



Gourlay Pianos

ARE THE EMBODIMENT OF THE LATEST
THOUGHT IN PIANO CONSTRUCTION.

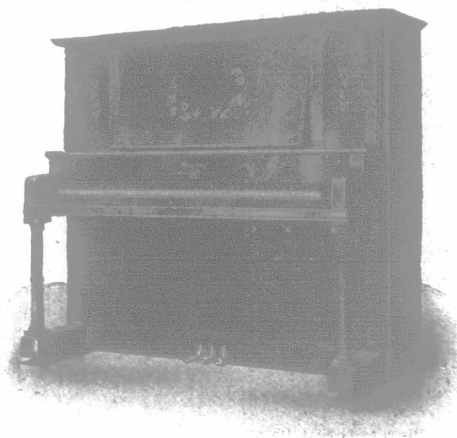


Gourlay Pianos are built in our own factory under the personal supervision of our manufacturing partner. We carry each piano through every process of manufacture from the selection of the lumber for air drying in the yard and for subsequent drying in the kiln, until in process of time the piano stands before you a finished instrument, bearing not only our firm name cast in the plate and the "Gourlay" name and trade-mark on the name-board, but bearing also the distinctive marks of our thought, individuality and pianistic genius in the originality, richness, and approximate perfection of its musical scale, as well as in the solidity of its construction, symmetry of its design, beauty of its touch and tone, and elegance of its appearance and finish.



Are Not Merely First-class,
They Are Something Better.

There are pianos, first-class in material and workmanship, whose construction and design, inside and out, present no improvement over what they contained years ago. We offer something more—we offer improved and improving pianos, embodying not only first-class materials and workmanship, but also that certain fine quality of excellence which results from their being constructed in an atmosphere of progress, and the same spirit which has produced first pianos of such remarkable excellence is subtly expressed all through our work; a touch better than mere first-class. For these reasons our pianos are to-day more desirable, a better bargain, than other first-class makes. This is strong language, and we mean it. We have chosen our words carefully, while making them positive and emphatic, and we desire that our pianos be tried by the standard we have here expressed.



We solicit an inspection of these instruments at our warerooms or at the warerooms of those who have the agency of the Gourlay Pianos. If there is no agent in your district we will send you new illustrated catalogue and quote you prices direct.

BY OUR NEW PAYMENT PLAN

anyone in moderate circumstances may own a Gourlay. We ship to any point in Canada subject to approval, and will pay the return freight if not satisfactory. Write for particulars.

Gourlay, Winter & Leeming

188 YONGE STREET, TORONTO

HEALTH IN THE HOME.

By a Trained Nurse

Consumption, an Infectious and Preventable Disease.

Consumption and tuberculosis are the same thing, consumption being the name popularly applied to pulmonary tuberculosis, or tuberculosis of the lungs. It is caused by a well-known organism, is extremely infectious, and communicated from one person to another through the sputum (spit). This contains immense numbers of the organism, and if it were in all cases properly disposed of, it would be possible to do away with consumption altogether. As it is, an immense proportion of the total number of deaths is due to consumption, and this again to the fact that people persist in spitting on the floors in all places where the law does not interfere, and are often absolutely careless in their homes and at their work, not realizing that they are making themselves as dangerous to the community as a man with smallpox. There is a chance of infection through the discharges from the bowels, since a certain amount of what is coughed up is liable to be swallowed, but the great and positive source of danger is the sputum. So long as it is wet it does no particular harm, because it is not scattered, but so soon as it dries into powder it is blown about, inhaled into the lungs of other people, and carries infection wherever it goes. For this reason, and because the disease is often neglected and not recognized until far advanced, apart from the fact that it is unsightly and disgusting, the practice of spitting everywhere, and on all occasions, and especially in public places, should be ruled out. When it is necessary to spit, a proper receptacle containing a strong disinfectant solution should be used (corrosive sublimate tablets, three to one pint of water), or falling that, the fire. Persons who are in bed and weak, so that the exertion of frequently changing position to use a basin containing solution tires them very much, can use rags, but if so, they must be placed in the solution, or burned immediately. There is no fear of infection, except through neglecting to properly and immediately destroy the sputum. The greatest care should be exercised about cups, glasses, spoons, etc., in case some sputum may have been deposited upon them. It must be remembered that these things are not necessarily clean because they appear to be so. It is well to keep a special set of dishes, etc., for the patient's use. These precautions, in conjunction with thorough ventilation at all times, are adequate protection for those who live in the house with a consumptive. Special sputum cups are made for patients to carry about with them. They are small, of suitable shape, and can be concealed in a handkerchief, and should be always carried and carefully used. When a clean handkerchief is taken, which should be frequently, the soiled one should be put right into water, or some disinfecting solution, and boiled for half an hour before it is handled in washing.

CONSUMPTION CAN BE CURED IF RECOGNIZED IN TIME.

Therefore, anyone who has a persistent cough, especially if accompanied by yellow sputum, should take pains to find out what the trouble is, and when he goes to a physician for this purpose, take with him a fresh sample of sputum in a small bottle for examination. After the sputum is in the bottle, cork it tightly, and stand it, so that it is completely covered, in a basin of disinfectant solution for an hour (corrosive sublimate or carbolic acid, 5%). This makes the handling of the bottle safe. Those who live so far from a physician that they have to wait some time for an opportunity to go, can begin at once to observe as many as possible of the rules

laid down in institutions for the care and cure of consumption, of which the following are the most essential: Mr. Irving Fisher, in the "Outlook," recently summed up the procedures for the cure of consumption under four heads: Air cure, rest cure, food cure, and mind cure. Absolutely the most essential thing is unlimited fresh air. Stay out in it all day, and sleep out of doors at night whenever possible. The weather is a small consideration, unless the conditions are very unusual. You will be breathing the air that goes with the weather in any case, indoors or out, except that out of doors you get it absolutely pure, and indoors you do not. To sleep out of doors in cold or damp weather the individual must be well protected. He should have loose, warm clothing, and a great deal under him, in the way of mattresses and bedding, and a few blankets over him, not enough to weigh upon him. The head, neck, ears and face can be protected by a hood when necessary, the only part that needs to be uncovered being the nostrils.

BREATHING THROUGH THE NOSE IS ESSENTIAL.

Patients have been known frequently to sleep out with the thermometer 80° below zero in the Adirondacks, and though some climates are more favorable than others, so long as they are well protected there is no reason why the greatest benefit should not be derived from sleeping out of doors habitually almost everywhere; not, of course, in malarial districts.

The daily cool bath for cleanliness is also very important. It should be taken in a comfortably warm room. Profuse perspiration at any time should be followed by a thorough sponge bath in tepid water, and a rub with alcohol is very refreshing. Rest is of great importance. If the patient is strong enough to walk or drive it is well to do it, but he should stop the instant he becomes fatigued. It is better to stop well short of doing all that he feels equal to.

FOOD SHOULD BE TAKEN EVERY TWO HOURS.

Meat—that is, beef and lamb, preferably beef, and that rare—as much milk and as many eggs as possible. They are best taken raw. Break into a glass, add some salt and swallow whole. Cereals and all the dishes made with eggs and milk are good, also ice cream; in fact, plain good food, well cooked. Everything should be done to keep the patient in a cheerful frame of mind. Do not talk to him about his illness, and he should try not to think of it himself—simply attend to all the things that can help him, and when they are done, forget them until it is time to do them again. A resolute determination not to worry, combined with absolute cleanliness, and as much as possible of rest, food and fresh air, will create the best possible condition to aid whatever treatment is prescribed by the physician. Let those who are well, and wish to remain so, avoid drinking out of cups used by the public on trains, at drinking fountains, etc. Never stay in a place where people are spitting on the floor, and keep their skirts off the ground in such places, and out of doors. It is well to do so indoors too, unless you are sure that the floor is clean. Pull up the shades and let in sunlight, and keep the house thoroughly ventilated night and day.

ALICE G. OWEN.

He who would be a great soul in future, must be a great soul now.—R. W. Emerson.

Henry extended the tip only of his tongue to the doctor, when asked to put it out.

"Put it all out," said the doctor.

"Can't," rejoined the little chap, "the other end's fast in me neck."

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