

Health Notes

Written for the CANADIAN HOME
JOURNAL by

JAMES WALLACE SMUCK, M.D.

It is by no means intended that the hints on health, given in this department through the successive months of the year should take a doctor's place, but by timely attention to minor ailments, we may sometimes prevent their becoming serious; and this is more particularly the case with colds and coughs upon which we shall say a few words. After all the province of the physician is to heal our sickness, not to prevent our being ill; that is left to our own sense and knowledge. There is an old saying, "Any one must be a doctor or a fool before he is forty." Many of us would probably come under the latter category, judging by the foolish things we see done. Surely there is nothing more interesting to most of us than our health, but how little care we take to preserve it. May we not say with Hannah More, "Nothing raises the price of a blessing like its removal; whereas it was its continuance which should have taught us its value." It is to be hoped that the day is not far distant when to be ignorant of the laws of health will be considered as disgraceful as ignorance of anything else, even the rules of society; but no doubt there are some who know what's right, but have not put into practice the far more difficult duty of practising what they know. What shall we say of persons known to be troubled with delicate throats who persist in wearing fur close up to their throats in a church or heated building and then go out into the cold open air, without any extra wrap? or those who at the bidding of Dame Fashion persist in wearing veils with spots, though we are assured by oculists that it is bad for the sight? or again of persons who will tell you, without any sense of shame, that they know certain dishes do not agree with them, in fact makes them ill, but nevertheless they take them and intend to continue to eat pie. (I love pie!) In what respect are they better than the man who drinks to excess, though perhaps fortunately for him, the punishment for his misconduct comes more quickly? Indigestion and dyspepsia, will follow the other case no less surely. Let us all endeavor through the new year and all the subsequent years, to obtain that "mens sana in corpore sano," without which so much of our life work must be hindered or neglected.

ON ORDINARY DISEASES OF RESPIRATION OR COLDS.

Catarrh is the most common of all diseases affecting the respiratory organs. It is an inflammation of the lining membrane of the nose and throat. If neglected it steals down the windpipe and produces hoarseness and soreness of the chest, and if still neglected, it travels along the bronchi and produces bronchitis. This disease always tends towards recovery, but we are able to check its course. For great sneezing, a little solution of cocaine (2 per cent. in strength) injected into the nostrils with a small glass syringe or snuffed up. The best cure for a cold is at its very commencement to stay in one room at a temperature of 60-65, not hotter, and take 10 grains of Dover's powder in a cup of hot gruel before going to bed. We are all liable to take cold and must sometimes be placed in circumstances when it seems impossible to avoid it, but the greatest difference is observed after the cold is noticed. The wise determine, at almost any cost to themselves, to cure it immediately if possible; the unwise let it hang on from day to day, sometimes at night, rubbing the chest

with some strong embrocation, taking hot spirits, putting the feet into hot water, and various other expedients—all very good if followed up, but worse than useless if we go out the next day in a cold wind with no extra protection to the poor ill-used chest, which is only made more tender and susceptible to cold, by the treatment it has received.

We all take cold more easily when the spirits are depressed, (observe how often cold is taken at a funeral) and the will has much more effect than we are apt to think. If we are unwillingly placed in circumstances in which it seems almost impossible to escape a cold, let us determine as far as possible to avoid that disaster and not to give way to it. How often a brisk walk home after shopping all the afternoon in hot and badly-ventilated stores would prevent a cold, instead of which we often get into a draughty street car with its constantly varying temperature, and end in a bad chill.

There are few causes which promote susceptibility to cold more than sleeping in close, warm rooms. The air of our sleeping apartments must be pure in order to obtain that rest and refreshment we so much need. Who has not awoken in the morning, after sleeping, (probably away from home) in a small bed-room opening into a sitting-room where a coal stove is burning, with a heavy headache and feeling quite unfit for the duties of the day, and all the effect of want of oxygen. Warm bedrooms, except for the sick and the aged, are a fertile source of colds. The access of cooler air to the respiratory organs at night has the effect of a tonic and prepares the body for the day's work.

TORONTO, ONT.

People We Read About

THE QUEEN'S household consists of something like 1,000 persons.

THE SULTAN OF TURKEY is always seen attired in pale brown garments. The Emperor of Austria affects green. The German Emperor has what may be called a loud taste in clothes, and is never so happy as when wearing the showiest of uniforms or hunting costumes. The Czar of Russia on the other hand, likes the simplest, darkest form of undress uniform.

THERE are 253,606 'Smiths' in England and Wales, according to a report of the Registrar-General, and 242,100 persons named Jones. Williams, Taylor, Davies, and Brown are the next most popular names. Smith also leads in Scotland, and Macdonald, Brown, and Thomson follow. In Ireland there are 62,000 Murphys and 55,900 Kellys. The next most familiar surnames are Sullivan, Walsh, Smith, and O'Brien.

HERE is a charming little story: When the Crown Prince of Denmark attended an examination in a Copenhagen school recently, he noticed that one of the little girls was so confused that she could not recite her lesson. He thereupon very graciously took her upon his lap, after which she answered every question correctly. She explained later the reason of her being able to do so was that the Crown Prince had whispered the answers to her.

MR. JOHN SCOTT, shawl manufacturer, of England, who recently died, aged eighty-seven, left an estate valued at £212,535. About fifty years ago his firm in the city had a large stock of Paisley shawls, for

A Family Disease

THIS IS WHAT

CATARRH



ment. Why let your child grow up hampered by this source of weakness? If the Catarrh stays in the head it is liable to make him deaf, and so hinder his success in life. If it goes down it will surely affect the lungs, or stomach, or liver, or kidneys, and make an unhappy invalid of him. Why suffer yourself?

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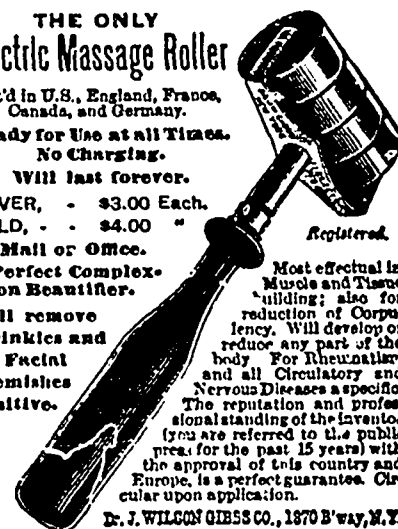
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which there appeared to be little demand. He induced a Lady-in-Waiting to submit one of the shawls to the Queen, who was pleased with it, and wore it when driving in the park. As a result for a time Paisley shawls became fashionable, and the firm got rid of the whole of their stock at enhanced prices.

HERE is a bright picture of the home life of the Czar: Alexander III. was said to be an autocrat, even in the bosom of his family. Nicholas II., however, is the very reverse; he regards his consort as a good comrade, and when any Russian ministers seek an audience late in the evening he is invariably to be found in her company chatting and laughing without restraint. The Czar is generally occupied at his desk, while the Czarina busies herself with embroidery work. Immediately the ministers enter she rises as if to retire; but, more often than otherwise, the Czar informs her that she is not one too many.

PROBABLY no royal personage is more written about than Her Majesty the Queen; but it is a curious fact that there is one side of Her Majesty's character which is not so freely commented upon as it ought to be. From time to time paragraphs appear in the papers telling how the Queen has sent a wreath on the occasion of the death of one of her old servants, but it may not generally be known that Her Majesty takes an absolute personal interest in the welfare of those domestics who have been in her employ but have now got too old for work. She has a domestics' birthday book, so that those who have reached years which prevent them from continuing their duties may receive a recognition from their Royal Mistress's hands. The late Archbishop of Canterbury said that the Queen had the biggest heart of any woman he ever met, and he singled Her Majesty out as a true living example of what Christians ought to be.

READERS of the CANADIAN HOME JOURNAL troubled with rheumatism may learn of a cure which is certain, and which will permanently cure, and may obtain a booklet containing facts and proofs, by writing Department No. 1104, The Electropoise Company, 1123 Broadway, New York City, U.S.A.