

HEALTH

TYPHOID FEVER.

Typhoid fever is a preventable disease; so absolutely preventable, indeed, that it is no exaggeration to say that somebody is to blame for every case that occurs, although, so devious are the ways by which the germ travels from its source to its destination, it is often very difficult to place the blame where it belongs. It is, broadly speaking, a country disease; that is, the first cases in an epidemic in a city are almost always attributable to a contamination of the milk-supply, or of the water-supply at its origin or along its course in the country. After the disease has got well under way it may be spread broadcast by other means—flies, for example.

In certain parts of the country it usually prevails more or less all the time in the form of isolated cases, but in cities it often breaks out in epidemic form. Apart from the water or milk contamination, typhoid fever is not infrequently carried to the city on salads and vegetables that are eaten raw.

The disease begins in from two weeks after the infecting material has been taken into the stomach. The first symptoms are indefinite—headache, loss of appetite, sometimes slight chills, and a general listlessness and loss of strength. These symptoms increase in severity for a week, accompanied by steadily rising fever, higher in the evening than in the morning. Diarrhoea is frequent; the headache is often exceedingly acute.

As the disease progresses the physical forces are greatly depressed. The tongue and mouth are dry, there is excessive thirst, and there may be delirium. In very severe cases the patient lies on his back, low in the bed, muttering indistinctly and plucking aimlessly at the bedclothes.

In favorable cases improvement comes in the third or fourth week. The fever declines, the tongue becomes moist, the patient takes an interest in his surroundings, and as convalescence is established, begins to clamor for food.

In no disease is careful nursing so important as in typhoid fever. Indeed, in many cases it may be said the patient owes his life more to the nurse than to the doctor, although with equal truth it may be said that in no disease is the constant watchfulness of the physician more needed.

But the duties of the nurse are not confined to caring for the patient. She has the grave responsibility upon her of protecting others from contagion. The poison thrown off in the discharges from the bowels and bladder, and these should be kept for at least two hours in a vessel containing an equal amount of some powerful disinfectant before being thrown away. They should never be thrown on the ground in any place where the rain would wash them into a stream or well or cistern. They had better be thrown into a hole in which is put at the same time a quantity of copperas or unslaked lime.

To Cure Chapped Hands.—Have a druggist prepare a solution from equal parts of alcohol, glycerin, and witch hazel. Keep the preparation by the kitchen sink, and after washing the hands and while they still are wet pour a little of the mixture into one palm. Rub over both hands and dry on the towel as usual.

To Remove Bug from Ear.—Let patient lie down with bug side up. Then drop in water, a drop at a time, slowly. As the water rises the bug will work out unless firmly held by wax, in which case a syringe or forceps may be necessary.

Help for Insomnia.—Wet a cloth or handkerchief in cold water and bind around the wrist, tucking the loose end in securely. The cold cools the blood before it reaches the head and whatever draws or cools the blood will relieve the brain.

Plaster for Burn.—Cover the burn with sweet oil, then apply cake of dough, made of flour and water. It will draw out the fire.

Home Made Hair Tonic.—Take one ounce sage, steep in boiling water for half hour; strain and add two ounces glycerine, quarter ounce powdered borax, quarter ounce iac sulphur, and a little perfume.

An eminent doctor recommends the following as a cure for sore feet: Alum, three ounces; tannin, one ounce; brown vinegar, one pint; rosewater, half a pint. Mix and apply a little as lotion after washing the feet.

FEATHERS WERE PINNED ON.

Poultry Breeder Was Sent to Prison for Cruelty.

At Sonneberg, Germany, the other day a well known poultry breeder named Morgenroth, was sentenced to six weeks' imprisonment for having inflicted terrible suffering on a number of fowls exhibited by him at the recent great German Poultry Show held in that town.

Morgenroth hoped to secure firsts in certain of the highest classes with his birds, but the feathers of a number of cocks were not in accordance with the regulations governing the exhibits in these classes. He accordingly plucked the birds, and, having procured a sufficient quantity of the correct feathers, fastened them skillfully to the flesh of the fowls with pins.

In order to keep the tail feathers of cocks in an upright position, Mor-

genroth attached them to wires driven into the flesh of the birds. So indignant were the judges that they gave Morgenroth a severe flogging before handing him over to the police.

SERIOUS CONSEQUENCES AVERTED AT KINGSTON BY ZAM-BUK.

Blood poison might have proved fatal in the case of Mr. Thos. Foster, of Kingston, had it not been for Zam-Buk. Mr. Foster says—

"Last fall I had a nasty sore foot caused by the irritation from injecting eyelet in my shoe. Before I was aware of it the colored sock had poisoned the flesh and I suffered much in consequence. I tried many salves and ointments yet was no improvement until I began using Zam-Buk. This ointment drew out the inflammation and poisonous matter and healed the sore in several days after applying."

All skin diseases quickly yield to Zam-Buk. Sold by all stores and drug vendors at 50c. a box, or postpaid from Zam-Buk Co., Toronto, 3 boxes for \$1.25.

A writer says that whipping a man may make him stupid. It may be, but it is more likely to make him snoring.

Help your children to grow strong and robust by counteracting anything that causes ill-health. One great cause of disease in children is worms. Move them with Mother Graves' Worm Exterminator. It never fails.

Mr. Hardup (entering the nurse's room) "Why, what are all you children doing for?" Small Boy—"Please, pa, Tommy's the bill collector, and he called with an account."

Nearly all infants are more or less subject to diarrhoea and such complaints while teething and as this period of their lives is the most critical, parents should not be without a box of Dr. J. D. Kellogg's Dysentery Curative. This medicine is a specific for such complaints and is highly spoken of by those who have used it. Proprietors claim it will cure any case of cholera or summer complaint.

She—"I can't see why, because when a woman marries a man, she should tell him his name." He—"Just so. The fellow ought to be allowed to tell something he could call his own!"

ITCH. Mange, Friction Scratches every form of contagious itch in human animals cured in 30 minutes by Ford's Sanitary Lotion. It never sold by all druggists.

A crank is a man who knows all about a subject which you know nothing about.

A Good Medicine requires little advertising. Dr. Thomas' Electric gained the good name it now enjoys through elaborate advertising on its great merit as a remedy for all pains and ailments of the rectory organs. It has carried its name with it wherever it has gone, and is prized at the antipodes as well as at home. Dose small, effect sure.

Customer—"Look here! All the tens came off this coat the first I wore it." Aaronheimer (the tailor) "Yes? So many people admire that you shewell mit pride and these buttons off."

Weak and Sickly People envy those in health. No need to stay sick when by the best tonic, "Ferrovin," you can get rich and renewed strength and vigor.

Richie—"Look at me! Twenty years ago a poor boy, working like a dog and now—look at me! See what I made myself." Smarte—"Yes, sir, you—Is this meant as a warning or an example?"

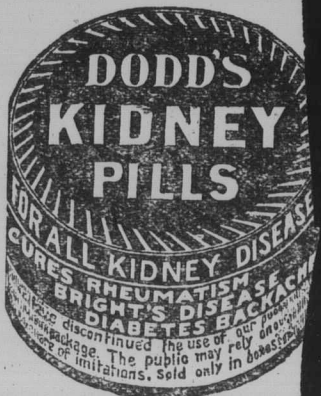
You cannot be happy while you have corns. Then do not delay in getting a bottle of Holloway's Corn Cure. It moves all kinds of corns without failure with it is unknown.

HEALTH HINTS.

Lockjaw Relief.—Warm a small quantity of spirits of turpentine and upon the wound. Relief will follow less than a minute.

For Cinder in the Eye.—When a cinder flies into one eye immediately close the other eye, put finger on it to keep it closed. Then keep injured eye as far as possible. Don't give in until it keeps it up.

Croup Relief.—Melt a small lump of butter in a serving spoon over a lamp. Add a teaspoonful of cod liver oil and pour slowly down the throat. This gives instant relief.



ISSUE NO. 40-07.

A NEW IGNITION BATTERY.

Owing to the constantly increasing severity of the ignition problem, the NATIONAL CARBON COMPANY, Cleveland, Ohio, deemed it advisable to design a battery especially for this class of work. The Columbia Ignitor "Red Top" Dry Cell which is the result of their experiments is without question the highest type of ignition battery on the market to-day. These cells give a hot snappy spark, recuperate rapidly and have long life. They are made in three sizes. This company will be pleased to send their booklet "Kinks," which treats on all Gas Engine troubles, free to owners of automobiles, Launches, Gas Engines, etc.

ALWAYS WON.

Jack—"How did you make your fortune?" Isaac—"On horse-racing." Jacob—"What! I never knew you after applying?" Isaac—"I didn't. I started a pawnshop just opposite the entrance to the racetrack, for the accommodation of those who bet when

Dyeing! Cleaning!

For the very best and most work to the "BRITISH AMERICAN DYING CO." Send for agent in your town, or send direct.

Montreal, Toronto, Ottawa, Quebec.

Tom Smith was walking down the street accompanied by his dog, whose tail he had recently "bobbed," when he met Will Scudd. The latter, seeing the stunted tail, pointed to it, and laughingly said—"Why, Tom, I never saw that before." "Of course not," replied Tom; "dogs' tails are always behind."

A Sure Cure for Headache.—Bilious headache, to which women are more subject than men, becomes so acute in some subjects that they are utterly prostrated. The stomach refuses food, and there is a constant and distressing effort to free the stomach from bile which has become unduly secreted there. Parrelle's Vegetable Pills are a speedy alternative, and in neutralizing the effects of the intruding bile relieves the pressure on the nerves which cause the headache. Try them.

1. Established 50 Years.

Bargains IN PIANOS.

— "Do It Now" —

Absolutely correct, that here we have pianos that cannot be

Some trusses and splinters, 3 pedals; an elegant and while advertised as second-hand is new, being only slightly shop-worn. Regular price \$300, special at \$245.00.
 Upright Cabinet Grand, beautiful mahogany Boston fall, handsomely carved music panels, 7 1/2 octaves, 3 pedals. One of their best, in first-class condition, thoroughly and fully guaranteed. Special at \$245.00.
 Upright Cabinet Grand, with 7 1/2 octaves, nicely decorated top door, used about one year, in excellent condition, and special at \$245.00.
 & CO.—Cabinet Grand, 7 1/2 octaves, 3 pedals, orchestral attachment, susceptible to old and hard effects, nicely decorated top and bottom, practically brand new, five-year-old. Special at \$287.00.
 & CO.—Parlor Grand Piano, in elegant condition that will give every satisfaction, 7 1/2 octaves, suitable for a musician or concert hall. Guaranteed. Regular price \$300.00, special at \$245.00.
 SOW New York—Grand Piano, with beautiful case, handsomely carved legs and lyre, etc. The make of this piano is in it that the article is first-class. Has been overhauled, and is in A 1 condition, fully guaranteed. Regular price \$1,200, special at \$850.00.

\$25.00 cash and \$10.00 per month. Quarters are required wire your selection, made by letter. A handsome and reasonable arrangements to other points.

Limited,

Canada.



so Easy Work

SHINGLES

Guaranteed in every way Ought to last a century. wood shingles in first cheaper in the long run.