

Alcoholics as Medicines.

Dr. Sir Benjamin Ward Richardson, F.R.S., the leading authority in England on the physiological effects of alcoholics, has just contributed an interesting paper to the Medical Pioneer, a new English monthly, in which he refers to his 25 years' experience of medical pioneering of temperance. We have only space here to give a few of his best points regarding the progress made in that time. These points may be of interest to many HOME GUARD readers who are not connected with the medical profession.

Sir Benjamin says: "There were (in England) perhaps 50 staunch abstaining men in medicine in 1869. There are 500 now who openly declare themselves, and there are a great many more than 500 thorough abstainers who do not declare themselves, that is to say, who practice though they do not preach medical abstinence.

"The profession has learned to use the word 'alcoholic' as an adjective freely applied to diseased conditions by the use of alcohol. We have now not only alcoholic phthisis (consumption) and alcoholic dyspepsia, but alcoholic paralysis and various other maladies bearing the fatal name; nay, alcohol has even been compared with a metallic poison, lead, in regard to its pathological effects upon the body.

The greatest advance, Sir Benjamin claims, is "in the fact, now clearly demonstrated by actual experience, and on a large scale, that as men, women and children can live through their most healthy lives in the best of health without alcohol, so in their diseases they can recover with equal facility under the same abstinence. The practice of the London Temperance Hospital (now 25 years in operation) is incisive and decisive in this respect. We receive there patients in the most varied types of diseases, acute and chronic in all stages without any thought of selection. We receive some who are abstainers, and, therefore, it might be supposed, ready for abstaining treatment; we receive many who are not abstainers, but we treat all alike in so far as the non-administration of alcohol is concerned, and our results leave nothing to be desired.

"I have watched the treatment of disease for 25 years with alcohol; I have watched it for 25 years without alcohol, and, apart from any prejudice or the least bias, I am confident, on a review of the whole of the facts, that if the systems of treatment of disease with alcohol, and absolutely without it, be compared, the non-alcoholic system leads the way as the safest, the most rapid, and most certain system in curative tendencies."

There have been some thousands of cases treated every year in the hospital referred to, so that now the experiment has been tried long enough and on a large enough scale to demonstrate its efficiency without doubt. The days of alcoholic prescribing for medicinal purposes are nearing their end.

T. W. CASEY.

Spirit Consumption in Great Britain.

The last received number of the Economist, the leading English trade journal, gives the following facts regarding the production and consumption of spirits in Great Britain:

In 1894 there were 44,414,321 gallons of proof spirits produced in the country against 40,369,691 in 1884, showing a considerable increase in the quantity. Of these quantities England produced 10,691,576 gallons; Scotland, 20,107,077 and Ireland 13,615,668. In all the countries there was an increase over 84 except in Scotland, where the quantity was a little less.

There has also been a considerable increase in the quantities consumed. In 1894 they are reported at 34,324,792 gallons against 31,359,513 in 1884. Of last year's consumption 30,452,382 gallons are reported, "as a beverage," against 28,548,489 in 1884. There seems to be the same tendency to overproduction of spirits in England as in Canada and the States. The quantities now on hand, in bond, are reported at 103,313,208 gallons against 53,987,466 in 1884, or nearly double as much.

The above quantities represent the consumption of home manufactured spirits alone, besides which there are large quantities of foreign spirits imported for consumption. Then there are immense quantities of ale and beer manufactured and consumed in the country, besides large quantities of wines. When these are all added together it will be easily seen that the drink bill of Great Britain is still an enormous one, and it is not growing less, by any means, so far as either the consumption of spirits or malt liquors is concerned. Those who talk so complacently about "the people rapidly becoming more temperate" under the existing license laws, and there is therefore no need of prohibition, may be well enough, but they have very little pains to inform themselves regarding the actual facts.

RECOMMEND IT.—Mr. Enos Larocque, writes: "I am that Dr. Thomas' that you claim to be using it for and externally, and benefit from medicine, and recommending

A Deficit Somewhere.

In a small, unventilated room in a tenement-house on Allen street in New York, a slipper-maker, who has a wife and two small children to support, and to whom one room serves as kitchen, workshop, and living-room, was able, by working twelve or fourteen hours a day, to keep his family clothed and fed; but with the financial depression the prices for his work fell so much that he received only as much for two pairs of slippers as he had received for one. He endeavored to meet the deficiency by doubling the hours of labor, until he sat twenty hours a day upon his work-bench. Sometimes 30 hours passed with only enough remuneration for the apologies for meals which the family were able to secure. As the Jewish Day of Atonement approached last week, the slipper-maker calculated that by working three days and nights in succession he could secure money enough to keep the festival by laying aside his work. He began on Saturday morning and by Sunday night he was falling asleep in spite of every attempt, and in order to keep awake prodded himself with his awl. Refusing all entreaties to rest, he sat on his bench until 4 o'clock Monday morning, when he had finished twelve pairs of slippers and worked 52 hours without interruption. He was then in a kind of trance, and, falling asleep in spite of himself, fell forward against the table, upset the lamp, burned up his work, and seriously injured his hands. And yet there are people who hold it to be a "crime against society" to say that the social organization is defective, and that every man who is able and anxious to work cannot get the work that will keep body and soul together!

Calvin.

Prof. Wilson, of Allegheny Theological Seminary, delivered a notable inaugural address on "John Calvin," concluding it with the inquiry, "For what did Calvin and for what does Calvinism stand?" In answer he states seven principles, and illustrates each of them aptly and felicitously. They are: 1. The supreme authority of Holy Scripture. 2. The church's independence of the state. 3. Religious and political liberty. 4. The equal binding authority of law. 5. Courage. 6. Education. 7. Charity. As an example of the authority of law, Calvin announced to a noble family who regarded themselves as superior to local laws: "As long as they live in Geneva, they must obey the laws of Geneva, though every one of them were a diadem." In regard to education Bancroft said: "Calvin was the father of popular education and the inventor of the system of free schools." All this is true of Calvin. His work might be summed up by saying that he came into the reformation and gave it those principles which made it permanent. Without those principles it would have been a reaction and a relapse. It is no denial of the inestimable value of Calvin's work to say that he built better than he knew, and that he was not himself fully imbued with those principles which he formulated with such diamond-like sharpness, hardness and purity. Right here is where men like Professors Shields and Wilson lack discrimination. It is nothing to the world whether Calvin burned Servetus, more than it is whether David killed Uriah. We are not concerned to defend every act in the life of the man. We are only concerned to promote the principles which he formulated. He did not invent them—he drew from the written records of Jesus Christ, and of his prophets and apostles. Calvin's merit was that, amid the almost absolute confusion of thought in the stormy times in which he lived, he saw with almost perfect vision the great truths upon which human freedom, order, happiness and progress depended, and presented them to the world as clearly as he saw them himself. We will not say that had Calvin not arisen we would have had no abiding Protestantism, no personal liberty, no republic like the United States, no constitution like the British, no system of popular education—we will not say so, because God is dependent on no man for the progress of his kingdom. But we will say that had Calvin not arisen, and no man like him had arisen, we would have none of these things. But that Calvin did not himself enter the promised land, but only stood like Moses on Horeb and saw it, is abundantly shown by his writings. He was a religious persecutor, did cruel things, and desired to do cruel things which he had not the power to do. He tells us of them with perfect simplicity and candor over his own signature—with just as much candor as Paul did. We have been very foolish to allow ourselves to be drawn away from the promulgation of the great fundamental principles of Calvinism into a contention that Calvin himself was immaculate. Those were fiery and bloody times. Calvin was himself in peril of the rack and the stake. We may say, humanely speaking, that it was impossible that he could escape wholly from the influence of his surroundings in his life. It is sufficient that he saw above them, and for the most part lived above them.—[The Interior.

An upstart man calls his dog "Miser" because he is quick to catch the scent.

English Version of the Lord's Prayer.

A. N. Jannaris, a native Greek, contributes a long and scholarly article to the Contemporary Review, October, in answer to the question: "Is the English version of the Lord's Prayer a faithful representation of the original as recorded in St. Matthew?" He takes up the petitions seriatim; not only translates each word, but tries to get at the significance of the word in the original, and then gives us the Lord's Prayer in this form:

"Our Father which art in heaven, hallowed be Thy name—Thy dominion come—Thy (fixed) purpose be done; as in heaven, so too on earth. Give us this day our mere (or simple) bread, and forgive us our debts, as we forgive our debtors theirs; and let us not fall into a tempter's snare, but deliver us from the evil one." And if we admit the spurious doxology—"For Thine is the dominion, and the power, and the glory forever. Amen."

The "Tyrant Potato."

Mrs. Rorer evidently indorses Marion Harland's view of the "tyrant potato." Says the former: "Life is too short to be spent in digesting potatoes. I never eat them in any form. You might as well put pieces of mica into your stomach as to fill it with Saratoga chips." It is undoubtedly true that in many houses nowadays the potato habit is much lessened. Time was when potatoes fried for breakfast, baked for luncheon, and mashed or plain boiled for dinner was the logical course of table events in almost every well-regulated family. The breakfast cereal has practically banished it from the first meal of the day, it is often absent from the luncheon board, and it is really only at dinner that it is apt to be in perennial evidence. A dish of boiled rice or savor baked hominy will be found an excellent substitute for the berated Irish tuber, which, while not perhaps guilty of all the indictments against it, might well be relegated to an occasional rather than an everlasting appearance.

Origin of Nursery Rhymes.

"Three Blind Mice" is in a music-book of 1609.

"A Froggie Would A-wooing Go" was licensed in 1650.

"Little Jack Horner" is older than the seventeenth century.

"Pussy Cat, Pussy Cat, Where Have You Been?" dates from the reign of Queen Elizabeth.

"Boys and Girls Come Out to Play" dates from Charles II., as does also "Lucy Locket Lost Her Pocket."

"Old Mother Hubbard," "Goosey, Goosey Gander," and "Old Mother Goose" apparently date back to the sixteenth century.

"Cinderella," "Jack the Giant Killer," "Blue Beard," and "Tom Thumb" were given to the world in Paris in 1697. The author was Charles Perrault.

"Humpty-Dumpty" was a bold, bad baron, who lived in the days of King John, and was tumbled from power. His history was put up into a riddle, the meaning of which is an egg.

"The Babes in the Woods" was founded on an actual crime committed in Norfolk, near Wayland Wood, in the fifteenth century. An old house in the neighborhood is still pointed out upon a mantelpiece in which is carved the entire history.

Cologne Water Will Check Asthma

Attacks of asthma may be brought on by the most varied and singular causes; different sorts of scents, the odor of raspberries, as was the case of Claude Bernard; the smell of hay, the vapor of a sulphur match that has just been lighted, the dust from oats or powdered ipecacuanha. One patient will have asthma in the north, but will be free from it in the south; another will have asthma in Paris, but will be perfectly well in Vienna; still another will have the most terrible attacks as long as he is in Egypt, but will be relieved as soon as he gets to sea, says the New York Herald.

It is generally admitted nowadays that the attack of asthma is due to a spasm of the inspiratory muscles, and that the origin of the trouble is some stimulation of the nasal mucous membrane. On the other hand, it is also known that a vigorous stimulation of the mucous membrane of the nose may put an end to an attack of asthma; therefore in this purely nervous phenomenon the same cause may either bring on or put an end to the attack.

It is on this peculiarity that are based a certain number of methods of treatment of an attack of asthma, and the latest born of these methods consists in sniffing eau de cologne. My readers may remember that I made known to them the process whereby M. Roux, of Lyons, cuts short colds in the head and chest at their beginning. It consists in having the patients inhale by the mouth and nose for about two minutes and about four or five times a day about 50 drops of cologne water. It is now claimed that the same method will put an end to an attack of asthma.

A hen is a very superior creature, but she could never lay a corner-stone. x x x Pleasant as syrup; nothing equals it as a worm medicine; the name is Mother Graves' Worm Exterminator. The greatest worm destroyer of the age.

The Advantage of a Fad.

The man who undertakes to cultivate some fad like the growing of plants, the raising of fish, photography, entomology, boating, bicycle riding, athletic sports, microscopy, painting, drawing, music, fishing, hunting, and a thousand and one other things which may come under the head of personal recreation, has always something within his reach which makes him independent of the outside world. The boating man is forever "feeding" his canoe or yacht with paint or varnish and fittings of his own invention. The mineralogist has an endless pleasure in arranging his specimens and in obtaining those which are new. The sportsman fights his battles over again, and the fisherman attends to his tackle and invents "facts" to illustrate his next year's exploits. All harmless amusements, but more valuable than gold, because they take a man away from himself.

Man's Help-Meet.

The Union Signal pertinently remarks: Dr. Parkhurst, of New York city, is slowly but inevitably coming around to a favorable view of woman suffrage. When he first started on his righteous campaign against Tammany, he explicitly stated that he did not care for the assistance of women, remanding them to "their proper sphere—the home," without whose "sacred precincts they could do no good." But after a year's experience, the good doctor finds he cannot fight the hydra-headed Tammany evil single-handed and is actually calling out the ladies, as witness this press dispatch:

"NEW YORK, Oct. 19.—There were nearly 2,000 women in Cooper Union this afternoon. It was the largest mass meeting of women this city has known. It was an admirable illustration of the extent of the women's movement in politics and was held to protest against Tammany rule. Abbie Sage Richardson, Marie Huntley Elwell, Mrs. Clara Bell, Mrs. George Guntton, Alma Calder Johnston and Mrs. Margaret Ravenhill were among those on the platform. Mrs. Josephine Shaw Lowell, the president of the league, presided. She came upon the stage with Dr. Parkhurst on one side and Mr. Leavitt on the other. They all made speeches denouncing Tammany."

The political corruptors of New York may well tremble now that women are aroused. As Breckenridge now is, so will Tammany soon be, a thing of the past. The novelist, William Dean Howells, put it well when he said: "There is not much difference between housecleaning and municipal housecleaning as some people think."

The Rest Cure.

(From the Chicago Tribune.)

The rest cure is now practiced at home by many women who have come to a proper realization of its value. It used to be an expensive remedy, necessitating an absence of six to eight weeks in a private hospital, with trained nurse, massage and the rest, including a trunk full of pretty teagowns for the convalescence. Now the sensible woman has discovered she can take her cure in homeopathic doses without stopping her work or quitting her family.

A half hour daily of complete retirement, lying down in loose clothes and banishing all worry, all thought, indeed, if possible, works wonders if persevered in. Have the shades drawn and close the eyes. A tired brain strays restfully in darkened ways; even mechanical impressions of which one does not seem to be thinking at all, consume a little force; blindness, physically and mentally, is what is sought, and it is this that rests and restores.

For the woman whose work is at home the half hour immediately preceding or following luncheon is apt to be one that could be spent in this way. Where there are children old enough to go to school after the meal is better, for the little folks will have turned back to their lessons, no callers need be expected, and the afternoon's task or engagement can usually brook this little delay. For the mothers whose babies are still in arms the rest should be taken while their little charges sleep. Says one mother to this: "Why that is my only chance to pick up and catch up with things." Spare the half-hour to rest and the picking up and catching up will be better forwarded.

The business-woman whose work must be done at office or shop must invent her chance for rest. It is a common habit of several young newspaper women, reporters, to step into one of the big shops or hotels, seek the parlor, and conscientiously rest for 15 or 30 minutes, as their time permits. In shops it must be taken with the stop for luncheon, as a rule, in offices it may also have to be, but often there is a lull in business that may be almost regularly depended upon.

The hod-carrier finishes the contents of his dinner-pail, then lolls against a friendly fence in sheer animal rest. Perhaps he lights a pipe—as often he does not—but he rests in every fiber of his being. A shop-girl hurries over her bread and tea to try her eyes and tax her interest with a story paper, eagerly devoured till the last moment, or she spends her rest time in exciting gossip with her neighbors. Either is foolish expenditure of needed force. The closer the strain the greater the need for the complete and daily respite, however brief. Such workers should pursue the opportunity to take it relentlessly.

A SIMCOE COUNTY MIRACLE.

The Startling Experience of Mrs. Robinson, of Midhurst.

Eleven Years Sickness—Her Case Pronounced Positively Incurable—She Was Given Up to Die by Two Doctors—Now a Picture of Good Health and Strength.

(From the Barrie Examiner.)

Near the village of Midhurst, about six miles from Barrie, stands the smithy of Mr. John Robinson, while within sound of the sawl is his home, where in the midst of a large and lovely orchard dwell the smith and his family. Mr. Robinson is a type of the proverbial blacksmith with "the muscles of his brawny arms as strong as iron bands," but with Mrs. Robinson it has been different. The wife and mother has for a long time been a victim to acute and painful dropsy of the kidneys. Shortly after the birth of her youngest child (now about 13 years) Mrs. Robinson began to take fainting spells, accompanied by violent headaches. This continued through the years that have elapsed, during which time she has obtained the best medical advice available. For about a year she was in constant terror of going insane. Her dull, heavy headaches, beating pain in the back, and weak swollen legs and body, made her case something fearful.

To a representative of the Examiner Mrs. Robinson said: "It is some five or six years since I took worse, and since then we have spent hundreds of dollars in medicine and for medical advice. The symptoms of my case were heavy headaches, pain in the back and kidneys and swollen legs. I rapidly grew worse, and last July was given up by two doctors to die, and all my friends and neighbors tell me that they never expected to see me again. I could not raise myself up, could not dress myself, and had to be assisted in everything. Now I am well and strong, and can put out a big washing without any over-exertion. I have also suffered from diarrhea for a number of years, and when I spoke of it to my doctor he said if it were stopped, worse results would follow. At the urgent request of my son, who was then living in Manitoba, and personally knew of wonderful cures wrought by Dr. Williams' Pink Pills, I decided to give this remedy a trial. Since using the Pink Pills I have been completely cured and have felt none but beneficial effects. Only the week before I commenced taking the Pink Pills I was told by a physician that he could not cure me, and that I would likely get worse when spring came. He analyzed my blood and said it was in a fearful state and that my disease was dropsy of the kidneys, which positively could not be cured. This was about the middle of last January. After the third box of pills my backache left me and it has not since returned. I have taken thirteen or fourteen boxes in all and owe my recovery to this wonderful medicine. I can't praise Pink Pills too much, whatever I say of them," said Mrs. Robinson.

"I recommend them to everybody. I can't speak too highly of them. They saved my life, and I feel it my duty to let others who are suffering as I was know all about them."

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"What is the judge going to do now?" asked the green juror, in a whisper.

"He's going to charge the jury," said the foreman.

"Charge the jury? Charge us? What for? We don't have to pay nothin' for the privilege of sittin' on jury, do we?"

x x x

Mr. John Blackwell, of the Bank of Commerce, Toronto, writes: "Having suffered for over four years from dyspepsia and weak stomach, and having tried numerous remedies with but little effect, I was at last advised to give Northrop & Lyman's Vegetable discovery a trial. I did so with a happy result, receiving great benefit from one bottle. I then tried a second and a third bottle, and now I find my appetite so much restored, and stomach strengthened, that I can partake of a hearty meal without any of the unpleasantness I formerly received."

x x x

The Lady of the House—Why don't you go to work? Don't you know that a rolling stone gathers no moss? Browning, the tramp—Madame, not to evade your question, but merely to obtain information, may I ask of what practical utility moss is to a man in my condition?

x x x

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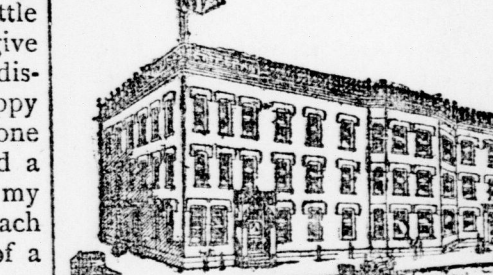
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