

cause untold miseries, are actually criminal, and we think should be suppressed by law.

Again, much harm results from taking remedies wholly unsuited to the condition, and which perhaps even aggravate the case. A man having some ailment or disease decides that the symptoms mentioned in the circular of some specific patent remedy are analogous to those of his case, and takes the remedy only to make a bad matter worse. When people are sick they should see a physician and not waste their money on quack remedies and take the chances of ruining their health.

The patent medicine business is extraordinarily profitable, hence so extensively advertised and so vigorously pushed. We know of no line of business in which such exorbitant profits are made. When in New England last fall we visited one of the large proprietary institutions and were quietly informed that the contents of a bottle of one very popular remedy (?) which sold at \$1 per bottle, only cost *six cents!*—this is sold largely in Canada. The people apparently like to be fooled, and no wonder there are men who are ready to do it.

We have not yet, however, drawn attention to the worst feature of many patented mixtures, which are palmed off on the public in nicely done up parcels, handsomely labelled; it is the fact that they are largely composed of alcohol. We fear many a fallen man, and possibly woman too, may trace the development of the cursed appetite to some well-advertised patent medicine. To some of our readers this may be news, but read the article following, which we quote from the *New York Independent*, a fearless journal, devoted to religion and morality.

The majority of our newspapers and journals receive such vast sums of money for advertising these goods, that they allow their mouths to be padlocked. Even our religious journals are not as particular as they should be to exclude them from their columns.

Our readers must certainly have noticed that our advertising columns have been free from this class of advertisements. Though we have more than once been proffered such advertisements, we have always declined and stuck rigidly to the principle we laid down at the beginning. While we have lost money, we fully believe our readers have appreciated it. As previously stated, we do not wish to condemn *all* patented medicines, for good ones there certainly are. But be careful to know what you are buying, and consult a physician before you take it.

**"NON-ALCOHOLIC" BITTERS.**  
(*New York Independent.*)

The public health is seriously jeopardized by the wholesale use of certain patent medicines against which individuals and the public should be more on their guard. Besides other evils, there is abundant evidence that some of them contain alcohol in some of its forms, which should not be thus administered. It ranges in quantity from twenty to forty per cent.

In the report on nostrums, proprietary medicines, and new drugs, which was read before the American Association for the Cure of Inebriates (1889), is found in the appendix the following list of the results of the analyses of a large number of well-known patent medicines, which is of interest not only to the physician, but to the student of human nature, in view of the readiness with which charlatanism can hoodwink persons who in other matters are supposed to have the ordinary quantity of common sense:

	Per cent. of Alcohol.
Dr. Buckland's Scotch Oats Essence.....	35.
(Also $\frac{1}{4}$ gr. morphine to the ounce.) A more insidious and dangerous fraud can scarcely be imagined, especially when administered, as this is recommended as the cure of inebriety or the opium habit.	

	Per cent. of Alcohol.
The "Best" Tonic.....	7.66
Carter's Physical Extract.....	22.
Hooker's Wigwam Tonic.....	20.7
Hoofland's German Tonic.....	20.3
Hop Tonic.....	7.
Howe's Arabian Tonic. "Not a rum drink.".....	13.2
Jackson's Golden Seal Tonic.....	19.6
Liebig Co.'s Cocoa Beef Tonic.....	23.2
Parker's Tonic.....	41.6
"A purely vegetable extract. Stimulus to the body without intoxicating. Inebriates struggling to reform will find its tonic and sustaining influence on the nervous system a great help to their efforts."	
Sohenok's Seaweed Tonic.....	19.6
"Distilled from seaweed after the same manner as Jamaica spirits is from sugar-cane. It is therefore entirely harmless and free from the injurious properties of corn and rye whisky."	
Atwood's Quinine Tonic Bitters.....	20.2
L. F. Atwood's Jaundice Bitters.....	22.3
Moses Atwood's Jaundice Bitters.....	17.1
H. Baxter's Mandrake Bitters.....	16.6
Boker's Stomach Bitters.....	42.6
Brown's Iron Bitters.....	19.7
"Perfectly harmless. Not a substitute for whisky."	
Burdock Blood Bitters.....	25.2
Carter's Scotch Bitters.....	17.6
Colton's Bitters.....	27.
Copp's White Mountain Bitters.....	6.
"Not an alcoholic beverage."	
Drake's Plantation Bitters.....	33.2
Flint's Quaker Bitters.....	21.4
Goodhue's Bitters.....	16.1
Hartshorn's Bitters.....	22.2
Hoofland's German Bitters.....	25.6
"Entirely vegetable and free from alcoholic stimulant."	
Hop Bitters.....	12.
Hostetter's Stomach Bitters.....	44.3
Kauffman's Sulphur Bitters.....	20.6
"Contains no alcohol." (In fact it contains no sulphur, but 20.6 per cent. alcohol.)	
Kingley's Iron Tonic.....	14
Langley's Bitters.....	18.1
Liverpool's Mexican Tonic Bitters.....	22.4
Pierce's Indian Restorative Bitters.....	6.1
Z. Porter's Stomach Bitters.....	27.9
Rush's Bitters.....	35.
Dr. Richardson's Concentrated Sherry Wine Bitters.....	47.5
"Three times daily or when there is a sensation of weakness or uneasiness at the stomach."	
Secor's Cinchona Bitters.....	13.1
Shony's German Bitters.....	21.5
Job Sweet's Strengthening Bitters.....	29.
Thurston's Old Continental Bitters.....	11.4
Walker's Vinegar Bitters.....	6.1
"Free from all alcoholic stimulant. Contains no spirit."	
Warner's Safe Tonic Bitters.....	35.7
Warner's Bilious Bitters.....	21.5
Wheeler's Tonic Sherry Wine Bitters.....	18.8
Wheat Bitters.....	15.6
Faith Whitcomb's Nerve Bitters.....	20.3
Dr. Williams' Vegetable Jaundice Bitters.....	18.5

From these and other considerations it is wise to claim that the internal administration of any form of medicine should either be based on a knowledge of its contents and general effects, or upon the skill and knowledge of a physician familiar with the quality and effects of the substance he is administering. No one knows so well as the physician how unsafe it is to administer a remedy, merely on the ground of the name of a disease. While symptoms are sometimes to be dealt with somewhat irrespective of their cause, it is never true that a disease should be treated merely by its supposed name. Those who have the best means of knowing are fully satisfied that more are injured than benefited by that promiscuous prescribing which always attends the use of patent medicines. Good food, good air, exercise and right living do so much for health that we incline to prescribe these far more, and to leave the use of medicines for that class of cases in which skilled and experienced practitioners have learned how to relieve certain diseases by equally certain remedies.

Original in MASSEY'S ILLUSTRATED.

**"Popular Proverbs."**

BY A COUNTRY BOY.

**CHAPTER NO. 2.—ON EXPLODED PROVERBS.**

SAY, kind reader, did you read my last chapter, then here is another, and my text is

**"A BURNT BAIEN DREADS THE FIRE."**

Now, Mr. Proverb Coiner, is this really true. You said it, and people have been saying it ever since. Do burnt children dread the fire? It may be so in the city where a servant's whole time is fully occupied in restraining an ambitious urchin from reaching the grate or stove. If you had lived

in my country home, you would have learned that time was too valuable to station a maiden in the region of a stove, for the sole purpose of hindering one solitary specimen of depraved humanity from reaching a school of science, where behind a metal door, Professor Coloric was teaching all new comers the useful lesson "Fire burns." You just let your household pet alone for one current week, and you will find a blister on the back of one hand, another on the thumb, an out-of-date blister on the cheek, a scab on the chin and a scar on the forehead. All are ornamentations secured in the same way, and at the same place, and every one of them a standing argument against the truth of the proverb, "A burnt bairn dreads the fire."

I knew a beautiful girl, healthy and happy, the pet of our country school play-ground. She was visited by a young village swain, insolent, indolent and vain. He won her heart and got her hand. She was soon the wife of the young hotel-keeper, and in course of time she was the drunkard's slave, and soon after the widow of a departed sot. Old Farmer A—m rented his farm to his only son, and went into town to live. The son wasted his spring time, had no harvest, harnessed his fast horse, visited the race track and became a sport. He courted the young widow, she became his bride, she trusted him with her heart, life, and money. He spent his last dollar on the race track, and after a scene of revelry, on his way home was thrown from his rig and died from injuries sustained. She was now left the penniless young widow of a fast jehu. That was burn No. 2. But youth is still on her side, the marks of former beauty still linger, and attract a young man whose impressible spirit succumbed to her fascinations. She is soon again the wife of a good-natured, lazy man, and manager of the indolent man's home. His home was soon in other hands, and the wolf of want is howling at the door of their rented cottage. Burnt first by a lazy man, burnt second by a lazy man, burnt third time by a lazy man. A burnt child does not dread the fire.

Mark the gambler's course, or the career of the drunkard, or the misfortunes of the spendthrift, or the sorrows of a backslider, or the course of a law-breaker or transgressor of any order and say, "does a burnt child dread the fire?" Every time he exclaims, "when I shall arise, I will seek it yet again."

In a western township lived a good natured farmer. Having saved some money he sought an investment and soon found a "built-on-the-sand" loan company. He accepted their security, believed their prospectus, and was soon minus his hard earned cash. Accumulations again brought him into possession of another amount, and the high-sounding prospectus of a "Colonization Company" with its "two per cents," "three per cents," "preferred stocks," "scrip," "millions in it," and the unsophisticated farmer invests. The dreams of being an inflated syndicator, with coach and livery, haunted him by day and by night. Calls frequent, and dividends "non est com-at-i-bus" awakened his suspicions, dispelled his delusions, and he settled down like Cain, "a tiller of the ground." Economy and good harvests left him in possession of some spare cash, and again he signed notes for the village landlord, and fast life foundered his fortunes and left the honest farmer to cash the notes. Again his economy and good crops left him in possession of a competency, which he willed to his pet boy, who with his young wife turned the old man penniless adrift, and he wandered round among his friends a standing argument that you were wrong, Mr. Proverb Maker, when you said "A burnt child dreads the fire." I wish he did. Reader, be wise, and never get burned twice at the same fire.