

Instead of having recourse to applications of tincture of arnica, spirits of camphor, and to strong compression of the swelling, in the treatment of light bruises, Dr. G. Auger prefers the use of olive oil, both in children and in adults. He applies the oil freely to the contused parts and rubs the latter lightly with a rag, absorbent cotton or with the fingers, and then covers the bruise with a compress saturated with olive oil. The author claims that this treatment gives immediate relief to the patient, and the formation of a bloody protuberance is often prevented; while excoriations and superficial wounds, which may be present, heal very rapidly.—Health.

Happiness is the result of GOOD HEALTH AND THE NORMAL ACTIVITIES OF THE BODY AND MIND. When the body is suffering or when there is enforced inactivity of either mind or body then comes unrest, and unrest is unhappiness. I pray you, my readers, my friends, let us, so far as possible, live naturally, healthfully. If this is done happiness will be our lot, whether we think of it or not.—JENNIE CHANDLER.

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