

HEALTH AND DISEASE.

Mens sana in corpore sano.

Noises in the Ear.

This most unpleasant accompaniment of disease of the ear is sometimes so distressing that the patient is rendered almost frantic. Indeed, cases of insanity have been traced to this cause alone. Some cases may be relieved by simple inflation of the ear, which may be done by grasping the nose with the thumb and forefinger in such a way as to close it completely, closing the mouth, and then making an effort to expel the air through the nose. This should not be repeated oftener than two or three times a week.—*Good Health.*

Pre-natal Impressions.

Mr. and Mrs. N., married twenty-eight years, have eleven children, nine on earth and two in heaven.

Mr. N. is an honorable man among men, but loud and domineering in his family. Mrs. N. is a refined lady, graceful and sweet with her children and friends, but shrinking and awkward in the presence of her husband. She is one of the most timid of those wives who dare not say their souls are their own. She is a devoted Christian, and finds much comfort in her bible. Her husband is religious too, but in streaks. He is not interested in the Sermon on the Mount, but clings to the passages which inculcate the obedience of wives. He reads with approval the verse ending, "and he shall rule over thee." He likes that sort of thing. It is clear and distinct, while to him the sermon on the mount is filled with glittering generalities. He says you can't tell just how to apply it, but that "Wives, submit yourselves unto your own husbands, as unto the Lord," is clear.

Mr. and Mrs. N. never quarrel; they are *one* in everything, and *he* is the *one*.

There is a popular recognition of a law in the saying that all distinguished men get their talent from their mothers; that no great man has come of a weak mother. We may assume that the parents contribute equally, at first, to their offspring; but from that moment, the father's direct influence ceases, while the mother goes on nearly three hundred days and nights, every moment impressing her physical, mental, and moral condition upon her child, not incidentally, but directly and overwhelmingly.

It would not be difficult to fill a volume with illustrations of the transmission of courage from mother to child. The case of the family before us is sufficiently impressive. Mrs. N. began married life with courage. The mother had warned her that Mr. N. might prove a tyrant, and she had resolved to maintain her rights. At first she was partially successful, and for two or three years was a good deal under the domination of aroused courage and determination. The oldest child, a daughter, is remarkable for force. She is likely to accomplish more in life than all her six brothers. She is strangely unlike the other children. The last three, all sons, are timid and shrinking to a painful degree. It is safe to predict that they will accomplish nothing. How is it possible, when the mother has constantly impressed upon every atom of their being for three hundred days and nights her cowed and shrinking condition, how is it possible that they should escape, and come into life brave?

In a society wise in these vital laws, Mr. N. would be pronounced a fit subject for an idiot asylum.

Mr. N. is saving money for his children, that they may have a good start in life. A thousand fold more would he add to their success and happiness if he would let them receive, both before and after birth, the spirit of a free, strong mother. The mischief does not end at birth. A cowed and cringing mother, ever with her children, giving them their first and deepest impressions, will constantly exhibit a weakness and subterfuge which, to her children, must prove wretchedly demoralizing. If they are to grow up honest, brave and strong, their first teacher must be honest, brave and strong. It makes one dizzy to think what human progress would be, under a self-reliant, courageous, independent motherhood.—*Dio Lewis.*

Polish Girls.

"In Poland," says Bayard Taylor, "girls do not jump from infancy to young ladyhood. They are not sent from the cradle directly to the parlor, to dress, sit still and look pretty. No; they are treated as children should be. During childhood, which extends through a period of several years, they are plainly and loosely dressed, and allowed to run, romp, and play in the open air. They take in sunshine as does the flower. They are not loaded down, girded about, and oppressed every way with countless frills and superabundant flounces, so as to be admired for their much clothing. Plain, simple food, free and various exercise, and abundant sunshine during the whole period of childhood, are the secrets of beauty in after life."

Tight Lacing.

Some foolish women actually seem to think that tight lacing is a very excellent thing, that it gives style and character to the female walk if not to the conversation, and that but for this operation the whole world would lapse into barbarism and positive ugliness. The Creator, they hold, was quite mistaken in his idea of what constitutes the beauty of the female figure. An old physician stands up for tight lacing on a different ground. He holds that it is one of the greatest blessings which society knows, for it greatly helps to kill off the foolish women and to save the sensible ones alive. Rather a shrewd old fellow that. How anybody can see female beauty in a figure which, in the expressive language of a Toronto divine, is made up of two islands and an isthmus, is more than we can imagine. It is a mercy and a pleasure to see so many waists as nature intended them to be, with all respect to the war theory and practice be it spoken.

Words of Experience.

There comes a time in the evening of a physician's life when he longs to speak out and say just what he thinks. So we hear an old and famous doctor declare, "If all the medicines in the world were cast into the sea, it would be better for men and worse for the fishes." Another physician, who long stood at the head of the profession in Great Britain, and was the Queen's confidential adviser, after looking over the whole field of medicine, affirms, "Things have arrived at such a pitch that they cannot be worse; they must mend or end." Another of sixty years eminent experience says, "It would be better for the human race if we had no doctors." A volume might be filled with such utterances from eminent physicians, written in the evening of life.

After forty years observation we venture the opinion that the world could not get on without doctors, but they should stop peddling pills and teach us the laws of health. Should physicians heartily unite in this work, they would confer a blessing on the race, the magnitude of which no finite mind could measure. The world would then learn that of all benefactors, doctors stand first. Here an ounce of prevention is worth a ton of cure.

Among health themes, in our country, the food question stands first. Perhaps you don't fancy these food reformers. You don't like their war on your palate. We are inclined to join you and defend the palate. We believe the Creator intended man to *enjoy* eating, and not to be forever moaning out, "I wonder if this is good for me." Such painful consciousness, where a delightful *abandon* was intended, is monstrous and pitiful. It is true that man is a spiritual being, but a large and very substantial part of him is animal. This large and substantial part was intended to *enjoy* life and not to be *snubbed*.

Our table pleasures may be doubled; and we do not mean by some triumph of the moral, but through a more cunning management of the table. With skill in the kitchen, we should soon learn that the most digestible and nutritious foods will give most pleasure to those who never try them. People must take the trouble to try them.—*Lewis.*

Thousands of persons starve themselves into thinness, paleness and nervousness, by living on white bread and sweet things, and sleeping too little. Oat meal, cracked wheat, graham bread and beef, with plenty of sleep, would make them plump and ruddy.