

SCORED ANOTHER WONDERFUL VICTORY

One More Added to the Long List of Cures Effected by Psychine.

This young lady, who lives in Brownsville, near Woodstock, Ont., tells her own story in a few effective words of how she obtained deliverance from the terrible grip of weakness and disease.

I have to thank Psychine for my present health. Two years ago I was going into a decline. I could hardly drag myself across the floor. I could not sleep at night.

If I went for a drive I had to lie down when I came back. If I went for a mile on two or my wheel I was too weak to lift it through the gate-way, and last time I came in from having a spin I dropped utterly helpless from fatigue. My father would give me no peace until I procured Psychine, knowing it was excellent for decline or weakness. I must say the results are wonderful, and people remarked my improvement. Instead of a little, pale, hollow checked, listless, melancholy girl, I am to-day full of life, ready for a sleigh-ride, a skating match, or an evening party with anyone, and a few months ago I could not struggle to church, 40 rods from my home. I have never had the slightest cause to fear any return of the disease.

ELLA MURIEL WOOD, Brownsville, Ont.

Thousands of women are using PSYCHINE, because they know from experience that in it they have a safe friend and deliverer. Psychine is a wonderful tonic, purifying the blood, driving out disease germs, gives a ravenous appetite, aids digestion and assimilation of food, and is a positive and absolute cure for disease of throat, chest, lungs, stomach and other organs. It quickly builds up the entire system, making sick people well and weak people strong.

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The Home Doctor.

Health Suggestions.

When very tired or recovering from illness, do not use the eyes much.

Oil of cloves or thyme are good remedies for toothache, neuralgia or painful swellings.

Those who exercise in the open air are not often troubled with insomnia.

A glass of half milk and half cream taken after retiring, often proves a remedy for sleeplessness.

The white of an egg applied to a burn or scald and kept in place by a bandage is very soothing and healing.

A baked apple sweetened with brown sugar, stewed prunes or figs eaten on an empty stomach are good laxatives for children.

The mind has such influence over the body that there is truth in the statement, "High thinking makes high living."

Water brash is a symptom of a sour stomach. Twenty drops of aromatic spirits of ammonia in warm water, sipped slowly, will relieve the condition.

Rest your feet as much as possible when tired or overheated by changing your shoes, even from old shoes to new ones, as the muscles are rested by the different fit of each shoe.

Keep a saturated solution of boracic acid on hand. It is a good antiseptic for rinsing out the mouth in cases of illness, for dropping into inflamed eyes and for purifying all wounds.

A quill toothpick is the best to use, as metal picks are injurious to the teeth and wooden ones are apt to leave splinters in the gums, which cause festering.

To purify the air of a cellar and destroy mouldy growths place sulphur in a pan on the floor, set fire to it, and close doors and windows as tightly as possible for three or four hours. Repeat as often as necessary.

An excellent home remedy for a persistent nervous cough at night, is to wring a piece of flannel out of very hot water, sprinkle a few drops of turpentine on it, and put it around the throat, covering it with a dry cloth to retain the moisture.

When one falls down in a faint the usual cause is from weakness of the heart, the blood fails to go to the brain, and the person becomes unconscious. The quickest remedy is cold, in any form, applied over the heart. Ice or even a towel dipped in cold water will stimulate it into more vigorous action.

After brushing the teeth, rinse the mouth with some alkaline wash, as milk of magnesia, holding it in the mouth for some minutes, and forcing it around the teeth. This is specially beneficial when the saliva has a tendency to acidity, to prevent the accumulation of tartar.

In typhoid and continued fevers the temperature can be sensibly reduced by a cold bath, properly given, or if this is impracticable, sponge the body with ice cold water. This must be done without exposing the patient to the air, nor dampening the clothing; it will bring great relief, besides combating the fever successfully.

The question is often asked what foods will strengthen the nerves. Briefly there are three supplies—foods, if you choose—which if taken per-

sistently and systematically will make tired, tingling nerves strong and quiet. An abundance of fresh air, day and night; pure water taken freely except at meals, and simple, easily digested food eaten at regular intervals. Health foods are only so in name if they cannot be digested.

If a child persistently breathes through his mouth, consult a surgeon. This effect may be caused by a growth in the throat or nose which occasionally makes a child appear stupid. The obstruction often causes deafness and there are always ill effects following in their train, which may cause life-long annoyance.

In almost all cases of poisoning, emetics are very useful. Of these, one of the very best, because most prompt and ready to hand, is the common mustard. Stir up a teaspoonful of the powder in warm water, and give every five minutes until free vomiting is induced.

By a series of experiments it has been ascertained that food remains in the stomach from two and a half to five hours. The length of time depends on the kind of food and the ability of the individual digestion. In a general way it may be stated that rice, barley and tapioca digest in two hours, butter beans, peas and potatoes in two hours and a half, white bread in three and brown bread in four hours. The digestibility of meats and fish may be placed as follows: fowl, lamb, beef steak, lean meat, mutton, veal, pork and fish.

Ingrowing Toe Nails

Pain from an ingrowing toe nail can be very much relieved by cutting the nail straight across, or even hollowed in the center; place a whisp of cotton under the edge of the nail where it cuts the flesh, and wet with peroxide of hydrogen. If the nail is hard and stiff, file it down the center until it is very thin and pliable, as this relieves the pressure upon the sides.

Throat Affections.

When the mucous surface of the throat is relaxed or swollen and flabby apply a preparation of tannic acid one ounce and glycerine three ounces. Warm the mixture slightly until the powder is thoroughly dissolved. Use a small swab of absorbent cotton on the end of a wooden toothpick or whittled stick, and apply carefully three or four times a day. It is a most excellent remedy for nearly all the ordinary affections of the throat. Use a clean piece of cotton each time.

Laugh and Live Long.

Laughter is undoubtedly one of Nature's general tonics. It brings the disordered faculties and functions into harmony, it lubricates the mental bearings, and prevents the friction which monotonous, exacting business engenders. It is a divine gift bestowed upon us as a life preserver, a health promoter, a joy generator, a success-maker. Life with the average man is too serious at best. Never lose an opportunity for relaxation from the stress and strain of your business or profession. Every draught of laughter, like an air cushion, eases you over the jolts and the hard places on life's highway. Laughter is always healthy. It tends to bring every abnormal condition back to the normal. It is a panacea for heartaches, for life's bruises. It is a life prolonger. People who laugh heartily keep themselves in physical and mental harmony, and are likely to live longer than those who take life too seriously.

Liquor and Tobacco Habits

A. McTAGGART, M.D., C.M.,
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