

IS PARALYSIS CURABLE?

Mr. George Little, of Essex County, Says it is.

He Gives His Own Terrible Experience To Prove The Truth of His Assertion—Suffered For Over Two Years—Both Himself and Family Thought That Only Death Could End His sufferings—Again Enjoying The Blessing of Sound Health.

From the Essex Free Press. Life is truly a burden to those not blessed with a full measure of health and strength, but when a strong man is brought to the verge of almost utter helplessness, when doctors fail, and there is apparently nothing left to do but to wait the dread summons that comes but once in all, the case assumes an aspect of unique interest. In such a condition, Mr. George Little, of the township of Colchester North, finds himself, and recently the Free Press hearing incidentally that he had recovered health and strength, a reporter was asked to investigate. When seen, Mr. Little expressed a willingness to state the nature of his case, and his story is as follows:—

"Had to sit with feet in a hot oven." Some four years ago Mr. Little suffered from a severe attack of grippe which left his lower limbs partially paralyzed. He called in one of the best known physicians of Essex county, who appeared to deal with it in his power for the relief of Mr. Little, but to no avail. For two and a half years he suffered the most intense pain and was confined to his bed for the greater part of the time. The doctor was puzzled with his case, and as he seemed to obtain no relief he changed doctors for a period. The second did no better than the other, and Mr. Little returned to the one he had first called in. Finally despairing of ever obtaining relief, he told the physician that he did not see any further use of taking his medicine, and believed he should die if he did not obtain relief in a short time. He had wanted away to a little more than a month's repose, and was an object of pity by his neighbors, and felt himself a burden to his family. His wife and family had given up hope, and his neighbors all thought it was merely a question of time when Mr. Little's death would relieve his sufferings. While his limbs were partially paralyzed he could use them sufficient to hobble about the house and court yard, but if he undertook to walk to the stable he would be confined to his bed for a week after. His limbs grew numb and cold. During the hottest summer days he was obliged to sit with his feet and legs in a hot oven, wrapped in flannels and hot cloths until the skin would come off in scales. Mr. Little believed that his physicians were doing all that could be done, and had nothing but kindly feelings for the treatment he received at his hands, but he is certain that the doctor had no hope of his recovery. He had tried an advertised mineral water in all seven gallons of it, but failed to obtain relief. After suffering for two and a half years, Mr. Little in the summer of 1893, read of a case similar to his own, that had been cured by the use of Dr. Williams' Pink Pills. Grasping at this last hope, he sent for a few boxes and began taking them. Before the second box was all used, Mr. Little was satisfied that he had found a remedy that would cure his mysterious ailment. Mr. Little continued the use of Pink Pills for several months and was able to get out and do light work about his farm, which had not been able to do for over two years. He continued taking Pink Pills a while longer, when he was fully recovered and was able to do any of the hardest work on his farm, and in the winter time worked almost steadily at saw-logging and wood-chopping. During the past fall, he says, he was frequently caught out in heavy rain storms when away from home, but he had so far recovered that his exposures have not brought any bad results. During the very cold weather of the present winter he was hauling wood to Windsor a distance of fifteen miles. He looks at present as if he had hardly seen a sick day in his life time.

Mr. Little feels deeply grateful to Dr. Williams' Pink Pills and claims that his complete recovery is entirely due to the use of the pills. He gives his testimony for the benefit of others who may be similarly afflicted. Mr. Little's wife, who was present at the interview, corroborated Mr. Little's testimony and believes his entire recovery to be due to the use of Pink Pills. The entire family look upon the husband and father as one rescued from the grave by the timely use of Pink Pills. On inquiry among Mr. Little's neighbors, we find he is a man of undoubted veracity. He has lived in Essex county all his lifetime, and in his present farm in Colchester North, about four years. He is the superintendent of the Edgemoor State School, and his case is too well known in the district to be disputed. His neighbors looked upon his cure as a most miraculous one, his death having been expected among the many months before he began the use of Pink Pills.

The Household. Food and Drink for the Sick. (By J. H. Egbert, M. D., in Dietetic and Hygienic Gaze.) In acute inflammatory rheumatism, meat is any form should be avoided, while fruits, green vegetables, and vegetable soups are likely to prove beneficial. Hygienic subjects need a generous meat diet, and should avoid spirits and fermented liquors. Convalescence requires a light diet, and should partake freely of substances rich in fat, as meats and preparations of cream or milk. In diabetes, the diet should be highly nourishing and varied, and should include all meats—excepting liver and organ meats, which are rich in starch or sugar; while all starchy and saccharine foods, malt liquors and wine are to be avoided. In diseases of the heart a dry nourishing diet is most conducive to the comfort of the invalid, as liquids are to be taken slowly; the table should be generous but stimulants and strong coffee should be excluded, as they really excite the heart's action.

The presenting the various receipts and formulae available for preparing special varieties of food and drink for the sick and infirm we would call attention to the fact that so-called "dieting" can easily be carried to extremes, and that due nourishment may thus be withheld from bodies and organs in which vitality is running low. Referring to this subject, the late Prof. Gross, of Philadelphia—who has always been accorded—once said: "The diet of the sick room has slain its thousands and tens of thousands. Broths, and sops, and jellies, and custards, and pizanas are usually as disgusting as they are pernicious. Men worn out by disease and injury may be starved and made crazy by food. The ordinary preparations for the sick are, in general not only not nutritious, but insipid and distasteful. Animal soups are among the most efficient supporters of the exhausted system, and every medical man should know to give directions for their preparation. The life of a man is his food. Solid articles are, of the course, withheld in acute diseases in the earlier stages; but when the patient begins to convalesce, they are frequently taken with impunity, and greatly promote recovery. All animal soups should be made of lean meat, and their nutritious properties, as well as their flavour, may be much increased by the addition of some digestible substance of rice or barley."

The following rules, suggested by Dr. N. P. Barry, should always be observed in preparing, cooking and serving food for the sick:—All the details employed should be scrupulously clean. Never make a large quantity of one thing at a time. Serve everything in a sanitary and healthful manner. Put only a small quantity of an article on a dish at a time. Keep milk and other delicacies on ice in warm weather. Never leave food about a sick room. Prevent, as far as possible, the odor of the sick room. Never permit the patient to reach the sick room. Never offer beef tea or broth with the smallest particles of fat or grease on it, nor milk that is sour, nor meat or soup that is rancid, nor an egg that is bad, nor vegetables that are underdone. Milk is justly held in high esteem as an article of diet for the sick. As a rule, it is agreeable to the palate and easy of digestion; still, in order to insure its highest usefulness, the management of it should be as follows:—A simple fresh milk diet is not only most nourishing, but frequently occasions trouble. Bilio-siveness may ensue and gastric and intestinal irritation supervene; while the purity and innocuousness of the fresh cow's milk may many times be questioned. Only milk recently drawn from the udder should be used in the sick room, and on the source of safety, this should be received and set in a cool place. As a nourishing beverage, this scalded milk may be served either cold or lukewarm, and for weak stomachs may be greatly improved by the addition—when administered—of an equal quantity of carbonated water.

MILK GRAVEL.—Seal one-half pint of milk in a farina boiler over the fire, add the milk and stir, stirring the whole backward and forward until it begins to thicken; then add one ounce of sugar and let it cook one minute. Strain and place in moulds in a cool place.

MILK GRAVEL WITH OATMEAL.—Fins oatmeal, two tablespoonfuls; milk, one pint. Stir the oatmeal smoothly into the milk. Then stir it quickly into a pint of boiling water and boil a few minutes until thickened; add a pinch of salt and sweeten with sugar.

MILK JELLY.—As a variation in milk diet, the following may be used: Beat one quart of milk with one pound of sugar, and when the sugar is dissolved, continue the heat at a boiling temperature for about ten minutes. Then cool well and add, slowly stirring, one ounce of gelatine or one ounce of soluble isinglass. Next add the juice of three or four lemons. Pour into glasses and set in a cool place. It is necessary to have the milk quite cold before adding the other ingredients, else it will curdle.

MIXED FLOUR.—Good brandy, one or two tablespoonfuls; cold milk, one tumblerful. Mix with sugar and nutmeg to taste. This is a useful medicinal drink when a stimulant is required in conjunction with a nutrient.

MEATS AND MEAT PREPARATIONS are especially conspicuous in the dietetics of the sick room. A large portion of the animal food consumed by mankind is taken in the form of animal flesh or meat, preparations of which are most valuable for the nourishment of sick. **BEF TEA.**—This is best made by dissolving a proper amount of a reliable brand of "beef extract" in a cupful of water, seasoning with salt, celery salt and a little pepper, and serving hot. **BEF JUICE.**—Boil quickly a thick piece of fresh beef devoid of fat and bones; put in a meat press and squeeze out the juice. Season and serve full strength or diluted with hot water. **CHICKEN BROTH.**—Skin and chop up a small chicken, or half a large fowl, and boil it in water, with a blade of mace or a sprig of parsley and a crust of bread in a quart of water, for an hour, skimming it from time to time. Strain through a coarse colander.

MUTTON BROTH.—Lean loin of mutton, exclusive of bone, one pound; water three quarts. Boil gently till very tender, adding a little salt and onion, according to taste. Pour off the broth in a basin, and when it cools skim of the fat. It can be warmed up as desired during recovery from sickness, as it should be boiled separately until quite soft and put in when the broth is heated for use. **CUTLER FOR INVALIDS.**—One nice outlet from the loin or scapular; water, two tumblerfuls, celery salt, a sufficient quantity, or one very small stick of green celery. Remove all fat from the cutlet and put in a stephan with the other ingredients. When fresh celery is used it should be cut in thin slices before being added to the soup, and care must be taken not to add too much. Steam gently for nearly two hours, adding salt and pepper to taste, and from time to time skim off every particle of fat. **M. D. C. Cures chronic constipation.**

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In 1892 this Liniment had a sale of 25,000 bottles. Anyone who has ever used it would not be without it for ten times the cost. Write to us for testimonials.

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Use Our Chloroquine COUGH MIXTURE! Gives almost Instant Relief, particularly in cases accompanied by that dry, tickling cough.

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Gentlemen! If you want Scytles, Forks, Hoes and other Farming Tools, Wood Axes, Garden and Lawn Tools, go to Mrs. WOODBURY'S in the place to buy. Prices are much lower than last year, and quality first-class.

The Best Returns For the Least Money ARE OBTAINED FROM THE OLDEST, LARGEST AND MOST POPULAR CANADIAN COMPANY. **Canada Life Assurance COMPANY.**

SALE OF GRAVENSTEINS The past season but show that we must grow the "Banks" or Red Gravensteins, as only the first shipments to London gave satisfactory returns. The "Banks" have plenty of color to allow picking the best of September, while sold through to last shipment. Single trees at various prices, each. Lots of ten or more delivered at any station in N. S. for the same, 100 trees for \$50.

Joker's Corner.

Her First Cake. She measured out the butter with a very solemn air. The milk and sugar also, and she took the greatest care. To count the eggs correctly and add a little more. Of baking powder, which, you know, is necessary.

The Millennium. When sermons are ten minutes long, and never state or say; When congregations rise and pay before they pass the hat; When sermon-jingles everywhere, and banks do not to smother;

He, a Bridgeman, Kisses the Chambermaid, and His Wife Sees Him. There is a young Kansas bridegroom who is explaining why. One day last week there arrived at the Coates House a pair of young people. It did not seem a Sherrill Holmes to see that they were recent arrivals. The undertakers in their hats betrayed the name of the state from which they had just emigrated.

But presently a manly step was heard just outside the door. "There he is!" exclaimed the bride raptorially, as when, when eyes were blinded by the light he had just left, caught her in his arms as she opened the door, and a pair of Kansas pills came down upon her mouth in a heavy smack, while the girl struggled in his arms, and the man exclaimed soothingly, "Did I scare you, love?"

"All this took but a minute. Then a third voice moaned the air. "Ain't you ashamed of yourself, John Pierce?" "That was all it said.

But the young husband had found his eyes now, and the maid had escaped, leaving the impulsive young Kansas to caress a weeping bride as best he could. He tried to explain. "I had a probably trying to explain yet.—Kansas City Star.

More Important. "Alfred this young Miss Podmore you want to marry?"—what kind of a girl she is. "Young man with expectations counting on a client's last will and testament?" "Aunt Rachel she is the best girl after all." "She plays the piano beautifully, she is a great singer, speaks French like a native."

"Joseph," said the merchant to the bright young man with the best of references, "the bookkeeper tells me you have lost the key of the safe, and he cannot get at the books." "Yes, you remember." "Yes! I had duplicated made in case of accident. And the other one?"

"Oh, sir! I took care of that. I was afraid it might come in your way, you know." "And the other all right?" "Yes, sir. I put it where there is no danger of its being lost. It is in a safe, sir."

An old darkey caught a two-pound sucker one day, and was so well satisfied with his work that he lay down for a nap, with the fish beside him on the grass. Another darkey came along presently, picked up the sucker, and left a half-pound one in its place. When the first man and brother woke up, the first thing which his eyes sought was the fish; and it took him some seconds to realize that something had happened. Then, turning his prize over and examining it all round, he simply said: "Golly! how dat fish am shwankin'!"

The following composition was written by a 10-year-old nephew of Josh Billings, when the teacher gave "Dogs and Cats" for a subject: "Dogs and cats always like each other, unless they have a quarrel, but a dog ain't no match for a cat because a cat kin clobber tall biggers a ball ball and run up a tree while dogs stink 'risky."

Mrs. Billis after the company had gone, "Johnny, you shouldn't have eaten those preserved fruits. They were not intended to be eaten. They were put on the table to fill you up in the fall of September, while that's what I used 'em for, mamma."