

THE SKIN.

There's a skin without, and a skin within.

A covering skin, and a lining skin!
But the skin within is the skin without,
Double inwards and carried completely
throughout.

The plate, the nostrils, the windpipe, and
throat,

Are all of them lined with this inner coat,
Which through every part is made to
extend,

Lungs, liver, and bowels from end to end.

The outside skin is a marvellous plan
For exuding the dregs of the flesh of
man.

While the inner extracts from the food
and the air

What is needed the waste of the flesh to
repair.

Too much brandy, whiskey, or gin
Is apt to disorder the skin within;
While, if dirty and dry, the skin with-
out

Refuses to let the perspiration out.

Good people all, have a care of your
skin,

Both of that without and that within,
To the first give plenty of water and
soap,

To the last little else than water I hope.

But always be very particular where
You get your water, your food, and your
air.

For if these be tainted or rendered im-
pure,

It will have its effect on the blood, be
sure.

The food which will ever be for you the
best,

Is that you like most, and can soonest
digest;

All unripe fruit and decaying flesh
Beware of, and fish that is not very
fresh.

Your water, transparent and pure as you
think it,

Had better be filtered and boiled ere you
drink it,

Unless you know surely that nothing un-
sound,

Can have got to it over or under the
ground.

But of all things the most I would have
you beware

Of breathing the poison of once breathed
air;

In bed, whether out or at home you may
be,

Always open the window and let it go
free.

With clothing and exercise keep your-
self warm,

And change your clothes quickly if
caught in a storm,

For a cold caught by chilling the outside
skin

Flies at once to the delicate lining within.

All you who thus kindly take care of
your skin,

And attend to its wants without and
within,

Need not of cholera feel any fears,

And your skin may last you a hundred
years.

The above is from the pen of Sir Al-
fred Power, K.C.B., and is given here as
conveying many valuable truths in a
simple and attractive form. Would
make a good Band of Hope recitation.—
Christian Words.

HINTS.

Iris vesicular 3 is said to aid digestion
better than pepsin.

Rheumatism, when soles of the feet
are so tender patient can hardly stand,
Antimonium crud.

"Will you tell me a remedy for ap-
proaching deafness?" Three or four
drops of Mullein Oil dropped in the
affected ear for two or three times at in-
tervals of a week may be what is
needed. Internally *Chow* 30 may be of
use for simple deafness with no other
symptoms.

Cold sweat, with diarrhoea or vomiting,
calls for *Veratrum alb.*

Stuffy colds, cough, but little expec-
toration, *Nux vomica.*

The new Cream of Lemon, at the
pharmacies, has become very popular;
"so nice for the skin," everyone says.

For chapped hands, remember *Calus
dolu* ointment; there is nothing better.

Children who are apt to awake with a
choking of phlegm need *Tartar emetic*;
and the best preparation is the syrup
equal in strength to the 4th decimal tri-
turation.

The "saw-like" breathing of croupy
children is relieved by *Spongia* 3.

Catarrh, with always a slight bloody
tinge to the mucus discharged, is often
relieved by *Phosphorus*.

Chronic headache in the *back* of the
head has been cured by *Nitric acid* 3.
The same remedy is also useful in dry,
violent coughs. It has also proved suc-
cessful in the treatment of enuresis
(wetting the bed) when the symptom of
extremely offensive odor of urine was
present.