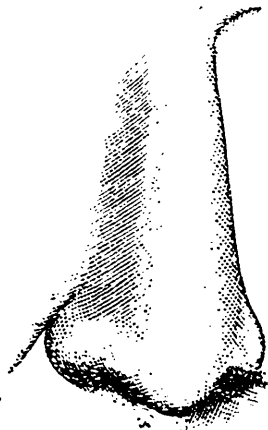


THE GOOD CANADIAN ;

OR,

HOUSEHOLD PHYSICIAN.

Happy the man who by Nature's laws, through known effects can trace the cause.



THE NOSE AND ITS PARTS.

The nose is appointed not only for the organ of the sense of smelling, but also an emunctory to the brain, and for respiration. Its upper part consists of two bones closely jointed together on the upper side ; its lower part is made of four cartilages, two of which are fixed to the two bones aforesaid, and also joined on the upper side ; the other two lie on the other ends of these, being tied thereto by a membrane, and are called *Alæ Narium*. The cavity of the nose is divided into two parts, called *Nares* or

Nostrils, by a partition boney on the upper part, and cartilaginous on the lower. The upper end of each nostril divides into two cavities, of which one goes to the Os-spongiosum, and the other opens behind the palate into the mouth for respiration. The ossa spongiosa fill the upper cavity of each nostril, the several lamina of which, being covered with a fine membrane on which the fibres of the olfactory nerve are spread, become the immediate organ of smelling. The cavity of the nose is covered with a glandulous membrane; its glands separate the matter we call mucus, which, with the hair growing on it, called vibrissi, prevent any filth from ascending too far into the nostrils.

The sense of smelling resideth in the nose; from the nostrils goeth two holes into the mouth, which are convenient in three particulars, firstly, that when a man's mouth is closed, either by eating or sleeping, air might come through them to the lungs, or he would be forced to keep his mouth open always. Secondly, they are helpful to a man's speech, for, when one or both of the passages are stopped, a man speaketh in his nose, as we commonly say. Thirdly, they are useful in cleansing the concavities of the nose, either by snuffing or drawing it through the mouth. By the sense of smelling we are often able to test the qualities of our food and drink, otherwise very often evil effects would be produced upon the system by partaking of food or drink of an inferior quality. Strong and violent odors are hurtful to the brain, whilst the temperate and good doth delight and comfort the brain. The pleasant odors of the flower garden may this month be enjoyed, and in just as great a measure of pleasantness as other senses possess. The taste enjoyeth things of pleasing taste; the hearing enjoyeth things pleasing to the ear; the eye enjoyeth things pleasing to the eye; so with feeling, and so with the sense of smelling. The herbs most adapted for use, in complaints of the nose, are wake-robin, flower de-luce, horsetail, shepherd's purse, willow, bistort, tormentil, cinquefoil, sow-bread. Polypus or tumor in the nose often occur, and is principally of three kinds; First, the fleshy or red polypus; second, hard, painful or malignant polypus; third, polypus of the mucus membrane of the nostrils. In the very first appearance of these, or any disease of the nose, bathing and poulticing with the above herbs will cure.

VEGETABLE ACRID POISONS.—(Continued.)

BITTER APPLE OR COLOQUINTIDA.—Much danger over doses of coloiqunt apple causeth (but seldom though sometimes death), when such is the case, provoke vomiting, and then drink milk and olive oil. This herb is known by the name of bitter gourd. The coloiquntida creepeth with its branches along the ground with rough hairy leaves of a greyish color, much cloven or cut on the edges; the flowers are pale; the fruit round, of a green color at first and afterwards yellow; the bark is neither thick nor hard; the inner part of the pulp is open and spongy, full of grey seeds tasting bitter, and is dried and kept for medicinal use.

HELLEBORE BLACK AND FETID.—The effects produced by this are the same as Briony, and requires the same treatment. This herb is called also Fetterwort, Fettergrass, Bearsfoot, Christmas herb, and Christmas flower. It is a serviceable herb, but requires discretion in its use.

WHITE HELLEBORE ROOT excites violent vomiting and purgings with bloody evacuations, which soon prove fatal if proper treatment be not immediately resorted to. Evacuate the stomach with copious draughts of demulcient fluids, and sheathe the bowels with clysters of starch and other emollients, then administer acidulous drinks, or coffee and camphor in doses from six to ten grains. But in cases like these the first physician at hand should be sent for.

SOW BREAD, CYCLAMEN.—The root of this plant is a flattened circular tuber; it produceth effects similar to white Hellebore when swallowed, requiring the same treatment.

SPURGE.—The seed vessels of these are termed tricoccus—that is, composed of three capsules, or distinct cells united back to back on a common footstalk having sometimes the appearance of capers, causing intense heat in the stomach, vomiting, violent purging with bloody stools. Evacuate the stomach with large draughts of warm water, and then give repeatedly milk and olive oil, sheathing the lower bowels with starch clysters.

In the same manner of treatment must the cases of poisoning by arum or cuckoo point be managed (the beautiful red berries sometimes allure children to eat them and the roots); also croton oil overdosed, meadow anemone, meadow narcissus, ranunculus or buttercups, aconite or wolfsbane, except of the same treatment. But the best and nearest professional assistance should be procured as soon as possible.

(TO BE CONTINUED.)

ADVICE TO TAILORS.

The latest improvement in tailoring consists in a provision for the defence of the back, which has long been needed, especially by men who work continually out of doors. That is, every working man should have a vest which will fit nicely over another one, and this vest should be lined strictly across the loins and up to the shoulders, same shape as the back lining; to this vest may also be added a pair of sleeves. Workmen often experience chills in the kidneys and pains in the back, and many other complaints brought on by their working all weathers and amidst the sudden changes of atmosphere with no other defence for warmth to the back than the lining of the ordinary vest; it may be seen plainly that the loins are not so well clothed at all times as the stomach is, especially when the coat is off. This vest might be worn when the heat of the sun is gone, mornings and evenings, just as the owner finds the atmosphere getting colder. By my own experience I have found this a preservative to the loins and arms. I also think that our pants may be made a few inches higher on the back where the braces fix on, and rounding down to nothing at the side, as a great defence to the loins.

THE LUNGS.

All complaints of the lungs may be greatly eased and often cured by smoking some common herbs which I have already dried and prepared, according to the nature of complaints, and the constitution of the patient. Notice, by smoking, the virtues of the herbs go direct into the lungs and produce the most beneficial effects.

RASPBERRY VINEGAR.—Put two quarts of raspberries into a quart of vinegar, and let them stand three days in a vessel not glazed, then strain it through a cloth wet with vinegar; mix with the strained liquor one pound of loaf sugar to each pint of liquor, and simmer for a quarter of an hour, or rather more, and when cold, bottle and closely cork for use. Care should be taken to use no glazed vessel. A tablespoonful of this liquor in a glass of water makes a very refreshing drink, and is serviceable in some complaints of the chest:

LIQUORICE ROOTS AND MARSH MALLOW ROOTS, of each two ounces, boil in three pints of water till reduced to a quart, then strain it off and let it stand to settle, then pour it off clear. A teacupful three times a day may be taken for a cough and complaints of the lungs.

AN OLD COUNTRY CURE for a bad temper, is to sit down and count twenty, and then kneel down and ask God to renew a right spirit within you.

JUNE JUVENILES AND THEIR HEALTH.

June is the month for juveniles,
The pleasant month of June,
And oft this month the parent smiles
To see them wake so soon.

The flowers and fruit expected,
The children's great delight;
Whilst trees are full in blossom
They quite enjoy the sight.

If you would have them healthy,
Early let them rise;
Each kind of fruit in season
For them make up in pies.

Early put them off to sleep,
In rooms well air'd by dry
And they should be well wash'd and dried
All over once a day.

V. B. H.

BOTANY OR PHYTOLOGY.—(Continued.)

GOOSEBERRY, mentioned on page 77, is a bush that, if left to itself, will soon get thick and matted, and so full of wood as to shut out sun and air. The fruit will then be of a small size, and but little of it. Thin your tree well, cut out the wood from the middle, and you will have the branches covered with fruit, and of a much larger size. The young trees should be kept down by shortening the young shoots, yet this should have been done before this. More upon this topic may be expected next month.

HERBS AND TREE FOLIAGE FOR MEDICAL PURPOSES.

COMMON LILAC (*Syringa vulgaris*). A tall shrub or tree from Persia, from eight to twelve feet high. Blossom, lilac purple and fragrant corolla with four divisions, capsule of two cells; leaves egg-oblong and sweet smelling, branches stiff and whitish colored; there are five or more varieties in the color of this blossom. It is easily propagated by suckers taken up late in autumn or early in spring. This, as well as the two dwarf species, looks very pretty. By cultivating these trees around the house it purifieth the air very much.

(TO BE CONTINUED.)

HYDROCEPHALUS, OR WATERY HEAD.

No one can surely hesitate for a moment in believing that the treatment of this melancholy disease ought to be confided only to the most judicious and experienced. I shall, therefore, in the present article, point out those symptoms which ought to arouse the attention of the parent, and occasion him immediately to call in the most powerful aid; and also describe certain circumstances, by our attention to which the malady may, perhaps, be sometimes prevented,

This disease generally occur within the first ten years of life. Sometimes the complaint comes on suddenly, but, in general, it

commences with a slow fever, to which it is frequently so nearly allied in its symptoms as to be mistaken, even by medical men, for a disorder of that nature. Soon, however, the disease is rendered more manifest, by a disinclination to employ the muscles on which voluntary motion depends. The arms and legs are moved with reluctance, and the fatigue of preserving the body in an erect posture is such, that the patient is always desirous of being laid down ; the pain in the head is more constant than in a low nervous fever, and the heaviness or dullness more evident, the pulse is also usually very slow and irregular. As the disease proceeds, the pulse becomes quicker ; the child's senses and faculties evidently become impaired, the sight partially fails him ; objects appear exceedingly indistinct ; and the pupils of the eyes are dilated. Towards the close of this melancholy scene, the urine and stools are passed involuntarily ; total blindness comes on, and a fatal termination takes place, while the patient lies in a comatose (sleeping) state, or whilst agitated with severe convulsions. This disease may be the consequence of an originally weak habit of body ; of various other affections of the brain, and of other diseases which have induced a considerable degree of debility of the whole system. But one cause, and that perhaps a very frequent one, more particularly demands here a few words, and that is, that it frequently arises from violent concussion or jar of the head ; from blows or falls. When the numerous accidents to which children are exposed are considered, together with the delicate texture of the brain, it becomes really a subject of surprise that this shocking calamity does not more frequently occur. It, however, happens with sufficient frequency to warrant the most zealous exertions for its prevention. On this head it will be sufficient to say, that care should be taken that children should not be unnecessarily exposed to injury. Parents must excuse the suggestion, as it is made with a hope that it may prove beneficial. The correction of children in the moment of passion, is not always within those bounds which the parent would, the moment before or the moment after, have himself prescribed. A box on the ear, as it is termed, or a severe blow on the head with the open hand, is the most ready punishment, and therefore most generally adopted, when petulance or passion impels

to an immediate correction. But when I consider the tender fabric of the human brain, and also that a blow sufficient to give the intended degree of pain to the delinquent, cannot be inflicted without giving a considerable jar to the head, I must denounce it as a mode of correction highly improper, and which may, possibly, occasion this dreadful malady. Another remark which I am about to make, I am aware may appear to many to be bordering on frivolty—but, satisfied of its real importance, I shall, without apology, introduce it. To endow children with hardiness and caution, it has been recommended, rather than smooth the way for them, to render it more replete with obstacles,—and, rather than shield them from the little injuries they would suffer from their trips and stumbles, to let them feel their consequences, that the difficulties thus overcome, and the pain they suffer to-day, may furnish them with courage and circumspection to-morrow. The principle is certainly good, therefore, I propose not to combat with that, but it was a practice of parents, in days gone by, to surround the head with a circular quilted pad, covered with silk, which, though not very ornamental, had no very forbidding appearance, and most frequently has saved children from very considerable injuries of the head. I am so confident of this fact, that I cannot resist the impulse of most earnestly proposing its adoption by the affectionate parent. This disease being, from its character, so dangerous, and the symptoms being generally of so insidious a character, sufficient justice cannot be done to it, it will, therefore, be introduced again and again, with admonitory remarks and prescriptions of the medicines required during the various stages of its progress.

(To be Continued.)

OF BROTH IN GENERAL—A pound of leau meat will make about a quart of broth, not more. If two or three kinds of meat are used, the broth is more nourishing and better flavoured; and little trimming bits of beef, veal, and mutton may often be got at the butchers very cheap. The proportion of water will be three pints to each pound of meat, to be boiled till reduced to a quart, or rather less. The meat will then be good for eating, and the broth fit to strain off; an onion, if approved, gives a pleasant flavor, and is never improper. The gristly parts of

an animal, such as knuckle and breast veal, shank of mutton, &c., afford the most strengthening broth, but not so rich flavored as that which is made from lean meat, especially from the loin of the animal. It is very well, if you can, to have part of both. It is generally directed to let broth stand till cold, in order to clear it of fat; but I think broth is never so nice as when fresh made, and the fat may be nearly all removed with a spoon, or, if any should remain, lay at top a piece of blotting paper, it will draw it all up. A very nourishing broth against any kind of weakness, especially after lying in, or for elderly people who have weakness in the back, may be made from two pounds of loin of mutton (the fat taken off), boiled with a large handful of chevil, in two quarts of water till reduced to one.

Very nourishing broth may be made of fish of almost any kind; the more thick skinned and glutinous the better. The following is an excellent broth:—Half a pound of small eels or grigs; set them on with three pints of water, an onion, a few pepper corns, and some parsley; let it simmer till the eels are broken, and the liquor reduced to one half; then add salt and strain it. Some people like a spoonful of vinegar added; and if the bowels be not disordered, there is no objection to it.

CALVES FEET BROTH.—Boil two feet in three quarts of water till reduced one half, strain it and set it by; when cold, take off the fat, and when it is to be used, put a large tea cup full of the jelly into a sauce pan, with half a glass of mountain, raisin, or cowslip wine, and a little nutmeg and sugar; when it nearly boils, have ready the yolk of an egg finely beat, stir to it by degrees a little of the jelly, then stir it in all together, but do not let it boil. This is less troublesome and expensive than calves' feet jelly, and quite as nourishing.

MISCELLANEOUS RECEIPTS.

MEAT PANADA.—Sometimes it is requisite to give animal nutriment in a more solid form than that of broth or jelly when the person has not an appetite for meat. When that is the case, it may be managed in the following manner:—Take the white meat of chicken or rabbit, partly, but not thoroughly boiled; perfectly clear it from skin, shred it as fine as powder, or, if you have a marble mortar, beat it to a paste with a little of the liquor it was boiled in, put in a little salt, nutmeg and lemon peel,

simmer it gently a few minutes with as much liquor as will bring it to the thickness of gruel.

Roast veal, mutton, or beef, may be shred and warmed in the same manner, with a little of the gravy from the dish, provided there be no butter in it. Or it is a very good way, when a sick person cannot take solid meat and yet wants nourishment, to lay two or three slices of toasted bread, with the crust cut off, in the gravy from a roasted joint of meat, till thoroughly moistened.

LAXATIVE SYRUP.—Take one ounce of senna leaves, and having carefully picked out every bit of stalk, pour over them one pint of boiling water; let this boil till one half remains; then pour the whole into a china bason, and covering it up, set it aside for twenty-four hours; strain it off through a linen rag, and add four ounces of treacle; put it over a clear fire till it becomes so much heated as to be thoroughly mixed together. When cold, cork it up for use, and keep it in a cool place. This syrup is chiefly intended for children; the dose may be from a teaspoonful to a tablespoonful, according to the age and strength of the child; if not active enough, powdered jalap may be added.

SENNA TEA.—One half ounce of senna and one ounce of figs, tamarind or raisins; pour on a pint of boiling water; let it stand for four or five hours; then strain off; a small tea-cupfull may be taken every hour till it operates. Or the same ingredients may be boiled in a pint and half of water till reduced to a pint, then strain off; in this case a smaller dose will suffice.

CASTOR OIL.—In purchasing this, always ask for cold drawn. The dose of this, for a child, is from a teaspoonful to a desert-spoonful; for a grown up person, from a desert-spoonfull to two tablespoonsfull.

FOR A WEAK STOMACH AND WANT OF APPETITE.—One ounce of camomile flowers, half an ounce of dried seville, orange or lemon peel (that is, the yellow rind quite from the inner white); pour on them a quart of boiling water, and take a wineglassfull the first thing in the morning and twice in the day besides.

APPLE WATER.—Cut two large apples in slices, and pour a quart of boiling water on them; strain in two or three hours' time, and sweeten to taste. Or, boil the apples in three pints of water till reduced to a quart.

ORANGE OR LEMON DRINK.—Squeeze the juice of four oranges or lemons, rinse the pulp and rind in half a pint of boiling water, simmer another half a pint of water with eight or ten lumps of sugar till thoroughly dissolved and mixed, when all are cold mix well together and strain through muslin or flannel.

MUCILAGE OF GUM ARABIC.—Ten ounces of gum arabic in powder, mix well with two tablespoonsful of honey; shave a little rind of lemon, clean off the white pith and cut the lemon in slices into a jug, then stir on it, by degrees, a pint and a half of boiling water. This is particularly good in any complaint that affects the chest, as cough, colsumption, measles, &c.

BRAN TEA is made by boiling a large handful of bran in a quart of water till it thickens, then strain it off and sweeten. The gum, honey, and lemon may be added as above. It is useful in the same complaints.

TEA made of balm, mint, sage, marigold, or cowslips is often found refreshing. Balm tea is most cooling; mint the most comforting to the bowels; sage or marigold most reviving; and cowslip tea has rather a composing tendency. To have them nice they should be made fresh.

CAMOMILE TEA is often rendered nauseous by suffering it to remain far too long on the flowers; after ten minutes, or even less, no further good properties are extracted from the flowers, only a nauseous bitter. Half a handful of flowers will make a quart of tea sufficiently strong for any purpose. If a person who takes camomile tea to strengthen the stomach finds a lowness and sinking, six or eight cloves may be added, and a tea-cupful be taken cold the first thing in the morning.

LINSEED TEA.—Boil two tablespoonsful of the seeds in three pints of water till reduced to 1 quart; strain it and let it stand to settle; it may be sweetened with liquorice, honey, lemon juice, or vinegar.

MUSTARD WHEY.—To a pint of boiling milk add an ounce and half of bruised mustard seed; boil it till the curd completely separates, then strain it off to a pint of boiling water, sweeten and boil it up once. This is particularly good for old people laboring under cold, rheumatism, palsy, or dropsy. It is also sometimes recommended in low fevers. The dose is a teaspoonfull four or five times a day.

TO PRESERVE EGGS.—The proper time of doing this is early in spring when the hens lay plentifully, and before they begin to set. There are several ways of preserving them for use or sale at the season when they become dear. First by dipping in boiling water and taking them out instantly; or, secondly by oiling the shell or rubbing them over with melted suet; and thirdly by placing them on shelves with small holes to receive one in each; they must be placed endways and changed every other day.

TO PRESERVE BUTTER FOR WINTER USE.—Let the salt be perfectly dried before the fire; roll it with a glass bottle till it is as fine as possible, spread a layer of salt so that when turned to brine it shall entirely cover the butter. The best jars for this purpose are the Nottingham stoneware, with lids.

A FIRE AND WATER-PROOF COMPOSITION may be made thus: fine sand one part, fine wood ashes two parts, slaked lime three parts; to be ground up with linseed oil and put on with a paint brush, first coat thin, second very thick.

A GOOD WAY OF KEEPING POTATOES.—When they are ripe dig them as dry as possible and lay them in a heap ridged up and covered with straw; cover the straw with earth. They will keep famously through the winter without sprout or canker; it should be fine weather when you take them out.

BUTTERMILK is often serviceable to consumptive persons, but it should be drank constantly, and persevered in a long time.

GRIDDLE CAKES.—Use milk altogether and no water. Two eggs, yellow and white, to be allowed for a pint of corn meal, the milk to be a little warmed and the whole to be well beaten up with a spoon. There must be milk enough used to make the whole so liquid that it will pour out of the saucepan on the

griddle. Add one spoonful of wheat flour, and lard (pure butter is better) the size of a walnut. The griddle must be made not very hot as it would then burn the cakes, and it must be well cleaned and greased while warm, that it may be perfectly smooth so that the cakes may be easily turned, that they may be done brown (not burnt) on both sides; to promote their turning easily is the object of adding the wheaten flour. The dough, or rather the batter, must be well beaten up, and prepared directly before being cooked, though it might set an hour, but it would not bear to be mixed over night. The cakes are usually poured on until they spread on the griddle to the size of the bottom of a breakfast plate.

EGG PONE.—Three eggs to a quart of meal, no wheat flour to be made with milk as water would make it heavy, a spoonful of butter, all well beaten together and made up for a consistence thicker than the cakes, too thick to pour out, but just thick enough to require to be taken up with a spoon; may be baked like cakes immediately after being mixed. Must be baked in a tin pan, which must be placed in the oven, not too hot at first but the fire under it to be increased. The object is to have it begin to bake at the bottom, when it will rise in the process of baking, become brown on the top, and when put on the table and cut resemble what we call pound cake. Salt of course add as usual to your taste in both cases.

FIRE.—It would be not amiss to remark that disastrous fires are often occasioned by carelessness, therefore persons cannot be too careful with lamps and candles. Also that when a fire does happen doors and windows should be close fastened directly. Buckets should be always kept in a certain place, so that they could be found direct in the dark. At the first signs of fire the tops of chimnies should be plugged with rags to prevent draft.

THE LUNGS, LIVER, &c.

THE LUNGS are made of a substance very soft and spongy, supple to draw and enforce from, like a pair of bellows. They are an instrument of respiration whereby the heart is refreshed, drawing unto it the blood, the spirits, and the air, and disbur-

thening itself of those fumes and excrements which oppress it. They are naturally cold and dry, accidentally cold and moist,—naturally cold and dry, waving about the heart, abating its heat by a refreshing blast; they are accidentally moist, by reason of catarrhs and rheums, which they receive from the brain.

There are three principal parts in the lungs: One is a vein coming from the liver, which bringeth with it the crude and undigested part of the chyle to feed the lungs. Another is *arteria venalis*, coming from the heart, bringing the spirit of life to nourish the lungs. The third is *trachia arteria*, that bringeth air to the lungs, and it passeth through all the left part of them to fulfil its office.

The lungs are divided into five portions or pellicles, three on the right side and two on the left side, that in case any impediment or hurt should happen in any one part, the other should be ready to supply the office.

I shall give no further description of the lungs, but describe the liver, which is a principal member in the little world, *quasi juvenis pater*, hot and moist, inclining towards the right side, under the short ribs. The form of the liver is gibbous or buncy on the back side; on the other side hollow, like the inside of the hand, that it might be pliable to the stomach (as a man's hand is to an apple or anything that is round) to further its digestion; for its heat is to the stomach as the heat of a fire is to the pot which hangeth over it. It is the storehouse of the blood, the fountain of the veins, the seat of the natural nourishing faculty or vegetable soul, engendered of the blood of that chyle which it draweth from the meseraic veins, and received by the *vena porta*, which entereth into the cavities thereof, and afterwards is sent and distributed through the whole body by the help of *vena cava*, which arise from the bunch or branches thereof, which are in great numbers as the rivers from the ocean.

The natural and nutrimental faculty hath its residence in the liver, and is dispersed through the whole body with the veins, from which are bred four particular humors, viz: blood, choler, phlegm and melancholy.

Blood is made of meat perfectly concocted, in quality hot and moist, the most perfect and necessary humor (the other three being superfluities, yet necessary too). The blood thus concocted is drawn out by the *vena cava*, whose branches, ramifying upwards and downwards, carry and convey it to all the other members of the body for their nourishment, where, by a third digestion it is transmuted into the flesh.

Choler, or bile, is made of meat more than perfectly concocted; it is the spume or froth of blood; it clarifieth all the humors, heats the body and nourisheth the apprehension. It is in quality hot and dry; it fortifieth the attractive faculty, as blood doth the digestive; it moveth man to activity and valor. The gall is an official member, a purse or panicular vesicle placed in the hollowness of the liver, whose office is to receive the choleric superfluities, which are engendered in the liver as aforesaid. This purse or bag hath three holes or sacks. By the first it draweth to itself the choler from the liver, that so the bile or choler may be separated from the blood. By the second it sendeth choler to the bottom of the stomach to fortify the attractive faculty. And, lastly, it sendeth choler to every gut, from one gut to another, to cleansethem from superfluities and dross.

Phlegm is made of meat not perfectly digested; it fortifieth the virtue expulsive, and maketh the body fit for ejection. It is kind too, and fortifieth the brain by its cosimilitude with it; it is antipathetical to the apprehension and doth much injure it; therefore phlegmatic persons have but weak apprehensions. It is cold and moist in quality; its receptacle is in the lungs; it qualifies the bile, cools and moistens the heart, thereby sustaining it and the whole body from the fiery effects which continual motion would produce.

Melancholy is the sediment of blood. It is cold and dry in quality; it maketh men sober, solid and staid, fit for study. or any serious employments; it stayeth wandering and idle thoughts and reduces them home to the centre; it is like a grave counsellor to the whole body. It strengtheneth the retentive faculty and its receptacle is in the spleen, which in the body is placed on the left side transversely linked to the stomach.

CORRESPONDENCE.

No letters can be answered in the ensuing number which are received later than the third Saturday in the Month. Letters to be addressed to V. B. HALL, Post Office, Hamilton. Private residence Mountain View Cottage, Township of Barton, Hamilton.

J. E. H.—The seeds you sent are the right sort and of excellent quality.

T. F.—Keep a rag continually wet with linseed oil (raw) applied on the place until well, you cannot find a quicker and better remedy. The rag should not be allowed to get dry.

P. B.—The common field sorrel answereth the purpose better than any thing I know. The way of using it is thus: take about 2 handfuls of the leaves and stalks, pour upon them boiling water, the same as you would make tea, then strain off and turn out the leaves and stalks, boil the liquor and pour it on some more leaves and stalks and so on three times or more until the decoction is well concentrated; the dose would be half a cupful twice a day.

J. W.—I have got herbs for smoking purposes adapted to consumptive and asthmatical constitutions, and very beneficial for any diseases of the breast and lungs. I would recommend you to try some.

A. G.—Get sorrel 2 handfuls, pot marigold 2 handfuls, and boil them together in 3 pints of water for 1 hour, then strain it off and stir in while hot a $\frac{1}{2}$ ounce of gum arabic, and $\frac{1}{2}$ lb. of honey, bottle it off for use; take a cupful every morning.

D. W. C.—Write again when you arrive and settle.

F. W.—Send \$1.00 by post and you shall receive them, mail free, through the year.

O.—You can send me some if you like, or bring them with you.

R, R.—Yes, tell him to any part of Canada free.

B.—After a shower and in cloudy weather.