

Health Department.

[A certain space in each number of this journal will be devoted to questions and answers of correspondents on all subjects pertaining to health and hygiene. This department is now in charge of an experienced Medical Practitioner, and it is believed that it will be found practically useful. Questions under this department should be as brief as possible and clear in expression. They should be addressed to the editor of this journal and have the words "Health Department" written in the lower left corner on the face of the envelope.—Ed.]

Poison in Wall-Paper.

Dr. Wood's discoveries concerning the use of arsenic in the manufacture of wall paper's and the presence of this deadly poison in wall-papers of every color cannot be fully appreciated, says the *New York Times* in a recent article, by those who have no knowledge of the effect of the poison on those who suffer from it and of the symptoms that appear in cases of arsenical poisoning. It has been shown that wall-paper of any color may have arsenic on its surface, and that there is no safety in high prices for the reason that some of the most expensive papers contain a large amount of the poison, while some very cheap papers do not contain any. Many intelligent people may not be alarmed by these facts, because they may suppose that neither they nor their friends have ever suffered from arsenical poisoning. The truth is that the symptoms of illness caused by poisonous wall-paper are in so many cases similar to symptoms of illness due to ordinary causes that physicians have been misled. Even in their own houses medical men of high rank have seen their children sickened and die, notwithstanding the most faithful treatment, and have not learned until months afterward that the cause of illness was arsenic absorbed from wall-paper, and that treatment based upon a knowledge of this cause would have saved life. The symptoms of local poisoning may very easily be taken for those attending a severe cold or catarrh. In some persons the attack resembles "hay fever." The trouble caused by arsenical dust in the stomach before absorption closely resembles a "bilious attack," or simple indigestion, accompanied by loss of appetite, lassitude, headache, etc. After absorption the poison's action is shown most prominently by nervous disturbances such as neuralgic pains, attacks of dizziness, severe headaches, drowsiness, loss of energy, and inability to perform any severe mental or physical work, a feeling of great depression, nervous prostration. It thus becomes evident that people may be suffering from arsenical poison while their physician may be treating them for some other ailment.

Tea as a Stimulant.

Some good literary work has been done under the influence of tea. Kant's breakfast, it is reported, consisted of a cup of tea and a pipe of tobacco, and on these he worked eight hours. De Quincy who was no revolutionist, usually drank tea from eight o'clock at night to four in the morning. Victor Hugo, who is revolutionary, drinks tea it is true, but then he fortifies it with a drop of rum. Buckle was a most fastidious tea-drinker. No woman, he declared, could make tea until he had taught her; the great thing, he believed, was to have the cups and even the spoons warmed. Most of the writing men of our day drink tea. Most of our busy men, however, find some stimulant essential. One uses alcohol, another tobacco, a third tea.

Sir Charles Dilke's usual stimulant in London is tea, but when leading a healthy out-door life he abstains almost absolutely from stimulants of every kind. Commenting upon William Cullen Bryant's confession that he never touched tea or coffee, William Howitt said,—

"I regularly take both, find the greatest refreshment in both, and never experienced any deleterious effects from either, except in one instance, when by mistake I took a cup of tea strong enough for ten men. On the contrary, tea is to me a wonderful refresher and reviver. But people should

learn to take such things as suit them, and avoid such as do not."

This, perhaps, is the essence of the whole matter. "What is one man's meat is another man's poison," says the homely proverb; and it is as true of tea as of everything else. That tea may produce nervous irritability is no doubt true, but it is also the most potent rival of the gin bottle. As for the accusation that it dissatisfies men with the existing order and predisposes them to seek after the impossible, that is hardly a reproach, when there is so much that is wrong in the existing order.

Common Cold and Influenza.

The best plan to adopt with a common cold, is to restore the proper action of the skin as soon as possible. Various methods may be used; for instance, a person feels that peculiar warning, which makes him say, "Now I'm in for a cold; I feel it coming on"—headache, chilly, creeping feeling of the skin, and a state of miserableness generally. If he can manage it, let him go at once and take a Turkish or common vapor bath, or if he can spare the time, let him go to bed, take ten grains of Dover's powder, with a little sugar, put a large hot bran or oatmeal poultice all over his chest down to his waist, and in an hour after the powder a pint of hot tea or thin gruel, and an extra blanket or two. The next morning he should be well rubbed with a coarse towel, and take a seidlitz or a large tablespoonful of Epsom salts, either of them in warm water. But suppose it comes on when business must be attended to, let him put on an extra quantity of clothing, drink a pint of hot tea, and take a quick walk till the skin is quite damp with perspiration, then cool down gradually. If a person has a cold, not very bad, but what is called "hanging about them," a pint of cold water at bedtime, and a little extra bed-clothes, will be found an efficient remedy without any medicine. But whichever plan you adopt, do not half do it; if you are obliged to give way, do it thoroughly, stay in bed from twelve to twenty-four hours, and give the cold a check. If you are compelled to go out, put on plenty of clothing, work hard at your business, and bustle about as much as possible. For a common cough, the following recipe, with a mustard or oatmeal poultice, or turpentine fomentation to the chest, will give relief:—

Compound Tincture of Camphor. . . 4 drachms
Oymel of Squills. 2 "
Ipecacuanha Wine. 1 "
Compound Tincture of Benzoin 1 "
Water 1 ounce.

Mix. For an adult, one teaspoonful in cold water; for a child, half a teaspoonful in cold water when the cough is troublesome. If there be soreness of the chest, and tickling in the throat, treacle and vinegar will be found very useful.

Milk as Food for Children.

Wherever milk is used plentifully, there the children grow into robust men and women. Whenever the place is usurped by tea, we have degeneracy swift and certain. Dr. Ferguson, who has devoted a large share of his attention to this subject, has ascertained, from careful measurements of numerous factory children, that between thirteen and fourteen years they grow nearly four times as fast on milk for breakfast and supper as on tea and coffee, a fact which shows the benefit of proper diet. No diet is so suitable for growing children as well-cooked oatmeal porridge and milk. Owing to its easy digestibility, it is of equal benefit to invalids, and, more especially, dyspeptics who often regain health and pick up flesh at a wonderfully rapid rate on milk and good bread. Good as cows' milk is for children and invalids, the milk of the goat is much better; and it often happens that persons will thrive and grow strong on the latter, who could not digest the former. For this reason goats' milk is largely prescribed by the faculty, and would be more so if it were more plentiful. Dr. Pye Chavasse says,—"The finest, healthiest children are those who for the first four or five years of their lives are fed principally upon it."

He also states that asses' milk is more valuable for delicate infants, goats' milk for strong ones.

Influenza.

I do not know any complaint which produces such depression of spirits as this. I have had strong, able men, such as "navvies," who work out in all weathers, come and ask me if they were likely to die, they felt so "down." Any one attacked with Influenza should give up at once, remain in bed, and encourage perspiration by every means in his power. If it can be had the Dover's powder should be taken, as in common colds, and repeated if needful, and either with or without this, I have found the two following preparations of milk very useful. The first is called wine-whey, made by putting two wineglassfuls of white wine and one teaspoonful of vinegar to a pint of milk; simmer it very gently, so as not to break the curd, then strain and sweeten. The other is to scald a pint of buttermilk, strain it, and then add one wineglassful of rum and one of treacle, or as much sugar as the patient likes. If you are in the country, get the whey direct from the dairy. If you are not able to get wine, use rum in the sweet milk. There is no objection to the use of a little to give an agreeable flavor. Either of these may be given in divided quantities very frequently, and are generally very pleasant to the patient.

Sneezing.

This symptom consists in an explosive expiratory effort, the air being expelled through both the mouth and nose, but chiefly through the former. It is oftenest occasioned by irritation of the nasal and mucous membrane. It may arise from titillation, inhalation of dust, congestion incident to taking cold, or congestion present in influenza and hay fever. It is, in some cases, a purely nervous symptom. With many persons, sneezing is excited by looking at the sun or at a bright light.

Treatment.—This symptom rarely becomes so troublesome as to require special attention by way of treatment, and yet it is often at least convenient to be possessed of a remedy to check or relieve it. The disposition to sneeze can ordinarily be relieved by rubbing the nose between the thumb and finger. It may also be checked by pressing the finger against the upper lip, just below the nose. In some cases, the nasal douche, administered with a fountain syringe, is essential. The best solution employed is a teaspoonful of common salt, dissolved in a pint of tepid water, or fifteen to twenty drops of carbolic acid, well dissolved.

Stalwart Vegetarians.

The popular idea that beef is necessary for strength is well illustrated by Xenophon's description of the outfit of a Spartan soldier, whose dietary consisted of the very plainest and simplest vegetable fare: "According to the author of the 'Anabasis,' the complete accoutrements of the Spartan soldier, in what we would call heavy marching order, weighed seventy-five pounds, exclusive of the camp, mining, and bridge-building tools, and the rations of bread and dried fruit which were issued in weekly instalments, and increased the burden of the infantry soldier to ninety, ninety-five, or even to a full hundred pounds. This load was often carried at the rate of four miles an hour for twelve hours per diem, day after day; and only in the burning deserts of Southern Syria, the commander of the Grecian auxiliaries thought it prudent to shorten the usual length of a day's march." The "beef-eaters" of England would hardly consider themselves in good marching trim with a hundred pounds of baggage strapped on their backs.

That Dreadful Doctor.

He warns us in eating, he warns us in drinking, he warns us in reading, and writing, and thinking; he warns us in football, foot race, eight-oar "stroke," and tug.
He warns us in dancing and cigarette smoking, he warns us in taking champagne and canoeing; he warns us in wearing red socks and shampooing; he warns us of drains—in burning country quarters; he warns us of fever—in mineral waters; he warns us in—every thing mortal may mention, but—what gives rise To but little surprise— Nobody pays him the slightest attention

A Cure for Diphtheria.

Dr. Delthil, a French physician, says that a sure cure for any ordinary case of diphtheria is to utilize the vapors of liquid tar and turpentine, so as to dissolve the fibrous exundations that choke up the throat and lead to such fatal results in that dread disease. Dr. Delthil's process is simply this: He pours equal parts of turpentine and liquid tar into a tin pan or cup and sets fire to the mixture. A dense resinous smoke arises which obscures the air of the room. "The patient," Dr. Delthil says, "immediately experiences relief; the choking and rattle stop; the patient falls into a slumber, and seems to inhale the smoke with pleasure. The fibrous membrane soon becomes detached, and the patient coughs up micropicoids. These when caught in a glass, may be seen to dissolve in the smoke. In the course of three days afterward the patient entirely recovers." This treatment has been tested in New York recently with gratifying results. It is based on the theory that diphtheria is due to the rapid multiplication of living fungi, which are killed by the fumes of the tar and turpentine. Indeed, all successful treatment of diphtheria is by the use of medicines which destroy the forms of insect life.

MEDICAL QUERIES.

SARAH ARMY, Dalhousie, Ont. — Q.—Prescription for shortness of breath and cough. A.—Paregoric, oz. $\frac{1}{2}$; hippo wine, drachms 2; tincture of squilla, drachms 2; chloric ether, drachms $\frac{1}{2}$; water, oz. 8. Mix. Dose one teaspoonful.

WM. L. LANSBOWNE, — Q.—Would the cure you give apply to ascariasis? It so, state the dose for an adult? A.—Yes. The dose of antonin for an adult is 4 or 5 grains, followed by a dose of castor oil in a few hours. If the antonin is taken at bedtime and the castor oil in the morning it will act very well.

SCHNEIDER, Toronto. — Q.—I suffer from great fatness of my hands and feet, while my body, although not thin, is not fat. Can you suggest a cure? A.—Take half a wineglassful of this mixture twice daily.—Sulphate of magnesia, oz. 2; carbonate of magnesia, drachms 4; sweet spirits of vitæ, oz. 1; water up to oz. 10. Mix and keep tightly corked.

A New Cure for Drunkenness or Morphineism.

Dr. Fleischl of Vienna declares that morphineism, alcoholism, and similar habits can now be cured rapidly and painlessly by means of cocaine chloride. The method is very simple—a withdrawal, either gradual or abrupt and complete, of the habitual toxicant, and treatment of the nervous system by hypodermic injections of the cocaine. He claims that in ten days a cure may be effected in any case. The use of cocaine chloride, hypodermically, is from one-twelfth to one-fourth of a grain, dissolved in water, repeated as necessary.

A singular case of poisoning from eating a pudding made in part of mouldy bread is reported in the *Sanitary Record*. The main facts of the case may be briefly stated as follows: The principal materials of the pudding consisted of scraps of bread left from making toast and sandwiches, and they had been about three weeks accumulating. To these scraps were added milk, eggs, sugar, currants and nutmeg. The whole was baked in a very slow oven, and was subsequently eaten by the cook, the proprietor of the eating-house in which it was prepared, the children of the proprietor, and two other persons. All these became violently ill, with symptoms of intestinal poisoning. One of the children, (aged three years), and one of the adults died. The necropsy of the body of the child caused the medical man to suspect poisoning. The analyst was led to look for ergot in the pudding, and was soon startled to find unquestionable evidence of its presence, as far as the chemical reaction went, though he was unable with the aid of a microscope, to detect any actual ergot. From these facts he infers that the reactions hitherto supposed to be peculiar to ergot are common to other poisonous fungi.

Our

Ugly Mug

Grandmother Crag
As merry as ever
Her little eyes
And she bit off the
Her nose was on it
And the things
When she gathered
Her wheel and her
The day she used
But more wonderful

One night—'twas
A clown's crew
Who begged her
To tell them a story
Not one of the tall
But a story they
"Ho! ho! ho!"
"Very well, child,
And I'll tell you
Between Miss Ug

"Ugly Mug! Why
"Twas a nickname
This name, when
But awake, who
And this because
Of the sunken
Of the sunken
I called her Miss
And I think, that
You had been found

"Now it happens
A strange looking
And saw through
back
He jumped, and
But the very next
And asked made
He spread out his
And said he was
He could do both
And something v

"Ugly Mug, at it
And her eyes
Till the problem
Brought forth a
And looking at it
If you mind me
This magical
Which this qu
pure gold
And when in a
You won't traile

"You'll not thin
When I told you
Well, it's a
clear
If you care on
In the way I did
You have cause
tears
When it's a
Or put them
Where it's a
Just take a
And I'll tell
If your image

"Then the ped
out
And Ugly Mug
Till the image
That she long
chance
The cross I
And a little
The image of
Till Ugly Mug
Saw the image
And the image

DAV!

The road
would in an
until it seen
Davy ran on
moment to
at his back,
him along
he could run
might have
rain in the
horse and
when Davy
up with a
locomotive
manner, we
saw look
his knees at
candle's; his
tion partic
rained in
letters. H