

Minister Speaks to Mothers

Tells His Wife's Experience for the Sake of Other Sufferers.

The following letter has been sent to Dr. T. A. Slocum, Ltd., for publication.

Dr. T. A. Slocum, Limited.—Dear Sirs: Within the last two years my wife (who is of a delicate constitution) has had two severe attacks of la grippe, both of which have been speedily corrected by the use of Psychine. We have such faith in the efficiency of your remedies that as a family we use no other. For toning up a debilitated system, however run down, restoring to healthy action the heart and lungs, and as a specific for all wasting diseases, your Psychine and Oxomulsion are simply peerless. Yours sincerely, Rev. J. J. Rice, 51 Walker Avenue, Toronto.

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The Home Doctor.

Suggestions.

Gingerbread made from oatmeal sifted instead of wheat flour is a good aperient for children.

A lump of sugar saturated in vinegar will often stop hiccoughing when drinking water will not.

Sulphur—Powdered sulphur will not hurt plants, but only the experienced should use sulphur fumes.

For stings or bites from any kind of insect apply dampened salt, bound tightly over the spot. It will relieve and usually cure very quickly.

Children should be taught to gargle their throats. It is easier to teach them this difficult and awkward accomplishment in health than when prostrated by disease.

No one should go to bed hungry, but food taken near bedtime ought to be of the simplest kind—a cracker, a piece of bread and butter or a glass of milk.

Bath for Rheumatic Sufferers.—Persons who are rheumatic will be benefited by hot baths, to which oil of turpentine is added. A good mixture to add to a hot bath is made of fifty grammes of green soap and thirty grammes of oil of turpentine. These ingredients should be mixed together and shaken well.

A very simple method of inducing sleep in cases of persistent insomnia, and one that has succeeded where many drugs have failed, is simply administer a moderate amount of liquid food before the patient goes to bed. This diverts the blood from the brain to the abdominal organs, and takes away the cerebral excitement that precludes sleep.

The skin in the neighborhood of healing wounds often itches intolerably. Take a piece of coarse cotton or linen cloth, about two inches wide and of the proper length, and, grasping one end of the cloth with each hand, draw it back and forth over the itching part. This is better than to scratch with fingernails.

Coffee as a Beverage.—It is the mixture of the sugar, cream and coffee that is harmful to some. Many can drink it without being unpleasantly affected, others of a bilious tendency think they must forego this pleasing drink. At first one may not care for the clear coffee freshly made, but after trying a few times most people become attached to it and rarely, if ever, return to the mixture of cream, sugar and coffee.

Nervousness.—A nervous person should seek cheerful society, endeavor to eat, live and do whatever is daily demanded of him in just the same manner that others do. Free bathing, gentle exercise, attention to the liver will often cure a person of nervousness more quickly than drugs. Keep warm in winter and cool in summer; the first requisite to either condition is to have your mind calm and clear and at peace with all mankind. Worry and anger involve heat and strife, therefore keep cool and let the little petty things that cark and fret go by.

How to Ascertain the State of the Lungs: Persons desirous of ascertaining the true state of their lungs are directed to draw in as much breath as they conveniently can; they are then to count as far as they are able, in a slow and audible voice without drawing in more breath. The number of seconds they can continue counting must be carefully observed; in a consumptive the time does not exceed ten, and is frequently less than six seconds; in pleurisy and pneumonia it ranges from nine to four seconds. When the lungs are in a sound condition, the time will range as high as from twenty to thirty-five seconds.

To change the sheets of an invalid's bed when the invalid is too ill to be moved is not always easy. Of course, the upper sheet can be taken off in the usual way. The chief difficulty lies with the lower one. Begin to roll the under sheet lengthwise over to where the patient lies. Then put on the near sheet, which should also be rolled or folded lengthwise. As you unroll the new sheet tuck it in securely at all sides. When the two rolls of sheeting are side by side—next to the patient—lift the patient over on to the clean side, if she cannot turn over without aid. The old sheet is then removed and the new one spread out evenly as it should be.

Felons.

A felon is often caused by a blow upon the end of the finger or any tight pressure, which stops circulation, and injures the bone. Numerous remedies have been suggested, none of which will prove effective unless they are applied promptly upon the first indication of the throbbing pain and swelling which are prominent symptoms of this painful disorder.

One of the most satisfactory "first aids" to the injured finger or thumb is a strip of cantharides plaster or blistering ointment put on as near to the knuckle joint as possible, and left on until it blisters; this will check the development of the felon.

Dipping the finger into hot lye made of wood ashes repeatedly for a day or two is a successful method of aborting the disease, while the application of antiphlogistine is equally effectual, and not as painful a remedy.

Dr. Whitman, in the "Medical Visitor," is authority for an egg cure for felon, which he has used for fifteen years without a failure. His method is as follows: "Take a fresh egg and crack the shell at the larger end. Make a hole just large enough to admit the thumb or finger, and force it into the egg as far as possible without rupturing the shell. Wipe off the egg which runs out, and bind a handkerchief or soft cloth around the finger, leaving the egg on overnight. This will generally cure in one application, but if not, try it again." This is a very simple remedy and at least worth a trial.

Medicinal Value of Vegetables.

As the early vegetables begin to appear on our tables it is well to know something of their medicinal value.

Green onions are said to produce sleep, and are laxative.

Lettuce has a soothing effect on the nerves, and is also capital for sufferers from insomnia.

Do You Know

That walnuts are a good food for gouty subjects.

That good health requires plenty of fresh air in the bedroom at night.

That a refreshing night's rest makes one forget the worries of the past day.

That when your feet are warm, your whole body is comfortable.

That a baby gets thirsty and needs a little water several times daily.

That sweet oil, warmed and rubbed over the baby's abdomen, wrapping feet, limbs and body in warm flannel afterwards, will relieve an attack of colic.

Impurities in the Blood.—When the action of the kidneys becomes impaired, impurities in the blood are almost sure to follow, and general derangement of the system ensues. Parmelee's Vegetable Pills will regulate the kidneys, so that they will maintain healthy action and prevent the complications which certainly come when there is derangement of these delicate organs. As a restorative these Pills are in the first rank.

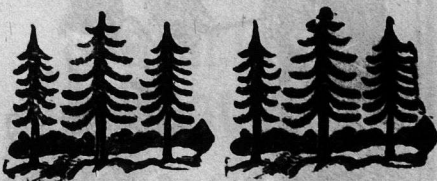
Tobacco Habit.

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