

but the gateway, and the only gateway, through which the soul passes into a knowledge of God that is commensurate alike with its longings and its need.

Thus did there come to Job unspeakable spiritual gains from the calamities that so clouded and saddened his earthly lot, even a knowledge of God that not only added sweetness to the cup of his subsequent prosperity, but that would have sweetened and so made endurable and even blessed any cup of adversity distilled by the strange events of the over-ruling providence of God.

Thus does the author of this inspired drama teach a lesson that vindicates the all wise Father in His strange dealings with His children, and that comforts them with the assurance that their trials are for their enrichment in their knowledge of Him, and their likeness to His character. The poem is an anticipation of Paul's deliverance, and that "All things work together for good to them that love God, and who are the called according to His purpose."

(The End.)

Health Column.

HOW TO STRENGTHEN WEAK LUNGS.

Keep clear of all poisonous things; use the flushing treatment two or three times a week. Take a piece of round stick in each hand the size of a curtain pole but not more than nine inches long, go out in the sunshine about nine or ten in the forenoon. Stretch your arms as wide at right angles with the body as is possible and close your mouth and take a long breath through your nose, hold it for eight seconds, and exhale all out of your lungs that is possible by pressing your chest on each side with your hands, repeat this action for a dozen times every day you have a chance for a month or two; always breathe through the nose. Take a bath every week. Eat any kind of fresh fish; use as much rich new milk, and cream, and bees' honey with entire wheat bread as you can, and sit in the sunshine as much as possible, or take frequent short walks in the sunshine; and above all things keep up a cheerful disposition, and make up your mind you are going to get well. Use no tea, nor coffee, nor pickles. Keep clear of all narcotics put away liquor and tobacco. Eat soups and fruits of any kind, with vegetables. Avoid rich cakes and puddings. Plain victuals are always best. Follow these rules and you will soon grow strong and robust.

—Good Health.

THE THERAPEUTIC USES OF HOT WATER.

It is a curious trait in human nature, that people seldom appreciate that which is easily obtained. On the principle that "a prophet is not without honor, save in his own country?" those in search of remedial treatment, will (theoretically speaking) send to the four corners of the globe for substances to afford them relief, while, frequently, the most valuable article for the purpose is running to waste in their own homes.

We are moved to write this, by reflecting upon the fact, that hot water, which, as a therapeutic agent, is almost without a peer, is so little used that it is, practically, a dead letter. Chemists are burning the midnight oil in their laboratories searching for new weapons with which to fight sepsis, while hot, boiled water, which is one of the best, if not the best, antiseptic in existence and which may be had "without money and without price," is almost ignored.

And yet there is not an honest, progressive surgeon in the world who will not admit that whenever pus formation is going on in the human system, and surgical interference becomes necessary, no preparation in the whole pharmacopeia can equal hot water as an antiseptic agent. In painful swellings, in the dull aching pains in the lumbar region that characterize kidney disturbance, applied in the form of hot fomentations, its effect is in the highest degree beneficial. In severe congestion the hot wet sheet pack is a remedial agent, surpassing all others. In acute colic, copious enemata of hot water act like magic in relieving pain. In appendicitis (it is no idle statement to make) seventy-five per cent, of the cases could be cured by the same method, namely, the hot, high

enema; while in treating obstinate constipation—notably the impacted condition—there is no method of treatment known to medical science that can compare with simple everyday hot water.

It may be asked, why (if it is such an invaluable remedial aid) it is not more extensively used and advocated? In the first place its merits are not generally known. In the second place, physicians who know of its value hesitate to prescribe it, for the reason that the majority of patients expect the doctor to prescribe drugs, and are disappointed if he does not. In this connection it may be stated that few physicians are acquainted with the therapeutic value of hot water, for in the medical schools the prescription of drugs, in accordance with the symptoms demanding them, is the foundation of the system, and it would be really demanding too much of human nature (as at present constituted) to expect them to prescribe a remedy so simple as hot water, and for which the patient would, in all probability, decline to pay.

But there is still another reason—the one referred to at the commencement of this article, namely, the tendency on the part of the majority of people to slight that which is close at hand and easily procured, in favor of those things which are designated by mysterious titles, or that are difficult of attainment. Man has been so long accustomed to regard—with a species of awe—the mysterious hieroglyphics on an orthodox prescription, that he finds it difficult to dissociate from it the idea of talismanic power.

Again, there are so-called friends of hygienic methods of treatment, who are so ill-informed upon the matter of treating disease by means of hot water, that they rush into print with crude theories as to the possibly injurious effects of using large quantities of hot water for intestinal irrigation. In the majority of cases these alarmists have no foundation in fact for the statements they advance. Truly, "a little knowledge is a dangerous thing." It would not be a matter of so much moment were it not for the fact that some of these pretentious theorists occupy literary positions, which lend weight to their ill-considered promulgations, and the consequence is that unfounded prejudices are excited against remedial methods which, in reality, have everything to recommend them.

As a result of some of these anti-water fulminations, we have received numerous inquiries as to whether the objections were valid, that are urged against the practice of cleansing the system by flushing the colon, or large intestine, with from three to four quarts of warm water. It is not the province of this magazine to advocate any particular system of treatment; but these requests have become so numerous and persistent, that we deem it a duty to our readers to reply to them.

As a matter of absolute fact, that can be demonstrated, there is not the slightest danger attending the practice referred to. On the contrary, it is one of the most sanitary proceedings that ever engaged the attention of mankind. We know all the objections that are urged against it, but not one of them will hold water. No pun intended. It is asserted that there is danger of rupturing the intestine; but those who make the assertion do not stop to reflect that in countless cases the bowel is distended far more with gases, or impacted matter, than it could be with water (without the aid of a force pump), yet no rupture occurs. Again, it is said the muscles will lose their power of contractility, through frequent distention; but we have yet to learn of a muscle that failed to develop increased strength through exercise, and in addition, heat acts as a stimulant. "It operates against peristalsis," we are told. We deny it, for the great desire evinced to expel the water is proof of increased peristaltic vigor, if it is proof of anything. And even if it did suspend peristalsis for the space of five minutes, is it not a fact that other natural functions can be suspended for much longer intervals, only to be resumed with unabated vigor? "The system will in time come to depend upon it," is another objection that is urged. In advancing this objection the objectors display their lamentable lack of information. We have yet to learn of a case where the intestines failed to resume their normal action when the practice was suspended. In fact, when, through the removal of effete matter, and the consequent production of good blood, the system regained its normal tone, it was found that the intestines had shared in the general

benefit, and resumed their wonted function with renewed zest. It has even been contended that the frequent washing of the intestinal walls, deprived the system of the mucus it needed for lubrication. To that we reply, that we never heard that bathing the body robbed the sweat glands of their power to excrete more perspiration; or that the drinking of large quantities of water in any way affected the secretion of gastric juice.

But granting, for the sake of argument, that the system did come to rely upon it (which we deny), is it not a far more rational and hygienic means to an end, than reliance upon cathartics, which so many thousands have to do, at the peril of their digestive powers? We do not think that any rational person, having due regard for his physical welfare, could or would hesitate long in making a choice between the two methods.

Of all the valuable uses of hot water, in a therapeutic sense, assuredly one of the most, if not the most, important, is its employment to cleanse the human sewage, and render the body a fitting temple for a pure mind.

—Omega.

Temperance Column.

Now that the question of Prohibition is before our Legislature a page of selections showing the evils of intemperance will be in place:—

A good man was once tempted by the devil to commit one of three great sins—either to murder his mother, to deny and blaspheme God, or to get drunk. As the least of the three he chose to get drunk. Satan left him, well pleased of his choice, for alas! while drunk, he committed both the other sins.

Upon what does the success of the liquor traffic depend? Upon debased manhood, wronged womanhood, defrauded childhood. It holds a mortgage over every cradle, a deed written in heart's blood over every life. Shall mothers know this and be silent? Shall fathers understand and be indifferent?—*N. Y. Tribune.*

In 1857 Horace Greeley, the editor of the *New York Tribune*, in an article on the folly of attempting to "regulate" the liquor traffic, after declaring that such a course was not in his line, said: "We believe in cutting that liquor dog's tail off right behind the ears."

In a periodical brought out by Oliver Goldsmith, in 1759, he writes: "In the towns and countries I have seen, I never saw a city or village yet whose miseries were not in proportion to the number of its public-houses."

An excellent authority says *wines, ale and beer* should be spelt *whines, ails, bier*. I understand there is no reason to doubt the accuracy of this. The same friend reminds me that *gin* means a *snare*. The whole matter is referred to those who know the most about it.—*Home Evangel.*

Insanity from intemperance is on the increase, especially in England, where it shows an alarming increase, judging from the last reports of one of the largest asylums, the Crichton Royal Institution, where in the last five years the admissions due to intemperance have risen from eight to thirty-five per cent.

Rev. Canon Wilberforce: "People talk about regulating the liquor traffic; they might as well try to regulate tooth ache." The advocates of the license law would say, "Tie a stringent rag around the jaw and leave the affected molar to throb and 'stoon.'" Drawing the tooth would favor too much of coercive legislation."

Normandy's law against intoxication is that on the third conviction for public drunkenness, the offender is liable to the following: 1, Loss of his vote; 2, May not be voted for; 3, May not serve on a jury; 4, May not exercise any administrative faculty (such as acting as executor of a will); 5, Loses the right to carry arms.

Under the law: "Put off thy shoes," Under grace "Put shoes on his feet."