

emotions set in motion nervous currents, which stimulate blood, brain, and every part of the system into healthful activity; while grief, disappointment of feeling, and brooding over present sorrows or first mistakes, depress all the vital forces. To be physically well one must, in general, be happy. The reverse is not always true; one may be happy and cheerful, and yet be a constant sufferer in body."

Some advantages of Candour.—Do not let the idea that you know it all get away with you. Don't try to make your wife believe that you are a great man, because she will know better.

Do not try to make your children believe you are a saint. They will find you out. Acknowledge that you are human, and establish a bond of sympathy with them. Tell them not to lie, because you know lying to be bad. Children are thinkers, and in their quaint, quiet little way, sharp logicians. Do not impose on them. Do not pick out their destinies for them. A child trained contrary to its inclinations is not worth three nothings. Do not try to direct their minds into channels that are uncongenial to them. When children ask questions you cannot answer, honestly acknowledge your ignorance. They will think more of you for it, and it is far preferable to have them think you are ignorant than to catch you in a lie. Let us raise leaders instead of followers.

—The worst thing a parent can do to a boy is to pamper him. A boy can be fed to death. He can be killed by motherly kindness and fatherly guardianship. Boys are only young animals with minds, or what will one day be minds. The most essential part of a boy is his stomach; the next important members of his organism are his legs. Good, strong, sturdy legs, and a stomach able to digest anything in the way of food, and any amount of it, make an equation for boyhood. Do not, then, keep your boy in the house, doting father, but give him a bat, a ball, a sled, a pair of skates, anything he needs for out-door amusement, and send him out-doors. Go with him yourself, if possible. Skate with him, race with him, be a boy with him now, that he may be a man with you by and by.

Golden Rule.

A "Sure Cure" for Rheumatism.—The number of "infallible" cures for rheumatism that have been announced have become a matter of joke. Our readers have doubtless seen the amusing list of a hundred or so of these specifics, professional and non-professional, that has gone the rounds of the papers. Dr. Franz Heller has added one more to the catalogue, and that is ammonia, which he advocates enthusiastically in the *Medizinische Presse*, of Vienna. For several years he had been a sufferer from severe muscular rheumatism in the right shoulder; he had taken all the common anti-rheumatic remedies with but little alleviation, when he began to reason that in rheumatism, as in gout, there may be a uric acid diathesis; he thought that liquor ammonia, on account of its rapid volatilization, would be the remedy most readily absorbed, and the most prompt in action. He took one drop, diluted with water, and felt immediately a complete relief from the pain, which had lasted for ten hours; he was now able to move freely the arm which, an instant before, he could scarcely bear to have touched. The remedy, he claims, has proved a positive cure in all recent cases of muscular rheumatism which have fallen under his observation, and these have been many. He also observed its effects in several cases of acute articular rheumatism, in two of which six drops sufficed to subdue the pain and swelling within a period of twenty-four hours. In one case of chronic rheumatism of a finger joint, which had lasted for half a year, the simple administration of the ammonia completely dispelled the inflammation and pain in the joint within ten days.

Boston Journal of Chemistry.

Sulphur for Scarlet Fever.—Dr. Henry Pigeon writes to the London *Lancet* as follows:—"The marvellous success which has attended my treatment of scarlet fever by sulphur induces me to let my medical brethren know of my plan, so that they may be able to supply the same remedy without delay. All the cases in which I used it were very well marked, and the epidermis on the arms in each case came away like the skin of a snake. The following was the exact treatment followed in each case:—Thoroughly anoint the patient twice daily with sulphur in a little jam three times a day. Sufficient sulphur was burned twice daily (on coals on a shovel) to fill the room with the fumes, and, of course, was thoroughly inhaled by the patient.

"Under this mode of treatment each case improved imme-

diately, and none was over eight days in making a complete recovery, and I firmly believe in each it was prevented from spreading by the treatment adopted. One case was in a large school. Having had a large experience in scarlet fever last year and this, I feel some confidence in my own judgment, and I am of opinion that the very mildest cases I ever saw do not do half so well as bad cases do by the sulphur treatment, and as far as I can judge, sulphur is as near a specific for scarlet fever as possible."

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War Maps.

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