

PROFITS OF SANITARY WORK.

The *Montreal Witness* says, New York City is a notable example of what may be done by efficient sanitary government in improving the health of cities. About ten years ago the present Board of Health was organized and immediately set to work, though obliged to contend with much ignorant and selfish opposition, to enforce the sanitary laws which have proved so beneficial. Four years after the Board was organized, in New York, such preventable diseases as scarlet fever and diphtheria decreased fully seventy-five per cent. Destructive diseases that before were epidemic are now unknown. The general mortality is steadily declining, while the population is constantly increasing. At least three thousand lives are now annually saved that before perished for lack of sanitary prevention. Not long since, one of its most solid merchants declared in a public meeting that the cash value of the Board of Health to the branch of business in which he was engaged (trading in hides and rags, which could not, previous to the action of the Board, be carried on in the summer) cannot be estimated at less than \$100,000,000.

"EAT SLOWER."

A respectable, elderly lady patient went to London to consult the very highest medical authority about her dyspepsia and its accompanying ailments. She waited patiently for her turn, entered the awful presence, told her pitiful story, put out her furred and creased tongue.

The doctor listened, and said, "Um! Ah! Yes! Just so!" Then he looked profoundly, awfully wise.

"Now, doctor, what shall I do? I have tried everything, and nothing does me any good. Can you do anything to help me?"

"Yes, madam, you must eat slower."

She waited for her prescription, but the doctor did not write; and was evidently expecting her to go. He thought she might be hard of hearing, and spoke louder: "Eat slower!"

By an involuntary, but slight movement of his right hand she saw there was nothing to do but pay the fee. The two guineas dropped, and she sadly left the presence.

Two guineas for two words! But they are richly worth the money. "Eat slower" is very wise and very important counsel. There is a time for everything—and as eating is one of the most important things of our mortal life, the time we take to do it rightly is of very great importance.

NATURE'S CURE AND THE DOCTOR.

Mrs. Rogers lay in her bed,
Bandaged and blistered from foot to head,
Bandaged and blistered from head to toe.
Mrs. Rogers was very low.
I opened the blinds; the day was bright,
And Nature gave Mrs. Rogers light.
I opened the window; the day was fair,
And Nature gave Mrs. Rogers air.
Bottles and blisters, powders and pills,
Catnip, boneset, syrup and squills;
Drugs and medicines high and low,
I threw them as far as I could throw,
Deacon Rogers he came to me;
"Wife is a comin' round," said he.
"Your wife," said I, "had Nature's care,
And its remedies—light and water and air.
All the doctors, beyond a doubt,
Couldn't have cured Mrs. Rogers without."
The deacon smiled, and bowed his head;
"Then your bill is nothing," he said;
"Nature has cured her, as you say; [day]"
Heaven bless you, doctor; good day! good!
If ever I doctor that woman again,
I'll give her some medicine made by men.

"HA, how are you? Where have you been this month past?" "I've been laid up sick—not been outside of my bedroom door for more'n three weeks." "Dear me; and what was the matter with you? Something serious, it must have been." "Oh, no, it was a very little thing; but then I was treated by a very big doctor."