

HEALTH AND DISEASE.

Mens sana in corpore sano.

Some Health Hints.

A contemporary recommends the following:—
 Popcorn for nausea.
 Cranberry for malaria.
 A sun bath for rheumatism.
 Ginger ale for stomach cramps.
 Clam broth for a weak stomach.
 Cranberry poultice for erysipelas.
 Gargling lager beer for cure of sore throat.
 Swallowing saliva when troubled with a sour stomach.
 Eating fresh radishes and yellow turnips for gravel.
 Eating onions and horseradish to relieve dropsical swellings.

~~Buttermilk for removal of freckles, tan and butternut stains.~~

Hot fannel over the seat of neuralgic pain, and renew frequently.

Taking codliver oil in tomato catsup to make it palatable.

Snuffing powdered borax up the nostrils for catarrhal "cold in the head."

Burns and Scalds.

Five years since (Sept., '77) the *American Agriculturist* recommended the use of bicarbonate of soda, that is the common baking soda, for most kinds of burns. Since then frequent experiments and observations, the opinions of physicians and the best medical journals, have more than confirmed all we then said. As burns and scalds are always liable to occur, and as this remedy, though simple, has proved to be extraordinarily useful, it should be fixed in the minds of every one. The soda, and the carbonic acid so readily set at liberty from it, have anæsthetic, antiseptic and disinfecting properties—all highly beneficial for burns.

For slight burns cover all the injured parts with a layer of powdered soda. For deeper burns, but where the skin is not broken, dip linen rags in a solution made by dissolving about one-third of an ounce of the soda in a pint of water; lay the rags on and keep them moist with the solution. For very severe burns followed by suppuration (formation of pus) apply the rags in the same way, keeping them moist; but frequently exchange them when dry for fresh ones, and carefully wash off with the soda solution any matter that has accumulated underneath, so that it may not be absorbed into and poison the blood. Leading European medical journals give numerous instances in which, by the above treatment, extensive burns of very severe character have healed speedily, leaving little scar.—*American Agriculturist*.

Hot and Cold Drinks.

A correspondent of *Knowledge* calls attention to some of the disadvantages of hot drinks. Cold drinks, he says, are natural to man, though most people now-a-days are so used to hot drinks that they do not feel satisfaction—really stimulation—unless they have them. Hot drinks are injurious to the tongue, for they deaden its sensation, and, after taking hot soup or drink, the tongue becomes quite numb, and unable to taste the finer flavors of a dish. The teeth are greatly injured by them, and many dentists say caries (decay) is due to them alone. They crack the enamel, and thus allow caries to set in. When caries has once set in, hot drinks are a common cause of neuralgia.

Hot drinks are specially hurtful to the stomach. They cause irritation of the nerves of the stomach and consequent mild inflammation of that organ, so that after a hot drink the stomach is red and congested; in time a debilitated condition is set up. A temperature of 100 degrees Fahrenheit also destroys the active ferment of the gastric juice—pepsin—and so leads to indigestion. If the stomach is at all disordered, hot drinks give rise to much griping pain, and in many cases to vomiting.

In cases of diarrhoea, too, hot drinks only increase it, while cold ones tend to lessen it. Thirst is not common in

winter, unless sugary, salt or hot spiced foods have been taken. In cold weather the air contains more moisture than in hot, and in cold weather there is less perspiration. Hot drinks increase the volume of heat in the body, and if that is not required it is quickly got rid of by the skin. Water is the best thirst-quencher, but if simple food be taken the need of drinks will be small. Many vegetarians drink nothing from month to month, the only fluid they get being the juices of the fruits which they eat. But pleasant drinks, like tea, coffee, etc., may be taken lukewarm for a long time with little apparent damage. The least injurious is cocoa, made with plenty of milk, and allowed to stand until nearly cool. A good test is to apply the little finger to the drink, and if it be not hot to it, then it may be safely taken.

The Mind and the Body.

BY J. W. LOWBER, M. A.

The mind is a conscious organism, which can exist independent of the body; but its influence over the body is very great, because the body is simply an organism through which the mind manifests itself. The connection of the mind with the body is so close, that it is difficult to tell where it commences and where it ends. The extent and nature of this connection can only be known by the same kind of observation and reasoning by which we become acquainted with the outer world. We can see their form only as we see the form of things in the external world; but we cannot feel, nor can we see their structure. We can only arrive at it by obscure and difficult research. The most distant objects in the universe are more accessible to our observation, and in many respects more intelligible to our understanding, than the material house in which we live. There is a tendency on the part of man to look beyond self, and fail to know himself. We presume to scan the whole universe of outward being, before we spend much time in studying self closely and systematically. Man discovered the movements of the planets long before he discovered the circulation of his own blood. Yet the current of the blood is so much a part of himself, that when it stops the thoughts cease.

The relation of the mind to the body appears to be the closest in those mental operations in which no apparent movements of the body are concerned. In the exercise of pure reasoning, the mind appears to act almost independent of the body, by an effort of the will we direct our attention to new objects, and almost in the twinkling of an eye, we pursue new trains of thought. In the direction of our affections toward those whom we love, we also appear quite free from material mechanism.

The mind controls all parts of the body which are under the influence of the will. When we walk, talk, touch the strings of a guitar, or the keys of a piano, it is done primarily by the act of the mind displaying itself through the bodily organs. As the mind has such influence over the body in health; we must, also, conclude that it greatly influences it in disease. A person may be very hungry, receive a sad message, and be unable to eat at all. It is the influence of the mind over the bodily organs, that for a time suspends the appetite. I knew a young lady, who was almost a complete invalid, and as soon as she became a Christian, her health returned. We did not consider it miraculous, nor did she have to visit a modern faith-cure establishment. The great London physician was entirely scientific, when he told the young French nobleman that Jesus Christ was the physician whom he needed. The young man's mind was disturbed about eternity, and this affected his body; so when he accepted Jesus, the Great Physician, he was healed.

It is admitted by all that excessive mental labor is opposed to the cure of nervous diseases. Dr. Bennett, of Scotland, claims that predominant ideas make their impress upon the body in disease. If that be true, all ideas have their effects upon the body and upon the character of man. A man is, as he thinks. The Bible is scientific in its claims that man will be judged for his thoughts as well as for his words and deeds. It is so important that we control our thoughts, when we remember that every bad thought makes an impression upon our very being that it may be very difficult ever to have erased. Every good thought is a step in the direction of Heaven.—*Wilford's Microcosm*.