessary in the animal economy, then arguing *a priori*, the use of bread as ordinarily prepared should be interdicted.

When flour is made of the whole grain of the wheat, we have an article of food which contains all the elements that the body requires for its support; and this flour should be used in preference to the false "white loaf"; they led by the canons of science, and what should be the touch-stone, the eye of the un-

and entirely subordinate to the health of body which the exercise has secured. To exercise for strength alone, and to estimate it as the chief aim is an inexcusable blunder. There is no necessary physiological, casual relation between strength and health. Indeed it is a notorious fact that professional athletes are often defective in some bodily organ, and they generally die early in life from either heart or lung trouble. Developing certain sets of muscles to the exclusion of others makes the muscular system unsymmetrical, and interferes with the equable distribution of the general blood supply. Inordinate development of muscular power calls for unnatural activity from the central vital organs, and thus it frequently occurs that under the strain of some special effort the heart or lungs fail, and death results.

#### The Cure of Consumption.

The Boston Herald recently mentioned the case of the father of a highly respected Boston physician who, at a somewhat late stage of consumption, when so weak as to be hardly able to walk, took his horse and chaise, and with a friend as a companion, journeyed from place to place for several weeks, and returned practically cured.

What was the secret of that cure? Clearly not medical drugs. Yet it is just these that the consumptive generally relies on almost exclusively, taking the prescription daily in his cushioned chair, until he is lifted to his bed, to wear out the little remnant of his life.

From first to last his medicines have merely, or mainly, made him feel more comfortable, while the disease has steadily progressed to the fatal end.

In the case of the wiser man mentioned above, pure air was the chief element of cure; and the pure air was kept pure, for, while his own breathing tended to infect it, he was constantly leaving the infection behind him. To the consumptive pure air is always the first requisite, and the main value of winter resorts is in their allowing the patient to spend so large a part of his time out of doors.

A distinguished physician once said that if he were attacked with consumption, he would build a shed to his house and sleep in it. Thus, through the free circulation, he would avoid the constant re-breathing of his own infected breath.

But in the case under consideration, the breathing of pure air was not the only advantage of the course pursued. The man's daily travel gave him a gentle exercise suited to his condition. Disease can be thrown off only by the activity of the various life-processes—digestion, assimilation, secretion, excretion, and the many chemical and vital changes.

Now it is an established fact that a certain amount of physical exercise is essential to such activity of the vital processes. In the case of the sick, it is especially essential, since the system must be daily ridding itself of morbid matter, and be making unwonted draughts on its recuperative power.

In some cases a horse's back would be better than the chaise; but the exercise must be suited to the particular case. It must never be fatiguing.

Another element of the cure was the change of scene. It is a great help to have the mind diverted from one's symptoms, and pleasantly taken up with new surroundings, as far as possible removed from ordinary business cares and the accustomed routine of thought.

But consumption is a disease which specially demands aid in keeping up a feeble appetite. The invalid must be enabled to eat a liberal supply of easily digested food, and the above conditions all tend to serve him in this respect.

for twenty-four hours. The room should be left open for another twenty-four hours and then thoroughly cleansed, the furniture washed with disinfectant solution, the walls newly kalsomined or papered, and the wood-work covered with fresh paint.

The room should be prepared previously by having every crack about doors and windows tightly pasted or stopped up. The object of using water is that the heat of the kettle will cause evaporation and send moisture out into the room; for, the spores being very tenacious of life, dry sulphur fumes are not sufficient to kill them all. In the dry state the product is simply oxide of sulphur, but when water is added we have sulphurous acid, which is powerful enough to kill all the spores as well as the germs.

#### The Domestic Doctor.

Ordinary sticking plaster is an excellent remedy for corns. It keeps the surface soft, and prevents that rubbing which is the immediate cause of corns.

Dr. Flint says: "I have never known a dyspeptic to recover vigorous health who undertook to live after a strictly regulated diet, and I have never known an instance of a healthy person living according to a dietetic system who did not become a dyspeptic."

Good Housekeeping gives us the following cough remedy: Pour one and a half pints of water on a ten cent package of boneset. Let it steep by the fire ten or fifteen minutes, then strain it. Sweeten it with two and a half coffee cupsful of loaf sugar, then add half a pint of Jamaica rum and bottle it. Dose a child with one teaspoonful before each meal; adult, a sherry glassful.

The Scientific American gives the following cure: At the first indication of diphtheria in the throat of a child, make the room close, then take a tin cup and pour into it a quantity of tar and turpentine, equal parts. Then hold the cup over a fire, so as to fill the room with fumes. The little patient, on inhaling the fumes, will cough up and spit out all the membranous matter, and the diphtheria will pass out. The fumes of the tar and turpentine loosen the matter in the throat, and thus afford the relief that has baffled the skill of physicians.

Typhoid fever infects the atmosphere, it never rises de novo. The causes of the disease, in order of their frequency, are as follows: First, infected water; second, infected milk; third, infected ice; fourth, digital infection; fifth, infected meat. Dr. Edson states that with the observations of the ordinary obvious precautions suggested by these conclusions, the disease should not exist.

"When the spring-time comes," we usually find ourselves drowsy and exhausted, owing to the impure and sluggish state of the blood. To remedy this trouble, take Ayer's Sarsaparilla, the most powerful, yet safe and economical, blood-purifier in existence.

### "Did n't Know" it was Loaded"

May do for a stupid boy's excuse; but what can be said for the parent who sees his child languishing daily and fails to recognize the want of a tonic and blood-purifier? Formerly, a course of bitters, or sulphur and molasses, was the rule in well-regulated families; but now all intelligent households keep Ayer's Sarsaparilla, which is at once pleasant to the taste, and the most searching and effective blood medicine ever discovered.

Nathar S. Cleveland, 27 E. Clinton st., Boston, writes: "My daughter, now 21 years old, was in perfect health until a year ago when she began to complain of fatigue, headache, debility, dizziness, indigestion, and loss of appetite. I concluded that all her complaints originated in impure blood, and induced her to take Ayer's Sarsaparilla. This medicine soon restored her blood-making organs to healthy action, and in due time reestablished her former health. I find Ayer's Sarsaparilla a most valuable remedy for the lassitude and debility incident to spring time."

J. Castright, Brooklyn Power Co., Brooklyn, N. Y., says: "As a Spring Medicine, I find a splendid substitute for the old-time compounds in Ayer's Sarsaparilla, with a few doses of Ayer's Pills. After their use, I feel fresher and stronger to go through the summer."

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## Coughs, Colds, Croup.

Allen's Lung Balsam was introduced to the public after its merits for the positive cure of such diseases had been fully tested. It excites expectoration and causes the Lungs to throw off the phlegm or mucus; changes the secretions and purifies the blood; heals the irritated parts; gives strength to the digestive organs; brings the liver to its proper action, and imparts strength to the whole system. Such is the immediate and satisfactory effect that it is warranted to break up the most distressing cough in a few hours' time, if not of too long standing. It contains no opium in any form and is warranted to be perfectly harmless to the most delicate child. There is no real necessity for so many deaths by consumption when Allen's Lung Balsam will prevent it if only taken in time. For Consumption, and all diseases that lead to it, such as Coughs, neglected Colds, Bronchitis, Asthma and all diseases of the Lungs, ALLEN'S LUNG BALSAM is the Great Modern Remedy. For Croup and Whooping Cough it is almost a specific. It is an old standard remedy, and sold universally at 50 cents and \$1.00 per bottle. The 25-cent bottles are put out to answer the constant call for a Good and Low-Priced COUGH CURE. If you have not tried the Balsam, call for a 25-cent bottle to test it.

## Allen's Lung Balsam