

## EMPIRICAL TEACHINGS.

It is often a very difficult matter to tell a patient just what he should or should not eat. I well remember a case of chronic indigestion in which nothing could be eaten but pork and beans, while the most delicate food would occasion agonizing spasms of the stomach. This patient would get up in the middle of the night and eat a pint of beans and a large piece of pork, half the size of a man's fist, and this too without the least discomfort. I also remember another patient who could not eat anything except hard boiled eggs, and he lived upon them for many months. The carpenter whom Doctor Sangrado, in *Gil Blas*, was depleting by repeated venesection, and starving besides, rose from his bed, and in spite of the doctor's orders partook of a hearty meal of *pate de foie gras* and recovered. At about the same time Sangrado was attending a shoemaker who was suffering from typhoid fever, and being impressed with the good effects of the pie in the first case ordered it, with the result that his patient died the same night. The doctor did profit by experience, for an entry was found in his journal which read as follows: "*pate de foie gras* good for carpenters, but fatal to shoemakers."—Dr. O. M. DRAKE, *Ilahn. Advocate*.

The Chinese are said to possess secrets in preparation of sweets that astonish our most accomplished confectioners. They know how to remove the pulp from oranges and substitute various jellies. The closest examination fails to reveal any opening or incision in the skin of the fruit. They perform the same feat with eggs. The shells are apparently as intact as when the eggs were newly laid, but upon breaking and opening them the contents consist of nuts and sweetmeats.

A woman with a pretty hand spoils it by wearing rings, but you couldn't make one in a thousand believe it.

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## SOME WHOLESOME THINGS.

Carrots for sufferers from asthma.

Watercress is a remedy for scurvy.

Asparagus is used to induce perspiration.

Lettuce for those suffering from insomnia.

Turnips for nervous disorders and for scurvy.

Eggs contain a large amount of nutriment in a compact, quickly available form. Beaten up raw with sugar they are used to clear and strengthen the voice.

Onions are almost the best nerve known. No medicine is so useful in cases of nervous prostration, and there is nothing else that will so quickly relieve and tone up a worn-out system.

Peanuts for indigestion. They are especially recommended for corpulent diabetes. Peanuts are made into a wholesome and nutritious soup, are browned and used as coffee, are eaten as a relish simply baked, or are prepared and served as salted almonds.

Raw beef proves of great benefit to persons of frail constitution, and to sufferers from consumption. It is chopped fine, seasoned with salt, and heated by placing it in a dish of hot water. It assimilates rapidly and affords the best nourishment.

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One-fourth of the people on the earth die before the age of 6, one-half before 16, and only one in each 100 lives to 65.

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Queen Amalie of Portugal, who took up the study of medicine in order to diet her portly husband down to presentable proportions, has taken up the X ray, and is putting it to a novel use. She has been taking pictures of the various court ladies and giving them lectures on the deformities corsets produce, illustrating with the pictures, which show the bones in their crushed state.

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